

# ***JILALAN***

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Mt Mitchell Twilight Walk, Sat 14<sup>th</sup> Nov

Monthly Magazine Of The

## **BRISBANE CATHOLIC BUSHWALKING CLUB Inc**

Established 1957

Incorporated 1991

Under The Guidance of Our Lady of the Way

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# ***October 2009***

Date	Event	Leader	Phone	Type	Grade
26/27	Cullendore to Amosfield	Pat		TW	
Oct 3	Mt Warning Evening Walk	Greg		ON	
6	Movie Night – Stafford	Michael		Soc	
10	Enoggera Reservoir	Graham		DW	
11	Kate Quinlan Society	Greg		Soc	
<b>Oct 16</b>	<b>JTS – The German Club</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>19</b>	<b>BCBC Meeting</b>	<b>Desley</b>	<b>3369 5530</b>	<b>Meet</b>	
<b>20</b>	<b>FMR Meeting</b>			<b>Meet</b>	
<b>24</b>	<b>FMR – Adv Mapping &amp; Navigation</b>			<b>Trn</b>	
<b>25</b>	<b>Bne Forest Park – 4 Tracks</b>	<b>Michele</b>	<b>3353 2822</b>	<b>DW</b>	<b>S33</b>
<b>30/1</b>	<b>Northern NSW Coast</b>	<b>Paul</b>	<b>0412 339311</b>	<b>BC</b>	<b>L33</b>
<b>31</b>	<b>Burleigh to Southport</b>	<b>Barbara</b>	<b>3355 3639</b>	<b>DW</b>	<b>L33</b>
<b>31 – 3/11</b>	<b>Victorian Alps</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>Nov 3</b>	<b>Movie Night – Stafford</b>	<b>Michael</b>	<b>3351 3810</b>	<b>Soc</b>	
<b>8</b>	<b>White Rock</b>	<b>Greg</b>	<b>3351 4092</b>	<b>DW</b>	
<b>14</b>	<b>St Williams Grovelly Markets</b>	<b>Michele E</b>	<b>3351 4092</b>	<b>Soc</b>	
<b>14</b>	<b>Mt Mitchell Twilight Walk</b>	<b>Maria</b>	<b>3378 4280</b>	<b>DW</b>	<b>S33</b>
<b>16</b>	<b>BCBC Meeting &amp; Photo Comp</b>	<b>Desley</b>	<b>3369 5530</b>	<b>Meet</b>	
<b>16</b>	<b>BCBC Annual Photo Comp</b>	<b>Phil</b>	<b>5522 9702</b>	<b>Comp</b>	
<b>17</b>	<b>FMR Meeting</b>			<b>Meet</b>	
<b>20</b>	<b>JTS – The Boardwalk</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>21</b>	<b>Gheerulla Circuit Track</b>	<b>Graham</b>	<b>3371 9623</b>	<b>DW</b>	<b>L33</b>
<b>21</b>	<b>FMR – Rescue Leader Training</b>			<b>Trn</b>	
<b>28/29</b>	<b>Cooloola Circuit</b>	<b>Michael</b>	<b>3351 3810</b>	<b>TW</b>	<b>L35</b>
<b>29</b>	<b>Binna Burra to O’Reilly’s</b>	<b>Greg</b>	<b>3351 4092</b>	<b>DW</b>	<b>L33</b>
<b>Dec 1</b>	<b>Movie Night – Stafford</b>	<b>Michael</b>	<b>3351 3810</b>	<b>Soc</b>	
<b>1</b>	<b>FMR – Christmas Social River Walk</b>			<b>Soc</b>	
<b>12</b>	<b>Christmas Party</b>	<b>Jan&amp;Russ</b>	<b>3374 3534</b>	<b>Soc</b>	
<b>13</b>	<b>City Bridges Walk</b>	<b>Barbara</b>	<b>3355 3639</b>	<b>SW</b>	<b>S11</b>
<b>16</b>	<b>Christmas Lights &amp; Coffee Night</b>	<b>Needed</b>		<b>Soc</b>	
<b>18</b>	<b>JTS – The Sofitel</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>20</b>	<b>BCBC Meeting</b>	<b>Desley</b>	<b>3369 5530</b>	<b>Meet</b>	
<b>26</b>	<b>Gold Coast Hinterland</b>	<b>Liz</b>	<b>3356 4874</b>	<b>DW</b>	<b>S22</b>
<b>31</b>	<b>New Years Eve Party</b>	<b>Needed</b>		<b>Soc</b>	
<b>Jan 3</b>	<b>Warrie Circuit</b>	<b>Paul</b>	<b>0412 339311</b>	<b>DW</b>	<b>M33</b>
<b>9</b>	<b>Murrarie to Bulimba</b>	<b>Beginner</b>		<b>DW</b>	<b>S13</b>
<b>15</b>	<b>JTS – Story Bridge</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>18</b>	<b>BCBC Meeting</b>	<b>Desley</b>	<b>3369 5530</b>	<b>Meet</b>	
<b>23/24</b>	<b>Ravensbourne &amp; Diamonds</b>	<b>Needed</b>		<b>BC</b>	<b>S43</b>
<b>22/26</b>	<b>Northern NSW</b>	<b>Justin</b>	<b>3366 3193</b>	<b>BC</b>	<b>L44</b>
<b>26</b>	<b>Castle Crag &amp; Bridal Trail O’R</b>	<b>Phil</b>	<b>5522 9702</b>	<b>DW</b>	<b>M43</b>
<b>27</b>	<b>Coffee Night – St Vinnies</b>	<b>Needed</b>			
<b>28</b>	<b>FMR – Police Operations Centre</b>				
<b>29</b>	<b>FMR – “Do you know Tasmania” Talk</b>				
<b>Feb 7</b>	<b>Greene’s to Love Creek Falls</b>	<b>Needed</b>		<b>DW</b>	<b>S55</b>
<b>14</b>	<b>Illinbah Circuit</b>	<b>Greg</b>	<b>3351 4092</b>	<b>DW</b>	<b>M33</b>
<b>15</b>	<b>BCBC Meeting – AGM</b>	<b>Desley</b>	<b>3369 5530</b>	<b>Meet</b>	
<b>17</b>	<b>Ash Wed – Cathedral Mass &amp; Coffee</b>	<b>Needed</b>		<b>Rit</b>	
<b>19</b>	<b>JTS – The Victory</b>	<b>Phil</b>	<b>5522 9702</b>		
<b>19/21</b>	<b>Border Ranges – Wiangaree</b>	<b>Needed</b>		<b>BC</b>	<b>S44</b>
<b>27</b>	<b>Obi Obi Gorge Lilo Trip</b>	<b>Phil</b>	<b>5522 9702</b>	<b>DW</b>	
<b>6</b>	<b>Fairfield to City</b>	<b>Beginner</b>		<b>DW</b>	<b>M23</b>

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**

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

**KEY – Walk Gradings**

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

**PRAYER OF THE MONTH**

God,  
 Bless the homes from which we come,  
 Our parents,  
 Our friends  
 And all who are dear to us.  
 May our lives  
 And achievements  
 Give them happiness and pleasure  
 And may we not forget the courtesies we owe them.  
 Amen (Johnson 1986:106)

**PRESIDENT’S REPORT**

Here I am sitting on the lovely sunny Atlantic beach in south-western France, sipping my

Cervantes. The sight of the red ball of the setting sun over the ocean is beautiful and peaceful against the grey white tipped breakers smashing against the deep black cliffs that make up the coastline of the Pyrénées-Atlantiques around here. While under my striped beach umbrella at my blue plastic table on the pebbles, I started to reflect on BCBC, as I do when presidentially relaxing.

I realised that in our hectic active sport, we do need to relax sometime. We usually are go, go, go all the time. A walk here, a coffee night there, followed by a JTS, then another walk. This will burnout even the toughest walker very soon. So team, learn to relax – slow down, walk instead of run, take a deep breath in and out; and again slooowly.

I’m doing my part, please do yours.

## TREASURER'S REPORT

Balance at 17/8/09	\$2235.38
Plus Receipts	\$ 585.00
	\$2820.38
Less Payments	\$ 159.90
Balance at 21/9/09	\$2660.48
Term Deposit	\$2228.58

I am still selling tickets in our current raffle which has two prizes with the first being a set of walking poles and the second a one kilogram jar of Natural Mixed Fruit Candy. Tickets are still only one dollar each. Terry

## ABOUT PEOPLE

Maxine Brophy, Mary Ferro, Tracey Hagger, Julie Hoey, Frances Jorgensen, Trevor Kelly, Maria Kerruish, Breda Kertin, Patricia Mackie, Russell Nelson, Matthew Palmer, Desley Pedrazzini and Pam Van Egmond are having a birthday in October.

Recently, we have had enquiries from Mary-Rita Lane, Lorraine Chester and Bernadette Fleming.

Lorraine Chester has already done two walks as a visitor being on both Greg's Larapinta Falls and Glasshouse Mountains walks. Dominique Watson was also a visitor on the Larapinta Falls walk.

Some recent sad news concerning health issues from Merv & Maria Galvin, Helen Mees, and Robyn Ross.

Willie Hayes writes: After initial post-hernia op. recuperation, we went to a spectacular part of Kerry for a break. I'm glad to say that the op went according to plan, and after 2 weeks or so I was able for a few fairly hefty walks along coastal headlands.

We heard a lot about the great dust storm your experienced, even in Brisbane. We saw TV pictures of Sydney in which we could hardly make out the Opera House. You must be having fairly high temperatures by now. Here the weather has been dry, settled and autumnal, with some good spells of sunshine, for more than 3 weeks--some compensation for the wettest late June-August since records began.

Good to get the short piece in the August issue on the History of the Catholic Church in Brisbane. Fr John McEncroe came from my part of the country. I'm sure Archbishop Martin of Dublin made a good job of the homily at the celebratory Mass. He is one of the most courageous, straight-talking bishops we have.

## COMING EVENTS

**TRIPS** still leave from St Brigid's car park at Musgrave Rd, Red Hill.

The "**Leaders Guide**" is on the web at:  
<http://www.geocities.com/briscathbushclub/LeadersGuideV5-02-06.html>

### 16<sup>th</sup> OCTOBER, FRIDAY JOHN TOOHEY SOCIETY THE GERMAN CLUB

**Contact:** Phil Murray Ph: 5522 9702,  
0413 307 580

**Where:** 416 Vulture St, East Brisbane  
(Opposite Gabba Towers & the Cricket Ground)

**Time:** Anytime after 4pm till any time before 10ish.

**What For:** Great conversation, meet great people, air your views

**Web:** [www.brisbanegermanclub.com](http://www.brisbanegermanclub.com)

**Emerg Off:** Greg Endicott Ph: 0418 122 995

For October, the JTS is meeting at the German Club to join in the festivities and to try out the German beverages. Enjoy traditional German food, beers and wine. The actual name of the Club is "Brisbane Deutscher Turnverein".

The interior is like a German hunting lodge. It could be crowded at the start, but will empty out soon after. There are tables inside to the right where we will be gathering

Don't worry about lack of Public Transport, as the Gabba Busway Station is a 5 minute walk away, just over a well-lit and always busy Main St. When you want to leave, someone else will want to also, so we can travel in groups. Buses take you to the City or Southbank & South Brisbane Rail Stations, or the Mater Busway Station. Check Transinfo for connections:

<http://www.transinfo.qld.gov.au/>

But remember, "Do not mention zee var!!"

### 19<sup>th</sup> OCTOBER, MONDAY MONTHLY MEETING

**Contact:** Greg Ph: 3351 4092

**Time:** 7.30pm – Doors open & meeting starts soon after

**Where:** St Michael's Parish, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask

questions of our leaders about their coming events, so that you can make up your mind as to whether to come on the walk. Come pay your subs. Discuss the 2010 Outings Calendar. Stay for supper.

**24<sup>th</sup> OCTOBER, SATURDAY  
BLUE MOUNTAINS ROPES RESCUE  
COURSE (ADVANCED)  
FMR TRAINING DAY**

**Leader:** Phil Box [d downsro@bigpond.net.au](mailto:d downsro@bigpond.net.au)

**Meet at:** Contact Phil

**Time:** 8am

**Cost:** Phil will advise

**Web:** [http://www.freemanx.com.au/experiences\\_detail.cfm?prodid=153](http://www.freemanx.com.au/experiences_detail.cfm?prodid=153)

Details are available from Phil at the e-mail address.

Supply your own bushwalking equipment, food etc, and bring any climbing equipment if you have any.

A trip fee may apply

1. Members of clubs are entitled to attend any appropriate activity on the FMR training program.
2. There is bushwalker public liability and personal accident cover for participants of all FMR training activities. (This is in addition to any personal insurance)
3. Members of FMR have access to the Mt. Tinbeerwah cliffs for climbing, abseiling, prusiking and other training activities.
4. There is a special discount on equipment purchases at most of the leading outdoor stores in Brisbane for bushwalking club members. (Contact the FMR. Administrator, a Committee Member or a Rescue Leader if you require identification)
5. Members are entitled to FMR assistance if they are lost or injured. Notify a rescue leader for help in an emergency!

**25<sup>th</sup> OCT, SUNDAY  
BRISBANE FOREST PARK, 4 TRACKS  
DAYWALK**

**Leader:** Michele Johns Ph: 3353 2822 or 0414 635 542

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

**Time:** 7.00am

**Cost:** \$8.00

**Grading:** M33

**Location:** On Mt. Nebo Road west of The Gap

**Web:** [http://www.epa.qld.gov.au/parks\\_and\\_for ests/find\\_a\\_park\\_or\\_forest/brisbane\\_for est\\_park/](http://www.epa.qld.gov.au/parks_and_for ests/find_a_park_or_forest/brisbane_for est_park/)

**Emerg Off: Richard Johns Ph: 0409 871 641**

This walk offers variety and first class views from the Brisbane Valley to Moreton Bay. We don't often explore the natural beauty at our doorstep so don't pass up this opportunity.

The day will begin at Jolly's Lookout with expansive views of Moreton Island and the Samford Valley, beginning with the Thylogale Track, walking one way to Boombana. This is an easy 4km walk through eucalypt and rainforest with an abundance of rainforest birds, including the fruit dove, green catbird, satin bowerbird and pale yellow robin, so for those bird spotters this is a bonus! From Boombana, we will do the 1.1km Pitta Rainforest Circuit with its boardwalk around a monstrous strangler fig and return to Boombana where we will have morning tea.

Our next stop is Manorina where we will walk the 6km Morelia Track to Mt Nebo Lookout with its spectacular views of the Samford Valley and beyond, and then it is back to the cars. We then head up to Mt. Glorious for lunch at Miala before doing the Westside Track one way. This delightful walk takes you through some of the best rainforest in Brisbane Forest Park. The rainforest is more varied here with strangler figs, buttressed trees, stinging trees and large rainforest trees such as white booyong. After walking for about 500m, there is a clearing beside the road with spectacular views over the scenic rim of Cunningham's Gap and Mount Barney.

We will cover about 16km over the day but it is all on graded track so will not be too taxing. You won't need to carry much as we will be returning to the cars between walks. There will be plenty of time to enjoy a coffee on the way home.

We don't often explore the natural beauty at our doorstep so don't miss this opportunity. So come and join me for what is promised to be a great day. Michele

**31<sup>st</sup> OCT - 1<sup>st</sup> NOV SAT & SUN  
BUNDJALUNG NATIONAL PARK  
BASECAMP**

**Leader:** Paul Evans Ph: 0412 339 311

**Meet at:** St Brigid's Carpark, Red Hill

**Time:** 5.00 am

**Cost:** \$30:00

**Grading:** L33

**Web:** <http://www.environment.nsw.gov.au/Natio nalParks/parkHome.aspx?id=N0041>

**Emerg Off:** Caroline Ph: 0412 339 422

**Distance:** 25km **Ascent:** 0m **Descent:** 0m

Bundjalung National Park is one of the coastal parks in northern NSW. The aim is to get to

Woody Head near Iluka early on Saturday before driving to the Black Rocks Camping area and walking back to Woody Head along the beach. If time permits we will visit the Jerusalem Creek area.

This walk passes through an ecosystem adapted to a harsh environment of salt-laden winds and poor soils which suits such trees and shrubs as the Riberry and Broad-leaved Lillypilly where strangler figs, ferns, epiphytes and vines intertwine. There are also over 140 species of birds for the avid bird watcher.

We will catch the ferry to Yamba on the Sunday and follow the beach to Angourie before catching the ferry back to Iluka and then home. We may also visit the Iluka Nature Reserve which contains the largest remaining stand of littoral "by the sea" rainforest in New South Wales and is a World Heritage listed Gondwana rainforest.

Due to the need to book camping, I will need to know numbers as soon as possible. This is a lovely area to visit and won't disappoint. Paul.

**31<sup>st</sup> OCT, SATURDAY  
BURLEIGH TO SOUTHPORT  
DAYWALK**

**Leader:** Barbara Eastoe Ph: 3355 3639  
**Meet at:** St Brigid's, Red Hill  
**Time:** 7.30am  
**Grade:** M22  
**Cost:** \$18, incl bus fares  
**Location:** on the beach of the Gold Coast  
**Web:** <http://www.verygoldcoast.com.au/burleigh-heads/>  
**Emerg Off:** Greg Endicott Ph: 0418 122 995

Here is a walk for everyone – almost flat, no obstacles (except for kids playing cricket on the sand and naked bathers), flat (except for the gutters where the waves flow back out into the ocean), easy on the feet (except where we have to walk in soft sand), and very pleasant company.

The trip will start with a walk through the Headland National Park, then along the beach all the way to The Spit where we will go onto the tracks through the dunes to get back to the road and bus stop.

Tide times are High at 7am and Low at 1pm, so we will have the hard wet sand to walk over – very nice also. The walk is approx 17km.

Remember, water, slip/slop/slap, hat, sun cream, long sleeved shirt, morning tea & the usual bushwalking stuff, sun glasses, pink zinc, togs & towel, more sun cream, money for after walk goodies and small change for the bus back to the start.

It is whale season, so be on the lookout. Who will see a shark first?

**FRI 30<sup>th</sup> OCT TO TUES 4<sup>th</sup> NOV  
CUP WEEKEND WALK IN THE  
VICTORIA ALPS  
THROUGHWALK**

**Contact:** Phil Murray Ph: 5522 9702  
or 0413 307 580  
**Meet at:** Melbourne Tullarmarine Airport  
**Time:** 12 noon Friday 30<sup>th</sup>  
**Grade:** L88  
**Cost:** \$75:00 in car pool cars plus airfares to Melbourne  
**Location:** Between Bright & Omeo in northern Vic

**Web:** [http://www.exploroz.com/Shop/Maps/Room/Bush\\_Huts\\_of\\_the\\_Bogong\\_High\\_Plains.aspx?pn=2](http://www.exploroz.com/Shop/Maps/Room/Bush_Huts_of_the_Bogong_High_Plains.aspx?pn=2)

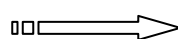
**Emerg Off Phil Ph: 0413 307 580**

This is walk with Catholic Walking Club of Victoria. The very experienced Tom Buykx is the leader. The plan is to visit the Bogong High Plains which are just south of the Falls Creek ski resort area. Despite the name we don't actually go to Mt Bogong which is about 20kms to the north east of the Bogong High Plains. I am sure part of the walk will include a section of the Australian Alpine Walking Track. A highlight of the trip is that we should get good views of Mt Feathertop and Mt Bogong.

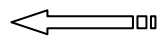
The details of the exact walking route are still to be determined. But I expect it will be a loop starting near Pretty Valley, up to the Tawonga Huts on to the Niggerheads then a broad sweep past Wallace's and Cope's Huts back to the cars. There should be a few snow drifts still around as they have been getting snow in the Victorian Alps as I am writing the report. It should still be a fairly easy 4-day throughwalk provided it doesn't snow – so we have to carry our Gore-Tex jackets and overpants to be on the safe side. The reason it is fairly easy is that we basically stay on top of the plateau for the whole weekend.

Contact me if you want any further details.

See a trip description of Tom's trip to the High Plains from December 2007 in the CWCV website <http://www.catholicwalkingclubvic.org.au/Archives.htm> Phil



**NOTICE**



**The BCBC Web Page is to be  
[www.bcbbc.bwg.org.au](http://www.bcbbc.bwg.org.au) by the end of Oct.**

**3<sup>rd</sup> NOVEMBER, TUESDAY  
MOVIE NIGHT  
STAFFORD CINEMAS**

**Contact:** Michael Simpson Ph: 3351 3810  
**Where:** Stafford 10 Cinemas – Stafford City Shopping Centre,  
**Meet at:** The Food Court, just outside the Cinema entrance  
**Time:** 6pm  
**Cost:** \$12.00 (movie only)  
**Web:** <http://www.a-m-c.com.au/>  
**Location:** Stafford Rd between Webster Rd & Windorah St

Visitors & New Members please ring first to find out how to recognise us when you arrive at the cinema. If you are new, ask people milling around the Food Court if they are with BCBC.

This is a very informal event where nomination is not necessary. Simply turn up if you want, have dinner if you want, see whatever movie you want. Have coffee afterwards if you want. As a result, we do not know who is coming & how many, or at what time!!!

The link below contains a map of the centre.  
<http://www.thefirstgroup.com.au/images/centreProfiles/StaffordProfile.pdf>

The costs at Stafford City are similar if not cheaper as you can get a movie meal deal for around \$20. So come along.

**8<sup>th</sup> NOVEMBER, SUNDAY  
WHITE ROCK  
DAYWALK**

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** St Brigid's, Red Hill  
**Time:** 7.30am  
**Grading:** S32  
**Cost:** \$10  
**Location:** South west of Ipswich, near Redbank Plains  
**Web:** [http://www.ipswich.qld.gov.au/documents/health/paperbark\\_flats\\_bushwalkingguide\\_web.pdf](http://www.ipswich.qld.gov.au/documents/health/paperbark_flats_bushwalkingguide_web.pdf)

**Emerg Off:** Michele Endicott Ph: 3351 4092

On the day of the preouting we suffered the really bad dust storm. We did not see much on the day. However, there are graded tracks through the Conservation Park, the longest being 7km long. As this is too short for a day walk, when the opportunity arises, I will lead the party off the track and explore some of the rock formations just to the south. I once went on an FMR rock training day there once.

The area is reasonable open terrain, so you will need to protect yourself from the sun, and if this early hot weather stays around you will need plenty of water. There are several lookouts we will deviate to look out from.

This is an area that BCBC has not ventured in in over 20 years, so come along on this trail blazing outing.

**13<sup>th</sup> to 17<sup>th</sup> NOV, FRI to TUES  
BARRINGTON TOPS  
THROUGHWALK**

Last October I had almost a week around Barrington Tops but was prevented by storms, rain and snow from doing a proposed 3 day throughwalk on the plateau. This November I'm considering doing another short trip to Barrington Tops specifically to have a second crack at the throughwalk. However, to save time I would fly to Newcastle and hire a vehicle. (During sale periods fares to Newcastle are regularly available for \$39 or even lower.)

The idea would be to fly to Newcastle then drive to a caravan park at Gloucester or to camp at Polblue on the Tops on the first night, depending on weather. Next morning I would start a 2½ day throughwalk south across the plateau to Careys Peak and other southern lookouts. (Walking is fairly level as the starting point is at almost 1500m.) The last night would be at Gloucester to freshen up before returning home.

It would not be essential for others to fly to Newcastle. It's possible to take a train to Gloucester, and there's also the option of driving all the way for those who have the time. Please let me know if you're interested in this trip.

<http://visitbarringtontops.com.au/>

Neil Douglas

{Email enquiries to John Marshall:  
[jmarshall@optusnet.com.au](mailto:jmarshall@optusnet.com.au) }

**14<sup>th</sup> NOVEMBER SATURDAY  
MT MITCHELL  
EVENING WALK**

**Leader:** Maria Kerruish Ph: 0410 804 730  
**Meet at:** St Brigid's Red Hill  
**Time:** 2.00pm  
**Grade:** S33  
**Cost:** \$15.00  
**Distance:** 10km (approx)  
**Location:** Cunningham's Gap, west of Brisbane  
**Web:** [http://en.wikipedia.org/wiki/Mount\\_Mitchell\\_\(Australia\)](http://en.wikipedia.org/wiki/Mount_Mitchell_(Australia))

**Emerg Off:** Russ Ph: 3374 3534

The timing will make this walk special. We plan to watch the sunset from the twin peaks at the top. Weather permitting; we should see the whole coastal plain as well as the Darling Downs side from this watershed.

We leave Brisbane from Red Hill, park the cars at Cunningham's Gap then cross the highway as the walk begins on the southern side. The track is graded and gradual with steps at the steep section. It contours through rainforest & open eucalypt forest and ends on a knife-edge ridge. The views are spectacular. We will settle here to watch the sunset.

Please bring a thermos and food to share. We will be coming down in the dark so it is essential that you bring a torch and spare batteries. The estimated return time to Red Hill will be 9 o'clock.

I look forward to your company. Please join me for an enjoyable afternoon of bushwalking with a difference. It should make for a memorable occasion.

## **16<sup>th</sup> NOVEMBER, MONDAY SIXTH ANNUAL PHOTOGRAPHIC COMPETITION**

### **At the November Monthly Meeting**

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 to including them in the 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 best overall photo will go on the front cover of the Annual Report.

The categories of the competition are –

1. **Landscape** – this includes all the landscapes, waterscapes, mountains
2. **Moods of nature** – sunrises, sunsets, storm and rain or misty days
3. **Nature Close up** – plants, animals, birds, rocks, leaf litter etc
4. **People and faces** – portraiture & club character
5. **Miscellaneous**- any photos that do not fit into any other category.
6. **International Walking** – photos from overseas walks
7. **Best overall** – awarded to the print deemed to be best overall by the invited judge.
8. **People's choice**. The best photo selected by the members.

### **The Competition Rules**

- entry is open to club members only
- the photographs have to be prints and displayed at the November meeting.
- size – photo approximately A5 size – 210mm x 149mm or smaller so it can fit on the front cover of the Annual Report
- Each person may enter 2 photographs per category.
- Each photograph must be titled and have the owner's name and date.
- 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 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. Phil.

## **16<sup>th</sup> NOVEMBER, MONDAY MONTHLY MEETING**

**Contact: Desley Ph: 3369 5530**

**Time: 7.30pm – Doors open & meeting starts soon after**

**Where: St Michael's Parish, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)**

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether to come on the walk. Come pay your subs. Discuss the 2010 Outings Calendar. Stay for supper.

## **20<sup>th</sup> NOVEMBER, FRIDAY JOHN TOOHEY SOCIETY MEETING THE BOARDWALK (On the river at Riverside)**

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

**Where "Riverside", Eagle Street Brisbane.**

**Time: From 4pm till 9ish.**

**What For: For a chat, a drink and a meal**

**Web: <http://www.boardwalkbar.com.au/>**

**Emerg Off: Greg Endicott. Ph: 0418 122 995**

For November we are meeting at the Boardwalk at Riverside. It is always a nice place to spend a



balmy spring evening – the cool of the River, the lights reflecting off the dark river's surface, the hubbub of conversation all around us, the interesting passing crowds. We will try and get a table outside to soak up the riverside atmosphere.

Come along for a great night for a drink of water, wine or beer and some hot chips. Have dinner if you want.

Hopefully Desley will have all her photos of the trip through Spain along the Camino.

We will also discuss the proposed calendar of events for next year.

### **21<sup>st</sup> NOVEMBER, SATURDAY GHEERULLA CIRCUIT DAYWALK**

**Leader: Graham Glasse Ph: 3371 9623**

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

**Time: 6.45 am**

**Cost: \$20**

**Grading: L34**

**Location: In the Montville/Mapleton Area**

**Web: [http://www.aussiebushwalking.com/QLD/Sunshine Coast/Gheerulla Valley circuit](http://www.aussiebushwalking.com/QLD/Sunshine%20Coast/Gheerulla%20Valley%20circuit)**

Gheerulla Circuit is at the northern end of the Sunshine Coast Hinterland Great Walk, and we shall start the walk from Delicia Road north of Mapleton. The walk is long (approx 21km) and the terrain is largely undulating.

We shall proceed in a clockwise direction as this will allow us to descend (rather than ascend) the steep Gheerulla Bluff. However, the graded track is good and it includes various sets of stone steps in this section. The creek crossings on the walk 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.

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 after 7pm. This daywalk was last done by a few members of the club in 2007, in conjunction with a throughwalk. It would be good to see more people on the walk this time, as it is an excellent daywalk. Graham

### **21<sup>st</sup> NOVEMBER, SATURDAY FMR TRAINING DAY RESCUE LEADER LEVEL**

**Leader: Ron Farmer,**  
[ron.farmer@uqconnect.net](mailto:ron.farmer@uqconnect.net)

**Where: 'Roo Pt (Advanced)**

**Time: 08,00**

**What: Stretchers, rigging, hauling and lowering**

**Pre-Requisites: Basic knot skills needed**

### **29<sup>th</sup> NOVEMBER, SUNDAY BINNA BURRA TO O'REILLY'S AND O'REILLY'S TO BINNA BURRA DAYWALK**

**Leader: Greg Endicott Ph: 3351 4092**

**Meet at: St Brigid's Red Hill**

**Time: 7am**

**Grade: XL34**

**Location: Lamington National Park**

**Web: <http://lamington.nrsm.uq.edu.au/MainMenu.html>**

**AND**

**[http://www.epa.qld.gov.au/media/parks and forests/parks/Green Mountains%20section.pdf](http://www.epa.qld.gov.au/media/parks_and_forests/parks/Green_Mountains%20section.pdf)**

**AND**

**[http://www.epa.qld.gov.au/media/parks and forests/parks/Binna\\_Burra\\_section.pdf](http://www.epa.qld.gov.au/media/parks_and_forests/parks/Binna_Burra_section.pdf)**

**Emerg Off: Michele Endicott Ph: 0418 708 638**

**NEEDED:** wakers willing to take their car, and to let other walkers drive your car up the mountain to the start of the walk.

This is a walk that commences at both ends, meets in the middle and finishes at the opposite end. On the outward drive in the morning, we regroup at Canungra at the foot of the mountains. Drivers swap keys (and cars) and see someone else driving their car off to the top of Lamington. This way, your car is at the end when you finish the walk. You get your keys back in the middle of the walk when the two parties meet for lunch.

The walk is completely on the graded track system – we follow the Main Border Track for its 21km length. The track is undulating, with some soaks to cross, possible mud if it has rained recently (but I think it has sopped raining forever in SEQ), great lookouts over the Tweed Valley and much much more.

The walking is easy, the distance long. We start walking by 9.30am, have lunch around Mt Merino, and finish approx 5pm. You will pass through deep rainforest, see Antarctic Beech, walk through rarely visited territory, see native wildlife and walk with some pretty special people.

As there normally transport problems doing this walk, this is one of the few times that you will be able to do it. Do not miss the opportunity.

## **THE GREAT OCEAN ROAD, Victoria 13<sup>th</sup> to 21<sup>st</sup> March 2010**

If anyone is interested in doing the Great Ocean Road Walk along the southern ocean from 13<sup>th</sup> to 21<sup>st</sup> of March next year, please contact me. We are looking at an 8 day/7 night through walk. Desley Pedrazzini, 3369 5530

## **JOHN TOOHEY SOCIETY PROPOSED 2010 ITINERARY**

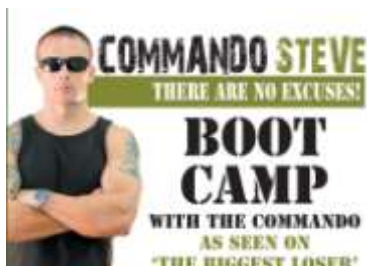
January 15 <sup>th</sup>	Storey Bridge Hotel
Feb 12 <sup>th</sup>	The Victory
March 19 <sup>th</sup>	fasting due to Lent!
April 16 <sup>th</sup>	Irish Club – Tara Room
May 21 <sup>st</sup>	The Fox South Brisbane
June 18 <sup>th</sup>	The Tank
July 16 <sup>th</sup>	Theodore Club
Aug 20 <sup>th</sup>	The Hilton
Sept 17 <sup>th</sup>	Premier’s Bar Treasury Casino
Oct 15 <sup>th</sup>	Café on Grey Street
Nov 19 <sup>th</sup>	Gilhooley’s on the sidewalk
Dec 17 <sup>th</sup>	The Waterfront

These are not official Club social events.

I have been requested not to put on any events during Lent; I have moved the February event one week forward. In March there will several regulars away .doing the Great Ocean Walk in Victoria with Desley.

Once again we are putting on a few upmarket and quiet places on the list – The Hilton & the Waterfront.

## **EXTRAS 5<sup>th</sup> OCTOBER, MON THE BINNA BURRA BOOT CAMP**



While your boots are camping in tents up in the camping ground, why don't you stay at the Lodge in the dry, warmed by the log fire, and sip on long tall cocktails?

## **PAST EVENTS**

### **THE MARATHON SATURDAY 29<sup>th</sup> AUGUST A THROUGHWALK IN THE KANAGRA BOYD NATIONAL PARK**

To paraphrase the words of Julius Caesar – I came, I saw I won.

It was a marvellous adventure this year. There were so many priceless moments from meeting a group of strangers on a Friday night at a railway station at Springwood in the Blue Mountains. We then had a lovely dinner at the Oriental Hotel (the Ori) then it was off to Faulconbridge where we spent the night or at least a little bit of it at Chris Martin's home.

Thankfully Chris was kind enough to volunteer his place for our group of 5 walkers. Chris has six kids but none were living at home at the moment so we all got a bed for the night. The original plan was to sleep in a cave a Kanagra Tops. The cave had a nice name, the Dance Floor Cave, as it was big enough to hold dances there. It was out of the rain but it was open to the westerly winds and it was a very unattractive option – driving for 2 hours late at night then sleeping on a rough and dusty cave floor and be buffeted by cold winds.

Chris's home was just up the road from Ori but we didn't get there until after 10ish. By the time we all had a cuppa and got into bed it was well after 11pm. The plan was to be up at 3am, so we could leave by 3.30 because we wanted to get to the start line at Kanagra Walls in plenty of time. Well we were up at 3am but we didn't leave until 4 as everyone was still half asleep. The last 30km of road was a dirt road and you could only go about 60kph. It seemed we hit every pot hole on that road (and as we driving at well over 80kph I don't know how didn't blow a tyre). We got to the Kanagara Tops just in time to put our boots on to get to the starting spot at the official starting time of 6.15am. There were 2 groups there – the "hards" of Margaret and Keith Carmody and Clare Woods and the "not so hards" group lead by James McMaster – the others in his party were Chris Watson, Sue Russell, Jan Suttie, Peter Marshall, Les and Judy Matthews and myself.

The starting time had come but without an official whistle or bell to start the race it didn't seem like a race. But soon enough the pace picked up and we were scurrying along the tracks. It was a somewhat bleak dawn as there was a cold front coming through. Ten minutes into the walk we got a few sprinkles which became a drizzle and then it

eased off but the wind had started to blow and the temperature started to drop to probably 5 degrees. But our group just continued our relentless pace. We tried to keep up with the "hards" but they disappeared within 30 minutes.

We quickly reached the one tricky bit as we dropped down through a cliffline. The amazing thing was the cliffline was formed by the softer layers been eroded away. The said softer layer was a very black coal seam that was about a metre high and made a small overhang for about 100 metres. Apparently they used to do a lot of coal mining around Katoomba in the pioneer days. Our group was making good time, but the changing weather had different plans for us. We lost a bit of time as we spent most of the morning taking off and putting on our raincoats when a heavy shower came through. Then a howling wind would come through to blow the rain away. The wind must have been gusting at over 90kph at times. For about 10 minutes there was a real danger from the gum trees dropping a big branch on us as the wind howled through. There was no where else to go so we just gritted our teeth, pretended it couldn't happen to us and kept surging along the ridge confident that we wouldn't be the unlucky one to be hit by a falling branch.

The route we were following was the standard route down to the Kowmung River along the Gingra range. It is supposedly an easy track to follow through the dry eucalyptus forest but twice we missed the little turns due to the head high undergrowth. But having experienced walkers in the group we quickly noticed the error and before we lost too much time we were back on the "track" which in places completely disappeared. There were several wildflowers to glance at but I didn't have time to smell the roses and didn't get time to identify many of them. Half way down the ridge the rain clouds magically dispersed and by the time we reached the river it was a lovely sunny balmy day of over 25 degrees – in fact it got very warm. Our leader let us have a leisurely lunch of at least 20 minutes on the bank of the Kowmung. Then we headed up a hot and bare ridge called Wide Opening Ridge. It was purgatory. So near to the end but it just kept going on and on and on. I was bugged. My feet were a bit dodgy before the trip and they were killing me now – a form of RSI. I didn't finish the trip last year and I wasn't going to stop this year. We eventually reached the road (Scott's Main Range Road) and then it was a leisurely road bash down to the Shack. We got there at 3.40pm – at least we got there in the daylight. There was a large group on the veranda to cheer us in. We later found out that our group

won a prize. The Joe Levey Prize. We had covered 26.7kms in just on 9 hours of walking through very rough terrain.

The Shack is a bit of a misnomer as it a bushwalker's paradise with 2 separate huts – the boys hut (the bigger one) is called Kiaramba (a.k.a. "The Shack") and the girls hut is called Kowmung House. As a good Catholic club they have their own chapel that holds 50 people. Fr Quirk and Fr Blayney con-celebrated Mass. The highlight of the Mass was the singing by the whole congregation of the hymn "Our Lady of the Way". After Mass we returned to the Shack for the Feast. What an amazing 3 course meal – just superb. It was just an amazing night meeting so many people and such a great atmosphere. It was an amazing night. We were in the Blue Mountains but it was unseasonably balmy evening. After tea Fr Quirk shared a nip or two of Tullamore Dew. This year there weren't as many people at the Marathon and I was able to sleep in the Shack.

The next day was another tough walk. We got a lift of 17kms to Mt Feld and then we went "down" the Dennis Ridge to the Kowmung then "up, up, up" the other side along Roots Ridge to the Gingra Range - from the junction it was supposed to be just a short 2 hour walk back to the cars - we did it in just under 3 hours. The views from Roots Ridge along the Kowmung are very pleasant rather than spectacular cliff lines you get around Katoomba. The weather had cleared and it was a very cool and bracing 3 degrees but we had great views of the Kanagra Walls. It was then a 2 hour drive back to Springwood. Just an amazing weekend.

Anyhow I am planning on doing the Marathon next year and I highly recommend the trip to other BCBC members. A special thanks to my very understanding walk leader James McMaster as I was just a bit off the pace on the push back to the cars. Next year I hope to come in from the northern side from near Carlons and come through the Wild Dog Mountains and down to the Cox River. Hopefully next year there will be a larger Queensland contingent. Phil

**MT SUPERBUS / LIZARD POINT  
30<sup>th</sup> AUGUST, SUNDAY  
DAYWALK**

What a great day! A little harder than some walks, but the rewards were superb (sorry).

Sunday's weather was comfortable after the previous week's high temperatures. Blue skies and a clear day. After meeting at Boonah, we drove up the scenic Teviot Valley towards Teviot Gap or should we say 'Windy' Gap. A strong cold

wind blew here, so we quickly prepared & set off along the track to the old timber bridge crossing the creek to meet the rabbit fence ridge.

The rabbit fence has been gone about 10 years, but the ridge is still the preferred route onto the Main Range, 600 metres above us. The ridge is like a staircase, so there is some relief after each steep pinch. Walking in the subtropical rainforest was beautiful, but we noticed how dry the soil was. We had a breather, once on the Range. It was then a short climb to Mt Superbus, the highest point in south east Qld. A throughwalk to The Lincoln Wreck was planned.

Our next objective was Lizard Point. So off to Mt Roberts. The route along the top of the ridge line is obvious but with natural obstacles such as small cliff lines. Little windows in the forest provided glimpses on the Scenic Rim and the Emu Creek Valley below us. A rocky ledge gave us great views of the Steamers.

Eventually we reached Lizard Point for lunch. Views from Beau Brummell to Lamington lay before us as we enjoyed a cuppa. The Giant Spear Lily and species of orchids were in flower. Some of us discussed the accuracy of a couple of GPS units. We also noticed a bushfire burning on the range between Mt Steamer & Panorama Point. This was phoned into the authorities. Sadly we had to leave & retrace our steps though a little more slowly. The descent ridge seemed to take a forever go down. It was still blowing a gale at Teviot Gap, on our return after 5pm. Just enough daylight.

Thanks to go all who came Michele J, Pat L, Therese A, Paul E, Justin, Terry, Michael S, Jonas and visitor Blair from Warwick. Thanks also to the drivers Michael & Paul for a safe and comfortable trip. I enjoyed your company on one of the best daywalks of the year.

The bushfire was contained by QPWS through back burning off firebreaks and some rain the following week. John

**RIVERFIRE  
SATURDAY 12<sup>th</sup> SEPTEMBER  
SOCIAL**

Wow! What a successful night. For the first time in a number of years we all managed to meet up and watch the spectacular display from the same vantage point. Mervyn was the first to arrive finding a viewing spot near where we were last year. Then I arrived with Robin and my sister, Gale. When I found Merv he decided to join us as the spot we had chosen had more room. Next to

arrive was Desley along with our South American visitors, Sergio & Simone. Finally, Kay joined us on her second last weekend in Brisbane before heading down to Melbourne to rejoin her family.

At five o'clock we were treated to a ten minute aerobatic display by the RAAF Roulettes who returned for a slightly shorter display at five forty which was mainly above us and well worth watching. The next excitement came at seven o'clock when a pair of RAAF F111's streaked across the city to ignite the half hour fireworks display.

As usual we were able to watch the fireworks on and near the Story Bridge as well as those at South Bank and selected city rises. They were well synchronised and I believe better than the last few years. I still lament the old times when they went higher. Just before the finale, the two F111's returned to perform their final famous dump and burn which was a little disappointing as it did not appear to be as spectacular as in past years. Was it because the aircraft were flying higher, faster or a Government cost cutting exercise? Anyway, it was still an historic night. Once again it was great to be part of the excited crowd as the people of Brisbane enjoyed Riverfire along with plenty of visitors to our great city.

Congratulations to Desley who walked all the way from her home, stopping to enjoy a play at Kelvin Grove on the way. Kay caught the bus to South Bank and then walked from there whilst Merv and I drove in.

Thanks to those who joined me for a night which turned out much better than I thought it would. I wonder what Riverfire will be like next year without the F111's.  
Regards, Terry

**COOLANGATTA TO CURRUMBIN  
SATURDAY 19<sup>th</sup> SEPTEMBER  
DAYWALK**

This is becoming one of my favourite trips. This walk is a lovely easy stroll along the beach. But you still get a real sense of accomplishment at the end as you look back to Coolangatta from Currumbin to see where you came from. It was a beautiful sunny day with only a light sea breeze.

We all met at Currumbin at the appointed time of 9.15 – we waited at the bus stop and flagged down a bus which came through in less than a minute. But the bus didn't stop. The driver looked at us and just kept going. He must have been having a bad morning. It was one of those awkward moments, what now?

Anyhow, we quickly checked the timetable and the next bus was due in five minutes and hopefully he would stop. He duly did and 19 keen walkers got on the bus. The bus driver was concerned at been behind schedule and rather than charge the normal rate of \$2.90 per person he only charged the people with cash \$1.50 whereas a few of us had used our Go Cards and got charged \$2.32. At least most of the group was happy with this special deal. We soon arrived at Coolangatta. The place had so many sidewalk cafes with people have a mini feast for breakfast.

We started walking at 9.45 am. The views from Greenmount were stunning. Beautiful aquamarine water with numerous surfboard riders out and many of the new style of stand up paddleboards. It was picture postcard perfect. We then walked around to Rainbow Bay, past Snapper Rocks and up the hill to Duranbah and took in the views at Point Lookout. We spotted a whale breaching from Froggy's beach.

We were then entertained by an outdoor wedding at picnic area at the lookout. There didn't have any chairs set out they just all stood around like a media scrum around a politician. But I must say the bride looked dazzling. It wasn't what I would call an ideal location but it had its own charm as it was beautiful day and all the family and friends snuggled together. But we all wondered if they had a back up plan if it was raining???

There was no time to linger and our journey really started as we left Snapper Rocks. We met up with John at Rainbow Bay as Thomas and Tynan were having the first of their many swims for the day. We walked along Coolangatta Beach where a group of young lifesavers were training. They actually did a long swim out, then swam along parallel to the beach and then caught up with us 300 metres down the beach. Oh to be young and fit! We reached the groyne at the end of Coolangatta Beach. We clambered over the rock groyne at Kirra Point and then we set out for Currumbin. We got to Elephant Rock at Currumbin and the sculpture festival called 'Swell' It was once again a highlight. Some had lunch while several had a swim Those who had a swim included Thomas and Tynan, Julie, Liz, Merv and Kathryn.

Most of group then crossed the bridge and we reconvened at the Currumbin Creek carpark. Liz and Julie were keen to be adventurous and walked across the sand bar in front of the groyne and were able to wade across the creek just in front of the north groyne. It was a very low tide and they were able to get through with the water just lapping their knees. It was a lovely day with lots of

little highlights. Of special note was that Denise Campbell had come down from Barcaldine to do the trip and Breda Kirtin who was just back from Ireland for a few days also did the trip.

A big thank you to those who did the walk – it was just a magic day.

Those on the trip were:

Graham Glasse, Mary Van Velthuisen, Kay Zenghellini, Desley Pedrazzini, Roger Ford, Liz Little, Breda Kirtin, Sophia Ramsay, Merv Galvin, Kathryn Galvin, Paddy Taylor, Phil Murray, Denice Campbell, Ellen Pitt, Cathy Pitt, Julie Phillipi, John Carter, Thomas Carter & Tynan Cox

It is a very easy trip and Desley is pushing me to do a beachwalk down around the Cabarita area, perhaps from Pottsville up to Kingscliff. Phil

### **EXHIBITION FR SCORTECHINI And THE SGAP FLOWER SHOW SUNDAY 20<sup>th</sup> SEPTEMBER**

The Scortechini exhibition was in the Queensland Herbarium, Mt Coot-tha Botanic Gardens and the SGAP Flower show was in the Auditorium of the Mt Coot-tha Botanic Gardens Queensland.

The Scortechini exhibition featured over 30 detailed botanical watercolour illustrations of his plant discoveries. It is just amazing how he found time to include this amateur pursuit with his other duties. His knowledge and ability to identify plants showed a remarkable intellect.

The illustrations were just superb. They were all for sale and I was very tempted to purchase one but the \$400 price put me off. I suspect in ten years they will double or triple in value. The only disappointment was the advertised small booklet about his life was not available.

The SGAP Spring Flower Show was just superb with so many flowers on display. Of note were some of the unusual plants available for sale. In particular, I was able to buy the Mt Barney tea tree (*Leptospermum Barneyense*) which only grows on Mt Barney.

Those I met up with were Greg and Lucy Endicott. Robin Thorne & Eliz Richards also went along. Phil Murray

**COMING**

**14<sup>th</sup> NOVEMBER, SATURDAY  
St WILLIAMS MARKETS**

**67 Dawson Pde, Keperra**

**Get your hand crafted Christmas presents for house, body, hobby & clothing. 8am to 12 noon.**

**Contact Michele Endicott Ph: 3351 4092**

**MT WARNING  
3<sup>rd</sup> OCTOBER  
DAYWALK**

A solid little band of seven became eight when we arrived at the Mt Warning carpark. However, on the way down through Numinbah Gap in the last rays of daylight, we saw our target in all its majesty. It was standing there, isolated. There was a puff of fluffy white cloud streaming off its summit. In the growing darkness, we continued.

It was dark by the time we started walking. The stars were out and the full moon was rising – though behind the tall trees surrounding us. The track has a long walk-in before zig zagging up the mountain proper. This tired some of us so we had a few rest stops. All of us wore our headlamps to light the way along the graded track. Both Terry and myself felt that the track has changed over the last few years, in that the dirt has disappeared and been repaved by rock – perhaps to stabilise the track and avoid erosion caused by the many feet using the well worn track.

Once on the mount proper, we started to enter a fog, which only got thicker the higher we went. The twinkling lights of the surrounding towns and farms were to be a high point of our viewing pleasure,

but alas, there were none as the fog obliterated all. Towards the top, condensation from the leaves of the surrounding trees began to fall like rain.

Our single file party finally reached “The Chain”. Some zoomed up, some ignored it, others were reassured by it. This chain went for a couple of hundred metres – or so it seemed to me. At the top, we explored the various wooden lookout platforms, each of us in turn disturbing the sleepers in the tent. After absorbing the view, which was mist, we broke out the goodies – blue cake, shortbread biscuits, moist walnut cake, lollies of various sorts, tea, coffee & hot chocolate. We took the obligatory photo – in the wet mist with a gale blowing. The full moon even broke through for us at this point.

And now for the downward walk, which surprisingly took just as long as the up – I think we were all being very careful on the rocky road. We arrived at the bottom an hour later than expected, took the direct Coast Road home and got to bed at 2.45am. The stars reappeared while on the road back to Murwillumbah.

Thanks to Lucy, Terry, Dave & Frances, Peter Constable and Murray, and John Bigg. Greg E

**FMR TRAINING CALENDAR**  
Federation Mountain Rescue  
2009-2010

<b>Date</b>	<b>Type</b>	<b>Leader</b>	<b>Time</b>	<b>Requirements</b>	<b>Where</b>
<b>20 Oct</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings Hall, Buranda</b>
<b>24</b>	<b>Advanced mapping and navigation day</b>	<b>Phil Box</b>			
<b>17 Nov</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>21</b>	<b>Rescue Leader training day (stretchers, rigging, hauling and lowering)</b>	<b>Ron Farmer</b>	<b>0800</b>	<b>Basic knot skills needed</b>	<b>Kangaroo Pt</b>
<b>1 Dec</b>	<b>Christmas social river walk (Navigation refresher)</b>		<b>1800</b>		
<b>19 Jan</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>28</b>	<b>Police Operations Centre visit</b>		<b>0800</b>		
<b>29</b>	<b>"Do you know Tasmania"</b>	<b>Ian Ross</b>	<b>1930</b>		
<b>16 Feb</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>20</b>	<b>Exploration of little visited gorge distance, and a day walk</b>	<b>Ted Wassenberg</b>	<b>0800</b>	<b>Experienced bushwalking skills, medium rock hopping &amp; scrambling; high level of</b>	<b>Condamine Gorge area</b>

				fitness	
<b>16 Mar</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>19/21</b>	<b>Basic/Intermediate Training Weekend Simulated rescues, incident response base planning and execution, (FMR presentation guest speakers and wilderness first aid etc.)</b>	<b>Peter Vella</b>	<b>0700</b>	<b>for all Bushwalkers</b>	
<b>10 Apr</b>	<b>Caves Route Tibrogargan</b>	<b>Phil Box</b>	<b>0800</b>		
<b>17</b>	<b>Equipment / Research day</b>		<b>0800</b>		
<b>20</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>18 May</b>	<b>Meeting</b>		<b>1930</b>		<b>Little Kings</b>
<b>22/23</b>	<b>Wilderness First Aid course</b>		<b>0800</b>		
<b>15 Jun</b>	<b>Meeting</b>		<b>1830</b>		<b>Little Kings</b>
<b>19</b>	<b>Rockclimbing/rock scrambling outdoor adventure</b>		<b>0800</b>	<b>Average bushwalking basic rock climbing skills</b>	<b>Mezzanine Ridge and Gorge descent</b>
<b>20 Jul</b>	<b>Meeting AGM</b>		<b>1930</b>		
<b>06/08 Aug</b>	<b>A grand traverse of Mt. Warning</b>	<b>Phil Box</b>	<b>0600</b>		
<b>17</b>	<b>Meeting</b>		<b>1930</b>		
<b>20/22</b>	<b>Pilgrimage Display/Presentation</b>		<b>0600</b>		

## Minutes of the General Meeting On 21<sup>st</sup> SEPTEMBER

**In Brief:**

A date yet to be set for equipment night with Anaconda; Desley mentioned Globe Trotter also have information nights

**CORRESPONDENCE 17/8/09 to 21/9/09**

**Inwards:**

Card from Geoffrey & Anna Egert, re Geoff's mother's death

Magazines - Logan & Beaudesert Bushwalkers, NPA News, The Waysider, Gold Coast Bushwalkers, Brisbane Bushwalkers, Glasshouse Bushwalkers

Membership fees from: Geoff & Anna Egert & Breda Kertin

**Outwards:**

Ltr to Archbishop John Bathersby re 2010 Barney Mass

## A LESSON LEARNT

I am sure there has been a lot things said, on the bushwalking grapevine about our walk on Logans Ridge at Mt.Barney.

Ultimately on a bushwalk everyone is responsible for their own welfare, and attempting walks within your capabilities.

Was I properly prepared? I had 3.2 litres of water packed 8 rounds buttered bread, tuna, scroggin, a small first aid kit, a wind up torch, another torch with suspect batteries.

Having done Logans ridge before, I was prepared for a long day walk, nothing out of the ordinary, I

Had completed plenty of long walks in the past.

Was I properly prepared if things went wrong? Well the answer is no.

The torches I had were inadequate. The only warm clothing I had was beanie and a pola tec jumper.

Some of the blokes were getting low on water, curiously at the top of Mt Barney; I still had a litre and half.

I fished around in my pack for my pocket knife to spread tuna on my sandwiches, I found that insect repellent had covered my pocket knife and rendered it unusable, so I ate bread butter sandwiches and fruit. I remember feeling hot and not feeling like eating or drinking much.

I did not realise at the time, but dehydration, probably had started to impair my thinking whilst on top of Mt Barney, we were far too late getting to the top of Barney, and everybody knew it.

Already my mind set was probably wrong, instead of ensuring I was properly hydrated, I was focused on getting off the mountain. For everybody, the object was to get off the difficult sections of Barney before dark.

Paul and I made good time, and just managed to negotiate the last tricky cliff line, just on dark.

For us it should have been plain sailing from here on end, Paul was in a hurry and didn't want get stuck on the mountain, and I can understand that.

Paul had a good light, I didn't.

By the time I did stop, it was far too late, I was suffering from dehydration and exhaustion, and I knew it.

I was sweating profusely,

Basically where I stopped, is where I stayed the next twelve hours?

Thanks to the rest of the group for their patience and staying by me.

It was great to see the well prepared younger brigade looking after us oldies

Trev K

## **YHA ESSENTIALS MAGAZINE**

### **travel essentials**

**By YHA**

**September 2009 Magazine**

#### **Crossing Borders**

As the world gets smaller, and national security gets tighter, it's worth considering your approach to crossing borders and how to avoid potential problems along the way. Whether it's riding on the back of a stranger's scooter from Malaysia to Thailand, being escorted by Pedro the pint-sized Mexican into Tijuana or sitting through lengthy negotiations in Africa, every border crossing experience is unique and can leaving a lasting impression on your travels (and your wallet!).

Here are a few matters to consider when preparing to travel. Can you arrange your visas before arrival? It's usually easier to obtain a visa from your home country and in some cases it's an absolute necessity. This could save you hours of negotiation at heavily policed border patrols and prevent underhand exchanges of money that sometimes accompany purchasing your visa on the spot!

Be aware of the health requirements for the countries you are visiting. Is a region affected by yellow fever? You may require a yellow fever vaccination and certificate of vaccination when

leaving an affected area and entering a non-affected area.

Do you have some local currency? Where can you change money? How far is the nearest bank? Border crossings are often situated in remote locations, many hours from a reputable bank. Many developing countries will accept very small denominations of US dollars which will keep you going in an emergency, but try to plan ahead and acquire some local currency prior to arrival.

Keep up to date throughout your travels with official advice on the countries you intend visiting. Border regions can sometimes attract hostile activities so be sure to behave respectfully, never take photos at border crossings and check with the Australian Government's Travel Advisory and Consular Assistance Service at [smartraveller.gov.au](http://smartraveller.gov.au) for current travel warnings and advise that may keep you safe and affect the validity of your travel insurance.

## **GPS SALES**



**GPS and Radio Wholesalers Australia- A  
Division of Aircraft Radio P/L**

Building 21, Qantas Ave, Archerfield, ( Enter off  
Beatty Road)

**Phone: 07 3277 4500 Fax: 07 3277 4001**

Email: [sales@gpsandradios.com.au](mailto:sales@gpsandradios.com.au) Website:  
[www.gpsandradios.com.au](http://www.gpsandradios.com.au)

They sell GPS and car navigation systems as well as other useful electronic equipment. They are having October Specials and a Christmas Sale

## **WALKING IN NZ**



**Thinking of a Spring or Autumn Break? New  
Easy Walking Tours.  
Easywalking Holidays**

[www.easywalkingholidays.co.nz](http://www.easywalkingholidays.co.nz)

**Walk The Lakes Tour:** Beginning in Christchurch, we travel along the Canterbury Plains in view of the magnificent Southern Alps, visiting the pristine glacial lakes at Tekapo and Pukaki, walk in the vicinity of Aoraki/Mt Cook, New Zealand's highest mountain, and on to Lake Wanaka, Queenstown and Lake Wakatipu.



**Queenstown Short Break:** Transfer to our luxury accommodation for an early evening walk. Easy walks in the most spectacular scenery of the Remarkables Ranges and Lake Wakatipu and a day excursion to cruise on Milford Sound.

**Walk the Glaciers Tour:** A scenic train ride from Christchurch takes us across the Canterbury Plains and over the Southern Alps to the west coast, via the old gold mining town of Hokitika to the towering glaciers at Franz Joseph and Fox Glacier. Hike on a glacier against a stunning mountain backdrop. On to the Haast Pass and its roadside waterfalls we pass from native bushland via the eastern slopes of the Alps, Wanaka and the Mt Aspiring National Park.

**Walk the Sounds Tour:** Beginning in the beautiful city of Wellington, we take probably the most scenic ferry ride in the world across the Cook Strait through Queen Charlotte Sound. From there we explore the Marlborough Sounds and the Abel Tasman National Park with easy walks through dramatic coastal scenery. Travelling via the famous Marlborough wine producing area we stop at Kaikoura, a place where whale watching is amongst the best you will find anywhere in the world. We take a trip to the hot spa at Hanmer Springs before returning to the coast for our return ferry to Wellington.

**Walk The Volcanoes:** Tour Experience the volcanic heartland of the North Island, centred on Rotor, Lake Taupo and the Tongariro National Park. This region of steaming thermal activity hints at the enormous forces at work deep in the earth, as we visit erupting geysers, bubbling mud pools, steaming thermal spas and dramatic Mt Tarawera. We walk in the World Heritage Area of the Tongariro National Park with its three magnificent volcanoes, and making the Tongariro Crossing, a challenge and adventure, and New Zealand's best day walk.

## **GREAT WALK ON FRASER ISLAND**

### **NATIONAL PARKS ASSOCIATION OF QUEENSLAND AND FRASER ISLAND DEFENDERS ORGANISATION**

**CALL TO OTHER WALKING GROUPS FOR VOLUNTEERS TO HELP BUILD AN EXTENSION OF THE GREAT WALK ON FRASER ISLAND**

The Department of Environment and Resource Management (DERM) support in principle a proposal by NPAQ and FIDO to construct an

extension to the Great Walk on Fraser Island by extending it from Lake Garawongera to Lake Bowarrady a distance of approximately 40km. NPAQ and FIDO are currently believe this can be done and have therefore called a meeting of interested parties

We have to establish the skills available to undertake these studies which will include approvals of the following; Native Title Notification, Cultural Heritage Assessment, Environmental Impact Assessment, (with possible referral under the Commonwealth's Environment Protection and Biodiversity Conservation Act 1999,) and requirements under the Integrated Planning Act 1999, Wild Rivers Act 2005, and the Workplace Health and Safety Act 1995, and compliance with the Australian Standards for Walking Tracks (Class 4) and any applicable Local Authority approvals. Our first goal is to set the route which must use existing tracks as much as possible to avoid major clearing of vegetation. There are no significant streams along the route.

Please contact John Bristow by email ([jbri@npaq.org.au](mailto:jbri@npaq.org.au)) or phone 07 3202 6534 to register your interest and support.

## **GUIDES REQUIRED**

Sunover Tours has been operating Nature based tours and guided hikes in Queensland National Parks for the past 15 years.

We are currently looking for 2 or 3 part time drivers with 4WD experience and National Park knowledge to help guide and driver groups for the next couple of months. This part time work could lead to full time position.

Manager, Garth Howard 07 3203 4241

[tours@sunover.com.au](mailto:tours@sunover.com.au),

[www.sunover.com.au](http://www.sunover.com.au),

[www.seemoretonisland.com](http://www.seemoretonisland.com).

[www.fraserislanddiscovery.com](http://www.fraserislanddiscovery.com)



**The Moonlight Walk, to support people with MS, is on Friday November 6th from 4pm to 8:30pm.** You can join us and enjoy our beautiful city by twilight.

The walk 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. There is entertainment for the kids (including a team dressed as Storm troopers), refreshments, fun and activities so come along and show your support!

The event hopes to raise \$80,000 so that MS QLD can continue to support people with MS, their families and carers.

To read more about the walk, visit the website at [www.moonwalk.com.au](http://www.moonwalk.com.au)  
I hope to see you on the day!

CONTACT US: The MS Events Team is here to help and can answer any questions you may have regarding the event. Thank you for supporting people living with MS.

**MS QUEENSLAND**, PH: (07) 3840 0863,  
FX: (07) 3840 0813,  
EM: [dan.sweetman@msqld.org.au](mailto:dan.sweetman@msqld.org.au)



## **PARKINSON ON STAGE**

Q-pac 22<sup>nd</sup> Oct  
[www.Showbiz.com.au](http://www.Showbiz.com.au)

For the first time in Australia, spend an evening with Michael Parkinson, live on stage. Relive the best of his guests and their greatest moments on screen.

Born in a Yorkshire pit village, Michael spent most of his youth sitting in the back row of the local cinema and dreamed of marrying Lauren Bacall, Veronica Lake, or anyone else who would have him. He eventually ended up at the BBC with a talk show that ran for many years and made him an instantly recognisable face.

He has sung with Bing Crosby, danced with Billy Connolly and Will Smith, played a love scene with Bette Davis, and had his knee touched by Renee Zellweger, Sandra Bullock, Madonna, Gwyneth Paltrow, Kylie Minogue and Dame Edna Everage, to mention but a few sex symbols who have felt irresistibly drawn to his left patella.

Now, Michael appears live on stage to talk about his life and career and present some of his greatest television interviews. Don't miss PARKY - THE ONE-MAN SHOW.

Why not pamper yourself with one of our show packages?

Click here for more information about the show packages available for this show

## **FEDERATION MOUNTAIN RESCUE FMR**

Check out their web site:

<http://www.fmrqld.bwq.org.au>

## **BUSHWALKING QUEENSLAND**

### **FROM THE PRESIDENT**

Over the weekend of 21-23 August, clubs in the south-east of the state once again joined together for the annual Pilgrimage held at Lake Maroon Holiday Park near Boonah. All up we had 187 registrations from 13 affiliated clubs. Thanks to all who worked to ensure the Pilgrimage went ahead with relatively few hitches. It was gratifying to see a good mix of clubs represented on some of the Saturday walks. I trust some new friendships were forged and networking opportunities realised. A special thank you to Toowoomba Bushwalkers who have offered to organise next year's Pilgrimage.

As well as a good selection of walks, and having tons of fun at the bush dance and games, we were also able to achieve some good outcomes from a couple of business sessions. One of these focused on Federation Mountain Rescue, to encourage greater participation in this highly skilled search and rescue group. The response has been excellent, with 19 new people expressing interest in becoming involved with FMR's high level activities.

The new FMR website is:  
<http://fmrqld.bwq.org.au>

This includes the [Bushwalker Training Program - for 2009-2010](#) .

We also discussed some critical issues facing clubs, including possible BWQ assistance with club safety and training programs, as well as website options for those clubs which need to migrate from Geocities. The BWQ offer of free sub-domains on the BWQ site was well received, and a number of clubs have already taken up this offer.

However, the most critical issue for most clubs was identified as attracting and retaining young people. A PowerPoint presentation suggesting some ideas has now been followed up. I am pleased to report that club bushwalkers in Queensland represented by Bushwalking Queensland Inc. (BWQ) are liaising with Duke of Edinburgh Award representatives with the view

of supporting each other in training and possible cross-provision of new members.

At the Qld. Parks and Wildlife level, the CMG sub-committee (Collaborative Management Group) is having ongoing consultation with departmental officers on a wide range of issues, including input to the Cooloola and Conondale Great Walks. A CMG meeting is scheduled for October 29, if any bushwalker has any agenda item or concern regarding any aspect of bushwalker activity in national parks that they would like to have discussed, please feel free to contact the secretary: [secretary@bushwalkingqueensland.org.au](mailto:secretary@bushwalkingqueensland.org.au)

I would like to thank all those who have recently filled various positions on the BWQ committee and sub-committees, and also those standing down from this important work that benefits all club bushwalkers. Well done all, it is good to see rotation in office bearers to stimulate innovation.

President - John Marshall BOSQ

Vice President – Desley Pedrazzini BCBC

Secretary - Gavin Dale GBC.

All BWQ enquiries: [secretary@bushwalkingqueensland.org.au](mailto:secretary@bushwalkingqueensland.org.au)

Treasurer - Andrew Ryan GBC

Assistant Sec. & Campsite Monitors Co-ordinator - Robyn Cox GCBC

Webmaster - Rodney Bradey TB

Web Hosting - Tom Hulse BBW

CMG delegates - Ron Farmer YHA, Neil Douglas BOSQ

Bushwalking Australia delegates - Gavin Dale, John Marshall

FMR Administrator - Ted Wassenberg RB

John Marshall 12-Oct-09

## **AROUND THE RIDGES**

**Pilgrimage 2010** – the Toowoomba Bushwalking Club are organising next years Pilgrimage and according to their website they are holding the Pilgrimage at Crows Nest.

**Australian Mountaineer - Andrew Lock** (age 47) is Australia's most accomplished mountaineer. He has just summited Mt Shishapangma and has completed the Holy Grail for mountaineers of climbing the 14 highest mountains in the world. Each mountain is over 8,000 metres high. Andrew is one of only 15 people to achieve the feat. The amazing thing about his quest to climb Shishapangma is that it is a double peak similar to Mt Barney. Most people are happy to do the central peak which he has done previously but

the he had to come back and do the true summit which is only a few metres higher and very difficult to reach. On his trip back down it turned into a horror story as he got caught out in a snow storm on the way down and had to spend a cold night on the mountain with no tent or sleeping bag. It is an amazing adventure where every step is death defying and yet the media were more interested in grand finals & footballers misbehaving than a true sporting hero who received no publicity or recognition at all.

**Barrani Volume 12** will be ready to publish at the November meeting.

The contents include a copy of Archbishop's Bathersby's homily from the 50<sup>th</sup> Anniversary Mass and an article about the early days of bushwalking. Also included are articles about climbing the major peaks of Mt Lindsay and the exploits of the early climbers like Vidler and Salmon on the Glasshouse mountains – the article is by Michael Meadows. The Club couldn't afford to pay for the printing so I will get them printed and hopefully sell enough to cover the expense. I will only be printing 20 copies. So get in early to make sure you don't miss out.

**Barrani's for sale** – there are several copies of the Barrani and Bithongabel booklets left please contact me if you would like to get a copy – only \$1 each. Phil. Ph: 5522 9702

## **Catholics Returning Home**

For lapsed Catholics wishing to renew their relationship with the Church.

St Williams Parish, 67 Dawson Pde, Keperra.

Six weeks commencing Sat 17<sup>th</sup> Oct.

Phone Martin on Ph: 3351 6152.

Not too late to nominate

## **QORF NEWSLETTER SEPTEMBER 2009**

**Adventure Activity Standards:** We remain in the status of 'Hold' on the AAS for Queensland. These documents are being processed through the machinery of government, with the Director General from each Department involved in the overseeing Governmental Committee, being asked to ratify the AAS. We continue to hope that a launch will be conducted before the end of this year. With the Minister for Sport, Phi Reeves attending the Outdoor Recreation Awards on October 30, it is hoped that some idea of progress will be known by that time.

## **Nordic Walking** –

bringing the great outdoors closer to the masses - the world's latest craze in recreational fitness.



Nordic walking started in Scandinavia (hence the name) as a summer training exercise for cross country skiers but was streamlined into its present day form in 1997 and has since spread rapidly across the globe. It is now making its mark and proving as successful in Australia as it has done elsewhere in the world.

Nordic walking is fitness walking using specially designed poles to create a low stress total body work out which delivers much greater benefits than regular walking. It is a weight-bearing activity which gives great aerobic fitness, body conditioning and weight loss benefits yet achieves this with less impact submitted through the lower body and with less perceived effort. It is an activity that intensifies a walking workout so as a form of cross training for bushwalking expeditions it is fantastic, but not so ideal when one is wishing to conserve energy for longer journeys.

The poles are not to be confused with the design and purpose of the regular trekking pole or cross country ski pole; in fact they are a hybrid of the two. Nordic Walking poles have the supportive hand-wrist strap to enable an effective push action behind the body and are also more comfortable even if the poles are just used as trekking poles. The technique involved is relatively simple and easy to learn however as it mimics the action of cross country skiing proper instruction is essential in order to ensure that the movement is correct, injury is prevented and the promised benefits can be achieved.

Once acquired, Nordic Walking can be done anywhere that normal walking or 'soft' trekking is performed - on sand, gravel paths, asphalt or grass and on flat or undulating surfaces. Snow is definitely not needed!

In an effort to promote the great outdoors to the mass population Nordic Walking is playing a major role. Most people taking up the activity so far are those in the metropolitan suburbs – they are inspired by and feel that the use of poles 'takes them away' to a more beautiful and serene place.

The next step is to get them physically to the great outdoors and into more of the activities that our wild and open spaces offer.

Scientifically proven health and fitness benefits of Nordic Walking include:

- Activates 90% of the body's muscles
- Gives a 20-25 % greater cardio fitness effect than regular walking
- Burns up to 46% more calories compared to regular walking without poles
- Decreases the weight load and impact on the joints of the lower body
- Gives a more intense workout but with lower perceived exertion
- Strengthens as well as tones the upper back and shoulders
- Increases the lateral mobility of the spine significantly
- Releases pain and muscle tension in the neck and shoulders
- Promotes an upright and balanced walking posture
- Improves co-ordination

If you are interested in more information or to try out Nordic Walking for yourself please contact us on 1300 791 740 or visit:

[www.nordicacademy.com.au](http://www.nordicacademy.com.au)

## **ASK GOOGLE MAPS TO GENERATE BIKING ROUTE MAPS**

According to an article in the Aug. 26th Marin County Bicycle Coalition newsletter, "It has come to MCBC's attention that a request for Google to create maps for the best cycling routes in any particular area has been posted on their 'Suggest It' page. MCBC thinks this is a great idea and suggests that everyone with an interest in biking (and walking) go to [MCBC Website](#) and "vote" under Route Information. If Google is flooded with requests, it may result in a tool of interest to all cyclists and walkers.

## **Monash University Accident Research Centre (MUARC) Project**

Recently, members of the outdoor industry have pooled resources to fund the development of a literature review on risk and incidents in led outdoor activities. This first stage of a more extensive research agenda has been completed and you can now view two powerpoint presentations on the results:

- The role of Human Factors in led outdoor activity accidents: Literature review and exploratory analysis
- Human Factors Team, Monash University Accident Research Centre.

To see the literature review and the exploratory case study analyses, see our website:

[www.auscamps.asn.au](http://www.auscamps.asn.au)

## **Your City Your Say**

A report into Council's mountain bike survey is now on Council's website under the Your City Your Say section: [www.brisbane.qld.gov.au](http://www.brisbane.qld.gov.au)

The report from Enhance Management includes the results of an additional independent telephone survey of BCC residents and compares it to the online surveys

## **EDITOR'S REPORT**

**ARTICLES:** Please have all Jilalan articles to Greg by Thursday the 3<sup>rd</sup> of Sept. Articles should be e-mailed to me at [endhouse@bigpond.net.au](mailto:endhouse@bigpond.net.au). Please follow the "Jilalan Style Guide", which is on the Club web site <http://www.geocities.com/briscathbushclub/JilalanStyleGuide.html>. If you have any queries, you should phone me on 3351 4092.

# As Editor, I reserve the right to alter, amend, move, shorten or not print articles.

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

# If you "borrow" any words or image from another source, please acknowledge that source – author, publication, issue, date, publisher.

# I need your articles on time – it makes it hard to still get articles when I should be formatting.

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

# Look at last month's Jilalan and copy that format – especially the "headings" in Comings

# Type your article as a Word document, then attach it to the e-mail. A4 please, not in Columns.

# Type Face is "Arial", Font Size is "12", though Date, Name of Event & Type are "14"

## **SAMOA & TONGA TSUNAMI APPEAL**

Please donate to Caritas at [www.caritas.org.au](http://www.caritas.org.au)

## **HOW WE ORGANISE OURSELVES**

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

**GENERAL MEETINGS:** Meetings are held on the 3<sup>rd</sup> Monday of every month, at 7:30pm. The location is St Michael's Parish Hall, Banks St, Dorrington. The hall is on the terrace below the church, out of sight – drive down to the lower carpark.

**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" to determine the location to be sure.
- (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 presume that outings are 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 purposes.

**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 they are not to panic. If the EO is not mentioned, ring either the President or Vice President. IF any action is to occur, the Club will arrange it.

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

**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.

**MEMBERSHIP FEES** - Membership Subscription fees are:

Ordinary Members: \$35; Associate Members: \$26; Spouse Members: \$9.00; Country: \$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

Postal Address	PO Box 31, Red Hill, Qld 4059	
E-Mail	<a href="mailto:briscathbushclub@yahoo.com.au">briscathbushclub@yahoo.com.au</a>	
Web	<a href="http://www.geocities.com/briscathbushclub/">www.geocities.com/briscathbushclub/</a> OR <a href="http://www.bcbc.bwq.org.au">www.bcbc.bwq.org.au</a> soon to come online	
President	Desley Pedrazzini	3369 5530 <a href="mailto:desley.pedrazzini@gmail.com">desley.pedrazzini@gmail.com</a>
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Archdioceses Web Site	<a href="http://bne.catholic.net.au/asp/index.asp">http://bne.catholic.net.au/asp/index.asp</a>	
Parishes	<a href="http://bne.catholic.net.au/asp/index.asp?pgid=11463">http://bne.catholic.net.au/asp/index.asp?pgid=11463</a>	
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For specific enquiries, contact the committee member (from above) concerned.

For Outings or Socials, contact the leader shown in the calendar or article.

**Cover:** <http://startswithabang.com/?p=597>

## HISTORY OF THE CATHOLIC CHURCH IN BRISBANE

From: <http://www.150th.com.au/history.php> and

<http://bne.catholic.net.au/asp/index.asp?pgid=11445&cid=7195&id=1708>

Continued From Last Month

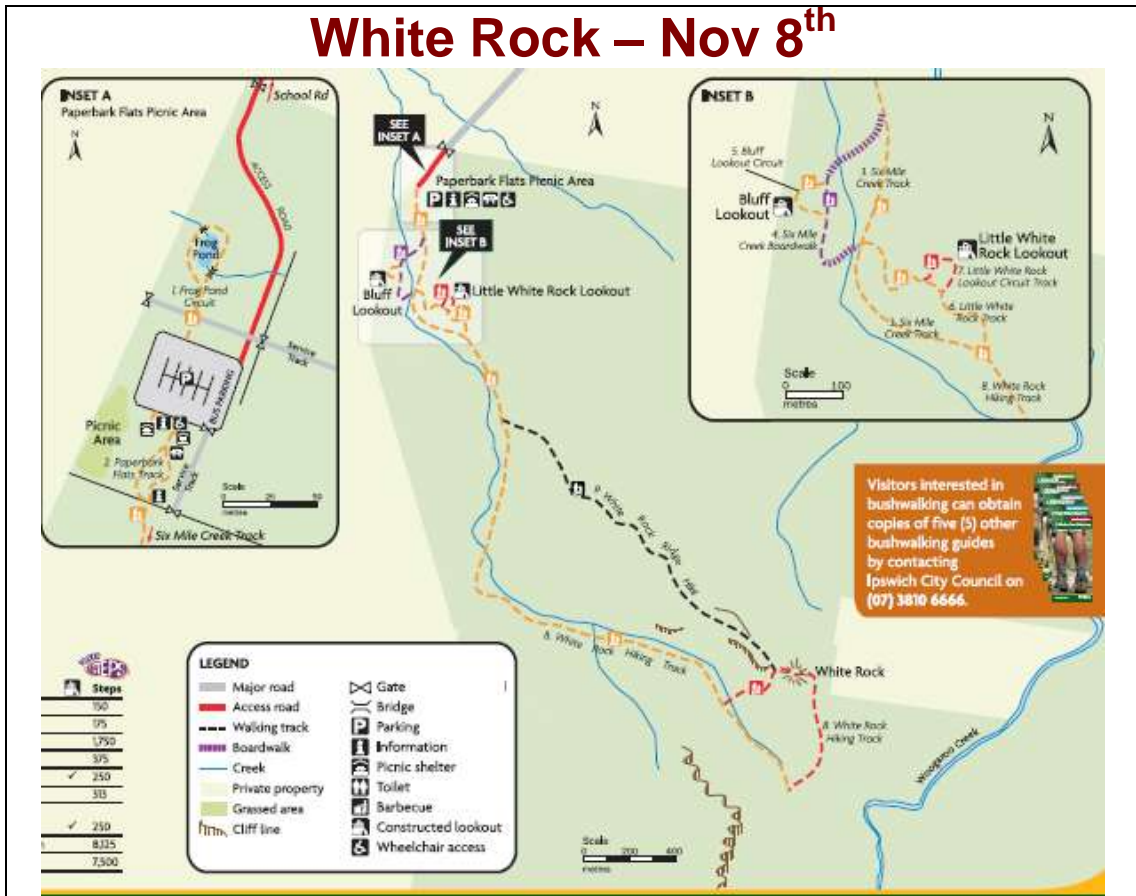
In 2002 and 2003, the Archdiocese received two new Auxiliary Bishops, Bishops Brian Finnigan and Joseph Oudeman, because Bishop John Gerry retired and Bishop Michael Putney was appointed as Bishop of Townsville.

In recent years John Bathersby has focussed his energy on renewal of the Archdiocese through prayer campaigns, especially Come Holy Spirit launched in 2005, the broad communication of the theology and spirituality of Jesus Communion Mission, outreach to young people particularly through events associated with World Youth Day 2000, 2002, 2005 and 2008, and calling all Catholics back to prayer and participation in worship with local parish communities. He purchased the Cenacle Retreat Centre at Ormiston and has undertaken to develop its facilities and programs as part of a project to establish an archdiocesan spirituality centre. He has presided over the building of the new Holy Spirit Provincial Seminary opened by Cardinal Levada, Prefect of the Congregation for the Doctrine of the Faith, in April 2008.

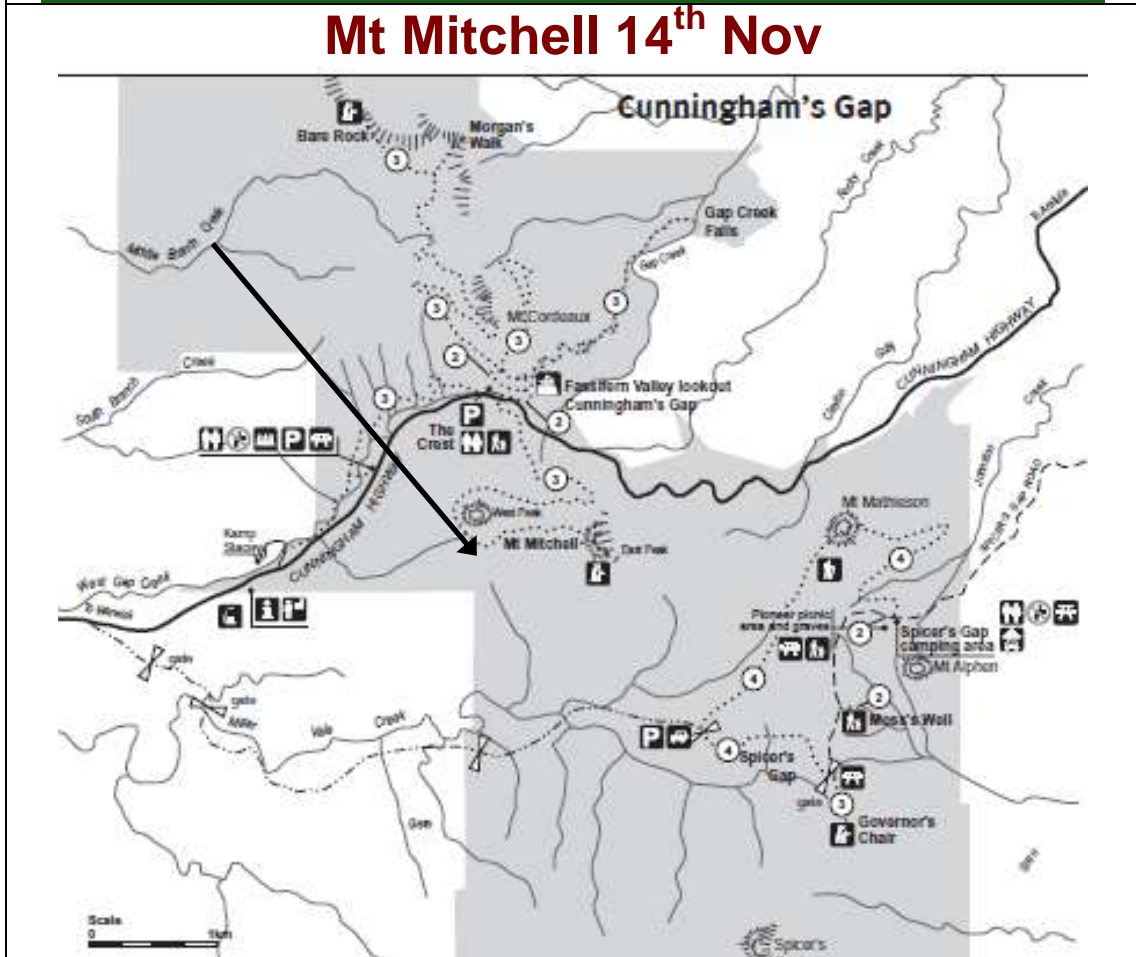
John Bathersby's leadership reached a new milestone with the Synod. Continuing his predecessor's collaborative style, he has called forth the wisdom and energy of all Catholics to take Christ's mission forward in the new century. He has expressed his hope that the Synod will move the people of the Archdiocese into "mission mode". His sights are set on both the urgency to get the Christian message "out there" now and the expectation that the Synod will impact on the mission of the Archdiocese for a

long time to come. As part of the Synod process John Bathersby summed up his Christian vision for the Archdiocese using the words Jesus, Communion and Mission and announced this vision as part of the Synod promulgation along with nine priority areas for action. These directional keys from the Synod were then articulated with the assistance of the Archdiocesan Pastoral Council in Let Your Light Shine: vision, priorities and planning for a vibrant local Church. It provided a 'practical planning focus for our efforts to be a vibrant and evangelising local Church.' (Let Your Light Shine, Foreword).

## White Rock – Nov 8<sup>th</sup>



## Mt Mitchell 14<sup>th</sup> Nov



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## THEOLOGY CORNER

We find the Benedictus in the Readings occurring for this month's monthly meeting. It is one of the three great canticles in the opening chapters of Luke's Gospel, the other two being the *Magnificat* and *Nunc dimittis*. The *Benedictus* was the song of thanksgiving uttered by Zachary on the occasion of the birth of his son, St. John the Baptist. It is Jewish in form, but Christian in sentiment.

The whole canticle naturally falls into two parts. The first (verses 68-75) is a song of thanksgiving for the realization of the Messianic hopes of the Jewish nation; but to such realization is given a characteristically Christian tone. As of old, in the family of David, there was power to defend the nation against their enemies, now again that of which they had been so long deprived, and for which they had been yearning, was to be restored to them, but in a higher and spiritual sense. The horn is a sign of power, and the "horn of salvation" signified the power of delivering or "a mighty deliverance". While the Jews had impatiently borne the yoke of the Romans, they had continually sighed for the time when the House of David was to be their deliverer. The deliverance was now at hand, and was pointed to by Zachary as the fulfilment of God's oath to Abraham; but the fulfilment is described as a deliverance not for the sake of worldly power, but that "we may serve him without fear, in holiness and justice all our days".

The second part of the canticle is an address by Zachary to his own son, who was to take so important a part in the scheme of the Redemption; for he was to be a prophet, and to preach the remission of sins before the coming of the Orient, or Dawn, from on high. The prophecy that he was to "go before the face of the Lord to prepare his ways" (v. 76) was of course an allusion to the well-known words of Isaias (40:3) which St. John himself afterwards applied to his own mission. It is probably due to the first part of the canticle, as a song of thanksgiving for the coming of the Redeemer, that it finds an appropriate place in the office of the Church every morning at Lauds. The Benedictus is also used in various other liturgical offices, notably at a funeral, at the moment of interment, when words of thanksgiving for the Redemption are specially in place as an expression of Christian hope. (Follow the underlined Hot Links) Deacon Russ