

JILALAN



ALBERT RIVER CIRCUIT SAT 24TH OCT

**MONTHLY MAGAZINE OF THE
BRISBANE CATHOLIC BUSHWALKING CLUB**

ISSUE N° 601

ISSN: 1836-3121

OCTOBER 2020

| DATE | Day | DESCRIPTION | LEADER | Phone No | Type | Grade |
|--------------|---------|---------------------------------------|-----------|--------------|---------|-------|
| AUGUST | | | | | | |
| 21 | Fri | JTS – Port Office Hotel | Karen | | Social | |
| 22 | Sat | Mt Greville | Michele | | DW | |
| 23 | Sun | Club Hut Working Bee | Iain | | DW | |
| 25-29 | Tu-Sat | Banff Mountain Film Festival | | | | |
| 30 | Sun | Venman Bushland & Buhot Ck | Louise | | DW | |
| SEPTEMBER | | | | | | |
| 02 | Wed | Coffee Night - Barcella Restaurant | Cath | | Social | |
| 03 | Thurs | Karawatha Wildflowers | Phil | | DW | |
| 05 | Sat | Darlington Range (Canungra) | Pat L | | DW | |
| 10 | Thurs | Shipstern (Binna Burra) | Phil | | DW | |
| 13 | Sun | Caboolture to Wamuran | Sue W | | DW | |
| 18 | Fri | JTS Green Beacon | Karen | | Social | |
| 19 | Sat | Coolangatta to Currumbin | Phil | | DW | |
| 26 | Sat | Noosa Trails | Terry | | DW | |
| OCTOBER | | | | | | |
| 01 | Thurs | Varsity Lakes to Broadbeach | Phil | | DW | |
| 03 | Sat | Toolona Ck (O'Reilly's) | Phil | | DW | |
| 04 | Sun | Kate Quinlan Midday Lunch | Greg | | Social | |
| 07 | Wed | Cafe ION Bar at Mitchelton. | Michele E | | Social | |
| 10 | Sat | East Crk to West Crk in Twmba | Russ | 0427 743 534 | DW | L13 |
| 14 | Wed | Downfall Creek #3 Boondall Wetlands | Greg | 3351 4092 | Stroll | M22 |
| 15 | Thu | Shipstern Circuit | Phil | 5522 9702 | DW | XL35 |
| 16 | Fri | JTS – Red Brick Hotel | Karen | 0417 718 591 | Social | |
| 17 | Sat | Maroochy to Coolum Beach | Liz | 0414 252 003 | DW | M13 |
| 19 | Mon | Monthly Meeting | Russ | 0427 743 534 | Meeting | |
| 21 | Wed | Chermside Hills #2 | Greg | 3351 4092 | Stroll | M22 |
| 24 | Sat | Albert River Circuit | Phil | 5522 9702 | DW | XL35 |
| 28 | Wed | Keperra Hill | Greg | 3351 4092 | Stroll | M33 |
| 31 | Sat | Mt Beerburum and Ngungun | Michele J | 3353 2822 | DW | S33 |
| NOVEMBER | | | | | | |
| 04 | Wed | A Taste to Croquet | Michele E | 3351 4092 | Social | |
| 04 | Wed | Coffee Night @ Tibetan Kitchen | Susan | 0416 086 207 | Social | |
| 05 | Thurs | Yeronga to City | Phil | 5522 9702 | DW | M12 |
| 07/08 | Sat/Sun | The Barney Creek Loop | Iain | 3870 8082 | ON | M54 |
| 11 | Wed | Albion to Chermside Geologic | Greg | 3351 4092 | Stroll | M12 |
| 15 | Sun | Evans Head | Phil | 0416 650 160 | DW | M22 |
| 16 | Mon | Monthly Meeting | Russ | 0427 743 534 | Meeting | |
| 18 | Wed | Enoggera Reservoir | Greg | 3351 4092 | Stroll | S21 |
| 20 | Fri | JTS @ Bitter Suite Bar & Cafe | Karen | 0417 718 591 | Social | |
| 21 | Sat | Retreat with Fr James Grant | Russ | 0427 743 534 | Event | |
| 25 | Wed | Bulimba to City | Greg | 3351 4092 | Stroll | M21 |
| 28 | Sat | North Stradbroke Is | Phil | 0416 650 160 | DW | M22 |
| 30 | Mon | THE Blue Moon Social | Greg | 335104092 | Social | |
| DECEMBER | | | | | | |
| 02 | Wed | Wilston to the City | Greg | 3351 4092 | Stroll | M11 |
| 05 | Sat | Coomera Creek Circuit | Khaleel | 0413 314 443 | DW | L35 |
| 09 | Wed | Dutton Park to the City | Greg | 3351 4092 | Stroll | S11 |
| 12 | Sat | Bribie Island | Needed | | DW | S11 |
| 16 | Wed | Bowen Hills to City | Greg | 3351 4092 | Stroll | M11 |
| 18 | Fri | JTS – Coffee Club @ Park Road, Milton | Karen | 0417 718 591 | Social | |
| 19 | Sat | Christmas Party @ Indooroopilly Hotel | Andrea | | Social | |
| 21 | Mon | Monthly Meeting | Russ | 0427 743 534 | Meeting | |
| 21 | Mon | Photo Competition | Greg | 3351 4092 | Social | |
| 23 | Wed | Coorparoo to City | Greg | 3351 4092 | Stroll | M11 |
| 25 | Fri | Christmas Day | | | Holiday | |
| 27 | Sun | Coorparoo Finger Parks & Norman Ck | Greg | 3351 4092 | DW | L23 |
| 30 | Wed | Toowong to City Twilight Stroll | Greg | 3351 4092 | Stroll | M11 |
| JANUARY 2021 | | | | | | |
| 02 | Sat | Warrie Circuit | Phil | 0416 650 160 | DW | |
| 03 | Sun | Mitchelton Farmers Markets | Greg | 3351 4092 | Social | |

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

KEY – Walk Types

| | | | |
|------------|----------------------------|----------------|--------------------|
| DW | Day Walk | BC | Base Camp |
| ON | Over Nighter | CW | City Walk |
| TW | Through Walk | SOC/SW | Social/Social Walk |
| TRN | Training | SP | Spiritual Event |
| FMR | Federation Mountain Rescue | S&T | Safety & Training |

KEY – Walk Gradings

| Distance | Terrain | Fitness/Endurance |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Short Under 10km / 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 / day | 3 - Graded track with obstacles such as rock, roots, fallen debris or creek crossings | 3 - Intermediate - Suitable for fit beginners. Up to 5 hours walking and/or minor hills |
| | 4 - Rough unformed track or open terrain with obstacles such as rock, roots, fallen debris or creek crossings | 4 - Intermediate - Suitable for fit beginners. Up to 5 hours walking and/or up to 300m gain/loss |
| 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 and/ or up to 450m gain/loss. Agility required |
| | 6 - Steep, rough or rocky terrain with large climbs using hands or rock hopping | 6 - Moderate - Up to 6 hours walking and/or up to 600m gain/loss. 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 and/or up to 750m gain/loss. 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 and/or up to 1000m gain/loss. 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 and/or over 1000m gain/loss. Very high fitness. Endurance and agility required |

Example: M48 is a medium distance 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

A planet filled with Divine Presence, quivering in the forests, vibrating in the land, pulsating in the wilderness, shimmering in the rivers.

All the trees of the forest sing for joy.

Mountain ash and eucalyptus, quivering ferns and glistening moss.

All the trees of the forest sing for joy.

Huon pines, ironbark, and buttress trees tall timber where lizards and lichen find their home!

All the trees of the forest sing for joy.

Green tree frogs and timid moths ancient owls and swirling bats.

All the trees of the forest sing for joy.

Forests, on behalf of all humanity, we lament thoughtlessness and greed; destruction and pillaging; death of old growth giants and species breathing their last.

Aware of Great Mystery our hearts stir with pain and loss.

“We are children of the forest” – for this we give thanks...

Let us make an intention to create an opportunity for a forest walk this week, to become present to the grandeur and also the threats that face a local forest near us.

Season of Creation 2020 Jubilee for Earth Forest Sunday” Litany Inspired by Psalm 96:12 “All the trees of the forest sing for joy”

<https://institute.mercy.org.au/wp-content/uploads/2020/08/Week-1-Forest.pdf>

OUR COVID-19 POLICY

- At any Club gathering, maintain your distance - 1.5m minimum between people.
- No physical contact between people.
- No handshaking.
- No sharing of anything – water, hats, gear, equipment, food, lollies, biscuits – nothing where you put your hand in to take something out.
- Carry hand sanitiser with you.
- The Health Dept have said that car-pooling is OK, as is going by bus, to an event.
- There is a limit of 30 persons at walks. If more than 30, we need 2 parties with 2 competent leaders separated by a reasonable distance. The parties can overtake each other, but only at a distance. No swapping groups or mingling. Watch Government announcements for any update.
- If you are experiencing Covid symptoms, please stay away. A good proportion of our members is in the danger age range. <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/symptoms-of-novel-coronavirus-covid-19-comparison>

CAR POOLING

“Advice from Queensland Health – June 2020: There is no specific provision under the [Movement and Gathering Direction](#) or any other [Chief Health Officer Public Health Direction](#) restricting the number of people from different households that can be in a vehicle at one time. So, you can have people from different households in the same vehicle to the maximum capacity that the vehicle can safely carry. You can carpool or hire a bus. There is no limit on the length of time that can be spent travelling within the vehicle. You do not have to be exactly 1.5 metres apart within the vehicle; however, social distancing is to be maintained to the extent reasonably practicable. Enhanced hygiene measures should also be observed. If anyone is sick - they should stay at home.

Given the rapidly evolving nature of this situation, you can stay up-to-date with the latest information via the Queensland Government website <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19> “

However, if you are uncomfortable to be in a vehicle with anyone else due to Covid fears, you can still take yourself to the starting point of any walk (or follow the cars from Red Hill.) Just ring the Leader to find out the location of where to meet.

ABOUT WALKS

Trips leave from St Brigid's Car Park at 78 Musgrave Rd, Red Hill unless otherwise advised.

Leaders are asked to print their own *Nomination Forms* and to consult the *Leaders' Guide* on the Club website. <http://www.bcbc.bwq.org.au/LeadersGuideV5-02-06.html>

If changes are made to walks (date, location, cancellation etc.) leaders are asked to advise Phil Murray on Ph: 5522 9702.

Visitors are required to do two walks before the Committee officially declares them Club members.

Nominations for walks are needed at least 3 days in advance to allow adequate time to make suitable arrangements such as carpooling.

POSTAL AND EARLY VOTING - ELECTION 2020

Saturday 31st October

<https://www.ecq.qld.gov.au/elections/election-events/2020-state-general-election>

<https://results.elections.qld.gov.au/Events/ElectorSearch?EventID=597&EventType=1>

https://www.ecq.qld.gov.au/data/assets/pdf_file/0012/16311/Postal-Voting-Notice.pdf

Catholic Bishops Queensland Election Statement:

<https://bit.ly/2FvHA8W>

COMING EVENTS

WEDNESDAY 14th OCTOBER DOWNFALL CK #3 The Boondall Wetlands STROLL

Leader: Greg Endicott Ph: 3351 4092
Meet at: Nudgee Railway Station, Railway St
Time: 3.10pm
Cost: Free
Distance: 13km @ 3½hr
Grade: M22
Location: Nudgee, Boondall Wetlands and Boondall
Sunset: 6.17pm
Web: <https://www.openstreetmap.org/search?query=boondall%20wetlands#map=15/-27.3574/153.0861>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You** **Bring a Torch**
AND Insect Repellent

This is the last of our Downfall Creek Series (though there are a few more on this theme as there are a few tributes -such as Little Downfall Ck). Come along to collect your *Completion Certificate*.

You start where you finished in #2 – at Nudgee Station. However, this close to the Bay, Downfall Ck disappears into swampland and is nowhere near roads, houses or tracks. You will examine the back streets of this suburb, while making your way towards the Gateway Arterial Road – or, more exactly, Nudgee Rd.

Then, at the Waste Transfer Station, the party turns left into the Boondall Wetlands by the back door. In the wetlands, it will be just a little difficult to find our creek – any water looks like a creek. So, we have to go search for it. Thus, you will not be going straight through the Wetlands, but zig zag along the paths. The big highlight will be the bird hide – where the birds go when they hear us coming. We will just have to look under every bush for it. .

Finally, we go past the Visitor Centre when making our way to the Entertainment Centre and Boondall Rail Station. Home is by train, where, incidentally, the first station is Nudgee. So, you can drive to the start if necessary.

Come on this afternoon Stroll through the largest wetlands in Brisbane with all its animals, birds and insects.

THURSDAY 15th OCTOBER SHIPSTERN CIRCUIT DAYWALK NEW

Leader: Phil Murray Ph: 5522 9702 or 0416 650 160
Meet at: St Brigid's carpark
Time: 6:45 am
Cost: \$20
Distance: 18.7km
Grade: XL35
Location: Binna Burra, Eastern Lamington Plateau
Web: <https://parks.des.qld.gov.au/parks/lamington/journeys/ships-stern-circuit>
Emerg Off: Sue Murray Ph: 0420 510 214

The Shipstern walk is a lovely graded track walk but there is uphill walking late in the day. The walk is mainly through rainforest but also through a few dry eucalyptus areas with wildflowers. There are some lovely view spots along the way.

The circuit walk is 18km. You will be doing the full circuit starting at the Binna Burra café and head south out along the Border Track and do the circuit in an anti-clockwise direction. The party may do the side trips to Charraboomba Rock (660m return) and Lower Ballunju Falls (1.1km return). A total of 20.1km for the day.

It is a great walk with great views and lots of wildflowers. Bring the usual daywalk stuff; plus at least 3 litres of water as it will probably be very warm. I would like to start walking before 8.30am and hopefully finish before 4.30pm.

The bushfires in September 2019 caused extensive damage to the buildings and the roads the area around Binna Burra. The area was closed for nearly a year. The road to Binna Burra was re-opened on 1st September. This will be a chance to see the area after the bushfires.

There are already 5 on the walk so far but I need another driver from Red Hill to assist with the car-pooling. If you can assist it would be appreciated

I hope you can join us.

Phil

**FRIDAY 16th OCTOBER
THE RED BRICK HOTEL
JOHN TOOHEY SOCIETY**

Leader: Karen Franklin Ph: 0417 718 591.
Address: 83 Annerley Road, Woolloongabba. (cnr Stephens Rd)
Time: From 4pm till 9ish.
What For: A chat and a beer and a meal.
Web: <http://redbrickhotel.com.au/>
Location: Between the Mater Hosp and the railway bridge
Emerg Off: Greg Ph: 0418 122 995

We are returning to the Red Brick Hotel. We were last here in January 2019. We liked it so much we are going back and we may even have our own room.

This heritage listed pub in Woolloongabba has been a landmark on Annerley Road for over a century. The hotel was first built in 1890 for Thomas Burke, who contracted prominent Brisbane architects John Hall & Son for the building's design and is classic Federation era building. The hotel's sitting on Annerley Road (then called Boggo Road) provided an advantage due to a large number of bullock drivers who were travelling through on the teamster trail from the Darling Downs.

And an unreliable source has reliably informed me that the name itself has a history. Apparently, it is named after the slang for a ten-pound note which were common in the pub as it was once a hangout for SP Bookies.

So, join us for an evening out. We rarely go past 8pm and the discussions are diverse.

This pub is conveniently located being close to bus & train (Cleveland, Beenleigh & Gold Coast lines), bus stops and has plenty of street parking surrounding it. We have been here before and it is a delightful old building – in fact 130 years old.

**SATURDAY 17th OCTOBER
MAROOCHY RIVER to STUMERS CREEK
DAYWALK**

Leader: Liz Little lizlittle@bigpond.com or Ph: 0414 252 003
Meet at: St Brigid's Car Park
Time: 7am
Cost: \$25
Grade: M13
Location: Sunshine Coast – Maroochy River Mouth to Coolum
Web: <https://www.openstreetmap.org/search?query=maroochy%20river#map=13/-26.5809/153.0677>
Emerg off: Grahame Glasse Ph: 3371 9623

This is the fourth walk in the *Sunshine Coast Creek to Creek Series*. The last walk took us to the southern bank of the Maroochy River. This time we will begin on the northern bank and walk about 15km north to Stumers Creek at Coolum Beach. A car shuffle will be needed at the start and end of the walk.

Most of the walk will be on hard sand at low tide. At Point Arkwright we will walk on cement, sand and boardwalk paths for two kilometres. There are public toilets at the start and end of the walk as well as at three points along the way. There are taps and showers at the end.

Bring your togs. There may be a chance to have a dip in a patrolled area.

There will be an opportunity for coffee at the end, but not along the way. Please bring all food and drinks, although refilling water bottles will be possible at times. Bring all the other usual day walk requirements – hat, sunscreen, rain gear, first aid kit etc. Liz

SUNDAY 18th OCTOBER
AMADEUS ORCHESTRA
Non-Club Event
Kulcha
NEW

Leader: Musica Deliziosa
Time: 11am,
Where: Western Magpies AFL, 41 Chelmer Street East, Chelmer
(About 200m from Chelmer Railway Station).
Conductor: Matthew Schwartz
Cost: \$25/\$20 conc. Under 12's free
Bookings: <https://www.trybooking.com/events/landing/664239> or
tickets at the door, only cash transactions (no eftpos or credit cards).
Doors open at 10.30am
Web: <http://amadeusorchestra.com/>
Limited seating available due to Covid safety regulations.

Western Magpies AFL bar and kitchen will be open for those who would like to enjoy morning tea or a drink (or lunch).

| | |
|-------------------------------------|---------------------------------|
| Programme: | |
| Entry of the Boyars: | <i>Johan Halvorsen</i> |
| Armenian Rhapsody: | <i>Mikhail Ippolitov-Ivanov</i> |
| Wedding at Trolldhaugen: | <i>Edvard Greig</i> |
| Di Provenza: | <i>Guiseppe Verdi</i> |
| Jewels of the Madonna Intermezzo 2: | <i>Ermanno Wolf Ferrari</i> |
| Orpheus Overture: | <i>Jacques Offenbach</i> |
| Marriage of Figaro Overture: | <i>Wolfgang Amadeus Mozart</i> |
| Non piu Andrai: | <i>Wolfgang Amadeus Mozart</i> |
| Flute Concerto K315 Andante | <i>Wolfgang Amadeus Mozart</i> |
| Bauern Polka: | <i>Johann StraussJnr.</i> |
| Dein Ist Mein Ganzes Herz: | <i>Franz Lehar</i> |
| Maori Farewell: | <i>Traditional</i> |
| Radetsky March: | <i>Johann Strauss Snr.</i> |

SUNDAY 18th OCTOBER
WALK FOR MENTAL HEALTH
CHARITY WALK
NEW

Leader: Mental Health Foundation Australia
Time: 10.30am to 12.30pm
Meet at: City Botanic Gardens, 47 Alice St,
Cost: \$50

Nominate at: <https://events.humanitix.com/walk-for-mental-health-queensland/tickets>

Cost: Date and time

Grade: S11

Location: Brisbane CBD

Web: <https://events.humanitix.com/walk-for-mental-health-queensland#organiserInfoBox>

This is not a Club event, nor are we taking the nominations

This year the Mental Health Foundation of Australia will be hosting the #Walk for Mental Health, the purpose of this event is to raise awareness about better mental for all.

However, in saying that, we are not oblivious to the current situation surrounding the COVID-19. Your health and wellbeing are important to us. Join us safely to raise awareness for this important cause.

This event is inclusive of people of all ages and backgrounds, so come along and walk with us as we unite and raise the much-needed awareness for mental health. Remember, #MentalHealthMatter

Join us in-person in Brisbane: <https://events.humanitix.com/walk-for-mental-health-queensland>

Or join us from anywhere around Queensland: <https://events.humanitix.com/virtual-national-walk-for-mental-health>

Kind Regards,

Tyrone Christian-Reys | **Project Officer (QLD) (Tues-Wed)**

P:0439368648 | Helpline: 1300 MHF AUS (643 287)

E: Tyrone.Reys@mhfa.org.au

W: www.mhfa.org.au

MONDAY 19th OCTOBER MONTHLY MEETING

Contact: Russ Nelson Ph: 0427 743 534

Time: 7.30pm

Where: St Michael's Parish Hall, 250 Banks St, Dorrington

The hall is in the lower carpark behind the church. Drive down the ramp at the left

Web: <http://www.stmichaelsdorrington.org.au/contact-us.html>

Come along to find out how we do things. Our meetings are friendly and relaxed gatherings where members and visitors can hear about recent and upcoming club events and ask questions about walks that interest them.

Nominations for walks are taken after the formalities and people catch up over a friendly supper.

All are welcome. . |

WEDNESDAY 21st OCTOBER CHERMSIDE HILLS #2 STROLL

Leader: Greg Endicott Ph: 3351 4092

Meet at: Beckett Rd at Paramount Chase, McDowall – Between Hamilton Rd & Saturn Cres;
Bus Stop ID: 004057

Bus: 350 Aspley Hypermarket; 351 Aspley Hypermarket

Time: 3:40pm

Distance: 10km @ 2½hr in McDowall

Grade: M22

Sunset: 6.20pm

Web: <https://www.openstreetmap.org/#map=17/-27.37580/152.99389>

End: End at the starting point. Park nearby.

Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You** **Bring a Torch**

You have done Chermshire Hills #1 last year on the way through to somewhere else, and we found it surprisingly natural, clean, and well managed. We swore that we would return; and now we are. Just to see The Hills themselves – not to be distracted by anywhere else.

There are graded tracks throughout the park – and we will attempt to Stroll them all. Going around and around; up and down again; turn here, then turning there; looking here, looking there. You might even see a wallaby, a goanna or perhaps a koala. At least, there will be scrub turkeys.

Last time we found the tracks well-made and smooth. It is called “Hills” so do expect some. The bush is surprising pretty for bush in the middle of suburbia. Come along with me to experience this island oasis amongst the houses.

**SATURDAY 24th OCTOBER
ALBERT RIVER CIRCUIT
DAYWALK**

Leader: Phil Murray Ph 5522 9702 or 0416 650 160
Time #1: 7:00am
Meet at #1: St Brigid's, Red Hill carpark
Meet at #2: Canungra - the park opposite the Canungra Visitors Information Centre, Kidston St
Time #2: 8:00am
Cost \$20
Distance 21km
Grade XL35
Location: O'Reillys end of Lamington National Park
Web: https://parks.des.qld.gov.au/data/assets/pdf_file/0022/160825/lamington-green-mts-map.pdf
Emerg Off: Sue Murray Ph: 0420 510 214

This is a graded track walk up at O'Reilly's. The plan is to do the full Albert River Circuit. This track walk is also known as the Lightning Falls Track and the Echo Point Circuit.

This is a long walk and it may be a test of endurance. The walk is through rainforest; but lots of different types of rainforest. Hopefully, we will get to see some of the Lamington Blue Crayfish. The plan is to have lunch at Echo Point and we will also have 2 morning teas and an afternoon tea to break the trip into *bite size* sections.

Bring all the usual day walk stuff, including lunch, morning tea and snacks. Plus, bring at least 3 litres of water as it will probably be warmish. Perhaps also bring a ground sheet or large raincoat to sit on at lunch time as it could be damp on the ground or rocks. Also ensure you apply Rid or other insect repellent as there could be leeches. Please ensure you have a change of clothes and shoes for the end of the trip.

I would like to start walking before 9.30am and hopefully finish walking before 4.30pm. For the AFL fans in the Club, we should be able to get back to Brisbane to watch the AFL Grand Final on TV if that is your thing. The Grand Final will be held at the Gabba. Phil

**WEDNESDAY 28th OCTOBER
KEPERRA HILL
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: Ferny Grove Rail Station, Samford Rd, near Arbor St
Time: 3:30pm
Cost: Free
Distance: 10km @ 3hr
Grade: M33
Location: Ferny Grove and Keperra
Sunset: 6.28pm
Web: <https://www.openstreetmap.org/search?query=keperra%20hill#map=17/-27.42270/152.93844>
End: Keperra Rail Station – just one station from Ferny Grove
Emerg Off: Greg Ph: 0418 122 995 Bring This Number With You Bring a Torch

This is a Stroll I have wanted to do for years. So, now I can. This is the hill that divides Ferny Grove from The Gap, and Settlement Rd goes over it.

You will be taking the looong way to the foot of this hill – following Cedar Ck through bush, going past the Tramway Museum, over the old dump (now an Aussie Rules ground) and past the current waste transfer station. Puh, that is almost enough as it exhausts me talking about it.

You will head up Glengarry St to Cobalt, then climb the Council yellow gate and head bush. This roughish track meanders up the side of the hill through the olive leaved eucalypt trees to a side-track and lookout. Back on the main route again, the party will head further up to the main spine of this ridge to a pretty little Council lookout; which gives vistas out over The Gap to Mt Coot-tha and back over Ferny Grove and Hills to the Bay.

Then down the bitumen service road to Cobalt St, to follow the back streets of King's Park to Samford Rd, where you will discover laneways and easements that take you to the end at Keperra Station – just one station from the beginning.

Come with me on our first assault on Keperra Hill. Not too difficult, a bit higher and steeper than your average Stroll, and perhaps in places, a bit loose underfoot. But better views than on all the previous Strolls put together.

Thanks to Joe Tottenham for doing the pre-outing and providing valuable info on how to do this one.

Postal and Early Voting Election 2020

NEW

<https://www.ecq.qld.gov.au/elections/election-events/2020-state-general-election>

<https://results.elections.qld.gov.au/Events/ElectorSearch?EventID=597&EventType=1>

https://www.ecq.qld.gov.au/data/assets/pdf_file/0012/16311/Postal-Voting-Notice.pdf

SATURDAY 31st OCTOBER M^{ts} BEERBURRUM & NGUNGUN TO WATCH SUNSET OVER THE MOUNTAINS DAYWALK

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

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

Time: 1.30pm. (please note late start)

Cost: \$15

Grade: S33

Location: Glass House Mountains, North of Caboolture

Web: <https://www.weekendnotes.com/climbing-mount-beerburrum/>

<https://www.weekendnotes.com/mount-ngungun/>

Emerg Off: Michele Endicott Ph: 0418 122 995

These are two very easy walks in the Glasshouse Mountains with the views being very rewarding. We will begin with Mt Beerburum. At only 280m high and 1.4km return, the walk is relatively short, but there is quite a steep climb to the summit. A fire tower allows great panoramic views of all the surrounding Glasshouse Mountains as well as the Sunshine Coast to the north.

We may get to see the Glasshouse Mountains Visitor and Interpretative Centre before it closes at 4pm as this is just down the road from Mt. Ngungun. Here there is an abundance of historical information and an interactive screen about the area. We will spend a little time here before heading to Mt Ngungun. At 253m and 2.8km return, a well-maintained track meanders through open forest and ferns. Part way up the mountain the track passes a small rock overhang with a cave. This used to be the way up before a graded track was made to the top. Once at the top there are uninterrupted views of the other Glasshouse Mountains as well as the Sunshine Coast to the north.

We plan to watch the sun setting over the mountain. Hopefully, the weather will be perfect to catch the moment on camera. This will be at 6.05pm with the last light being 6.29pm. A torch with a spare

battery will be a necessity as we make our way back to the cars. Also, insect repellent.

These walks are all on graded track, and suitable for most walkers with average fitness.

Tea will be eaten on top of the mountain before we make our return to the cars.

Give me a call to nominate.

WEDNESDAY 4th NOVEMBER
A TASTE OF CROQUET
SOCIAL
NEW

Leader: Michele Endicott Ph: 3351 4092 or 0418 708 638

Meet at: Toombul Croquet Club (address below)

Time: 8:50am for 9:00am start. Finish at 10:30am

Cost: \$10 per person, to be paid in cash on arrival

Web: https://www.toombulcroquet.com/?fbclid=IwAR1WVSXcm4yJPSDAWugb6IEB194vKhkBul_wYihG1aL3IPa0mUsRQWg0tGY

Emerg Off: Michele Ph: 0418 708 638

RSVP: Tuesday 27th Oct to michele.endicott@gmail.com

The Toombul Croquet Club is a classic attractive little suburban croquet club located in Oxenham Park, at 30 York St, Nundah, on the corner of Melton Rd, just one block from Buckland Rd and the centre of Nundah. You can drive to the door and find street parking in York St or on Melton Road. The club is also accessible by train, being just behind (on the Eastern side of) Nundah Station.

<https://www.google.com/maps/place/30+York+St,+Nundah+QLD+4012/@-27.4016219,153.0602147,17z/data=!3m1!4b1!4m5!3m4!1s0x6b91588a143d2655:0xfd13c84b6347b95!8m2!3d-27.4016267!4d153.0624034>

Our Instructors for the morning will be mother-and-daughter team Hedi and Caroline Trask, who are both very experienced in guiding complete amateurs to understand and put into practice the finer points of croquet. They are very patient and make the whole experience quite fun – although there is still quite an element of challenge, both mental and physical. It's amazing how narrow those hoops are when you have to push the ball through with your mallet; deciding on the right amount of force is also tricky! But the whole experience is nevertheless enjoyable – well worth having a go!

What will you need to bring/wear? First of all, don't forget to bring your \$10 note, for payment on arrival. (No cards, please!) As croquet is played on a lawn out in the open, you'll definitely need a good hat, sunscreen, sunglasses, and a water bottle. You can wear any loose comfortable clothing and any sports/walking shoes. All the equipment is provided, as is tea and coffee, if you would like to stay on for a cuppa afterwards. Alternatively, the group may decide they'd rather move down the road to one of the cafes in Nundah Village for a cappuccino; there's plenty of choice there.

Like to give it a go? Give me a ring or, better still, send me an email to nominate. There's a limit of 8, so don't delay! (If you're interested but can't make it on this particular date, please email me to say whether the Tuesday or Wednesday in the last week of October would suit you better. I could organise another session. Hedi and Caroline are on stand-by.)

Michele

WEDNESDAY 4th NOVEMBER
DINNER & COFFEE NIGHT
Tibetan and Nepalese Style
SOCIAL

Leader: Susan Ware Ph: 0416 086 207

Meet at: Tibetan Kitchen

Where: Toowong Village Shopping Centre, 9 Sherwood Road

On the Ground Floor, Sherwood Rd – above the entry to the carpark

Parking: Best parking is underneath. However, free parking if you enter after 6.00pm. If you enter before 6.00pm, first 2 hours is free, then you will be charged. Sherwood Road or Holland Street is also best for parking.

Time: 6pm onwards
Cost: Varies – Entrees around \$8.00, Noodles around \$15.00,
Main Meals - \$15.00-\$20.00, Desserts - \$8.00
Web: <https://www.toowongvillage.com.au/store/tibetan-kitchen/?location=G73>
Emerg Off: Susan Ph: 0416 086 207 **Bring this number with you**

Tibetan Kitchen is an Asian Fusion Restaurant where the executive chef prepares authentic Tibetan food with Tibetan spices. Peaceful and traditional Tibetan ambience adds more to your moment in the Tibetan Kitchen. They are a licensed restaurant serving a variety of beers and wines however it is also BYO for bottles of wine.

THURSDAY 5th NOVEMBER
YERONGA to CITY BOTANICAL GARDENS
DAYWALK

Leader: Phil Murray Ph 5522 9702 or 0416 650 160
Time: 8:30am
Meet at: Yeronga Railway Station, Lake St: west side (Inbound/Fairfield Rd side)
Cost: Train fares - bring your GoCard
Distance: 12km
Grade: M12
Location: Yeronga, Dutton Pk, St Lucia, Hill End, West End, South Brisbane, City
Web: <https://www.openstreetmap.org/search?query=keperra%20hill#map=15/-27.5018/153.0210>
Emerg Off: Sue Murray Ph: 0420 510 214

This is an interesting walk from Yeronga Station to the City Botanical Gardens. The route is from Yeronga Station, up Fairfield Rd into Hyde St, then along Cansdale St, along the Corso, over the Green Bridge, through the Uni of Qld, we then catch the CityCat to West End, then walk along Riverside Dr to Southbank, and across the Goodwill Bridge, through the Gardens and finish at the Coffee Club at the Eagle Street Pier precinct.

Of note, there is some walking through suburban streets. Bring the usual daywalk stuff, plus at least 2 litres of water. Bring food for lunch and morning tea. Hopefully, the café on the Goodwill Bridge will be open for afternoon tea.

Train times

From Ferny Grove and City:

Leaves Ferny Grove at 7:32am
Leave Roma Street at 8:07am
Arrives Yeronga at 8:23am

From Beenleigh & Sunnybank:

Leaves Beenleigh at 7:33am
Leaves Altandi at 8:03am
Arrives Yeronga at 8:21am
Phil

SAT 7th & SUN 8th NOVEMBER
BARNEY CREEK LOOP
OVERNIGHTER
(WALK IN)
NEW

Leader: Iain Renton Ph: 3870 8082 - 0401 429 085
Time: 2.45pm
Meet at: TBA
Cost: \$20
Grade: M54
Location: Near the NSW Border south west of Brisbane
Web: <https://www.alltrails.com/trail/australia/queensland/lower-portals-to-barney-gorge-junction-camp>
Emerg Off: Terry Silk Ph: 3355 9765

Twenty-three years ago, I did a pre-outing for this route with John Carter. It was the first time I had walked down Barney Creek from the Barney Gorge junction to the Lower Portals. I was blown away by how beautiful and varied it was. I have been regularly going down to the hut and sketching and painting on this stretch of Barney Creek ever since.

Phil Murray recently asked me if I would be interested in leading a walk from the Club Hut, so I decided to do this walk. I've tried to set it up so that most of the vigorous walking is done at cooler times of the day. We will be walking in late in the afternoon, arriving at the hut just before sunset. Once there we will unpack, settle in and eat tea. Next morning, we will be up bright and early so we can get our first bit of walking done while it is still a bit cooler. We will be going up the ridge near the Lower Portals and then follow a footpad along the crest of that ridge till we reach a footpad heading down to Barney Creek and the gorge campsite.

Once we reach the creek (near the gorge junction) we will start making our way downstream at a relaxed and leisurely pace. Plenty of time to take in all the lovely rock pools and cascades, often with the dramatic peaks of Mt Barney looming overhead. At one spot we will do a bit of scrambling to get around a spot where you can't keep following the creek. Soon after we will get to a large swimming hole that the club has traditionally called "Barney Beautiful". Here we will go for a swim, eat and relax for a couple of hours or so (you might like to bring a cushion and a book).

Then it will be about an hour's walk down the creek back to the hut. Back at the hut we will have a cuppa, pack up and walk out to the carpark.

There will be a little bit of rock scrambling on the walk and quite a bit of rock-hopping. The walking on Sunday (including walking out to the cars) is either just under, or just over, 10kms, so it is a toss-up as to whether it is graded short or medium. It has been rather dry lately, so hopefully we will get a bit more rain before the walk so there is a good flow in the creek.

WEDNESDAY 11th NOVEMBER
ALBION TO CHERMSIDE
A STROLL of GEOLOGIC PROPORTIONS

Leader: Greg Endicott Ph: 3351 4092
Meet at: Crosby Rd at Comus Avenue, stop 20; Stop ID: 003613
Bus: 301 Toombul
Time: 3.26pm
Distance: 15km @ 4hrs around Albion, Windsor, Stafford, Chermshire
Grade: M12
Web: <https://nla.gov.au/nla.obj-482187821/view>
End: Chermshire Shopping Centre Bus Station
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You Bring a Torch**

This is the second Stroll from my book *A Guide to Field Geology in Southeast Queensland* by N. C. Stevens. You will be following his suggested *Field Trip #2 – Windsor, Chermshire* Page 10. So, on this Stroll, you will be going from old quarry to old quarry and from road cutting to road cutting. Exciting.

This starts at old quarries in Crosby Rd at Albion – now filled by factories, sheds & home units, and goes to Lutwyche Rd at Windsor, onto Stafford Rd at Stafford and onto Webster Rd at Chermshire.

I will bring the "good book" with me so you can read out to us all the geologic history of the streets and suburbs. In between, there are the lovely old houses so lively to look at.

Some words you need to know: Brisbane Tuff, Tingalpa Formation, Neranleigh-Fernvale Group, quartzites, phyllites, veins, Triassic, breccia, shale, ignimbrite, and rock – practice putting these simple words into a sentence. . Oh, the thrill.

Come along on this adventure with me to discover a new side of Brisbane.

SUNDAY 15th NOVEMBER
EVANS HEAD
DAYWALK

Leader: Phil Murray Ph 5522 9702 or 0416 650 160
Time: 6:30am
Meet at: St Brigid's, Red Hill carpark
Cost: \$25
Distance: 9km
Grade: M22
Location: NSW Coast to the seaside of Woodburn
Web: <https://www.openstreetmap.org/search?query=Dirawong%20Reserve#map=16/-29.1320/153.4469>
Emerg Off: Sue Murray Ph: 0420 510 214

This is a walk in northern New South Wales. Obviously, the trip can only go out if the interstate travel restrictions are lifted by that date. But let's be optimistic that will happen.

(According to my interpretation of Border Restrictions on the Qld Covid-19 Website, Evans Head is Open to us - https://www.health.qld.gov.au/data/assets/pdf_file/0026/998000/map-border-zones-qld-border-restriction-direction.pdf)

The walk is a lovely coastline one over headlands and along beaches. You will be walking in the Dirawong Reserve along unmarked tracks and footpads. We start by following the Laurie Wilson Circuit along coastal cliffs, several headlands including Joggly Point, rock shelves & beaches before morning tea at Chinaman's Beach picnic area. The party will then head inland though coastal heath along the Ridge Track to Goanna Headland before heading back along the full length of New Zealand Beach and Chinamans Beach passing some spectacular multi-coloured cliffs lined with pandanus trees.

You then head back to the cars by a more inland route of the Laurie Wilson Track and overlook the beaches and rock shelves we walked along earlier. Now to traipse through some coastal heath. If the weather is sunny & the wildflowers are out, this will be a spectacular walk.

The walking will be done at a leisurely pace with plenty of time for photography & swimming for those who would like a quick dip. The low tide is one of the lowest tides for the year.

Bring all the usual day walk stuff, including lunch, morning tea and snacks. Plus bring at least 2 litres of water as it will probably be warmish.

According to the RACQ Trip Planner, the travel time from Red Hill to Evans Head is 2hr 28min. That makes it a longish trip but it is so worth the effort. If anyone else wishes to arrange an overnight stay the night before in the Evans Head area please contact me.

<https://discoverrichmondvalley.com.au/wp-content/uploads/2018/08/Dirawong-Reserve-Walking-Tracks.pdf>

Tide times

| Description | Time | Ht |
|-------------|---------|---------|
| High Tide | 8:05 am | 1.87 m. |
| Low tide | 2:28 pm | 0.16 m. |

Phil

MONDAY 16th NOVEMBER MONTHLY MEETING

Contact: Russ Nelson Ph: 0427 743 534
Time: 7.30pm
Where: St Michael's Parish Hall, 250 Banks St, Dorrington
The hall is in the lower carpark behind the church. Drive down the ramp at the left
Web: <http://www.stmichaelsdorrington.org.au/contact-us.html>

Come along to find out how we do things.

Our meetings are friendly and relaxed gatherings where members and visitors can hear about recent and upcoming club events and ask questions about walks that interest them.

Nominations for walks are taken after the formalities and people catch up over a friendly supper.

All are welcome.

**WEDNESDAY 18th NOVEMBER
ENOGERA RESERVOIR CIRCUIT
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: The Gap Park 'n' Ride; Stop ID: 009990; 1358 Waterworks Rd, The Gap
Bus: 385; P384
Time: 4pm
Distance: 9km @ 2½hr **Location:** Up the creek without a paddle
Grade: S21
Web: <https://www.openstreetmap.org/#map=16/-27.4454/152.9131>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You** **Bring a Torch**

Last time we tried this one, Covid came on the scene and the park was closed. Now, we will attempt it again. Better luck this time.

You will Stroll anti-clockwise around the dam, following the shoreline in and out of the bays. SEQ Water have put in tracks that we will be following. The going will be easy, the track shaded, the views between the trees of the cool waters spectacular.

At 9km, this Stroll is a bargain – shorter than most. It is within the range of all Club members. This is an area we hardly ever get into.

**FRIDAY 20th NOVEMBER
BITTER SUITE BAR
JOHN TOOHEY SOCIETY**

Leader: Karen Franklin Ph: 0417 718 591.
Address: 2/75 Welsby Street, New Farm. (cnr Lamington St)
Time: From 4pm till 8ish.
What For: A chat and a beer and a meal.
Web: <http://bittersuite.com.au/>
Emerg Off: Greg Ph: 0418 122 995

We are heading back to the Bitter Suite again this year as we really like it there. It is located in residential New Farm and has a great outlook.

They have several craft beers and ciders on tap but there are plenty of other varieties available in bottles. There is food available and they are always improving their menu with their goal to provide an exceptional gastronomic experience along with their exceptional range of beers, ciders and wines.

If you've never been to a JTS this is the one to try. It is usual quiet with plenty of outdoor seating. Yes, we will be sitting outside in the balmy Spring afternoon's cool breezes and kind weather. For the first timers, this is the place to experience the hospitality of Mr John Thomas Toohey and all he stood for. Good friends, great food, palatable drinks, amazing conversation and an ambiance you did not believe still existed.

**SATURDAY, 21st NOVEMBER
RETREAT**

Organiser Russ Nelson Ph: 0427 743 534
Meet at Holy Family Parish Church, 37 Ward St, Indooroopilly
Time 1.00pm to 5.00pm
Cost \$10
Director James Grant OFMcap
Web: <https://holyfamilyindooroopilly.net.au/>
Emerg Off: Russ Ph: 0427 743 534

This year's Retreat is unusual in that the location is in the inner-city suburb of Indooroopilly. The Director of the Retreat is Fr James Grant who was one of the priests who celebrated Mass at the 60th Barney Mass.

Fr James has said that in this retreat he "will give a Franciscan reflection on Pope Francis' encyclical on '*Care for our Common Home*'. He will reflect on how all things are interconnected and so how we are all called to communion with God, with each other and with nature. To do this we need to look at ourselves through the loving gaze of Jesus, who will lead us to reconciliation and praise!"

There will be time for reflection and a break for afternoon tea. Please bring something for afternoon tea. Tea and coffee will be available.



**WEDNESDAY 25th NOVEMBER
BULIMBA To The CITY
STROLL**

Contact: Greg Endicott Ph: 3351 4092
Meet at: Sts Peter & Paul Church, 25 Main Ave, Bulimba.
Off Riding Rd and between Main and Alexandra.
Meet on the steps. Plenty of parking in the street.
Bus: 230 Bulimba Bus to Riding Rd at Main Avenue, stop 33/43; Stop ID: 002801
Time: 3.30pm
Cost: Free
Grading: M21
Distance: 14km @ 3½hr
Location: Inner South-Eastern suburbs of Brisbane
Web: <https://www.openstreetmap.org/#map=16/-27.4701/153.0491>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**

HISTORY: Our Strolls began in 2016 following Pope Francis' *Year of Mercy* pilgrimages. Your Club prepared six Strolls for the Archdiocese which they put up on their web for pilgrims to walk. Our members planned the routes, pre-outed them and did a dry run by placing them on our Calendar and walking them. We liked Strolling so much after doing all six, that we did them again, and then again. Then there were the withdrawal symptoms, and after a gap of six months, we commenced the Strolls proper – anywhere in Brisbane – initially from a transport hub to another transport hub. And it still goes on from there.

Over the coming weeks, we will be Strolling all six of the Pilgrimage Strolls.

The walk is an evening stroll on a balmy summer's evening. What's better?

We commence at Sts Peter & Paul's after looking through the open door at the inside. Then we head up Riding Rd, past Johnno's cottage to the Balmoral Cemetery for a look towards The City from the top of Galloway's Hill. Then head through the old leafy suburbs to the top of the ridge for views over to The Main Range.

Now down to Norman Creek and the famous bowls club. Then zip through tree covered avenues to the mouth of that creek and cross at the Canning Bridge. From here, the group will follow the back streets that run parallel with the River. Into Mowbray Park, out again and stroll along the narrow winding back streets through the old part of Kangaroo Point, under the Bradfield Highway and cross over the Story Bridge. Then wind your way down through the forgotten parts of Petrie Bight to Eagle St and The Cathedral. Then onward to your train or bus station.

As we are Strolling in a city, if you need to bail-out early, there are ample buses along the way to take you away.

Come see parts of our inner suburbs that you never knew existed.

**SATURDAY 28th NOVEMBER
NORTH STRADBROKE ISLAND
DAYWALK**

Leader: Phil Murray Ph: 5522 9702 or 0416 650 160
Meet at: Water Taxi Jetty, Toondah Harbour, 12 Emmett Street, Cleveland
Time: 7.40am for the 7.55am taxi
Cost Taxi - \$17 return \$8.50 concession
Bus fares - to be advised – approx. \$10 return
Distance 12km
Grade M22
Location: East of the mouth of the Brisbane River
Web: <https://www.openstreetmap.org/search?query=point%20lookout%20stradbroke#map=16/-27.4315/153.5352>
Emerg Off: Sue Murray Ph: 0420 510 214

It always great fun doing a beach walk in early summer and the plan is to visit North Stradbroke Island and walk from Point Lookout to Adder Rock.

We will catch the ferry over to Dunwich then get the bus out to Point Lookout. We will walk down to the patrolled beach at Point Lookout (for the water babies in the group they can have a swim here). The group will then walk around the Gorge Walk which is fabulous. Then past the shops at Point Lookout and down the long stairway to Frenchman's Beach and around the sandy headland to Cylinder Beach. You will have lunch here and a second swim.

I am not planning on lunch at the hotel so you need to bring your own lunch.

After lunch we will walk along Cylinder Breach and Home Beach to Adder Rock. It is about 3km. Then walk back to the road to the little shop. I hope to be able to buy an ice cream. We will then catch the bus back to Dunwich at about 3:20pm.

It is expected to be warm and sunny so bring all your usual daywalk stuff plus togs. (And a raincoat as we could get a summer storm).

Tides

| | | | |
|-----------|--------|-------|------|
| High Tide | 6:53am | 1.53m | |
| Low Tide | 1:11pm | 0.37m | Phil |

**MONDAY 30th NOVEMBER
BLUE MOON At The FULL MOON
SOCIAL**

Leader: Greg Endicott Ph: 3351 4092
Address: 118 Eagle Terrace, Sandgate.
Time: 6:00pm
Train: 5.09pm Shorncliffe train from Roma Street Station
Web: <http://fullmoonhotel.com.au/>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**
RSVP: 9pm Sat 28th

As we will be at a very popular hotel, I really do need to book the correct number of seats at our table. Please ring me to let me know you are coming

What is a Blue Moon? It is when there are two full moons in a month – there is a full moon every 28 days, so the odds are not good for two in the same month. However, this November is the lucky month, and just in time. The full moon is the 30th. Let's celebrate on the actual ~~day~~ night.

Come by car, come by train, come by yacht. Whatever you do, do come.

What better excuse do we need to enjoy a night out. This year we will again visit the Full Moon Hotel at Sandgate. We have been here a few times before and are very happy to return. It has a lovely

atmosphere, a good fast bistro, lots of parking and a view over the Bar to die for. The lounge is spread out, comfortable, and not too noisy.

There is a rumour that there will be a Stroll after dinner along the foreshore track to the pier. What a coincidence.

What is a lunatic – someone who howls at a full moon; Blue or White!

As I need to make a booking, either nominate at the meeting or ring me by 9pm Thursday 26th.

SATURDAY 19th DECEMBER
CHRISTMAS PARTY
SOCIAL
NEW

Contact: Andrea Turner Ph: 0422 426 876, OR
Michele Johns Ph: 0414 635 542
Where: Indooroopilly Hotel, Station Rd, Indooroopilly
Time: 6pm
Cost: \$35 a head
Emerg Off: Michele Johns Ph: 0414 635 542
RSVP: Friday 27th Nov

Come and join us to celebrate the year that changed our lives and our bushwalking calendar 2020!

We will be served a set 2 course meal, mains and dessert with alternating drops.

Catch up with friends in a relaxed atmosphere. A bar will be available for drinks.

Once again Russ will test our knowledge with a quiz.

If there are any dietary requirements needed, let us know when booking.

ANNUAL PHOTO COMPETITION
MONDAY 21st DECEMBER
At St Michaels at Ashgrove from 7.30pm

This is the sixteenth time we have had this photo competition. The main reasons for the photo competition are to encourage members to bring their photographs out and to share them with other members. The other reason is to find a “cover photograph” for the Annual Report.

Our goal as a club is to encourage the love of the bush and bushwalking. I trust the photographs will display the spirit of the Club and the beauty of nature and why we go bushwalking. The best overall photograph 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. Best overall - awarded to the print deemed to be best overall by the invited judge,
7. People's choice - the best photo selected by the members.

The Competition Rules

- entry is open to Cub members only,
- the photographs must be submitted in two formats,
- printed on paper and displayed at the December meeting and
- delivered electronically to bcbcjilalan@gmail.com by sunrise on 21st December,
- size - photograph must be able to fit on the front cover of the Annual Report (paper size A5). It may be submitted in a size up to A4 so long as the photograph can be reduced to a size suitable for publication,
- each person may enter 4 photographs per category,

- each photograph must be titled and have the owner's name and date,
- the photographs must be from a BCBC trip (Name of trip and date to be supplied),
- A *Club Trip* does not include Strolls, Socials, holidays, etc.
- photographs can be entered on the night but no later than 7.40pm,
- there is no entry fee,
- there will be an overall winning photograph,
- the winning photograph will go on the front cover of the next annual report,
- the ownership of each photograph will remain that of the photographer but BCBC has permission to publish the photograph in any of its publications, print or electronic.

PRESIDENT'S REPORT

There has been a variety of activities going on in the Club which include –

- Development of the 2021 Calendar, especially walks, under the guiding hand of Phil Murray, our Outings Secretary.
- Our annual Retreat, facilitated by Fr James Grant OFMcap, is planned for 21st November.
- A very successful Kate Quinlan lunch was held at Manly with our Maitre d' being Greg Endicott.
- Planning for the BCBC Christmas Party on 19th December is well underway. under the guidance of Chief Elves Andrea Turner and Michele Johns.
- The 2020 Annual Report will be edited by Greg Endicott.
- Club Hut Curator, Iain Renton, has put the "polishing touches" to the Club Hut.
- The Annual Club Photographic Competition is now only two months away with our Judge, Joe Tottenham, eagerly awaiting this year's entries.

Thanks to all for making these activities happen. At the same time, our normal program of walks, strolls and socials continue with good attendances.

One issue the Committee would like feedback on is the frequency of our General Meetings which are currently held monthly. Proposals have been put to reduce the number of meetings to six per year or three per year.

Those arguing for a reduction in the frequency of General Meetings sight the numbers attending a meeting never exceed thirty and are often around twenty in number. Socials such as Coffee Nights and JTS provide opportunities for social interaction. The argument for three meetings a year envisages each meeting with a defined purpose, namely – AGM, guest speaker and photographic competition.

On the other hand, the argument for retaining the currently monthly meeting sees it as an important opportunity for networking and providing plentiful opportunities for specialist events such as guest speakers, competitions and displays.

Your feedback would be appreciated. If a change is proposed it will be proposed as a change to a By-Law.

In the meantime, we need to continue to ensure our behaviour is in alignment with Government policy so that we can we defeat COVID-19.

Russ Nelson, President

OUTINGS SECRETARY'S REPORT

OUTINGS SECRETARY REPORT

Numbers on Walks

The participation on walks has been very good. The average numbers on walks for September has being very good. The weather for most trips has been excellent. Actually, there has been a shortage of rain recently. But, according to the long-range weather forecasters, eastern Australia is supposed to be hit by a "La Nina" weather event this summer and it should be much wetter. Or to be precise, we are 3 times more likely to have a wet summer. But time will tell.

Past Outings Summary for August & early September

| Day | Date | Trip | leader | |
|------------|-------------|-----------------------|---------------|----|
| Thurs | 3 Sept | Karawatha Wildflowers | Phil | 6 |
| Sat | 05 Sept | Darlington Range | Pat L | 19 |

| | | | | |
|-----|---------|--------------------------|-------|------|
| Sun | 13 Sept | Caboolture to Wamuran | Sue W | 14 |
| Sat | 19-Sept | Coolangatta to Currumbin | Phil | 5 |
| Sat | 26 Sep | Noosa Trails | Terry | 17 |
| | | Average | | 12.2 |

Coming Walks for October & November & early December

| Day | Date | Trip | | leader | Distance |
|----------|--------|----------------------------|-----|-----------|----------|
| Sat | 15 Oct | Shipstern | DW | Phil | 18 |
| Sat | 17 Oct | Maroochy to Coolum Beach | DW | Liz | 14 |
| Sat | 24 Oct | Albert River Circuit | DW | Phil | 22 |
| Sat | 31 Oct | Mt Beerburum & Ngungun | DW | Michele J | 8 |
| NOVEMBER | | | | | |
| Thurs | 5 Nov | Yeronga to City | DW | Phil | 12 |
| Sun | 8 Nov | Club Hut & Lower Portals ? | O/N | Iain | 8 |
| Sun | 15 Nov | Evans Head (NSW) | DW | Phil | 8 |
| Sat | 28-Nov | North Straddie | DW | Phil | 12 |
| DECEMBER | | | | | |
| Sat | 5 Dec | Coomera Creek Circuit | DW | Khaleel | 18 |
| Sat | 12 Dec | Bribie Island | DW | needed | 12 |

In the next few months, the outings on offer are mainly daywalks, and in particular, a few beach walks. The original plan was to have a throughwalk in the Victorian Alps in early November and a basecamp in southern Tasmania in early December but those plans have been thwarted by the Covid restrictions. Hopefully, the Evans Head (northern NSW) trip goes out and that we are not thwarted by Covid restrictions.

Leaders needed

We need a leader for the Bribie Island walk on 12th December. The proposed trip is around the southern tip of the island from Woorim Beach to Bellara. The walk is about 12km long and the low tide is at 1:31pm which is an ideal time for the walk.

Outings Planning for 2021

The first draft of the 2021 Outings program was sent around to committee members in mid-September. The second draft of the Outings Program was distributed in late September to those members who had led trips in the last few years and also to those who had done several trips over those years. The feedback is due by 12th October. The feedback so far has been very good as members had a framework to base their comments on and have made suggestions to tinker/fine tune the program.

The revised 3rd draft will be distributed on Wednesday 22nd October and comments will be asked for by 29th October. Also, I am very happy to delete my walk suggestions for other members suggestions. The plan is to review the suggestions and, if need be, we will have an Outings sub-committee meeting (possibly by teleconference) and hopefully, the Committee will make the final decision by early November.

Also, I am looking for other leaders for trips. To highlight an issue of concern is that I noticed that in November I am leading 3 of the 4 walks. I don't want to keep leading that many walks so any offers for leading walks will be taken on board.

If you have any suggestions for inclusions or other general comments, please put them forward.

Trips under a Covid Question Mark

The **Evans Head walk** in Northern NSW on 15th November has not being cancelled. I live in hope it will be able to go out. There could be a change of State Government by then as there is Queensland State election on Saturday 31st October. If the Evans Head trip is cancelled the alternative trip will be a trip up at Binna Burra - probably the Dave's Creek Circuit.

"Short Notice Walks": To cater for "off the cuff" walks the walk is labelled "short notice walk". I borrowed the idea (or name) of a short notice walk from a Club in Sydney that cater for walks that

get arranged after their magazine was published by calling them or labelling them "short notice walks". The idea of the short notice walk was approved at the last committee meeting.

"Walking Quote" for the month

*"When you get to the summit of Mount Everest,
at first you are super happy, but after about
2 or 3 minutes the next thought you get is
how the hell you are going to get down."*

Erling Kagge

He is a Norwegian adventurer and writer. He has reached the North Pole, the South Pole and has also climbed Mt Everest. In 1990, Erling Kagge and Børge Ousland became the first people ever to reach the North Pole unsupported. The expedition started from Ellesmere Island on March 8th 1990 and reached the North Pole 58 days later on May 4th 1990. They travelled approximately 800km on skis pulling their supplies on sledges.

In 1992–93, Kagge completed the first unsupported and solo expedition to the South Pole, covering the 1,310km route in 50 days. Kagge had no radio contact to the outside world for the duration of this expedition.

In 1994, Kagge summited Mount Everest, thus becoming the first person to complete the "Three Poles Challenge". Kagge has also sailed across the Atlantic twice and around Cape Horn.

I hope to see you on the track, soon.

Phil

Outings Secretary

SAFETY & TRAINING REPORT

FMR: <https://fmrqld.bwg.org.au/>

TREASURER'S REPORT

A mysterious cash deposit for more than \$30 entered our bank account on the 7th September, if you know anything about this, please contact me.

Our first raffle for the year will be drawn at our October meeting. This raffle has been very successful and it is not too late if you wish to buy a ticket or more at a dollar each. Terry

ABOUT PEOPLE

Sue Walsh's father, Bill Hanley, aged 98 died last Thursday. The funeral will be on Fri 23rd October at Sts Peter & Paul, Bulimba. Bill was the President of the Irish Club for a number of years. I do not know the time or the funeral yet.

Maxine Brophy, Karen Franklin, Graham Glasse, Mary Kelly, Trevor Kelly, Maria Kerruish, Russ Nelson, Matthew Palmer, Desley Pedrazzini, Helen Williams and Kath Wood are celebrating their birthdays in October.

Congratulations to our latest new members:- Chris Burke, Marlene Warnick and Sally Donaldson.

Visitors are always most welcome on any of our activities.

Marian Arthur e-mailed last week: In this morning's Courier Mail appears:

William (Bill) Joseph Fitzpatrick, aged 87, died 25th September, late of Cleveland, formerly of Dalby, he passed away peacefully. Bill's widow Pat (Goodwin) was the first girl to ring in to join the Bushwalkers Club and Willie was surprised that a girl wanted to walk in the bush. Pat also gave other girl's names at the same time and they also joined the Club. Keep Pat in your prayers and thoughts

PAST EVENTS

THORNESIDE to WYNNUM THURSDAY 10th SEPTEMBER DAYWALK

This was a substitute walk when the road to Binna Burra was closed temporarily.

Three of us travelled by train to Thorneside to walk first through the bushland of the Ransome Reserve. From there we walked down to the waterfront and then north through Lota, Manly and Wynnum. The waterfront is beautifully maintained parkland all the way. There is an abundance of picnic tables, barbeques and playgrounds. Seagulls abounded and there were also some magnificent pelicans.

The weather was overcast but we managed not to be rained on at all. It was a delightful 14 kilometre walk by the bay. Paddy, Liz, and Jan.

WAMURAN RAIL TRAIL SUNDAY 13th SEPTEMBER DAYWALK

After leaving the train station for a 5-minute walk to the trailhead, we studied the map to see what was of interest and how far along we would be travelling. Once the party got on the trail proper, some people walked on the grass alongside the bitumen track. We went in two groups, ten minutes apart to keep "that" separation. At Wamuran, a large number of us drove back to Caboolture and a small number returning on foot.

We could see the Historical Site at Moodlu Station, which was missing the letters on the station signboard, but you could see where the letters once were. There were lots of residents and schools along the way since the railway was the lifeblood of the area. Once we arrived at the Williams Road overpass, we had to divert from the track as there were works going on above on King Street. We then crossed this busy road and re-joined the track at the end of Quarry Road. The Glasshouse Mountains then came into view on our right and pineapple farms to our left as we headed west towards the Wamuran Sawmill. Some of us sat down here for our morning tea as it was the first sitting nodes we came across.

The last overpass was highlighted by clay pockets with teddy bears and toys inserted in these pockets. It was unexpected. I was told that during lockdown, mothers were taking toddlers for walks and people started leaving teddy bears out for the toddlers to find. It was like a cave full of bears, but at least they were dry in case it rained.

On arrival at Atwood Street, we had lunch under a shelter. We could also see the Wamuran Soldiers Memorial which was just before the picnic area. Richard did a nice walk along the former train line that was still standing.

Thank you to everyone, especially Greg, for helping me get this walk going without too much hassle. Thank you to: Tina Ho, Antonia Simpson, Benno, Terri Evetts, Jannell Sammon, Susan Ware, Michele & Richard, Louise & Rusty, Greg, and Terry Silk for joining me on this walk. Sue

CLUB HUT WORKING BEE SAT/SUN, 22/23 AUGUST OVERNIGHTER and DAYWALK

Although we all set out from different places, we all arrived at the hut at about the same time. There were two major tasks; cut the long grass in the hut paddock, and clear some of the debris left by last year's bushfire. The grass had grown shoulder high in places because the National Park had been closed for months. Michael Simpson brought in his old mower to be left at the hut. This will make life much easier, not having to bring a mower in each time (though petrol will not be left at the hut for safety reasons). The two Michaels did the mowing. When the mower started sputtering Mike Wood performed his mechanical magic and kept it going, cleaned the spark plug and later pulled apart the carburettor and giving it a good clean. While the mower did sputter a bit, it did a mighty job cutting very long grass in a good-sized paddock. Parts that need replacing have been identified and when

Michael brings them in on his next trip the mower should be working nicely. Other general weeding was done and the whipper-snipper put to use.

The bushfire last year had left the area between the hut and the creek a tangled mess. There were fallen logs & big branches on the ground and lots of dead leafless bushes which left thickets of twigs. The larger timber was cut up with marvellous battery powered tools (chainsaws and reciprocating saws) and the timber stacked for firewood well away from the hut. Several of us gathered up the twigs and lighter branches and piled them up for Russ to burn. He spent much of the day tending and watching the fire and feeding it with a seemingly endless supply of twigs. At the end of the day there was quite a pile of ash. When we had finished burning twigs, timber was piled on for the evening campfire. Karen continued with a task she has had on previous working bees: painting the roof. There was one last section to do which she cleaned, prepared and primed (on the next day I put on the first coat of roof paint and the final coat on during a later visit - the roof is now finished). Other jobs were done; leaves removed from the roof guttering, inside the hut cleaned and rubbish removed. After eating tea, we all enjoyed sitting around the campfire and having a good yak.

Next morning while eating breakfast, there was a loud “crack” followed by a faint “woosh” and then a big “thud”. A thirty-metre high tree trunk, left bare by the fires, had fallen. It was on the edge of the bush at the other side of the paddock. We had been piling some cut grass and weeds near its base the day before. A sobering reminder that the bush is never an entirely safe place. At about 9.30am Terry Silk and Joe Tottenham arrived for the day’s working bee. At 10.30am Mike W, Matt, Michael S, and Karen left as they had commitments later in the day. Russ & Jan Nelson left a bit later. Terry, Joe and I did a bit more around the hut and left mid-afternoon.

Thank you to all who turned up: Matthew, Mike W, Michael S, Karen, Russ and Jan, and myself for the overnighter and Terry and Joe for the day walk. Everybody did a great job. Thanks also for all the great power tools brought in to make the job easier and to the drivers, none of whom would take any money for petrol.

About a week and a half after the working bee, I accompanied some members of the Tracey family as they delivered and put in place the wood heater that they have donated to the Club Hut in memory of Paul Tracey who played a pivotal role in building the hut. It was an emotional time for them as they remembered their father or husband and the great times they had as a young family years ago at the hut. They were pleased with the good condition of the hut and said that the paddock and surrounds were about the best they had seen them.

Iain.

JTS – THE GREEN BEACON, TENERIFFE
FRIDAY 25th SEPTEMBER
SOCIAL

Nine members and one visitor gathered at the Green Beacon, Tenerife on a pleasant spring evening. This is a warehouse-type venue which specialises in the brewing of a range of craft beers. Meals are not served by the brewery but cheap, Asian-style food is available from a food truck situated near the entrance. Strict COVID restrictions were in force, so our visit was limited to 4pm – 6pm.

Thanks to Russ, Liz, Greg, Louise & Rusty, Susan, Anne & Bob, and our visitor Colleen for joining me at this social.

Graham

NOOSA TRAIL SATURDAY 26th SEPTEMBER DAYWALK

This year saw another successful *Noosa Trail In Reverse* walk. The weather was fine, not too hot and the strong winds did not impact on us. Although it is very dry, the area is still quite green. Everything went smoothly on the day, including the car shuffle. The walkers mainly kept together and maintained a good pace as there was more down than up. I was disappointed that more people did not read the informative historical signs. During the walk we met a few cyclists, but only two walkers. Also, during the walk, two kangaroos were spotted, whilst some birds were heard, including a whip bird.

Thanks to my “Tail End Charlie”, Liz, and my drivers, Russ, Rusty and Joe. Also, thanks to the sixteen who joined me:- Russ Nelson, Paddy Taylor, Liz Little, Marlene Warnick, Louise & Rusty Jones,, Joe Tottenham, Sue Walsh, Sofia Ramsay, Jarrod Sefton, Greg Endicott, Pat Lawton, Susan Ware,

Khaleel Petrus, Michele Johns and Sally Donaldson, a visitor on her second walk with us. I believe that you all enjoyed the day and I look forward to your company next year when we will do the rest of Trail Number Four which is quite different from this year's walk. Regards, Terry.

**'KATE QUINLAN SOCIETY' LUNCH
SUNDAY 4th OCTOBER
SOCIAL**

'The Celtic Corner', Manly, a traditional old Queenslander pub with real Gaelic "craic", was the gathering place for 25 members on a lovely Spring day in October where good food, plenty of drinks and lively conversation made for a delightful Club social of the KQ variety (our half-yearly Sunday Lunch tradition). Three people arrived by train (Greg, Paddy and Louise), while all the rest took a drive to beautiful Bayside Manly.

Our group of BCBC diners more or less took over the inside area of the pub, with four tables full, while everyone else had to be content with lunching at the footpath tables. At our four tables, there were lots of hearty pub meals consumed – washed down with plenty of fluids, on a reasonably warm day – and lots of catching-up was done, especially by those who hadn't been able to make it to our previous KQ Lunch at Redcliffe in June. Even those who had been there still had a lot to catch up on, as everyone has been busy with bushwalks, driving trips (within QLD, of course!) and various other activities allowable for mental and physical health maintenance during a pandemic.

After lunch, a number of us went for a stroll along the foreshore, where there were market stalls still set-up/trading – but close to finishing up - and a boat harbour with expensive yachts to look at, as well as the sparkling water of the Bay, of course.

Thanks to all 25 people who made it to Manly for this lovely Sunday Lunch Social: Sophia R, Paddy T, Jan & Russ N, Elizabeth R, Terry S, Louise J, Phil & Sue M, Janet G, Antonia S, Khaleel P, Maria K, Cath & Mike W, Liz L, Terry E, Graham G, Lorraine N, Susan T, Anne & Bob I, John H, Greg & Michele E.

COFFEE NIGHT @ Café ION
WEDNESDAY 7th OCTOBER
SOCIAL

Wow, what a turnout a new record for a Coffee Night! Thank you so much to the 28 people who nominated, to support the owners of Café ION Bar at Mitchelton in their special opening for our Club's social.

We did a good thing helping a local small business stay alive during the pandemic; David & Kelly were very grateful for our patronage! Hopefully, some of the locals present might return to ION another time. One local who deserves special mention is Marian A, who lives in the same street - you can't get more local than that! Thanks for coming (on foot, of course), Marian, and for bringing fellow-local Di R with you.

Three people ended up having to apologise for their absence on the night, which they were (rightly) disappointed about, but the remaining 25, including 3 Visitors (Selina Y, Mary T and Michael S), 5 Life members (Pat, Russ, Greg, Susan T & Terry) and 1 Honorary Member (our Club Auditor, Joe T.), seem to have had a lovely time. Everyone chatted happily – across three tables – on the large rear deck, which we had to ourselves; it was like a private party. The venue was really pleasant, with the blooming floodlit Jacaranda over the back-deck-rails providing a beautiful backdrop for our dining experience on a balmy Spring evening.

Most people chose the wood-fired gourmet pizzas, which were cooked right there beside us, in the pizza-oven in the corner of the deck. To wash them down, there was plenty of water supplied, but many people availed themselves of the wide range of ales - or wine, cider or juice.

Thanks again to all those who came and contributed to this record-breaking attendance at a BCBC Coffee Night: Jenny & Wayne B, Susan W, Michele & Richard J, Andrea T, Anne & Bob I, Karen F & Michael S, Terri E, Jonas B, Maria K, Antonia S and Graham G. – plus those (10) already mentioned above.

**EAST & WEST CREEKS, TOOWOOMBA
SATURDAY, 10 OCTOBER
DAYWALK**

The walkers gathered at Helidon so that all could drive up Silver Pinch Road and arrive at Middle Ridge by a unique route and enjoy the spectacular views. This was the route walked by the pilgrims on the 2CC (Two Cathedrals Camino) in 2018 and 2019. Middle Ridge is now a suburb of Toowoomba, but originally was a distinct town with its own school. Only later in the twentieth century did it become part of Toowoomba.

The walk began at Middle Ridge State School and then headed west to pick up West Creek just below its source at Kearney Springs. The creek flows north so we followed it with a detour around the City Golf Course, which is not to be confused with the Toowoomba Golf Course which we drove past at Middle Ridge. We met up with Peter Walpole, a former member of the Club, who walked with us from here to after lunch. After crossing under the railway line, we passed the Toowoomba General Hospital and went up a gentle slope to Laurel Bank Park which is a feature of the Carnival of Flowers. From there we dropped down to the central business district and railway station. We crossed over the junction of East and West Creeks which form Gowrie Creek.

Just past the junction there was an ideal spot for lunch as seating in the shade was plentiful, which was in complete contrast to retailers of coffee who were closed.

We ascended gently East Creek by skirting past Queens Park, the War Memorials and the Mothers Memorial. Given the dry conditions, we took the opportunity to walk through some large pipes and under some bridges. Toowoomba badly needs some rain.

We continued to ascend East Creek and walked through Waterbirds Park which was opened in 1988 as a Bicentennial event. Now we were close to the end and slipped into Emerald Court and onto Spring Street and the cars.

Those on the walk were Louise & Rusty Jones, Michele & Greg Endicott, Jenny & Wayne Bullock, Jan & Russ Nelson, Liz Little, Paddy Taylor, Terry Silk, Susan Ware, Antonia Simpson, Geraldine Young, Sofia Ramsay, Sue Walsh, Pat Lawton and Jonas Bernatos. It was great to see such a turn out on this, a first ever walk at this location.
Russ Nelson, Leader

AROUND THE RIDGES



<https://www.abc.net.au/news/2020-09-17/stinging-tree-toxins-similar-cone-snail-venom-queensland/12669088>

[ABC Far North](#): / By [Mark Rigby](#) and [Phil Staley](#)

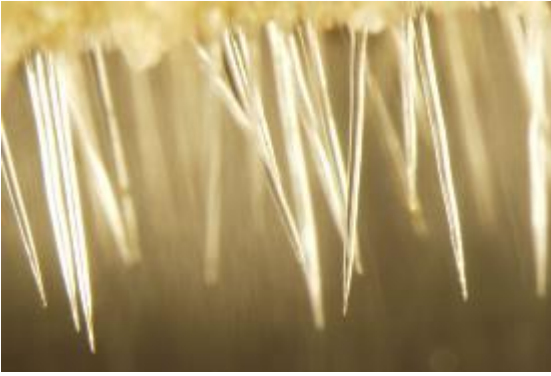
Posted Thu 17th Sep 2020 at 7:37am, updated Thu 17th Sep 2020 at 8:45am

Australian stinging trees and cone snails share something in common, Queensland researchers say

Australia's stinging trees are notorious for delivering excruciating pain that can last for days, weeks or even months and researchers now say they know why.

South-East Queensland's giant stinging tree and its northern cousin, the Gympie-Gympie stinging tree are both members of the nettle family and are covered in needle-like hairs filled with toxins. "When you brush past them, the needles act like a hypodermic syringe, penetrating your skin to inject what we now really consider a venom," Professor Irina Vetter said. "They're definitely notorious for how bad the sting is and how long it can last for. "The minimum time that it can hurt for is around six to eight hours, but the really intriguing thing is you can trigger this pain for days, weeks and in some cases even months after being exposed."

Surprising venom discovery Professor Vetter, from the University of Queensland's Institute for Molecular Bioscience, has spent more than 10 years studying the notorious reputation of Australia's stinging trees. She and her team have recently discovered an entire new family of proteins, or peptides, found in the trees' stinging hairs.



"The primary structure of them is completely novel, we've never seen anything like this before," Professor Vetter said. "The 3D shape of them looks like toxins that you would find in cone snail venom, and they do exactly the same thing. They act on channels in your sensory nerves, your pain-sensing nerves in the skin. They basically activate them and away you go and suffer."

'Bad move, Wayne' Far North Queensland trekking guide, Wayne Fitcher, is no stranger to the searing pain that follows encounters with stinging trees. "They're a miserable, miserable species," Mr Fitcher said.



He said his most memorable experience of the plant occurred while guiding a group of schoolchildren through dense rainforest. "Young Ryan was up front and I was trying to slow him down when he got hammered by this stinging tree that was about a metre high," Mr Fitcher said. "He was in shorts and a t-shirt and this damn thing got a hold of him from about his shoulder to his knee. "He was in agony."

Thinking he was doing the right thing, Mr Fitcher said he tried to remove the plant by grabbing it by the stem. "Bad move, Wayne," he said. "Instantly I knew I'd made the wrong move."

"It was bordering on agony and that agony, in various degrees, lasted four or five months before it went away."

Relief on the way

Professor Vetter said the discovery about how Australian stinging trees delivered such pain could be used to create new painkillers. "While the sting is quite painful it can actually teach us a lot about how pain works in general and hopefully how we can treat people for chronic pain in the future," she said. "The goal is, ultimately, to create new pain treatments — ones that work better and have fewer side effects. "If we can use the venom from the stinging tree to do that, then even better."

Key points:

- Researchers discover Australian stinging trees carry a venom similar to that found in marine cone snails
- Australia has two species of stinging tree with needle-like hairs that act like syringes to inject venom
- Scientists hope to develop new types of painkillers from the new discovery

YES - BINNA BURRA LIVES

New Bushwalker's Bar at Binna Burra

Committed to the International Charter for Walking

Binna Burra: <https://www.binnaburralodge.com.au/news/new-bushwalkers-bar-at-binna-burra-committed-to-the-international-charter-for-walking/>
<https://www.binnaburralodge.com.au/>

On Wednesday 16th Sept, John Marshall, of Bushwalking Qld, was invited to meet with Steve Noakes, Board Chairman of Binna Burra, to unveil a copy of the **International Charter for Walking** in the new **Bushwalkers Bar** located in Groom's Cottage at the Binna Burra Campsite.

https://www.pedestrians-int.org/images/IFP/pdf/key_doc/charter_EN.pdf

Open from 8am to 8pm, the Bushwalkers Bar is sure to become the gathering place of choice for bushwalkers completing their day's walk at Binna Burra. Do pop in for a snack, tea, coffee or something stronger and sit and chat around the fire with fellow bushwalkers, while contemplating the great view.

John Marshall, BWQ

AND

Binna Burra Re-Opening

I went up to check on Binna Burra. I met a worker called Johnathon and he told me that the Tea House, which is currently being refurbished, will reopen on 16th Oct, hours being 6.30am - 4pm. After 4pm, you can go for a drink at the Bushwalker's Bar in the campgrounds, from 4pm - 8pm.

The other major difference is the carpark. The top carpark is for those staying 2 hours or less, then those staying longer have to park from the Saddle area and down towards the Overflow carpark. They are going to provide a Park 'n Ride facility for those parked from the Information Centre and down, so a shuttle bus will come and pick up those who want to start walking from the top. There were no signs today saying 2-hour parking only but I am sure they will put them in place soon.

There is a nice new pathway leading into the Information Centre and Gus's Shed is still there. The Caves Circuit walk just a bit down from the Info Centre and they had a map outlined on where you were allowed to walk, as you couldn't walk down the road, so you go back the way you came. The proper circuit walk is supposed to be finished by 30th Oct.

There's also a new grey coloured dirt path instead of the rich red soiled path on the walking tracks - the soil is off the track and main walking track surface is this new dirt path and none of those nuisance tree roots. I didn't do a big walk today; just checked out what the place was like and got a new walking map from the Information Centre. There were some speed bumps on the way in so you had to slow down. It was pretty cool up there today. Sue Walsh

TRAVEL IN NEW ZEALAND

Kia Ora,

At the moment for a lot of our client's travel might mean a short drive or domestic flight rather than an epic journey to the other side of the world, however there is no reason we can't give our clients incredible adventures closer to home.

Since launching our luxury and unique New Zealand travel packages, we have seen a lot of interest and we want to continue promoting travel around New Zealand. Our top selling destinations and tours so far have been to Stewart Island, helicopter day trips departing from Auckland, Abel Tasman sailing and short getaways at some of the most remote luxury lodges New Zealand has to offer.

Here at Viva we want to promote New Zealand travel. Access the Viva New Zealand pack by clicking [here](#)

Get in touch with us if you have any questions by emailing info@vivaexpeditions.com, where we can run you through our epic packages.

Explore Rakiura - Stewart Island - Kiwis in the wild? Wildlife, remote beaches, forests, great seafood and very few people. Go away for a week to explore off the beaten path, Stewart Island.

Sailing Abel Tasman National Park - Sail the Able Tasman National Park onboard a catamaran, swim, SUP, snorkel, fish or chill in the stunning bays, beaches and waters.

Lindis Ahuriri Valley Luxury Escape - Unwind and explore off the beaten path in the pristine Ahuriri Valley, Lindis Pass. They spend 4 days in a truly unique luxury lodge, the Lindis lodge.

Heli tour: Wine, Dine Kumeu & Waiheke - Explore Kumeu and Waiheke Island on a heli flying adventure visiting Soljans and Stonyridge Vineyard and Poderi Crisci to wine and dine.

Sailing Abel Tasman

Sail the stunning coastline of the Abel Tasman National Park on an exclusive, luxury sailing vessel.

Imagine drifting along the Abel Tasman region, serene blue skies and sparkling emerald sea - cruise, swim, kayak and be dropped off for a bush walk or just relax onboard your private vessel. This is the perfect way to discover what Abel Tasman has to offer!

Climb aboard with your loved ones and embark on a truly incredible adventure, exploring in a leisurely style and comfort, creating treasured travel memories that will last a lifetime.

Learn more about our Abel Tasman adventures below or start planning your perfect escape by speaking to one of our destination specialists who can tailor make an experience for you!

Sailing Abel Tasman National Park - Sail the Able Tasman National Park onboard a catamaran, swim, SUP, snorkel, fish or chill in the stunning bays, beaches and waters.

Private Abel Tasman Sailing Getaway - Sail the stunning coastline of the Abel Tasman National Park on an exclusive, luxury sailing vessel for you, your family and friends.

Marlborough And Queen Charlotte Track

Your daydreams are probably filled with all the ideas for your perfect getaway. Wine tasting perhaps, relaxing on a beautiful beach, away from crowds or hiking among incredible scenery and coastlines. Well, we have just the thing.

Our brand-new Marlborough and Queen Charlotte Track tour is a perfect combination of the some of the best New Zealand wine, walking and stunning coastlines! We can also fully tailor make and adjust it to be a perfect fit for you!

Click the link below to explore and start planning your perfect escape.

Bay of Islands and the Far North - Spend a week in the Far North, enjoying luxury, fine food and wine, stunning scenery, learn about the culture and enjoy a game of golf too!

Unique D'Urville Island Sailing Adventure - Sail the remote Marlborough Sounds onboard a catamaran, swim, SUP, snorkel, fish or chill in the stunning bays, beaches and waters.

Luxury Bay of Islands Summer Escape - Escape to luxury in the Bay of Islands, Northland. Relax at your amazing lodge, dine on fine food, and spend a day sailing the Bay of Islands.

Ocean and Mountain Journey - Self-drive from charming Akaroa, via Arthurs Pass to the West Coast, explore forests, mountains, heli landing on a glacier & beautiful Wanaka

[**Click for all NZ Tours**](#)

CONTACT US Call us on: 0800 131 900 info@vivaexpeditions.com

Aroha,
Team Viva

WALKING HOLIDAYS UPDATE FROM PARKTOURS

From: interNATIONAL PARKtours <info@parktours.com.au>

Sent: Wednesday, 30 September 2020

Subject: Walking Holidays update from ParkTours

Dear Friends

Spring has well and truly sprung on the mountain, and we are enjoying warm sunny days as the cool nights of winter disappear. We look forward to sharing the adventure of travel with you. We are working on a new website which we hope to share with you next month. We also have news to share of our neighbours the iconic Binna Burra, plus some information on our tours for the remainder of 2020.

While a global pandemic may have halted our international travel plans, we are finding much beauty in Australia to explore. We hope you can continue to be active around your local area and keep connected with friends and family. As always we encourage you to visit our [website](#), and follow us on social media as we continue to release our program of tours for 2021.

Binna Burra open for business

One year on from the bushfires, the road to Binna Burra has reopened with the Sky Lodges and campground now taking bookings. The historic Grooms Cottage is serving as a Bushwalkers' Bar and nearby, there is a Bushfire Gallery open daily. We are proud to partner with Binna Burra to deliver [quest activities](#) including guided bushwalks, kids activities, well-being classes and heritage walks 7 days a week. You can [book activities](#) whether you're a lodge guest or a day visitor. So, if you are in the area, you may like to join a half or full day walk or bring the kids for a morning or evening adventure.

Explore our backyard: Queensland

With border restrictions still in flux, we are focusing the remainder of our 2020 tours on our home state. With Queensland all to ourselves, now is the time to discover our state and support Queensland businesses. Our [Lamington Short Break \(20-23 October\)](#) with Lisa and Tony Groom, is filling fast. Then in early November, we have our new [Bunya to Bundaberg \(3-10 November 2020\)](#) circuit from Brisbane. Head to our [Queensland](#) page to download full itineraries, or contact our office to have a copy sent to you.

2021 Tour plans are well underway

While we may have taken the 'international' out of our name for the moment, we are still planning a full calendar of tours for 2021. We begin with [Tasmania - Tarkine to Tasman Peninsula](#) in mid-March 2021, followed by a revamped [Secret Walks of the Scenic Rim](#) and our [NSW - North Coast to the Tablelands](#) adventure. We are in the process of finalising itineraries but all tours are already open for bookings. Please register your interest for the itinerary on each tour page. Once the borders open fully, spots will fill quickly.

For more information [email us](#) or phone 07 55333583
28 Timbarra Drive, Beechmont, Qld 4211
Best wishes, Lisa and the ParkTours team

WALK FOR MENTAL HEALTH

From: Tyrone Reys <tyrone.reys@mhfa.org.au>

This year the Mental Health Foundation of Australia will be hosting the #Walk for Mental Health, the purpose of this event is to raise awareness about better mental for all!

However, in saying that we are not oblivious to the current situation surrounding the COVID-19. Your health and wellbeing are important to us! Join us safely to raise awareness for this important cause.

This event is inclusive of people of all ages and backgrounds, so come along and walk with us as we unite and raise the much-needed awareness for mental health. Remember, #MentalHealthMatter

Join us in-person in Brisbane: <https://events.humanitix.com/walk-for-mental-health-queensland>

Or join us from anywhere around Queensland: <https://events.humanitix.com/virtual-national-walk-for-mental-health>

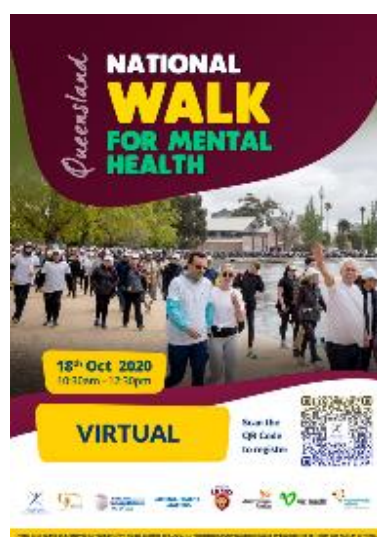
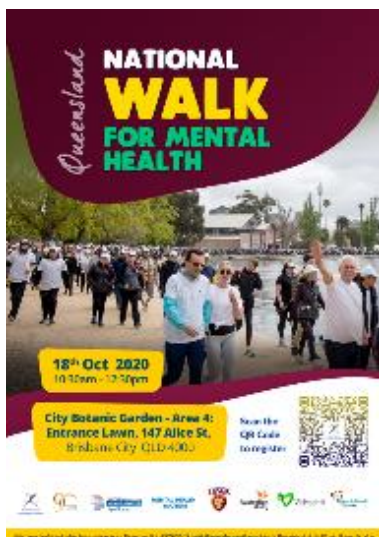
Kind Regards,

Tyrone Christian-Reys | **Project Officer (QLD) (Tues-Wed)**

P:0439368648 | Helpline: 1300 MHF AUS (643 287)

E: Tyrone.Reys@mhfa.org.au

W: www.mhfa.org.au



Catholic Bishop's Statement on Mental Health:

<https://www.centacareballarat.org.au/to-live-life-to-the-full-mental-health-in-australia-today/>

KILLARNEY
As A Base For Walks
OR A Weekend Away

From: <killarneysundown@bigpond.com>

Date: Thu, Oct 1, 2020

Subject: Killarney Qld

You might remember the Bushwalking Pilgrimage that YHA Bushies and our Club organised down at Killarney a few years ago. Well, it was here in the Killarney Show Grounds right beside the Sundowner Motel (where most of us stayed).

Hello,

Just a follow up to my previous email (below). We are a small business in a small country town which relies heavily on tourism. 2020 has been a very difficult year for most country towns. I would like to invite you again to come and visit our amazing area. We encourage groups and Caravan Clubs to come and stay with us. We have some great nights with our guests in our camp kitchen. Please have a look at our facebook page.

[https://www.facebook.com/pg/killarneysundowncaravanparkandmotel/posts/?ref=page internal](https://www.facebook.com/pg/killarneysundowncaravanparkandmotel/posts/?ref=page_internal)

My name is Leeonie. My husband Ray and I live in a beautiful country town of Killarney which is 30 minutes east of Warwick. We own the Killarney Sundown Motel & Caravan Park. Our Motel has 7 rooms catering for 1-4 people each and we have 1 cabin that sleeps 2. Our caravan park can cater for caravans/motorhomes/tent sites with power and unpowered sites.

We would like to invite you to come check out our facilities and the beautiful area around Killarney. We have spotless amenities, including a disabled shower and toilet. Our camp kitchen is fully equipped and has a wood stove and wood heater for the cooler nights and lots of interesting old wares around the camp kitchen. We have a herb garden for all to share and a fire pit for group get togethers.

Our Motel Units all have a kitchenette and ensuite bathrooms

We have one fully self-contained cabin

The beautiful, friendly town of Killarney has cafes and a hotel with great food, a Heritage Centre, Art Gallery and quirky retro/vintage/old wares shops. We are only a short drive to Queen Mary Falls, Daggs Falls, Browns Falls and the spectacular view from Carr's Lookout. If you have a 4WD there is the Condamine River with 14 crossings.

If you are travelling this way by car, with caravan, motorhome, motorbike, pushbike or 4WD, come and stay with us, we would love you to have a look around our beautiful area. I have attached a few web pages. Take a look. You'll be very surprised at how much there is to see around Killarney

<https://killarneysundownmotel.com.au/>

<https://www.facebook.com/killarneysundowncaravanparkandmotel/>

<https://killarney.org.au/things-to-do/>

<https://southerndownsandgranitebelt.com.au/places-to-see/killarney/>

<https://www.jumpersandjazz.com.au/>

<https://bonfirenight.cambanoora.com.au/>

<https://southerndownsandgranitebelt.com.au/plan-your-trip/tourist-drives/>

<https://southerndownsandgranitebelt.com.au/warwick/attractions/>

<https://southerndownsandgranitebelt.com.au/what-to-do/>

We hope to see you soon.

Ray & Leeonie Jeffery

Killarney Sundown Caravan Park & Motel

2 Pine Street

KILLARNEY QLD 4373

ABN 88300911564

Killarneysundown@bigpond.com

(07) 4664 1318

STROKE FOUNDATION

Good Morning,

I hope you and your loved ones are keeping safe and well.

We are living in unprecedented times as a result of the coronavirus (COVID-19) pandemic, however, please be assured Stroke Foundation continues to be there when and where we are needed.

Thanks to your generosity, we continue to deliver:

- **StrokeLine (1800 787 653)** – Free advice service, staffed by specialist health professionals providing information and advice on stroke prevention, treatment and recovery.
- **EnableMe (www.enableme.org.au)** – Online resource to help survivors and their families navigate the recovery journey and connect.
- **F.A.S.T. signs of stroke Community Education** – Educating Australians to recognise and call tripe zero (000) at the first sign of stroke.
- **InformMe (www.informme.org.au)** – Empowering our health professionals to deliver world-class stroke treatment and care.

I would also like to take this opportunity to emphasise the importance of knowing the signs of stroke and recognising it as a medical emergency. I know everyone's daily routines are disrupted, stress levels are heightened and people do not want to put the health system under any additional pressure, but it is vital to call an ambulance at the first sign of stroke.

Time saved is brain saved. Please learn and share the F.A.S.T. signs of stroke, it could save a life.

- Face** – Check their face. Has their mouth drooped?
Arms – Can they lift both arms?
Speech – Is their speech slurred? Do they understand you?
Time – Time is critical. If you see any of these signs, call 000 straight away.
Be safe and be well, thank you for your ongoing support,



Sharon McGowan
Chief Executive Officer
Stroke Foundation

Important Coronavirus update for our stroke community

What you need to know about Coronavirus: People who have had a Stroke are at a higher risk of severe symptoms and complications from coronavirus. There are things we can do to stop it spreading; practice good hygiene, and sneeze and cough hygiene is the best defence. **For more information click here.**

Let's fight stroke together

Fighting back after stroke takes a team – from the support of family and friends, to the health professionals in hospital and rehabilitation, right down to the researchers working towards the next breakthrough. Everyone fighting stroke is a hero. But even heroes need support (and stroke heroes more than most). **Donate today** to bring support and care to all those fighting stroke.

Let's fight stroke together

Fighting back after stroke takes a team – from the support of family and friends, to the health professionals in hospital and rehabilitation, right down to the researchers working towards the next breakthrough. Everyone fighting stroke is a hero. But even heroes need support (and stroke heroes more than most)

Stroke Foundation stands alongside stroke survivors and their families, healthcare professionals and researchers. And we need your support to continue the fight.

Stride4Stroke is here

This November we are challenging our community to come together (even virtually) and Stride4Stroke. Choose an activity goal and achieve it anytime in the month of November. It can be

anything you like; ideas include walking 50kms, running 100kms or a yoga class each day. Even better, grab a mate or your family to do it with you! [Join Stride4Stroke today](#)

Rob is a stroke survivor and every year he signs up to Stride4Stroke, "it's a real win-win you are not only helping out a great cause but also helping yourself by getting outside and active". [Sign up today.](#)

[Helping out littlest stroke survivors thrive](#)

Parents and families of Australia's littlest stroke survivors will now have a road map to help navigate the often long and challenging journey of life after stroke.

To mark National Stroke Week (Aug 31 - Sept 6), Stroke Foundation has launched [Our Family's Stroke Journey](#), an information pack specifically designed for paediatric stroke survivors.

Our Family's Stroke Journey represents a big step forward in ensuring all Australian parents receive the information and support they need after their child's stroke. [Read more here.](#)

[National Stroke Week success](#) This year Stroke Week (Aug 31-Sept 6) saw Stroke Foundation urge Australians from all walks of life to become the next generation of F.A.S.T. Heroes. National Stroke Week is the Stroke Foundation's key stroke awareness campaign and 2020 was a great success. Australians across the nation [shared the F.A.S.T message with others safely](#) – through conversations, social media, by getting creative and holding a virtual event or by printing a F.A.S.T. poster from our website and placing it in the window of their home. [Read more here.](#)

[Trek the Larapinta Trail for stroke](#) Register your interest and find out more here: [Hike For Health - Stroke Foundation Larapinta 2021.](#)

Hike the spectacular Larapinta Trail in the Northern Territory. The Stroke Foundation has partnered with Inspired Adventures, for an adventure of a lifetime.

Sign up for the 5-day trek, taking place in May 2021, early bird pricing is closing soon!



[Me Podcast - Childhood Stroke](#) We speak to mothers Dee Honeychurch and Kylie Facer from the support group [Little Stroke Warriors Australia](#); paediatric neurologist Associate Professor Mark Mackay; and the Stroke Foundation's Katherine David, about the new resource Our Family's Stroke Journey. [Listen now.](#)

Many people are unaware that children and babies can have strokes, and parents are often left with nowhere to turn. In the latest podcast from [EnableMe](#), we talk about what it's like to have a baby or child who's had a stroke, what can cause the stroke and what can be done about it, and what help is available.

YOUR COVID SITES

Covid Road Map

https://www.covid19.qld.gov.au/data/assets/pdf_file/0016/127150/DPC7309-COVID-19-Restrictions-roadmap.pdf?nocache-v7

The Stager To Recovery

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions#stage-four>

Going out, Travel & Recreation

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/movements-gatherings>

ABC Coronacast News

<https://www.abc.net.au/radio/programs/coronacast/>

Corona & Long-Term Health Effects

<https://www.abc.net.au/news/health/2020-07-31/coronavirus-long-and-medium-term-health-effects/12499436>

<https://www.abc.net.au/news/2020-10-01/uk-long-covid-19-survivors-form-group-to-discuss-symptoms/12701112>

Mass at the Cathedral

<https://brisbanecatholic.org.au/multimedia/web-cast-schedule/>

<https://brisbanecatholic.org.au/multimedia/on-demand-web-casts/>

<https://brisbanecatholic.org.au/multimedia/web-cast/>

Plenary Council:

<https://plenarycouncil.catholic.org.au/>

<https://plenarycouncil.catholic.org.au/continuing-the-journey-of-discernment/>

<https://www.catholicoutlook.org/plenary-council-participation-and-reception-synodality-and-discerning-the-sensus-fidelium-part-five/>

Catholic Bishop's Statement on Mental Health:

<https://www.centacareballarat.org.au/to-live-life-to-the-full-mental-health-in-australia-today/>

Catholic Bishops Queensland Election Statement:

https://brisbanecatholic.org.au/life/catholic-bishops-queensland-election-statement/?utm_medium=social&utm_source=facebook&utm_campaign=bishopsstatement&utm_content=agedcare

Catholic Leader Free Subscription:

<https://catholicleader.com.au/covid19free>

Who Has Corona?

<https://www.youtube.com/watch?v=m5R0UHGh8vA>

<https://www.youtube.com/watch?v=77ooXdkXqPU>

Social Distancing

[https://www.google.com.au/search?hl=en&authuser=0&tbm=isch&sxsrf=ALeKk00ZzNBLKcq cD2zsil9iN5cPRcRODQ%3A1601688026049&source=hp&biw=1920&bih=937&ei=2tF3X4OcAf 3G4-](https://www.google.com.au/search?hl=en&authuser=0&tbm=isch&sxsrf=ALeKk00ZzNBLKcq cD2zsil9iN5cPRcRODQ%3A1601688026049&source=hp&biw=1920&bih=937&ei=2tF3X4OcAf 3G4-EP7eqO2AU&q=abby+road+crossing+covid+meime&oq=abby+road+crossing+covid+meime &gs_lcp=CqNpbWcQDDoECCMQJzoFCAAQsQM6AggAOggIABCxAXCDAToGCAAQBRAeOg YIABAIEB46BggAEAoQGFDzC1j5V2DPeGgAcAB4AIAbvQGIAZljkqEEMC4zMJqBAKABAaoB C2d3cy13aXotaW1n&scient=img&ved=0ahUKEwiD8dPuoJfsAhV94zgGHW21A1sQ4dUDCAc #imgrc=u39QiUZ3qCgEqM)

[EP7eqO2AU&q=abby+road+crossing+covid+meime&oq=abby+road+crossing+covid+meime &gs_lcp=CqNpbWcQDDoECCMQJzoFCAAQsQM6AggAOggIABCxAXCDAToGCAAQBRAeOg YIABAIEB46BggAEAoQGFDzC1j5V2DPeGgAcAB4AIAbvQGIAZljkqEEMC4zMJqBAKABAaoB C2d3cy13aXotaW1n&scient=img&ved=0ahUKEwiD8dPuoJfsAhV94zgGHW21A1sQ4dUDCAc #imgrc=u39QiUZ3qCgEqM](https://www.google.com.au/search?hl=en&authuser=0&tbm=isch&sxsrf=ALeKk00ZzNBLKcq cD2zsil9iN5cPRcRODQ%3A1601688026049&source=hp&biw=1920&bih=937&ei=2tF3X4OcAf 3G4-EP7eqO2AU&q=abby+road+crossing+covid+meime&oq=abby+road+crossing+covid+meime &gs_lcp=CqNpbWcQDDoECCMQJzoFCAAQsQM6AggAOggIABCxAXCDAToGCAAQBRAeOg YIABAIEB46BggAEAoQGFDzC1j5V2DPeGgAcAB4AIAbvQGIAZljkqEEMC4zMJqBAKABAaoB C2d3cy13aXotaW1n&scient=img&ved=0ahUKEwiD8dPuoJfsAhV94zgGHW21A1sQ4dUDCAc #imgrc=u39QiUZ3qCgEqM)

Corona Fatigue

<https://www.abc.net.au/news/2020-10-01/uk-long-covid-19-survivors-form-group-to-discuss-symptoms/12701112>

Key points:

- UK coronavirus patients with lingering symptoms have named their condition 'long COVID'
- A UK study found three quarters of COVID-19 patients are still experiencing ongoing symptoms
- Symptoms include shortness of breath, fatigue, muscle aches, insomnia and chest pains

I Won't Be Bach:

<https://www.perthnow.com.au/politics/lambie-slams-cormanns-high-profile-switch-ng-s-2033127>

<https://www.youtube.com/watch?v=OcpWfBghawg>

Ronnie's Humour:

<https://www.youtube.com/watch?v=Pqs-LaWyUJI>

PREVIEW

**WEDNESDAY 2nd DECEMBER
WILSTON To The CITY
STROLL**

Contact: Greg Endicott Ph: 3351 4092
Meet at: St Columba's Church, 170 Kedron Brook Rd, Wilston
Bus stop: Kedron Brook Rd at Olney Street, stop 21, Wilston ID: 000456
Bus: 346 - Carseldine
Time: 4pm
Cost: Free
Grading: M11
Distance: 11km @ 3hr
Location: Inner northern suburbs of Brisbane
Web: <https://www.openstreetmap.org/#map=16/-27.4362/153.0156>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**

This is Number 2 of the Year of Mercy Pilgrimage Strolls.

The walk is an evening stroll on a balmy summer's evening. What's better?

You start at St Columba's, follow Kedron Park Rd and go past Downey Park. Then over the creek to Herston, through Victoria Park into Spring Hill and onward into the inner City.

It takes 3hrs to complete the 11km. It is part footpath and part park. Look at the houses, the trees, the streetscape, the views, and the passing traffic.

Be finished by 7pm and on the train/bus back to your car at Wilston if necessary. There are no obstacles to slow us down, so we just maybe go a bit faster.

SATURDAY 5th DECEMBER
COOMERA CREEK CIRCUIT
DAYWALK
NEW

Leader: Khaleel Petrus Ph: 0413 314 443
Meet Place #1: St Brigid's carpark
Time #1: 7:00am
Meeting Place #2: Binna Burra, 1040 Binna Burra Rd, Beechmont
Time #2: 9:00 am
Cost: \$20
Distance: 18km
Grade: L35
Location: Gold Coast Hinterland
Web: https://parks.des.qld.gov.au/data/assets/pdf_file/0016/162025/lamington-binna-burra-map.pdf
Emerg Off to be advised

The Coomera Creek Circuit is a graded track walk up at Binna Burra. You will walk the full Coomera Creek Circuit past Coomera Falls to Bahnamboola Falls and then up to the Border Track and the border lookouts. The highlight of the day is the Coomera Falls which are just awesome. The walk is mainly through rainforest but also through a few areas where there is dry eucalyptus forest with an understorey of wildflowers.

The distance of Coomera Creek Circuit is 17.5km; see details in Tom Lackner's book *Discovering Binna Burra on Foot*. (2000 edition) at page 36. Or 17.9km in the book *Take a Walk in South-East Queensland* by John & Lyn Daly at page 201.

If we are making good time and if it is a clear sunny day, I hope to make a detour out to the Tweed Valley escarpment and in particular to the scenic spot called Bilby Lookout which has excellent views of Mt Warning. This detour is a further 1.33km each way.

Bring the usual Daywalk stuff, plus at least 2 litres of water and a ground sheet or large raincoat to sit on at lunch time as it could be damp on the ground or rocks. Ensure you apply Rid or other insect repellent as there could be leeches. Also, please leave a change of clothes and shoes in the car for the end of the trip.

Khaleel

**WEDNESDAY 9th DECEMBER
DUTTON PARK To The CITY
STROLL**

Contact: Greg Endicott Ph: 3351 4092
Meet at: Eleanor Schonell Bridge Bus Stop, before you cross the River (Dutton Park Place)
Bus stop: Dutton Park Place - Stop ID: 018056
Buses: 28; 29; 66; 139; 169; 192; 209; P332
Driving: Park in the large car park off T J Doyle Memorial Park Dr near the Brisbane River
Time: 4pm
Cost: Free
Grading: S11
Distance: 9km @ 2½hr
Location: Inner southern suburbs of Brisbane
Web: <https://www.openstreetmap.org/#map=16/-27.4362/153.0156>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**

This is the Year of Mercy Stroll #3

We have not been at the busway station at Dutton Place for a long time. Why?

Come along on our evening stroll from the heart of the old southside, through the older streets of Dutton Park and South Brisbane, then cross the River to the City and through the Botanic Gardens. See the century old workers cottages. It will be pleasant with the cool breezes along the River, walking tree-lined streets and through parks. See the sights. See the older suburbs. And finish at a bus or rail station to take you home.

Enjoy the early Summer evenings with me. Be home to see the 7.00pm TV News.

**SATURDAY 12th DECEMBER
BRIBIE ISLAND
DAYWALK**

Leader Needed

The proposed trip is around the southern tip of the island from Woorim Beach to Bellara. The walk is about 12km long and the low tide is at 1:31pm which is an ideal time for the walk.

You can plan this one yourself and do whatever you want.

Walk anywhere, anytime, anyhow.

Put your own stamp on it.

Map: <https://www.openstreetmap.org/search?query=woorim%20beach#map=15/-27.0843/153.1764>

Ring Phil now Ph: 5522 9702

**WEDNESDAY 16th DECEMBER
BOWEN HILLS To The CITY
STROLL**

Contact: Greg Endicott Ph: 3351 4092
Meet at: Our Lady of Victories Church, 1 Roche Ave, Bowen Hills
Bus stop: Abbotsford Rd at Bowen Hills; Stop ID: 010920; Walk up hill to the Church
Train: Bowen Hills Station and walk around Twelfth Night Theatre to the Church
Driving: In Boyd St beside the church
Time: 3.30pm
Cost: Free
Grading: M11
Distance: 12km @ 3hr
Location: Inner northern suburbs of Brisbane
Web: <https://www.openstreetmap.org/#map=16/-27.4621/153.0396>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**

Year of Mercy Stroll #4

Come along on our evening stroll from Bowen Hills, through Newstead, along the River, through New Farm, along the River Walk, through the City to The Cathedral. It should take 3 hours in the balmy afternoon just before sunset.

Enjoy seeing the old workers cottages, leafy tree-lined streets with overhanging branches, the boats on the River, passing CityCats, walk the new River Walk, see the old and the new of the Inner City.

Come join me for an interesting walk at the best time of day. It will be about 2½ hours at 7km.

**FRIDAY 18th DECEMBER
COFFEE CLUB at PARK ROAD, MILTON
JOHN TOOHEY SOCIETY**

Leader: Karen Franklin Ph: 0417 718 591.
Address: Shop 9-11, 32 Park Road, Milton.
Time: From 4pm till 8ish.
What For: A chat, a drink and a meal.
Web: <https://www.coffeeclub.com.au/stores/park-road/>

We seem to finish the year at the Coffee Club at Eagle Street Pier, but unfortunately, they are now closing at 5.30pm. So, it was time to find a new venue. So, we're staying with Coffee Club theme but heading to Park Road in Milton. It's close to the City and has good public transport.

It will be a great way to share an evening with friends and discuss what's on over the Christmas/New Year break. See you there.

**SATURDAY 19th DECEMBER
CHRISTMAS PARTY
SOCIAL
NEW**

Contact: Andrea Turner Ph: 0422 426 876, OR
Michele Johns Ph: 0414 635 542
Where: Indooroopilly Hotel, Station Rd, Indooroopilly
Time: 6pm
Cost: \$35 a head
Emerg Off: Michele Johns Ph: 0414 635 542
RSVP: Friday 27th Nov

Come and join us to celebrate the year that changed our lives and our bushwalking calendar 2020!

We will be served a set 2 course meal, mains and dessert with alternating drops.
Catch up with friends in a relaxed atmosphere. A bar will be available for drinks.
Once again Russ will test our knowledge with a quiz.
If there are any dietary requirements needed to let us know when booking.

**MONDAY 21st DECEMBER
MONTHLY MEETING
And PHOTO COMPETITION**

Contact: Russ Nelson Ph: 0427 743 534
Time: 7.30pm
Where: St Michael's Parish Hall, 250 Banks St, Dorrington
The hall is in the lower carpark behind the church. Drive down the ramp at the left
Web: <http://www.stmichaelsdorrington.org.au/contact-us.html>

Come along to find out how we do things.

Our meetings are friendly and relaxed gatherings where members and visitors can hear about recent and upcoming club events and ask questions about walks that interest them.

Nominations for walks are taken after the formalities and people catch up over a friendly supper.

All are welcome. . !

ANNUAL PHOTO COMPETITION

MONDAY 21st DECEMBER

At St Michaels at Ashgrove from 7.30pm

This is the sixteenth time we have had this photo competition. The main reasons for the photo competition are to encourage members to bring their photographs out and to share them with other members. The other reason is to find a “cover photograph” for the Annual Report.

Our goal as a club is to encourage the love of the bush and bushwalking. I trust the photographs will display the spirit of the Club and the beauty of nature and why we go bushwalking. The best overall photograph 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. Best overall - awarded to the print deemed to be best overall by the invited judge,
7. People's choice - the best photo selected by the members.

The Competition Rules

- entry is open to Cub members only,
- the photographs must be submitted in two formats,
- printed on paper and displayed at the December meeting and
- delivered electronically to bcbcjilalan@gmail.com by sunrise on 21st December,
- size - photograph must be able to fit on the front cover of the Annual Report (paper size A5). It may be submitted in a size up to A4 so long as the photograph can be reduced to a size suitable for publication,
- each person may enter 4 photographs per category,
- each photograph must be titled and have the owner's name and date,
- the photographs must be from a BCBC trip (Name of trip and date to be supplied),
- A *Club Trip* does not include Strolls, Socials, holidays, etc.
- photographs can be entered on the night but no later than 7.40pm,
- there is no entry fee,
- there will be an overall winning photograph,
- the winning photograph will go on the front cover of the next annual report,
- the ownership of each photograph will remain that of the photographer but BCBC has permission to publish the photograph in any of its publications, print or electronic.

WEDNESDAY 23rd DECEMBER

COORPAROO To The CITY

“The Brisbane Camino”

Our Own “WAY Of S^t JAMES”

STROLL

Contact: Greg Endicott Ph: 3351 4092

Meet at: St James Church, 165 Old Cleveland Rd, Coorparoo; Cnr Kirkland Ave

Bus stop: Old Cleveland Rd at Coorparoo West Stop 19; Stop ID: 002462; Buses 203; 204

Driving: If driving, park in Kirkland Ave

Time: 3:30pm

Cost: Free

Grading: M11

Distance: 11km @ 2½hr
Location: Inner southern suburbs
Web: <https://www.openstreetmap.org/#map=15/-27.4844/153.0444>
Emerg Off: **Greg Ph: 0418 122 995** **Bring This Number With You**
Bring your GoCard – there is a ferry trip

Now for reliving the Fifth *Year of Mercy Stroll*

Meet on the steps of the Church – take a look of the view over towards the City and where we will end the Stroll.

The Strollers will zig zag through the old leafy suburb of Coorparoo via the back streets, to the Norman Creek Bikeway, then towards Mowbray Tce & Churchie but branch off towards Kangaroo Pt via the back streets of good old solid East Brisbane, through the narrow lanes of The Gabba, down to the river bikeway below the cliffs, cross the River by ferry and to the Cathedral.

Come for a nice evening Stroll in the cool of the coming evening. See pre-war solid housing built with style, old British colonial era trees & shrubs, natural creeks, picturesque churches, modern high-rises and a ferry trip. How could you better spend a balmy summer's evening? Ahhhhhhhh, what could be better in the early evening.

SUNDAY 27th DECEMBER
COORPAROO FINGER PARKS To The CITY
Our Boxing Day Walk Not On Boxing Day
DAYWALK

Contact: Greg Endicott Ph: 3351 4092
Meet at: Bus Stop cnr Cavendish & Boundary Rds, near the water reservoir
Bus Stop: Cavendish Rd at Cavendish Rd Reservoir, stop 40; Stop ID: 010394
Parking: There is a little carpark in Boundary Rd next to the Council Depot
Buses: 172; 180; 181; 184; 185 (The 180 stops a little further on & you have to walk back)
Time: 8:30am
Cost: \$2
Grading: L23
Distance: 18km @ 5hr; Breaks and lunch extra
Location: Holland Park, Coorparoo, East Brisbane, Norman Park, Woolloongabba, Kangaroo Pt, CBD
Web: <https://www.openstreetmap.org/#map=16/-27.5062/153.0645>
Emerg Off: **Greg Ph: 0418 122 995** **Bring This Number With You**
Bring your GoCard – there is a ferry trip

You will walk around the back streets of this forgotten end of Coorparoo while cutting through parks and reserves - maybe the first people through some of them. They are pocket sized and known as *Finger Parks* because they are long and narrow.

Why not investigate with me Mars Street Park, Octantis Street Park, Eva Street Park, Sirius Street Park, Satellite Street Park before exploring Bowies Flat Wetland.

Then the track will continue down the valley to Old Cleveland Rd where Bennetts Rd comes into it. From here, you will continue following the creek through parkland, and cross under a rail bridge to Norman Creek.

Now the track follows this Creek downstream until the Bowls Club and from here cross the creek and head for Canning Bridge and Mowbray Park. Now to follow the River as much as possible to the Holman Street Ferry to get across to the City and onward to your favourite bus or train station and home. The second half is totally different to the first half – following a creek and the river.

Bring your GoCard for the ferry journey. If it is too hot, too wet or too long for you, we cross so many roads with bus stops and the occasional train line for you to be able to bailout early.

Come along with this expert Stroller on a combination of two Strolls to make this long daywalk.

**WEDNESDAY 30th DECEMBER
TOOWONG To The CITY
A TWILIGHT STROLL**

Contact: Greg Endicott Ph: 3351 4092
Meet at: St Ignatius Church Steps, 30 Kensington Tce
Train stop: Toowong Station
Buses: High St at Toowong, stop 14A; Stop ID: 001889 OR
Sherwood Rd at Kensington Terrace, stop 21; Stop ID: 001751
Driving: If driving, park in Kensington Tce
Planning: Translink <https://jp.translink.com.au/>
Time: 5pm
Cost: Free
Grading: M11
Distance: 11km @ 2½hr
Location: Inner Northern suburbs
Web: <https://www.openstreetmap.org/#map=16/-27.4793/153.0003>
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**

This is our last re-living of those happy memories of the six *Year of Mercy Pilgrimage Strolls* from 2016. And this one is #6 and the last.

I'm starting this one a bit later than usual. – after all, it is just a week after the longest day. You still can be home before it is too late. Perhaps stay around in town for a quick dinner?

You start out in the heart of Toowong, through the older back streets of Toowong and Auchenflower to Milton, and then follow the River to the City while crossing The River a few times.

It will be pleasant with the cool breezes along the River, walking tree-lined streets and through parks. See the sights. See the older suburbs. See you there.



**SUNDAY 3rd JANUARY
MITCHELTON FARMER'S MARKET
BREAKFAST SOCIAL**

Leader: Greg Endicott Ph: 3351 4092
Time: From 7.30am
Meet at: Cnr Blackwood Rd and Grovely Tce
Cost: Free – except for what you buy
Location: Mitchelton – Blackwood Rd, between Grovely Tce and Samford Rd
Web: <http://www.janpowersfarmersmarkets.com.au/mitchelton-farmers-markets/>
Emerg Off Greg Ph: 0418 122 995 **Bring this number with you**
The first Sunday of every month from 6am to 12 noon.

"Markets were the heart and soul of cities of old. They were where families connected, where the city met and mingled, argued and loved; and the farmers markets are the modern day incarnation of this, therefore, they are at the heart and soul of Brisbane." Jan Power

Connect with your neighbours and friends when the Jan Powers Farmers Markets Mitchelton roll out the welcome mat and take over the neighbourhood on the first Sunday of every month.

The roads surrounding Blackwood St, Mitchelton are closed to traffic and filled with savvy shoppers snapping up the fresh and fabulous fare. Acoustic musicians set the mood for a laidback Sunday morning as local providers and regional farmers offer an array of homegrown produce and handmade goodies to dedicated and loyal market shoppers.

Fill your green bags with locally grown fruit and vegetables, quality meat and sustainable seafood, freshly baked bread and pastries, artisan deli lines and pantry items from spices to spelt flour.

Fuel up with a smooth coffee, sate your appetite with a satisfying snack or a hearty meal and wind down with a sweet treat from one of the many friendly food vendors on-site.

The country-meets-community vibe makes for a perfect Sunday outing for the entire family.

Foodie, commentator and city doyenne Jan Power founded Brisbane's first farmers market more than 30 years ago, indelibly changing the city's landscape and setting in motion a food revolution. Jan's initial markets concept grew from her passion for fresh produce and her long-standing commitment to supporting farmers and their livelihoods.

They changed the consumer habits of Brisbane residents by presenting them with greater choice, introducing them to farmers and producers and educating them on mindful and sustainable shopping.

Jan grew up on a farm in Stanthorpe, was educated in Brisbane, trained as a cook in London, and forged a name as Brisbane's first true foodie. She was a former food editor at The Courier-Mail, a regular guest on television programs and often contributed to radio segments in Brisbane and beyond.

Jan's vision was to offer more than just premium quality fresh food at each market. She was adamant each Farmers Market would also connect shoppers with farmers, showcase the diversity of food grown and created locally and offer a feel-good, grassroots experience with a welcoming sense of community.

Markets were more than a business to her; they were a passion, a calling that ran in her family's blood. Jan's great-grandfather and pre-eminent Brisbane businessman, politician and philanthropist, T C Beirne, ran market stalls in Fortitude Valley in the early 1900s.

HOW WE ORGANISE OURSELVES

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.

All visitors must sign an Assumption of Risk form for insurance purposes.

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

GENERAL MEETINGS: Meetings are held on the 3rd 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 car park.

VISITORS are always welcome.

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.

<https://fmrqld.bwq.org.au/bushwalkers-overdue/>

PERSONAL EQUIPMENT: The Club requires that all walkers on all trips should carry certain minimal basic equipment. This should comprise the following – medical information form, a first aid kit, a torch, a parka/raincoat, hat, shirt, 50+ 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: \$20; Associate Members: \$16; Spouse Members - Ordinary: \$20; Spouse Members – Associate: \$16; Country: \$20.

Fees cover the period 1st January to 31st December. There is an additional \$25 cost for Ordinary and Associate Members who elect to receive a printed Jilalan with the exception of Life & Honorary Members. 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.

CONTACTS

| | | |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
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| Federation Mountain Rescue FMR | http://fmrqld.bwq.org.au/ | |
| Archdioceses Web Site | https://brisbanecatholic.org.au/ | |
| Jilalan Printer | myprinting@cpl.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.

Cover, Luke Wormald - https://www.flickr.com/photos/w_luke/25541794363

Back Cover: <https://www.designboom.com/design/social-distancing-album-covers-the-beatles-abbey-road-activista-03-24-2020/>

EDITOR'S NOTE

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

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

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

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"

I need your articles on time – it makes it hard to fit in articles when I have started formatting.

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