

JILALAN

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Monthly Circular Of The
**BRISBANE CATHOLIC
BUSHWALKING CLUB** Inc.
Established 1957 Incorporated 1991

Under The Guidance Of Our Lady Of The Way



October 2007

DATE	EVENT	LEADER	CONTACT	TYPE	GRADE
Sept 21	John Toohey Society – The Fox	Michael		SOC	
21/23	O'Reilly's to Christmas Creek via Stretcher Track	Michael		DW	
26	Coffee Night – Newmarket Hotel	Michael		SOC	
29	Lamb Island	Michael		SOC	
30	Mt Bangalore to Mt Bell/Teviot Falls	John		DW	
Oct 5	Walk To Work Day	Phil			
6	Kate Quinlan Society @ Breakfast Ck Hotel	Greg		SOC	
7	Numinbah Border Gate to Binna Burra	Greg		DW	
7	Walk Against Want	Jessie		Soc	
9	Movie Night	Michael		SOC	
11	Bushwalking Queensland Meeting	Michael		Meet	
Oct 13	Magical Mystery Progressive Dinner	Maxine	3203 4699	SOC	
14	Port of Brisbane/Fort Lytton	Justin	3366 3193	SOC	
15	Meeting	Philip	3870 3710	Meet	
17	Ask Any Questions About The Catholic Faith	Russ	3374 3534		
19	John Toohey Society – Treasury Casino	Phil	5522 9702	SOC	
20	Gheerulla Circuit	Graham	3371 9623	DW	L34
20/21	Great Walk Sunshine Coast Hinterland	Michael	3351 3810	TW	L34
24	Coffee Night – Coffee Club Sherwood	Greg	3351 4092	SOC	
25	MS Moonwalk				
28	Nixon Creek to Bohgaban Falls	James	3711 4490	DW	M55
Nov 2/4	Broken Head	Paul	3357 5254	BC	S13,M13
10	Albert River Circuit	Barbara	3355 3639	DW	L33
10	White's Hill BBQ and Walk	Patricia	3366 6767	SOC	
13	Movie Night	Michael	3351 3810	SOC	
16	John Toohey Society – Chill on Queen	Phil	5522 9702	SOC	
17	Westray's Grave/Larapinta Falls	Phil	5522 9702	DW	M55
19	Annual Photographic Competition	Phil	5522 9702		
19	Meeting	Philip	3870 3710	Meet	
25	Northbrook Gorge	Justin	3366 3193	DW	S53
28	Coffee Night – Tilley's Bakehouse	Greg	3351 4092	SOC	
Dec 1	50 th Anniv Walk Mt Tibrogargan/Trachyte Cct	Philip	3870 3710	DW	M45,S32
8	Banyo/Nudgee Beach/Shorncliffe/Banyo	Michael	3351 3810	SOC	
9	Christmas Party	Susan	3366 3193	SOC	
12	Christmas Lights/Coffee Night			NW	
14	John Toohey Society – The Regatta	Phil	5522 9702	SOC	
15/23	South Coast Track – Tasmania	Michael	3351 3810	TW	EL88
17	Meeting	Philip	3870 3710	Meet	
26	Boxing Day Walk	Liz	3356 4874	DW	
31	New Years Eve Party	Terry	3355 9765	SOC	
Jan 6	Green's Falls/Love Ck Cct	Russ	3374 3534	DW	
12	Illinbah Circuit from the Road	Greg	3351 4092	DW	
18	John Toohey Society – Story Bridge Hotel	Phil	5522 9702	SOC	
20	New Farm to Southbank & Return			SW	
26/28	Tenterfield	Paul	3357 5254	BC	
26	Toooloona Circuit at O'Reilly's (50 th Anniv)	Maxine	3203 4699	DW	
30	Coffee Night – Wildhorse Mountain			SOC	
Feb 2	Booloumba Gorge	Justin	3366 3193	DW	
3	Wilston Heritage Walk			SW	

The Calendar is subject to change without notice

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.

KEY – Walk Types

D/W	Day Walk	½ D/W	Half Day Walk
O/N	Over Nighter	B/C	Base Camp
T/W	Through Walk	C/W	City Walk
TRN	Training	S&T	Safety & Training
FMR	Federation Mountain Rescue	SOC	Social

KEY – Walk Gradings

Distance	Terrain	Fitness/Endurance
Short Under 10km per day	1 - Smooth reasonably flat path	1 - Basic - Suitable for beginners. Up to 4 hours walking. Flat
	2 - Graded path/track with minor obstacles	2 - Basic - Suitable for beginners. Up to 4 hours walking. Minor Hills
Medium 10-15km per day	3 - Graded track with obstacles such as rock, roots, fallen debris or creek crossings	3 - Easy - Suitable for beginners. Up to 5 hours walking. Undulating terrain
	4 - Rough unformed track or open terrain with obstacles such as rock, roots, fallen debris or creek crossings	4 - Easy - Suitable for beginners. Up to 5 hours walking. Up to 300m gain/loss per day
Long 15-20 km per day	5 - Rough or rocky terrain with small climbs using hands or rock hopping	5 - Moderate - Up to 6 hours walking. Up to 450m gain/loss per day. Agility required
	6 - Steep, rough or rocky terrain with large climbs using hands or rock hopping	6 - Moderate - Up to 6 hours walking. Up to 600m gain/loss per day. Agility required
Extra Long Over 20 km per day	7 - Climb/descend steep rock using hands or footholds. May be some exposure. Good upper body strength	7 - High - Up to 8 hours walking. Up to 750m gain/loss per day. High fitness. Endurance and agility required
	8 - Climb/descend near vertical rock with exposure. Climbing skills may be required	8 - High - Up to 8 hours walking. Up to 1000m gain/loss per day. High fitness. Endurance and agility required
	9 - Sustained climbing or descending of vertical or near vertical rock with exposure. Advanced climbing skills required. Good upper body strength	9 - Challenging - Up to 12 hours walking. Over 1000m gain/loss per day. Very high fitness. Endurance and agility required

Example: M48 is a medium walk 10 to 15kms long, over unformed rough ground with obstacles, in which the trip is hard or strenuous for fit walkers requiring agility and endurance.

Visitors – for general enquiries contact Greg on Ph: 3351 4092.

The views expressed in Jilalan are not necessarily those of the Editor or of the Management Committee of the Brisbane Catholic Bushwalking Club.

Articles from this publication may be reproduced provided the source is acknowledged.

PRAYER OF THE MONTH

If we love love,
 If we love friendliness,
 If we love helpfulness,
 If we love beauty,
 If we love health,
 If we love to create joy,
 If we love usefulness,
 And are not self-seekers,
 The spirit which expresses itself in love and
 helpfulness
 and beauty will enter into us and abide there.
 We become what we love.

(Anonymous in Creeds to Love and Live By)

REFLECTIONS

Fifty years young, while new people join us with new ideas and ideals, we shall continue young. Their ideas will differ from mine but ideas, were they ever the same, would have no value. Their ideals will differ from mine but so long as they are ideals they are good. If our club ceases to have new ideas and ideals it will die as surely as did the Roman Empire.

A few people have done a lot of work – hours, days, weeks - towards the celebration of these last fifty years. I know they ask not for public commendation nor praise. They work for what they believe is a noble cause and it is. Still, 'tis only right their names be listed for posterity.

There has been .noted by my cynical self a trend to demand perfection in our Club. Let us be ever mindful that Christ came into the world because of imperfection. The glory of our Church is that it has a place for the imperfect. If I ever look around the Catholic Church and see only good people I'll know it isn't the Church Jesus founded. We must learn to accept and live with imperfection.

The Catholic Bushwalking Club is no different for it is a Catholic organisation. I find it sad and wearisome to find people ever willing to criticise what they see as failures in people. Especially when the criticisms are of people who work in honorary capacities. Over the years the relative few have done much for

the many in our ranks yet how softly does the sound of praise come forth. So often do I hear a litany of errors (almost invariably things most minor). So rarely do I hear a single aspiration of right. Let us be doers nor merely sayers. Let us not look at the past through rose tinted spectacles nor think we should be a professional organisation nor think ours is the only valid opinion. We belong to a Church which accepts all. A Church which has numbered Hitler, Robert Trimboli, Pope John XII, Judas and Darcy Dugan among its members.

In our Club there are bound to be characters with strong and forthright views with whom we'll not agree. Disagree we may but we have no right to call their sincerity, integrity or industry into question nor to expect them to agree with us.

It saddens me to write thus in our fiftieth year. I'll not be here for the one hundredth year as I'll be walking in Tasmania. However, I hope and pray the Club will have celebrations without me. I don't want it said by those who work for our Club that "no good deed goes unpunished". We must have unity in diversity, we must walk the routes of club membership in friendliness, respect and toleration.

Mav Jesus. the patron saint of walkers (as proved by my talk on the June week-end of 1991) His mother, Mary, and St Joseph, who walked beside the donkey into Egypt guide us along the dark trails, through the deep valleys, across the flooded rivers and over the rugged mountains till we pitch our tents beside the sweet tarns on the heavenly plateau.

Father Frank Bendeich, SPIRITUAL DIRECTOR
 Fiftieth Annual Report - December 1992
 Catholic Bushwalking Club Inc (Sydney)

RAMBLINGS FROM THE OUTINGS COORDINATOR

The walks calendar has been finalised and is published in this Jilalan. I believe the programme offers something for everyone

from the very difficult to the not so difficult. You will notice there are quite a few basecamps included. This is a deliberate decision to allow as many of our members to walk together. For example, the Goomburra basecamp provides walking for all difficulty levels as well as trekking with throughwalkers and hopefully inspiring them to try a throughwalk.

We are also combining daywalks with social activates with the Mary River Rattler trip combined with an easy walk on the Saturday, dinner out in Imbil and a harder walk on the Sunday. Or try the Toowoomba basecamp where we combine the Carnival of Flowers with an easy ascent of Tabletop and a harder walk on the Sunday.

We are also introducing a couple of new walks in areas we rarely visit. There are still the old faithfuls at Binna Burra or O'Reilly's as well as quite a few in or near Brisbane. There is also a deliberate accent on the mecca of bushwalking, Mt Barney, this year with ascents of rarely used ridges and descents of rarely used creeks. I am really looking forward to these.

I am now, of course, looking for leaders. So expect a call from me in the near future as I intend to brood a few new leaders next year. But don't worry they won't be arduous and you will be fully supported.

There have been 3 changes to the 2008 Calendar. These have been made to fit into the leader's plans. They are now Green Bridge to Blue Bridge moved from 13 Sep to 27 Sep, The Obelisks moved from 27/28 Sep to 25/26 Oct and Durandah to Burleigh moved from 25 Oct to 13 Sep.

So start planning your year around the BCBC Walks Calendar and I look forward to seeing all of you on/off the tracks next year.

Michael (3351 3810, 0409 620714 or michaelesimpson@optushome.com.au)

TREASURER'S REPORT

Balance 20/08/07	\$3132.71
Plus Receipts	<u>\$ 323.50</u>
	\$3456.21
Less Payments	<u>\$ 918.05</u>
Balance 17/09/07	\$2538.16
Term Deposit	\$2003.93

Our current club raffle is certainly one that you will not want to miss as there are five handy prizes and the tickets are still only one dollar each. The first prize is a torch with batteries included suitable for your backpack. The second prize is a waterproof pouch suitable for maps and other items which you would need to keep dry on a wet walk. The third prize is a compass. The fourth prize is a poncho for those wet walks and the fifth prize is a can opener suitable for those overnights, base camps and through walks. Remember that the more tickets you buy the greater your chances of winning and the more support that you are giving to the club.

A reminder that the Club is now selling metal club badges for five dollars each. We also still have a couple of Club t-shirts for sale. Terry.

ABOUT PEOPLE

Sorry to hear about the death in late Sept of the brother of Bill Keen. Please remember the extended Keen family in your prayers.

Congratulations to: Raylene Smith, Bill Seymour, John Byrnes and Greg Rogers on becoming members this month. Please welcome them into the Club on your next walk.

Maxine Brophy, Julie Hoey, Mary Kelly, Trevor Kelly, Viv Layzelle, Patricia Mackie, Russell Nelson, Matthew Palmer and Desley Pedrazzini are having a birthday in October. Last month's magazine stated that David Hill had just returned from a holiday in South Australia but that was actually a few months ago whereas his most recent trip was to check out the tall timber of Western Australia. Rick and Julie have just returned

from a successful four wheel drive trip across Australia.

John Byrnes, Jill Blacker, Therese Little, John Elliott and Karen Fredericks were welcome visitors on Pat's Paddy's Peak walk. John E. and Therese are past members whilst John B. and Karen were on their second walk with us. Bill Seymour, Greg Rogers and Anne Reardon all clocked up their second club walk as visitors on Greg's Glasshouse Mountains walk. Anna Seymour also joined her father, Bill, on this walk to notch up her first as a visitor. Graham's Araucaria Circuit walk saw Kathy Luge record her second walk as a visitor. It is good to see so many visitors joining us on our walks. We sure hope that you continue to enjoy walking with us. If you wish, you are most welcome to apply for membership after you have done a couple of walks.

During September the club had enquiries from Veronica Eakins, Anne Kelly, Bill Senn, Peggy Roe, Claire Edhouse, Jane Stanley and Sue McDonald.

President Philip is back from Africa. We will let him tell you what altitude sickness is like. He will also talk about glaciers at the Equator.

FROM THE SPANISH PILGRIMS

Subject: Azura

The alarm is set for 6 each morning. After packing up, then eating breakfast, we hit the road. I am wearing my scarf, gloves, warm coat with my multicoloured Tin Can Bay hat, and it's pitch black as we head off at 8 each morning. This is my 3rd day; my calf muscles are so painful and really give my curry about 1pm on each day. We arrive at our destination about 3pm each day, book in to our hotel where my suitcase has already been delivered to, and then hit the town, for sightseeing and then a meal.

Today I shared some lunch with an Aussie in a grove of Gum trees today.

I can't think straight at the moment. Though it is wonderful to be here. There are plenty of others walking the Camino.

This machine will stop in a moment so I'm going

Elizabeth/Lizzy

THE RED HILL HALL

We have only just heard that our Red Hill hall is to be renovated & turned into offices. There will be no space for meetings.

Red Hill was perfect because it was:

- Central – near the inner City
- Near the freeway, inner city bypass and all the major roads
- Near bus & train
- Ample parking off street
- Well lit carpark
- Kitchen with crockery
- Easy to find – on a main road

We need to find another hall IMMEDIATELY that meets these criteria.

Put on your thinking caps and come up with a name.

Trips will still leave from there – the carpark is remaining.

MBS

There is no MBS (More Beaut Scandal) to report, because no one has told me any!!!!!!!!!!!!!!

COMING EVENTS

13TH OCTOBER, SATURDAY MAGICAL MYSTERY TOUR PROGRESSIVE DINNER

Contact: Maxine Brophy Ph: 3203 4699

Meet : St Brigid's, Red Hill

Time : 4pm

Cost : \$30.00 approx + \$7.00 Bus Fares

Location: Umm, er, ah, very interesting

Web:

[http://home.att.net/~chuckayoub/Magical Mystery Tour.html](http://home.att.net/~chuckayoub/MagicalMysteryTour.html)

The Magical Mystery Tour is waiting to take you away, take you today, for a night of fun, where will it take you???

We will start the tour at a famous heritage pub, before catching the mystery bus to wine and dine our way through the suburbs. Coffee and dessert will complete the tour not far from where we began.

The idea of a progressive dinner is to have each course of the meal at a different venue. We take this one step further,

Come in your semi-casual clothes and expect a surprise. Everyone is welcome - members & visitors.

Please nominate to Maxine at the meeting, or phone her. There is no need for a deposit.

Looking forward to your company on the tour.

Cheers....Maxine

**14TH OCTOBER, SUNDAY
FORT LYTTON/PORT OF BRISBANE
SOCIAL**

Contact: Justin Tobin Ph 3366 3193

Meet: St Brigid's, Musgrave Rd, Red Hill

Time: 9:00am.

Cost: \$20.00

Location: At the mouth of the Brisbane River, on the southern side

Web:

<http://www.epa.qld.gov.au/projects/park/index.cgi?parkid=109> AND

[http://www.portbris.com.au/community/visitors/displays and port tours](http://www.portbris.com.au/community/visitors/displays_and_port_tours)

If we manage to get off that bus on Saturday night (Just where is it going?) There'll be plenty of time to sleep in, go to Mass and join in for the Sunday social.

On the 10:30 tour of this historical National Park, Discover why Fort Lytton was built in 1881 to defend the seaways from the

marauding hordes. Hopefully there'll be time to have lunch on the river before we head over to the Port of Brisbane for the 1:00pm tour to see what happens at the container port.

I've booked for nineteen but need definite numbers to be confirmed, so please nominate as soon as you know you're coming. Join me for an interesting Sunday at the mouth of the Brisbane River.

**15TH OCTOBER, MONDAY
THE CLUB'S MONTHLY MEETING**

For visitors, members & friends.

Doors open 7.30pm, business ends 9ish

Followed by supper till 9.30pm.

Ample parking

AT

**St Brigid's Hall
Musgrave Rd, Red Hill**

Driveway entrance at the pedestrian lights. On the main road out of the City, on the way to Ashgrove.

Near Normanby Fiveways, next to the Inner-City Bypass,

Just up from Lang Park

Web:

<http://www.geocities.com/briscathbushclub/page4.html>

This may be your last chance to look at the old place!!!!!!!

**17 OCTOBER, WEDNESDAY
ASK ANY QUESTION OF THE
CATHOLIC FAITH**

Contact: Russ Nelson Ph: 3374 3534

Enquiries: Ph: 3820 0100

Where: Mary MacKillop Parish Church, Hardy Rd, Birkdale

Time: 7:15pm for 7:30pm

Presenters: Rev Dr David Pascoe - Theology

Sr Kari Harrell - Liturgist

Dr Ray Campbell - Ethicist

Compare David Busch of Uniting Church (and ABC Radio Broadcaster)

Web:

<http://www.bne.catholic.net.au/asp/index.asp?pgid=10738>

As the title suggests this is an opportunity to ask those questions you were always meaning to ask but were afraid to ask. Preference will be given to written questions received by 7:15pm.

Ask any question about the Catholic Church!

An expert panel has been assembled to answer any question about the Church. The moderator is David Busch of ABC Radio and an active member of

**19TH OCTOBER, FRIDAY
JOHN TOOHEY SOCIETY MEETING
THE TREASURY CASINO**

Where: The Premier's Bar, to the right of the front door (Of course, we need to "wet the head" of the new Premier, don't we!)

Venue: Queen Street, corner of William

Contact: Phil the Elder Ph: 5522 9702

Time: From 4pm onwards till much later.

What For: For a chat, a beer, a wine or a coke.

Web:

http://www.conrad.com.au/treasury/bars/premiers_default.htm

You remember, that as a youth, you sat on the Treasury Steps on a Friday Night. Now, you are allowed to enter.

The Club has a regular gathering in town for a social drink and a chat on a Friday once a month on the third Friday.

This month we are going up-market to the Treasury Casino. Gambling is optional. We will gather in the Premiers Bar where you can enjoy a drink on the balcony overlooking the Brisbane River and South Bank.

I am always amazed at the beautiful architecture of the Treasury Building. More amazing is the fact that the building was used as a Casino rather than as an Art Gallery. In fact the setting of the Treasury is

very similar to the Louvre in Paris, sitting proudly beside the river. But in Queensland the government decided to use it as a glorified gambling den instead of as an art gallery.

Phil

**SAT 20TH OCTOBER TO SUN 21ST
OCTOBER
SUNSHINE COAST HINTERLAND
GREAT WALK
(BEGINNER'S) THROUGHWALK**

Leader: Michael S Ph: 3351 3810 or 0409 620 714

Meet at: St Brigid's Car Park, Musgrave Rd, Red Hill

Time: 6.30 am

Cost: \$15:00

Grading: L 3 4

Location: Mapleton area, up on the ranges of the Sunshine Coast hinterland, above Nambour

Web: http://www.sunshinecoast.org/things_to_see/great-walk.cfm and follow the Link

Emerg Off: Catherine S Ph: 3351 3810

This is an easy throughwalk in the Sunshine Coast Hinterland near Mapleton. We will be walking with Graham's day walkers for most of day. After a brief detour whilst we perform the necessary car shuffle, we will meet up with the daywalkers at a spur track on Delicia Road leading to Gheerulla Falls. We will follow a ridgeline to the Thilba Thalba campsite, enjoying spectacular views of the Gheerulla Valley and beyond. This will more than likely be our morning tea spot.

The track now leads along a ridge to Gheerulla Bluff before a steep descent to the drier open woodland of the lower Gheerulla Valley. Following a disused logging trail we continue to descend to Gheerulla Creek and the picnic area, which is likely to be our lunch spot. From here we follow Gheerulla Creek south and traverse several creek crossings where we may get our feet wet depending on the weather conditions. The creekside vegetation supports a variety of bird life, while the closed canopy makes for pleasant

walking. By mid afternoon we should be at the junction of the Gheerulla Falls spur which will take the daywalkers back to their cars whilst we will continue on for about 2km to the Ubajee walker's camp for the night.

The next day will be a relatively easy 14km walk back to our cars. We will continue down the track for a short distance before joining a multi-use track which takes us back to Delicia Road. After a short road bash we re-enter the Park and follow the Wompoo Circuit to Mapleton Falls for morning tea. We then follow the Mapleton Falls Road to Obi Obi Road before dropping down to Baxter's Creek. After crossing the creek via a suspension bridge it is a short walk to the Flaxton walker's camp and an even shorter walk to our cars and coffee.

This is a beginner's throughwalk and should not cause difficulties for most of our members. So come and join me for a wonderful way to spend a weekend.

Michael.

20th OCTOBER 2007, SATURDAY GHEERULLA CIRCUIT DAYWALK

Leader: Graham Glasse Ph: 3371 9623

Meet at: St Brigid's Car Park, Musgrave Rd, Red Hill

Time: 6.30 am

Cost: \$15:00

Grading: L 3 4

Location: Mapleton area, up on the ranges of the Sunshine Coast hinterland, above Nambour

Web: http://www.sunshinecoast.org/things_to_see/great-walk.cfm and follow the Link

Emerg Off: Catherine S Ph: 3351 3810

Please refer to Michael's article which includes a comprehensive description of this walk. We shall complete Day 1 of the throughwalk.

I offer the following additional information for daywalkers:

The walk is long (approximately 21k) and the terrain is largely undulating. As Michael has

indicated, there is a steep descent from Gheerulla Bluff but the graded track is good and it includes various sets of stone steps.

It is highly unlikely that we shall get our feet wet; this would only occur if there was a torrential downpour on the day. The creek crossings are easy; there are pedestrian or vehicular bridges over most; hardly any rockhopping is required.

The vegetation tends to be either rainforest with ferns and palms (along the creeks) or open eucalypt forest with casuarina on the ridges. On the walk, you will see hundreds and hundreds of grass trees.

As Michael has mentioned, there are wonderful views from Gheerulla Bluff, and from several other vantage points along the track. The final third of the walk is spent walking next to Gheerulla Creek. This is a very beautiful and picturesque area, and includes several large waterholes.

This is a long walk and we may not arrive back in Brisbane until about 7pm. Don't miss this rare opportunity to walk with our throughwalkers on a trip that hasn't been offered by the Club before.

Graham

24th OCTOBER, WEDNESDAY COFFEE CLUB, SHERWOOD COFFEE NIGHT

Contact: Greg Endicott Ph: 3351 4092

Address: 672 Sherwood Rd, Sherwood, cnr Primrose St.

Time: 7pm for dinner, 7.30pm just for coffee & cakes

Web:

<http://www.truelocal.com.au/business/the-coffee-club-sherwood/sherwood>

We are again at the ever popular Sherwood Coffee Club.

Sit indoors or, as the weather is warming up, outside on a balmy spring evening.

Sit with friends & visitors, talk about the latest happenings. Look at photos of the St

James Trail, hear holiday stories, share your bushwalking stories.

Visitors, you will know us, we are the largest group in the café.

As they say:

The Coffee Club's Espresso is more than just your average cappuccino, cafe latte or flat white. We've taken years to perfect our mixes of the world's finest coffees. It is a mix we call The Coffee Club designer blend. The journey begins in the rich volcanic soil of the world's tropical highlands where the finest coffee beans are grown.

After harvest, strict quality control measures are implemented during the roasting process to ensure the beans have the same right, fine aroma every time. We freshly grind the coffee for every cappuccino, short black, latte, in fact - every coffee we pour. All that's left is for you to relax and enjoy The Coffee Club for its excellent coffee.

**25th OCTOBER, THURSDAY
MS MOONWALK
10km NIGHTWALK SOCIAL
5.00pm – 8.30pm
FULL MOON**

On Thursday 25 October 2007, step out for the Multiple Sclerosis Society of Queensland and experience the River City as you've never seen it before! The annual *MS MoonWalk* is designed to encourage people of all ages and fitness levels to gather under an October full moon and enjoy a fun, and most importantly, safe 10km stroll around the Brisbane River, while helping to raise money for people living with MS.

Web:

<http://www.msaustralia.org.au/qld/moonwalk/index.htm>

Share the event with family, friends or Club mates by entering as a team!

Event Details

The 2007 *MS MoonWalk* starts from the Cultural Forecourt, South Bank Parklands, and follows a 10km walk around the Brisbane River, before returning to the finish line at

South Bank. The course is designed to be relaxing and safe, encouraging people of all ages and fitness levels to take part, whilst enjoying the novelty of a full moon and a star-studded sky!

Entry Fees

Adult	\$30
Student/Concession	\$25
Child (6-17 Years)	\$25
Children (5 and under)	Free
Family Pass (2 Adults & 2 Child)	\$80

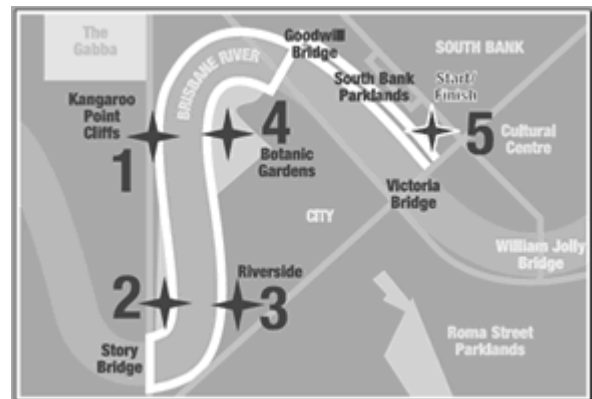
Enter as a team with ten or more people and each *MoonWalker* receives a \$5 discount!

Simply by entering the 2007 *MS MoonWalk*, each *MoonWalker* has the opportunity to win one of three bonus prizes and will receive special discounts and offers from local South Bank and riverside eateries!

Post-Mission Celebrations

To complete your *MS MoonWalk* Mission, why not take advantage of the complimentary BBQ and refreshments that will be on offer after your walk. Simply return to the Cultural Forecourt and relax with family and friends whilst enjoying the entertainment provided

Route Information



The 2007 *MS MoonWalk* gives people of all ages and fitness levels the opportunity to step out for MS and enjoy a moonlit walk along the picturesque Brisbane River, Enjoy the view from the Story Bridge as you cross the River from Kangaroo Point into the city. Meander along the Riverside and make your way through the Botanic Gardens and back

across the Goodwill Bridge, returning to the Cultural Forecourt at South Bank.

Parking

Parking is available in all South Bank Parkland public car parks, and along Grey and Little Stanley Streets. Please be aware that the timing of this event coincides with after work traffic, so allow extra time to park and make your way to the starting point. Parking discounts will apply at South Bank Parkland car parks.

Public Transport

Feel like leaving the family space shuttle at home for the evening? South Bank Parklands is conveniently located close to three public transport terminals - the South Brisbane Railway Station and the Cultural Centre Busway Station, and within walking distance of the South Bank CityCat terminal, allowing participants to utilise public transport to travel to and from the start and finish line!

Team Challenge

Share the event with family, friends, Club or work mates by entering as a team! Here's a great way to show your Club colours and encourage family, friends and colleagues to participate in a fun, relaxing and worthwhile event!

Appoint a team captain to collect and submit all the registration forms together (with payment) to the *MS MoonWalk*.

Register now via this website,

<http://www.msaustralia.org.au/qld/moonwalk/online.htm>

28TH OCTOBER, SUNDAY BOHGABAN FALLS DAYWALK

Leader: James Parra
Nominate to: Michael S Ph: 3351 3810
 or 0409 620 714
Meet at: St Brigid's Car Park,
 Musgrave Rd, Red Hill
Time: 7.00am
Cost: \$18:00
Grading: M 5 5

Location: At Binna Burra, in
 Lamington national Park

Web:

http://www.epa.qld.gov.au/media/parks_and_forests/parks/Binna_Burra_section.pdf

Emerg Off: Catherine S Ph: 3351 3810

This is an attractive rockhopping trip when the creek is flowing well, but is probably best avoided if there has been recent rain which could make the rockhopping hazardous.

We will leave the National Park information centre at Binna Burra (situated just before the road takes the final steep climb up to the guest house), walk north along the road for about 400m and locate an old vehicle track which leads down through the paddocks to the east. Ignoring the graded track which starts at the bottom of these paddocks, we instead find a path through the lantana and continue to follow the overgrown vehicle track down the ridge to the junction of Nixon and Egg Rock Creeks. Once in the valley, we will follow Nixon Creek up through a pleasant mixture of rainforest and box forest, passing Bohgaban Falls (about 12m) on the east bank. The falls make a pleasant lunch spot.

Some 30 minutes to an hour above Bohgaban Falls, the graded track system (the Ships Stern Circuit) crosses the creek. We will follow the track to a junction, where there is a side track to Lower Ballanjui Falls which we will visit if time permits.

Continuing up the main track, we arrive at a second junction, the Lower Bellbird Circuit, only a short distance further on. Here we take a right hand turn and return via Bell Bird Falls to the paddocks at the start of the walk.

Michael.

**2ND TO 4TH NOVEMBER, FRI TO
SUNDAY
BROKEN HEAD NATIONAL PARK
BASECAMP**

Leader: Paul Ph: 33575254
Time: tba
Cost: tba
Grading S-M 1-3 / 1-3 (2 different walks)
Location: Broken Head Caravan Park, coastal northern NSW

Web:

<http://www.nationalparks.nsw.gov.au/parks.nsf/parkContent/N0414?OpenDocument&ParkKey=N0414&Type=Xo>

AND

<http://www.nationalparks.nsw.gov.au/parks.nsf/parkContent/N0062?OpenDocument&ParkKey=N0062&Type=Xo>

Emerg Off: Carolyn Ph: 3357 5254

Broken Heads sits a short distance from Byron Bay and allows for a weekend away exploring several areas of interest. We will proceed down to the caravan park on Friday night .There will be option of camping or staying in the cabins. This will need to be booked in advance. The caravan park has a kiosk and area for cooking. Details are available on the web.

<http://www.brokenhd.com.au/>

The next morning will be taken up with a visit next door to the beaches of the nature reserve. We can also go into Byron Bay to walk around the track leading to the lighthouse. Then it is off to Nightcap National Park to walk down to Minyon falls. This walk will hopefully be done with a car shuffle. From there it is back to the park and onto Byron Bay for Mass and dinner. It is hoped that if weather permits we will be able to enjoy our dinner on the beach.

The next morning there will be no set plans. There is possible option if any interest of joining an organized tour to the dolphins via kayak. By lunch we will be heading home. Any way it will be a great weekend, weather permitting, to relax and enjoy a beautiful part of north NSW from the beaches to the mountains.

Please nominate to myself or Michael.

**10th NOVEMBER, SATURDAY
ALBERT RIVER CIRCUIT
DAYWALK**

Leader: Barbara Eastoe Ph: 3355 3639
Meet At: St Bridgid's, Red Hill
Time: 6.30am
Grade: L33
Cost: \$15
Location: O'Reilly's end of Lamington National Park

Web:

<http://lamington.nrsm.uq.edu.au/Documents/Scene/albert.htm>

Emerg Of: Greg Endicott Ph: 3351 4092

The Albert River Circuit starts about 4.5 Km along the Border Track form O'Reilly's. I have had to bring this walk forward from December 16 as I am not available that weekend so I have not yet done the pre-outing and have to rely on my trusty *Bushwalks of the Great South East* for details. This track was closed for some time due to storm damage so it has been a while since the Club has done this walk. It is a long walk (20.6 Km) but is all on graded tracks so should be suitable for anyone who is moderately fit. We are starting early so that we have plenty of time as well as having time for a coffee at Canungra on the way home.

From the Border Track, the Albert River Track goes downwards to a branch of the Albert River, with chances to see ferns, mosses, waterfalls and cascades. We cross over the creek at the top of Lightning Falls, where we can look down to the start of Black Canyon. From there it is upwards towards Echo Point (we'll have a chance to check out its name). We pass several waterfalls along the way. From there we pass through the area badly damaged by storms before heading back to the Border Track and the cars at O'Reilly's.

The vegetation is mainly Coachwood and Antarctic rainforest with more open vegetation around Echo Point and typical lush vegetation around the streams (it would be great if we had some more rain before then). Check out the web address to see some photos of what we hope to see on the walk.

Nominate to come on this walk which should be really interesting. I will have done the pre-outing by the time you read this so ring me up for more details.

Barbara

**10TH NOVEMBER, SATURDAY
WHITES HILL RECREATION
RESERVE
EVENING SOCIAL – BARBECUE +
WALK**

Contact: Patricia Funnell Ph :3366 6767
Location: Eastern Suburbs, Boundary St, Coorparoo/Camp Hill
Enter the Service Rd into the Reserve and drive to the end of the road. Park in the small car park outside the playground and picnic facilities.)

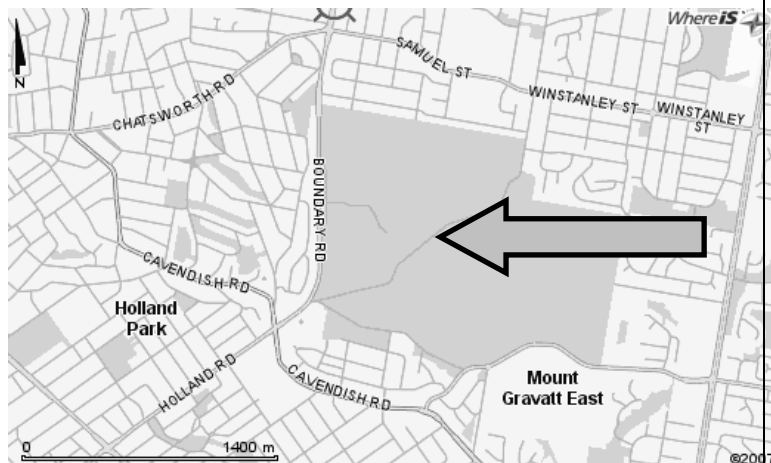
Time : 5pm until ???

Grade : S 11 – Wheel Chair Access

Web:

http://www.brisbane.qld.gov.au/BCC:BASE::pc=PC_2278

Come and join us for a barbecue followed by a walk to the summit of Whites Hill for a north-westerly view of the city and a 'cuppa'! BYO barbecue food (electric hotplates available), drinks, folding chair, picnic blanket, trangia and cup (+ teabag, coffee, milk etc), torch or lantern and cake//biscuits to share.



The reserve is currently home to several sporting clubs and is surrounded by bushland which supports at least 58 species of birds,

including the powerful owl, echidnas, possums and koalas and 4 species of reptiles. The flora consists mostly of eucalypts and a small stand of rainforest. It is part of the catchment area for Bulimba Creek. The land was purchased by the council from the White Family Estate in 1927. It has also been a Land Fill and Recycling Site. These facilities were closed in 1994.

We would love it if you joined us for this occasion.

Patricia

**13TH NOVEMBER, TUESDAY
MOVIE NIGHT**

Where: Southbank Cinemas – cnr Ernest & Grey Sts

Meet at: Take 5 Café – next door to the cinema

Time: 6pm

Cost: \$6.00 (movie only)

Contact: Michael S Ph: 3351 3810 or 0409 620 714

Web, to see what movies are on:

http://www.cineplex.com.au/nw_screening_southbank.php

It has been suggested that the night and/or the venue is not completely suitable for a lot of people. Therefore we will be having a discussion on all the alternatives before the movies this month. So come along if you can and join in the festivities.

We all meet on the 2nd Tuesday of the month at Southbank, at the cinema (the old IMAX Theatre), for dinner/light snack/coffee at 6:00pm. We then watch a movie of our choice (not necessarily the same movie) and meet back at a café for a coffee and to compare notes.

Why Tuesday? Well Tuesdays are cheap movie nights. If you are interested, let me know.

It is close to rail, bus & ferry. I believe cinema patrons get a free carpark on presentation of proof of seeing a movie. But parking spaces are limited. Otherwise, collect carpark voucher at the Cinema Box Office when you purchase your movie ticket,

and you pay only \$2.00 on exiting Southbank Parklands Parking (NB 4 hr limit applies) – this is not the parking at the Cinema, but at Southbank across the road.

Michael

**16TH NOVEMBER, FRIDAY
'CHILL' ON QUEEN
JOHN TOOHEY SOCIETY**

**Contact: Phil Murray 5522 9702 or
0413 307 580**

**Where: Level 1, MacArthur Centre,
255 Queen Street (Near the
corner of Edward)**

**Time: From 4pm onwards till much
later.**

**What For: For a chat and a drink, dinner
if you want, company,
friendship, news & information**

**Web: [http://www.chillonqueen.com/con
tent.asp](http://www.chillonqueen.com/con
tent.asp)**

Emerg Off: Michael S - 0409 620 714

This month we will be back in the heart of town and will be in a very modern bar. This bar has a balcony overlooking Queen Street so when you are coming towards the bar you may see us from the street below. It is rather unusual to be above street level and looking down on the populus walking below. It should be good out there on a warm evening.

It is named "the chill bar" because one of the bars it exactly that – the "Ice Bar".

Big W is just behind – go up the escalator and turn around back towards Queen St.

The Club has a regular gathering in town for a social drink and a chat on a Friday once a month on the third Friday of the month. They have a selection of beers and a few Vodkas for those game enough to try one.

Phil the Elder

**17TH NOVEMBER, SUNDAY
LARAPINTA FALLS
DAYWALK**

Leader: Phil the Elder Ph: 5522 9702,

Meet at: St Brigid's, Red Hill

Meet Time: 6:25am

Grading: M 55

Cost: \$20:00

**Location: On Christmas Creek, up
from Westray's Grave**

Web:

http://au.geocities.com/redlandbushwalkingclub/images/07gallery/larapinta_fls.jpg AND

<http://www.rankin.com.au/essay4.htm> AND

Emerg Off: Susan Ph: 5522 9702

This is a walk in the southern section of Lamington National Park. Larapinta Falls is one of the best waterfalls in South East Queensland. The route in is basically along Christmas Creek, past Westray's Grave and an about an hour further on is the Falls.

At the 2006 March monthly meeting I mentioned that Running Creek Falls was the best waterfall in South East Queensland. Pat quipped that Larapinta Falls were actually the best. High praise indeed. So here is your chance to see the best. I think this is the Club's first trip to Larapinta Falls. After the recent rain there should be a good volume of water over the falls.

Bring the usual daywalk stuff and be prepared for some rock hopping.

We will follow the brush trail from the National Park entrance for the hour or so to The Grave. Westray was the person who survived the Stinson Wreck and went out down the creek to get help, but unfortunately he slipped over a waterfall and died.

From here, the party will follow alternately the creek and the bank through the rainforest for over another hour to the falls. Coming back is the reverse.

The easy option for walkers who don't like rock hopping is to only walk as far as Westray's Grave and then relax and enjoy a chat in the beautiful rainforest while the rest of the group goes to the falls.

Phil

19TH NOVEMBER, MONDAY FOURTH ANNUAL PHOTOGRAPHIC COMPETITION

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** - ie 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. **International Walking** - photos from overseas walks
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.

19TH NOVEMBER, MONDAY MONTHLY MEETING

Contact: Philip Kearns, President
Ph: 3870 3710

Time: Doors open 7.30pm

Venue: To be decided - our old hall is being renovated.

Cost: Free, supper provided

Web: Well, that has the old details

Come along to the Meeting to hear what the Club is going to do over the following month. Hear what we did over the previous month. Ask Leaders questions that will solve your queries about coming events - this Jilalan can not say everything about what we do, where we go and how we do it. Put a blow torch under Committee. Hear about the 50th Anniv Celebrations preparation.

Can anyone think of a good hall to hold our meetings?

Check next month's Jilalan for an update.

25TH NOVEMBER, SUNDAY NORTHBROOK GORGE DAYWALK

Leader: Justin Tobin Ph: 3366 3193

Meet at: St Brigid's Carpark,
Musgrave Rd, Red Hill

Location: Below Wivenhoe L'out, on
the Northbrook Parkway
between Maiala & Wivenhoe

Web:

<http://www.swiss.org.au/event.php?ID=718>

This is a very popular summer trip, with a swim through the gorge.

More about this in the next Jilalan

1ST DECEMBER 2007, SATURDAY MT TIBROGARGAN DAYWALK 50TH ANNIVERSARY WALK

Leader: Phil Murray Ph: 5522 9702,

Meet at: St Brigid's, Red Hill

Meet Time: 8:25am

Grading: M 45

Cost: \$10:00

Location: In the Glasshouse Mtns,
north of Brisbane, up Caboolture
way

Web:

http://qldstorms.com/gallery/v/adventure/tibro0703/?q2_page=2

AND

http://www.glasshousemountains.com.au/Glass_House_Mountains_National_Park.pdf

Emerg Off: Susan Ph: 5522 9702

3 Walks Available

1. - **Climbing of Mt Tibrogargan**
2. - **The Trachyte Circuit**
3. - **The Tibro Circuit**

This trip is to commemorate the 50th Anniversary of that trip.

Mt Tibrogargan is a short hard climb for all self respecting 'peak baggers' to achieve. It is the Glasshouse Mtn nearest the highway – the eastern face looks like a monkey's face.

The route is up the northern side, following a very well used trail. In fact, every man & his dog climb this one, and as a result, the trail is degraded. You are not climbing a cliff face, but it is all rock. If some places you will need to use your hands to haul yourself up. In other places you will be walking up a rock slab. There is not much to catch you. It should be hot & dry.

But, for all that, it is a mountain that everyone should do at least once.

As Tibro is a bit of a challenge we intend to offer 2 shorter walks around the mountain for those who have done Tibro before and for those who prefer to enjoy a walk rather than be scared silly on a walk.

The 2 sensible walks are:-

2. the Trachyte Circuit which is 5.6 km return; it is a graded track, what more can be said. And
3. the Tibrogargan Circuit which is a 3.3 km circuit.

From the EPA Q'ld web site:

http://www.epa.qld.gov.au/parks_and_forest/find_a_park_or_forest/glass_house_mountains_and_surrounds/

(5) Mount Tibrogargan (364m above sea level)

Mount Tibrogargan is between Beerburrum and Glass House Mountains townships, off Marshs and Barrs Roads. There are picnic tables and toilets at the base of the mountain, near the carpark.

(b) **Tibrogargan Circuit** — 3.3 km return. (Allow 1.5 hours) Class 3

This walking track leads around the base of Mount Tibrogargan through casuarina groves, open eucalypt and melaleuca forests. The track allows for great views of Mount Tibrogargan. Keep an eye out for circling peregrine falcons.

(c) **Trachyte Circuit** — 5.6km return (Allow 2-3 hours) Class 4

This circuit leads through open woodland and heathland linking Mount Tibrogargan and Mount Tibberoowuccum. Interpretive signs along the track provide details of the area's special features. The Jack Ferris lookout, on Trachyte Ridge, allows for good views of the surrounding peaks. This ridge owes its name to a type of volcanic rock which forms many of the Glass House Mountains peaks.

(d) **Mount Tibrogargan summit** — 3km return (Allow 3-4 hours) Class 5

From Mountain View lookout, the track continues to the summit. A high level of physical fitness and rockclimbing skills are required. Allow time to return from the climb during daylight hours

The leaders for the various walks will be advised on the day as we may need to have several 'leaders' to cope with the numbers.

The walks are expected to start at about 10ish. We will ask people to re-group back at the base of the mountain by 1.00pm. After the walks the plan is to have a short gathering with one or two speeches, and then a picnic lunch and a chance to mingle & chat.

This walk is to celebrate the walk that led to the formation of the Club.

Back in September 1957 Fr Willie Hayes of the Yeronga Parish met Raoul, a very keen bushwalker and rockclimber. They quickly came up with an idea to do buswalk to Mt Beerwah in the Glasshouse Mountains which

was Raoul's favourite haunt. The walk was very successful and the idea was floated - Why not form a catholic bushwalking club. One aim was to have a club that catered for Mass attending. The first step to forming a Club was to advertise a walk and see if anyone was interested in joining in.

So, in the last Sunday in October 1957, a short notice in the Catholic Leader invited intending members or interested people to contact Father Hayes. After receiving several enquiries, things were looking very positive and another notice was inserted in the Leader announcing that the first Club outing would take place on Sunday, 1st of December and the venue was to be Mt Tibrogargan.

The day was extremely hot and hazy but successful nevertheless, and according to the first annual report "the Club could be said to have been established on this date."

This trip is to commemorate the 50th Anniversary of that trip.

I hope many current and former members can come along and celebrate this significant milestone in the Club.

POETRY CORNER

THE WIND IS CALLING

Let us probe the silent places,
Let us seek what luck betide us,
Let us journey to a lonely land I know.

There's a whisper on the night wind,
There's a star a gleam to guide us,
And the wind is calling, calling, calling - let us go.

From "Call of the Wild" by
Robert Service
From the BCBC 2000 Annual Report

PAST EVENTS

MT GREVILLE SUNDAY 12TH AUGUST

DAYWALK

Five of us set off from St Brigid's on a beautiful Sunday morning to climb Mt Greville from the north rather than the usual track.

We set off from an unoccupied farm along a gravel track which wound its way up to the fire track which surrounds Mt Greville. The extent of the drought in this area was evident by the rowboat sitting on the bottom of a dry dam next to the farm house. After reaching the National Park boundary we headed straight up to the base before heading around to our left towards the gully we were going to use for our ascent.

From the gully we headed up to the cliffs where we climbed a small pinnacle which provided great views of the Needles as well as the depressingly dry Moogoorah Dam. Also from this vantage point Paul was eyeing off a dry gully as a future walk but it looked too difficult for mere mortals like me. No time to dawdle though we still had a way to go. We headed down the pinnacle and proceeded up another gully to the top of another outcrop of Mt Greville which provided similar views as before.

We were now surprisingly on a track which we followed until it started descending the mountain. Then it was up, up, up until we reached the cliff line proper of Mt Greville. A short contour to our left led to another track or maybe a continuation of the previous one. This track joins the main track and from there it was but a short climb to the summit to be rewarded with incredible views. The Fassifern Valley, the Main Range from Beau Brummel to the Avocado Farm and all points in between.

After a short lunch we started down. After reaching the Palm Gorge turnoff we headed across country again until we reached our ascent point. We then descended by a different gorge to our original one before returning to the gravel track and the farm.

It was then back to Aratula for coffee before heading home. My thanks to Paul for leading the walk and to Justin, Terry and Philip for their company.

Michael.

MOVIE NIGHT 11TH SEPTEMBER

Liz, Rick, Julie, Catherine and I made it to the Movie Night this month. Rick, Julie, Catherine and I stopped at Toscanini's for a meal whilst Liz tried out the new café next to the theatre before joining us at Toscanini's. After a little debate we left to watch "No Reservations", a light but nonetheless entertaining film. Next month we will meet at the café next to the theatre.

Michael

ARAUCARIA LOOKOUT SUNDAY 16TH SEPTEMBER 2007 DAYWALK

Six members and one visitor participated in this walk on a day that was fine but slightly humid. We managed to negotiate the temporary closure of the M1 without difficulty, and were on the border track by 9am. We had considered Joalah Lookout as a possible morning tea stop, but we decided to move on the junction with the Mt Hobwee track for our morning break. While there we met three walkers from the Christian Outreach Centre at Beenleigh who were returning from the Coomera Circuit.

When we arrived at Orchid Bower, we found that the orchids were not yet in flower, and this was a little disappointing. We arrived at Araucaria Lookout by midday, and even though it was a little hazy, there were reasonable views to Mt Warning, Murwillumbah, and the Numinbah Valley.

After a relatively short lunch break, we headed back to Binna Burra, and were at the new café for coffee by about 3.15pm. This is a pleasant and functional establishment with a range of seating options, well suited to the bushwalking clientele. We completed our return journey to Red Hill by 6pm, somewhat earlier than anticipated.

Thanks to our visitor Kathy for taking part in her second walk with the club, and also to

our members Desley, Roger, Cheryl, Brigid, and Sofia.

Graham

JTS – THE FOX 21ST SEPTEMBER, FRIDAY The Fox

The company was great. There were quite a few absences this month as several of our regulars were on holidays, walking Spain or climbing African mountains. But nonetheless the 7 of us had an enjoyable night where the main topic of conversation was next years programme.

The Fox was a lovely gathering and the prices were right \$3.50 for a schooner. It was a lovely balmy Friday afternoon and we had a good view of the City Skyline. We also noticed 3 or 4 helicopters buzzing the City. We later found out the helicopters were the Army Iriquois helicopters that were to be decommissioned. There was a good roll-up and a great time was had by all. Those who were there

Phil Murray, Desley Pedrazzini, Liz Little, Graham Glasse, Michael & Catherine Simpson, and Geoff Foreman. With a small group the major benefit was that everyone could listen to the one conversation and one of the hot topics of the conversation was about the huge role played by middle class woman in social reform in Australia over the years and how Catholic nuns have played a lead role in this process. I don't think football or cricket was even mentioned during the night.

we did make an effort to sample the local beer and tried the "Fox Pale Ale" which was a lovely cloudy beer with slightly not as bitter as some beers.

I was driving home to the Gold Coast after the JTS and so I took it very easy on the beers which was just as well as on the way down the M1 at Loganholme the police had a Random Breath Testing and stopped the all 3 lanes of traffic and picked about 10 cars at random for breath testing. It was the first

day of school holidays hence the heavy police presence.

Phil

**O'REILLY'S TO CHRISTMAS CREEK
and THE STRETCHER TRACK
SATURDAY 22ND TO SUNDAY 23RD
SEPT
THROUGH WALK**

I set off at 4.30am to give me time to collect Joe, meet Rick at Beaudesert, drop a car at Stinson Park, drive up Duck Creek Road to O'Reilly's and commence the walk by 8am. I was a little apprehensive that my Terios might find Duck Creek Road a little too tough but I need not have worried. The little workhorse went up the road with minimal fuss.

We set off at 7.40am and headed off along the Border Track which needs a fair amount of maintenance. It's a shame to see so little money being spent in National Parks particularly on a major track such as the Border Track. We made good time and we turned on to the Albert River Circuit and arrived at Echo Point after about 2 hours for morning tea. We now left the track system and followed the escarpment for the rest of the day. Not long after we left Echo Point I came across Joe stopped and motioning for me to be quiet. Rick, who was leading, must have disturbed a snake as it was quite annoyed and started coming down the track towards us. We took off back down the track for 30m or so and after a few minutes ventured back up the track to see if it had gone.

After summiting Worendo and Wupawn we arrived at Rat-a-Tat where we took a brief break to check out the campsite and collect water. This is a lovely site and I would love to return and camp here for a night. We then commenced the long climb up Throakban and arrived just on lunch. After lunch the rain set in and slowed us down enough to make the Point Lookout campsite a peak too far.

At 4.40pm Rick suggested we find a spot to bed down for the night and we didn't argue. The rain had stopped and so up went the tents and out came the cookers and we enjoyed a meal before dark. Around 6pm we were all looking for our beds and the timing could not have been more perfect. Within 2-3 mins of crawling into my sleeping bag a huge storm swept over the escarpment and dropped copious amounts of water on us. But I didn't hear much of it as I fell asleep almost instantly.

Next morning the rain had gone but as we had no time to dry anything. We had to pack wet tents etc as well as don wet clothes for the days walk. We left camp at 7.10am and arrived at Point Lookout at 8am. After a brief stop we walked down the Stinson Track to the point the map indicted the Stretcher Track started. There was a track there but it only went in about 30m and stopped. After a lengthy period spent trying to relocate the track Rick and I wondered if the cairn we had seen further up the track might have some significance.

Indeed it did. This was the Stretcher Track. It must have been recut since our maps had been published. It was now 9.05am as we had wasted some time locating the track but I wasn't worried as several people had informed me they had travelled the track recently and it was only a half day walk. How wrong could they be and I wondered how long "recently" was? The track is clearly travelled frequently and there were pink markers everywhere but never any where the track disappeared.

Severe storms are obviously common through this area as there were large trees blocking the track quite frequently. Every blockage would require us to fan out and fight our way through the almost impenetrable rain forest for at least 15mins to find a way around the blockage and relocate the track. Oh how I came to hate lawyer and liana vine. When we stopped for morning tea around 11am we estimated we had covered 2km and with over 10km to go we were starting to worry.

But as we continued further down the ridge the vegetation was clearly changing as we moved from rainforest to wet sclerophyll to dry sclerophyll forest and the blockages were becoming easier to skirt and consequently our speed increased. We left the forest and reached the top of the razorback ridge at 4pm and could see our destination and realised we would be out by dark and our spirits lifted.

From this point the views were intoxicating with Neglected Mountain in front of us, the Running Creek Valley to our left, Buchanan's Fort to our right with Mt Widgee in the background. Now for the steep descent, 200m in 500m, to the saddle and then down the ridge off the saddle to Gap Creek Road and our car. We were out at 6pm just on dusk. An hour later we had collected my car from O'Reilly's and headed home after a very tough through walk (for me anyway).

My thanks to Rick and Joe for joining me on this once only walk and I'm sure we sorted out a few problems we might have had in Tassie.

Michael.

COFFEE NIGHT 26TH SEPTEMBER

This month's coffee night proved to be the biggest one this year with 19 members enjoying the pleasant surroundings of the Newmarket Hotel. We welcomed back two current/ex members, Barbara and Peta, who we haven't seen for quite a while and we welcomed Philip back from his successful assault on Mt Kilimanjaro where he managed to make it to an incredible 5400m (that's over 4 Mt Barney's) and only altitude sickness prevented Philip from summiting the highest freestanding mountain in the world.

Bushwalking, world travels (current and future) and personal lives were just some of the discussions held during the night and I'm sure everyone had a good life and we hope to see as many at our next coffee night at Coffee Club at Sherwood next month.

Those attending were Michael & Catherine, Greg & Michele, Richard & Michele, Justin, Susan & Mary, Graham, Philip, Brother Ben, Barbara, Peta, David, Louise, Brigid, Cheryl and Terry.

Michael

LAMB ISLAND SUNDAY 29TH SEPTEMBER SOCIAL WALK

We met at 9.30am at the Weinam Creek Ferry Terminal at Redland Bay for a cruise on Moreton Bay and a leisurely stroll around Lamb Island.

Lamb Island is one of the Bay Islands situated in the southern part of Moreton Bay off the coast of Redland Bay. Lamb Island is called Ngudooroo by the local aborigines and was probably only visited by aborigines for ceremonies or food. John Harris was the first European to purchase land on Lamb Island in 1872 but it is Thomas Lucas and Harry Brooks who first contributed to the island and its history.

After welcoming our newest visitor, we caught the 10.05am ferry which cruised to Lamb Island via Russell Island. The sky was blue and the sea calm and the ½ hour ferry ride was very enjoyable. After alighting at Lamb Island we visited the headstone of Thomas Lucas near the pier before heading around the island on the road system in an anticlockwise direction.

The island is small and we were at the northern end after 45mins and stopped for a break on a vacant allotment overlooking Stradbroke Island. Then it was back down the opposite side where we used rarely used tracks before passing through the Islands Waste Transfer Station. We then wandered through Harry Brooks' Reserve. It was lovely to see a nature reserve on such a small island.

We arrived back at the pier 5mins before our transfer to Macleay Island where we going to have lunch. We stopped at the Blue Parrot Café for lunch and enjoyed an assortment of

meals before heading back for our 2.20pm ferry. However there was just time for an emergency meeting of the John Toohey Society.

This walk completes another of the Bay Island and I am looking forward to the cycle of Russell Island planned for next year. My thanks to the 7 walkers who joined me – Greg, Graham, Julie, Brother Ben, Gabe, Desley and Ann-Marie.

Michael.

OTHER ITEMS OF INTEREST

ANNUAL PHOTOGRAPHIC COMPETITION

19TH NOVEMBER, MONDAY FOURTH ANNUAL PHOTOGRAPHIC COMPETITION

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** - ie 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. **International Walking** - photos from overseas walks

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 competitor's owner's 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 8.00pm.
- 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 the Elder Ph: 5522 9702.

OUR LADY

Our Lady's Day and the Calendar.

When I was researching Our Lady of the Way and why her feast day was the 24th May I stumbled over some amazing trivia about the Calendar, New Year's Day and Lady's Day.

A major feast day in early times was Our Lady's Day on March 25th which is the feast of the Annunciation. This is the day that Mary was presumably visited by the Angel to tell her that she would be the Mother of God. The 25th March was selected because it was 9 months prior to the birth of Jesus on the 25th December.

The feast day became known as Lady's Day and became a very important day during the middle ages and as it was the celebration of the new age under Christ it also became to be recognised as the start of a new year. In England and many European countries Our Lady's Day was regarded as New Year's Day and the calendar year was recorded from that date. In England the day became known as Lady Day and as it was the start of the new year. Lady Day also became the due date for taxes, debts and rents. In England the change of year would occur in late March as follows, March 24, 1751 would be followed by March 25, 1752 advancing the year as usual

Another point of interest when did January 1st become the start of the year. As most people are vaguely aware we now operate under the Gregorian Calendar. The Gregorian Calendar was introduced to correct the error in the Julian Calendar that didn't properly adjust for the slight difference between the 365 days in a year when the solar year is actually 365 days, 5 hours, 48 minutes and 46 seconds (365.2422 days). This slight inaccuracy caused the Julian calendar to slip behind the seasons about one day per century. . The 12 minute difference by the year 1500 had become an error of 10 days.

Europe switched to the Gregorian Calendar in 1582 and dropped 10 days out of the Calendar but England didn't as it was a protestant country at that time. This difference between the Julian and Gregorian calendar explains why the Orthodox churches often celebrate Easter at a different time to the Catholic Church.

By 1752 it became impractical to have several days difference between England and the rest of Europe so the Gregorian calendar

was finally adopted. However the difference had become a difference of 11 days by this time. To bring the English Calendar into line they simply deleted 11 days from the calendar. Wednesday Sept 2 1752 was followed by Thursday Sept 14. Sept 3--13 (11 days) did not exist,

However, this caused uproar with many people particularly book-keepers and accountants. In particular people refused to pay their taxes early. To accommodate this problem the New Year's Day for the financial year was put back 11 days to start on the 6th April. It may be surprisingly to learn that the English tax year still starts on the 6th April.

Also, as another small quirk is that in the early days of the Brisbane Catholic Bushwalking Club the Club year ran from the 1st April to the 31st March. Which is basically in line with Our Lady's Day.

I am still searching for the reason why the feast of Our Lady of the Way is held on the 24th May. I am looking for a few clues as to the reason why we celebrate Our lady of the Way on the 24th May.

UPDATES ON THE COMMERCIAL BUSHWALKING MAGAZINES

Wild – Oct to Dec 2007

The leading bushwalking magazine and oldest (since 1980) this month has a very handy guide to the Classic Walks on New Zealand's South Island and gives a quick insight into the trips that some of the 'older members' of the Club did in their youth. Perhaps it is time we ventured over to NZ again.

Great Outdoors – Sept-Oct 2007.

This edition has a great article on peak bagging with a difference. The outings secretary of the Shoalhaven Bushwalkers looking for new trips to do came up with the idea of "bagging" all the mountains in the Shoalhaven Shire (it's about 120 km south of Sydney) that have a surveying trig station. There were 74 trig stations to be 'bagged'. Over a few years they were duly 'bagged' – some were in suburban areas on top of water

towers but some were horror stories of bushwalking. A very enjoyable read.

Great Walks magazine

I thought 2 regular bushwalking magazines in Australia would be lucky to survive but wait there's more. Another bushwalking magazine hit the newsstands in late September. It is actually a very good looking glossy magazine with excellent photos, maps and good articles on a range of walks. The walks include a daytrip around a scenic part of Sydney Harbour and one of our favourite social walks - the Bridges of Brisbane. They also cover classic bushwalks like Tongariro Crossing in NZ and the Tasman Track in Tasmania. It will of course be interesting if they can get enough patronage to survive for the first few months.

As an aside it will be interesting to see if all 3 magazines survive over the long run.

SAFETY & TRAINING **SNIPPETS**

As we are coming into summer a few tips on keeping well hydrated in hot weather. The tips are from a few articles by Keith Cordwell the former S&T Officer of BOSQ.

Hyponatremia Scare

A young orienteer at an orienteering event in Jindabyne last Christmas suffered life-threatening Hyponatremia.

He ran 7km events in hot conditions on consecutive days without water and then, after the runs, drank as much water as he could. The result was severe headache, nausea, a fit, intensive care in hospital, high blood levels of the enzyme Creatin Kinase which indicates muscle damage, and very slow recovery.

The orienteer suffered from Hyponatremia or 'water intoxication'. Sweating and the consumption of large amounts of water dilute the salt content of the blood (sodium, potassium, calcium and magnesium). The amount of electrolytes available to body

tissues decreases to a point where that loss interferes with brain, heart and muscle function.

This incident was an extreme event and bushwalkers should not be alarmed. The apparent message from this incident is for those who engage in really strenuous extended activities and who sweat a great deal to drink enough water but also to replace the salts after the activity. This can be done through sports drinks which provide both fluid and salts and also contain carbohydrates for an energy boost.

For more details, see articles in the March 2006 issue of The Australian Orienteer'.

'Keith Cordwell S&T Officer of BOSQ in Footnotes April 2006

DRINK WATER, BUT HOW MUCH?

We all know about the need to drink water in order to stay hydrated. Dehydration leads to a drop in physical and mental performance, nausea and diarrhoea. A drop of 2% of our body weight can cause problems. In my case that is a shortfall of water of only a little over 1 .3 L. A good indicator of dehydration is urination; less often, less quantity and darker colour indicate dehydration. Extreme dehydration leads to heat stress (dizziness, headache, confusion) and then to heat stroke and collapse.

A commonly quoted guideline on how much to drink is a minimum of 4 glasses of water a day and an ideal of 8 or more glasses (from 1 to 2.5 L per day). But that guideline might not assist much. How much we need to drink depends largely upon how much we sweat (Yes, I know - horses sweat, men perspire and ladies glow). Sweating varies from person to person (with age, body shape, fitness etc.) and depends upon the temperature, humidity, clothing and the physical activity engaged in. To find out how much sweat loss I personally experience, I have weighed myself, with an empty bladder and in underclothes only, before and after periods of exercise - in my case some energetic cycling. The sweat loss is worked out from my change in weight plus knowing

how much water I have drunk during the exercise. I have calculated a sweat loss of 500 to 600 ml per hour of activity - in an air-conditioned interior gymnasium at about 22 degrees Celsius. This represents a 0.7% sweat loss. This is less than I expected, given the amount of effort that I put into the exercise! I suspect, though, that walking with a full backpack, going uphill, in hotter conditions, my sweat loss would be similar.

So how much do I need to drink on a bushwalk? I need to drink early, often and well after the walk. My approach is as follows:

Start my walk well hydrated, by drinking from the time I wake up till just before the activity - perhaps up to 1.5 L in total.

- Drink 500-600mL per hour while walking - about 2.5 to 3 L during a typical day's walk. Drink often, before I feel thirsty, using a readily accessible water bottle or hydration bladder and tube.
- Rehydrate after the walk to speed recovery - up to 150% what I sweated during the walk. Drink about 500mL straight after the walk and up to 2-3 L in the next 6 hours after a long and arduous walk, with the remainder of the water coming from the food eaten.

Drinking plain water is the best way of dehydrating. Caffeinated drinks such as tea and coffee do contribute to hydration but some of the liquid is lost as increased

urination. Caffeinated drinks don't need to be avoided. Care is needed with alcohol, though, because high-alcohol-content drinks lead to an overall fluid loss. Sports drinks are not essential, but offer advantages in strenuous or extended activities - carbohydrate for energy and to delay fatigue, and electrolytes to increase the uptake of carbohydrate and of water into the intestines.

Sports drinks, though, are acidic and should be followed by a mouthful of plain water to rinse the mouth and wash the sugar and acid from the teeth (if you want to keep your teeth).

If you'd like more information about hydration, see the Sports Dietitians Australia fact sheet Fluids in Sport at

<http://www.sportsdietitians.com.au/asset/1/upload/f01-fluids1.pdf>

or the Nutrition Australia FAQ on Fluids for Optimal Hydration at

http://www.nutritionaustralia.org/Food_Facts/FAQ/optimal_hydration_faq.asp

or the website of the Confederation of Bushwalking Clubs NSW Incorporated at

http://www.bushwalking.org.au/FAQ/FAQ_Water.htm.

So how much water do YOU need to drink on your next bushwalk? Possibly more than you might have thought. But one can't generalize. Each one of us sweats at a different rate and the conditions for walking will vary.

Keith Cordwell BOSQ in Footnotes January 2006

50th ANNIVERSARY CELEBRATIONS 2007-08

Event	Date	Comments
1. Mt Tibrogargan	Saturday 1st December 2007	The Club's first trip was to Mt Tibrogargan on Sunday 1st December 1957
2. Toolona Circuit walk	Sunday 27 th January	The Club's first walk after its formal establishment was a walk at O'Reilly's on the Australia Day weekend. One of the walks was the Toolona Circuit

3. 50th Anniversary Mass & Function.	Sun 30th March 2008??? Our plans have hit a speed bump as the Archbishop is not available on this day. More details next month.	Our plans have hit a speed bump as the proposed venue of the Red Hill Parish Hall is to be converted into offices. More details next month. The location of the Mass & Lunch most likely will change
4. Annual Mass & Dinner	Sat 24 th May 2008	The Committee would prefer to have the Annual Mass at the usual location of Kedron rather than O'Reilly's as they are concerned not many people would be able to get to O'Reilly's.
5 Barney Mass	Wed 13th August 2008	Mass at the Mass Site. Fr Gerard McMorrow of Chermiside Parish has kindly agreed "in principle" to do the Mass for us.

HOW WE ORGANISE OURSELVES

JILALAN ARTICLES

Please have all Jilalan articles to Greg by the 1st of the month... You should e-mail your articles to me; I'm not a typiste so handwritten ones are not preferred.

GENERAL MEETINGS

Meetings are held on the 3rd Monday of every month, at 7:30pm. The location is St Brigid's Parish Hall, 78 Musgrave Rd, Red Hill. (The huge red brick Church on the hill)

<http://www.geocities.com/briscathbushclub/page4.html>

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, 78 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. Do not assume that a walk is cancelled – ie, because of bad weather.
- (f) Should you change your mind and decide not to come to a Club event, please notify the leader as soon as possible.
- (g) 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
- (h) All visitors must sign an Assumption of Risk form for insurance.

<http://www.geocities.com/briscathbushclub/VisitorWaiverForm.html>

EMERGENCY OFFICER

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

<http://www.geocities.com/briscathbushclub/EmergOffSyst.html>

<http://www.geocities.com/fmrqld/contact.htm>

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 Club 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.

MEMBERSHIP FEES -

Membership Subscription fees are:

Ordinary Members: \$35; Associate Members: \$26; Spouse Members: \$9.00, Country Member: \$26.00.

Fees cover the period 1st January to 31st December, and renewals are due and payable by end of February each year.

Payment of fees can be made to the Treasurer.

Pro-rata amounts apply to new members if you join during the year.

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.

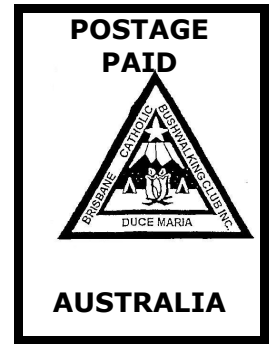
CONTACTS

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E-Mail	briscathbushclub@yahoo.com.au	
Web	www.geocities.com/briscathbushclub/	
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a/Vice President	Phil Murray	5522 9702
Treasurer	Terry Silk	3355 9765
Secretary	Desley Pedrazzini	3369 5530
Outings Coordinator	Michael Simpson	3351 3810
Membership Enquiries	Greg Endicott	3351 4092
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Ropes & Safety Equipment	John Carter	
"Jilalan" Editor	Greg Endicott	3351 4092
Artist-In-Residence	Iain Renton	3371 4672
Qld Federation of Bushwalking Clubs	http://www.geocities.com/qfbwc/	
Federation Mountain Rescue	http://www.geocities.com/fmrqld/index.htm	
Jilalan Printer: Printabout City - Lower Gr Floor, Boeing House, Cnr Adelaide & Wharf Streets, Brisbane. Ph: 3831 6644, Fax: 3831 6650, E-Mail: printabout@cplqld.org.au		

For specific enquiries, contact the committee member (from above) concerned.
For Outings or Socials, contact the leader shown in the calendar or article.



If undeliverable return to
Brisbane Catholic Bushwalking
Club Inc
PO Box 31
RED HILL QLD 4059
JILALAN
Print Post Approved
PP 409367/0022



THE FIRST CROSSWORD

It was not until the early twentieth century, however, that the crossword puzzle as such made its first appearance. Arthur Wynne, a native of Liverpool working as a journalist in New York, published a lozenge-shaped grid whose squares were to contain answers to clues, with letters of answers running horizontally contributing to the formation of answers running vertically down the grid. This puzzle appeared on 21 December 1913, in a newspaper publication – the Fun supplement of *New York World*.

THEOLOGY CORNER

Monday 15 October (Monthly Meeting date) is the feast day of St Teresa of Avila who lived 373 years ago. She said 'Words lead to deeds ... They prepare the soul, make it ready and lead it to tenderness'. Reflecting on the readings today, the word virtue originally meant something like heroic. All virtue is heroic by its nature because it is a fight against human weakness. More sins are committed through feebleness, following the path of least resistance, than through hatred and violence. Even if St Teresa had not had to struggle to recreate her order, Teresa's life would still have been a witness to how the contemplative life is a life of action and boldness. (Source: Euan Marley OP).

Russ