

JILALAN



CLUB HUT WORKING BEE, SUNDAY 23RD AUGUST

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

ISSUE N° 599

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AUGUST 2020

DATE	Day	DESCRIPTION	LEADER	Phone No	Type	Grade
JULY						
22	Wed	Portside to New Farm	Rose		Stroll	
25	Sat	Fig Tree Pocket to Sherwood	Russ		DW	
29	Wed	Coorparoo Back Streets	Rose		Stroll	
AUGUST						
31/7	Fri/Sat	Mt Doubletop	Matthew		ON	
02	Sun	Wivenhoe Trails	Sue Walsh		DW	
05	Wed	Coffee Night	Michele J		Social	
06	Thurs	Ithaca & Enoggera Creeks	Liz		DW ^T	
08	Sat	Mt Ernest	John C		DW	
12	Wed	Barney Mass 60 th @ Barney Lodge	Liz	3356 4874	Social	
15	Sat	Pat's Bluff	Phil	0416 650 160	DW	M33
17	Mon	<i>Monthly Meeting</i>	Russ	0427 743 534	Meeting	
19	Wed	Ashgrove Back Sts	Greg	3351 4092	Stroll	S22
21	Fri	JTS – Port Office Hotel	Karen	0417 718 591	JTS	
22	Sat	Mt Greville	Michele	3353 2822	DW	M55
22/23	W/E	Special Working Bee	Iain	3870 8082	O/N	S43
23	Sun	Club Hut Working Bee	Iain	3870 8082	DW	S43
25-29	Tu-Sat	Banff Mountain Film Festival				
26	Wed	Downfall Creek #1	Greg	3351 4092	Stroll	M22
30	Sun	Venman Bushland & Buhot Ck	Louise	3399 4472	DW	S22
SEPTEMBER						
02	Wed	Coffee Night - Barcella Restaurant	Cath Wo	3398 1465	social	
03	Thurs	Karawatha Wildflowers	Phil	0416 650 160	DW ^T	M22
05	Sat	Darlington Range (<i>Canungra</i>)	Pat L	3366 1956	DW	M22
09	Wed	Downfall Creek #2	Greg	3351 4092	Stroll	M11
10	Thurs	Shipstern (<i>Binna Burra</i>)	Phil	0416 650 160	DW	XL35
13	Sun	Caboolture to Wamuran	Sue W	0403 487 737	DW	XL13
16	Wed	Banks Street Reserve #2	Greg	3351 4092	Stroll	S32
13 to 21	several	Cape to Cape Walk	Jan	0401 030 137	BC	M23
18	Fri	JTS Green Beacon	Karen	0417 718 591	JTS	
19	Sat	Coolangatta to Currumbin	Phil	0416 650 160	DW	M22
21	Mon	<i>Monthly Meeting</i>			Meeting	
23	Wed	Little Cabbage Tree Creek	Greg	3351 4092	Stroll	M11
26	Sat	Noosa Trails	Terry	3355 9765	DW	M34
30	Wed	Stable Swamp Creek #1	Greg	3351 4092	Stroll	S11
OCTOBER						
01	Thurs	Varsity Lakes to Broadbeach	Phil	0416 650 160	DW ^T	M12
03	Sat	Toolona Ck (<i>O'Reilly's</i>)	Phil	0416 650 160	DW	L35
04	Sun	Kate Quinlan	Greg	3351 4092	Social	
07	Wed	Cafe ION Bar at Mitchelton.	Michele E	3351 4092	social	
10	Sat	East Crk to West Crk in Twmba	Russ	0427 743 534	DW	L13
14	Wed	Downfall Creek #3			Stroll	
16	Fri	JTS – Red Brick Hotel	Karen	0417 718 591	JTS	
17	Sat	Maroochy to Coolum Beach	Liz	0414 252 003	DW	M12
19	Mon	<i>Monthly Meeting</i>			Meeting	
21	Wed	Chermside Hills	Greg	3351 4092	Stroll	
24	Sat	Albert River Circuit	Phil	5522 9702	DW	XL35
31	Sat	Mt Beerburum and Ngungun	Michele J	3353 2822	DW	S33
NOVEMBER						
05	Thurs	Yeronga to City	Needed			L12
08	Sun	Club Hut & Lower Portals	Needed			
11	Wed	Windsor to Chermside Geologic	Greg	3351 4092	Stroll	
15	Sun	Evans Head	Phil	0416 650 160	DW	
21	Sat	<i>Retreat with Fr James Grant</i>	Russ		DW	

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

God let us be serious.

Face to face.

Heart to. heart.

Let us be fully present' - -

Strongly present -

Deeply serious - - - - The closest we may come to innocence.

Amen

(Leunig 1990)

Paranoia has reached absurd stages...

I sneezed in front of my laptop and the anti-virus started a scan on its own

So I am still officially not allowed to open my pub, but estate agents are allowed to sell houses with viewings etc.
SO I am officially putting my pub on the market as of tomorrow, viewings are between 11am and 11pm, no appointment necessary, but you must buy a beer while viewing

A HOME SCHOOLING MOM POSTED THAT HER KID CALLED HER ON THE PHONE FROM HIS ROOM AND TOLD HER HE MISSED THE BUS AND WON'T BE IN TODAY.

OUR COVID-19 POLICY

You all have heard what it is all about – you cannot escape the media attention about the Roadmap and its rules.

- 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 20 persons at events. If more than 20, we need 2 parties separated by a reasonable distance with 2 leaders and the parties can overtake each other but only at a distance. No swapping groups or mingling. Watch Government announcements for any update.
- People must nominate for walks & socials if there is a possibility of more than 20 persons
- We can hold meetings, provided there is 1.5m between people – we do not get more than 20 at meetings so we are safe there.
- If you are experiencing Covid symptoms, please stay away. A good proportion of our members are 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

From: healthdirections <healthdirections@health.qld.gov.au>

Sent: Thursday, 11 June 2020 10:48am

Subject: Clarification

Thank you for your enquiry to Queensland Health regarding the Chief Health Officer Public Health Directions.

Queensland Health appreciates your concern for our Queensland community as we all respond to the novel coronavirus (COVID-19) pandemic. As I am sure you can appreciate this is a fast-paced situation and Queensland Health is actively managing the front-line actions required to prepare and protect the community from COVID-19.

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 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>

I hope this information is of assistance.

Jacqueline, **Health Directions**, State Health Emergency Coordination Centre | Queensland Health
healthdirections@health.qld.gov.au [health.qld.gov.au](https://www.health.qld.gov.au)

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 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, cancelation 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.

COMING EVENTS

**7th 16th AUGUST
THE BRISBANE EKK
SOCIAL**

<https://www.ekkaonline.com/>

join us online for our annual celebration of agriculture

The Ekka is usually a chance for the country to come to the city; an annual celebration of the producers who make our region so vibrant (not to mention tasty). But since we're unable to throw a party this year, we're planning on keeping the spirit of the Show alive by bringing a taste of the Ekka to you digitally... with 10 days of Ekka Online! Tune in to support our community.

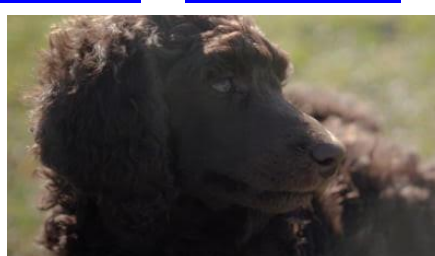
Explore our channels: [Play Video:](#) [Day 1 - 360° Animal Nursery](#) [Meet a Beef Farmer](#)



[Jake Nicolson from Blackbird Bar & Grill](#)

[Meet a Poodle](#)

[Meet a Lamb](#)



[Jaguar Jonze - 8pm](#)



Community showcase: The Ekka is Queensland's largest community event and is proud to provide a stage to hundreds of talented individuals. The Ekka showcases the best of Queensland including artists, industry groups, school groups, musicians, entertainers, exhibitors and competitors, many of whom are provided an audience of around 400,000 people, including on the Community Stage.

Queensland Ag Shows (QCAS): Queensland Ag Shows is proud to partner with the RNA to present the State Finals for their annual competitions at this year's Ekka, including:

Miss Showgirl: The Ekka is proud to host the 11 state finalists for Miss Showgirl, a competition promoting young women involved in Queensland's Agricultural Show movement.

Natural Fibres Competition: Amateur dress makers and aspiring designers will showcase their latest wearable art creations in the Natural Fibres Competition, which aims to promote the primary industries in Queensland.

Ute muster: Engines will be revving when the famous Ute Muster drives into the Main Arena. The competition aims to raise interest in Queensland utes within the community.

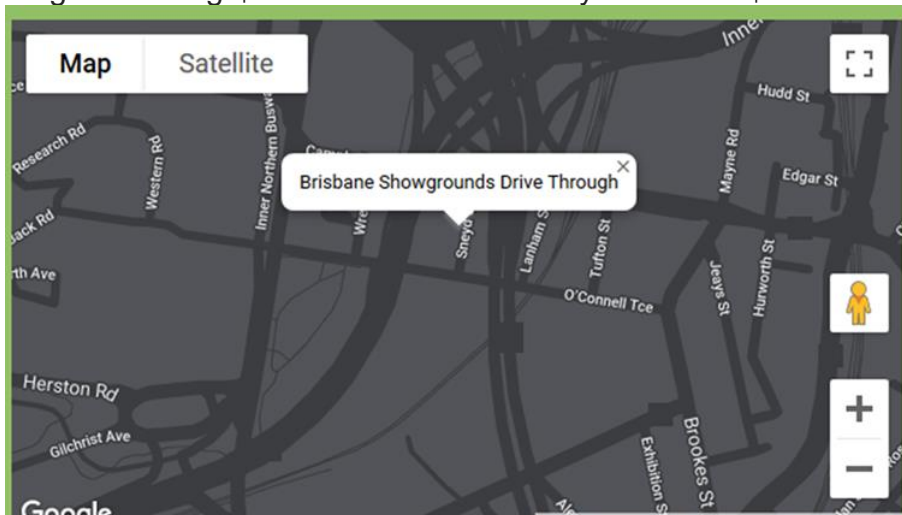
Rural Ambassador Awards: Highlighting the importance of young people in rural and regional Queensland, the Rural Ambassador Awards celebrate those who have an involvement in and passion for the Agricultural Show movement.

AND, Get excited! We're opening a pop-up Drive Through Outlet serving up your favourite Ekka treats! Drive on down to Sideshow Alley between August 7th & 16th to get your hands on freshly made Strawberry Sundaes and Dagwood Dogs.

<https://www.ekkaonline.com/sundaes>

Sideshow Alley (entry via O'Connell Tce), 11am-7pm everyday

Dagwood Dog: \$5.00 Strawberry Sundae: \$5.50 920ml Strawberry Sundae: \$15



DIY PACKS: create your own unique Ekka moment through our first ever *Do It Yourself Packs* - perfect for home, work, schools or community groups. Each pack will contain the same fresh ingredients we use to assemble Sundaes at the Ekka. But hurry.

A GREAT CAUSE: Ekka's iconic Strawberry Sundaes are a family favourite and have been enjoyed by millions of Ekka guests since the 1950s, with more than 180,000 devoured at the show last year. For over 30 years, all proceeds from our Sundaes have gone to support the Prince Charles Hospital Foundation and The Common Good, and this year is no different. In fact, you'll be helping to fund medical research into coronavirus and the development of treatments for vulnerable patients amongst other important causes.

WEDNESDAY 12th AUGUST
M^t BARNEY MASS 60th ANNIVERSARY
CELEBRATION

Leader: Liz Little
Meet at: St Brigid's, Red Hill or
QPAC, Grey St, Sth Bris for coach travel or
Mt Barney Lodge, 1093 Upper Logan Rd, Mt Barney for private travel
Cost: \$40
\$10 private travel
Bookings: Online at (<https://www.trybooking.com/BJXRV>)
or cheque to the Treasurer

All bookings close on 31st July.

Web: <https://www.google.com/maps/search/https:%2F%2Fwww.mtbarneylodge.com.au%2Fcontact%2F/@-28.2442061,152.7885389,14z/data=!5m1!1e4>

The celebrations will begin with morning tea at 10am, followed by Mass at about 11am. The day will conclude after a keynote address and cake-cutting about 2.30pm.

A coach will board at St Brigid's at Red Hill at 7.45am, with a pick-up just after 8am in Grey St at South Brisbane, outside QPAC and across the road from the South Brisbane Railway Station. There will be one comfort stop at a public park at Beaudesert. The coach should be back at Red Hill around 5pm after a drop off in Grey St, South Brisbane.

Please bring your own picnic lunches, chairs and cups. Tea and coffee and simple biscuits will be provided.

Participants who wish to camp overnight at the site should make their own bookings by contacting Mt Barney Lodge - Phone: 07 55443233 / Email: info@mtbarneylodge.com.au; Web: www.mtbarneylodge.com.au

SATURDAY 15th AUGUST PATS BLUFF DAYWALK

Leader: Phil Murray Ph: 0416 650 160
Meet at: St Brigid's carpark
Time: 7am
Cost: \$20
Grade: M33
Web: <https://www.aussiebushwalking.com/qld/pat-s-bluff>
Location: At the O'Reilly's end of Lamington National Park
Emerg Off: Sue Murray Ph: 0420 510 214

This walk is up at O'Reilly's. There will be lots of nice views. The walk is about 15 to 16km long and is mainly along graded track with only a bit of "off track" walking.

The walk is basically a circuit starting and finishing at O'Reilly's. Initially we will walk past the units of accommodation at O'Reilly's. The party will then descend to Moran's Creek via the Wishing Tree Track. Then up to Balancing Rock, then back to Moran's Falls. Now we head up to the O'Reilly's Road and out to Python Rock followed by a quick out & back to Pat's Bluff. Next, the walkers head down to the Creek near Bridal Veil Falls, up to Luke's Bluff, and back to O'Reilly's.

The walk traverses several types of forest from rainforest, to dry woodland & montane heath; we also cross a few cow paddocks. We do get great views of the Scenic Rim from the paddocks.

Bring the usual daywalk stuff. Ensure you bring a raincoat or umbrella. Apply Rid or other insect repellent. Also, please bring a change of clothes & shoes for the end of the trip. A final note is that it could be very chilly in the morning up at O'Reilly's so a beanie and gloves might be a good idea. Phil

MONDAY 17th AUGUST MONTHLY MEETING AND Guest Speakers

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>

Our Guest Speakers this month are our own esteemed Jan & Russ, who will be talking about their walks in Turkey last year. They did two tracks – one in Cappadocia inland up in the hill country, and one along the coast at Ephesus. Come along to hear how it went and listen to the description of this unique countryside.

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 companionable supper. All are welcome.

**WEDNESDAY 19th AUGUST
ASHGROVE BACK STREETS
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: Waterworks Rd at West Ashgrove, stop 24; Stop ID: 001495
Alternate stop for buses: Coopers Camp Rd at West Ashgrove
Stop ID: 001498, but walk to Stop 24
Time: 3.30pm
Cost: Free
Grade: S22
Location: Ashgrove from Coopers Camp Rd to Stewart Rd
Distance: 8km @ 2hrs
Web: <https://www.openstreetmap.org/search?query=west%20ashgrove%20brisbane#map=17/-27.44509/152.98372&layers=C>
Emerg Off: Greg Ph: 0418 122 995 **Take this number with you**
Bring a Torch

Here we go again through a classy old suburb with gracious well-crafted wooden houses built in the days before cost became the prime consideration.

You will be wandering down and up treelined streets, often divided with parks in the middle. Look at the typical trees and plants from the 20s & 30s. Examine the fine woodwork turned to create fancy additions to the style. Front steps, verandas, railings, bay windows, brick paths, window boxes – everything from a bygone era.

My aim is to cover most of the streets in this little pocket of perfection so that you can appreciate the style of this estate.

**FRIDAY 21st AUGUST
THE PORT OFFICE HOTEL
JOHN TOOHEY SOCIETY**

Leader: Graham Glasse Ph: 3371 9623.
Meet at: 40 Edward Street.
Time: From 4pm till 8ish.
What For: A chat, a drink and a meal.
Web: <https://www.portofficehotel.com.au/>
Emerg Off: Greg Ph: 0418 122 995

Not a new venue this month but it has been a long time since we've been here. Graham suggested we should return so we are. The Port Office began its life in May 1864 as the Shamrock Hotel before becoming its current name c1909. It has been flooded twice in 1893 and 1974 and almost again in 2011.

The hotel has several bars and dining rooms. We will probably meet in our room for the night. However, this still has to be confirmed.

**SATURDAY 22nd AUGUST
M^t GREVILLE
DAY WALK**

Leader: Michele Johns Ph: 0414 635 542
Meet at: St Brigid's Carpark
Time: 7.00am
Cost: \$20
Grade: M55
Location: Moogerah Peaks National Park
Web: <https://www.aussiebushwalking.com/qld/moogerah-peaks-national-park/mt-greville>
Emerg Off Greg Endicott Ph: 0418 122 995

Mt. Greville is part of the Moogerah Peaks National Park. We will ascend via Waterfall Gorge and aim for the viewpoint overlooking Lake Moogerah, where there are uninterrupted views of Moogerah Dam, for morning tea. Then we will continue to the summit for lunch before descending via SE Ridge to the turnoff to Palm Gorge.

The highlights are the first part of the ascent is the narrow gorge and the dense stand of Piccabeen Palms as we get closer to the top. Palm Gorge on the descent is more fragile but equally as interesting.

The walk does require a bit of scrambling and the descent down Palm Gorge can be slow. Most reasonably fit bushwalkers should be able to do this; there are no razor backs or scary cliffs, but a lot of scrambling up and over rocks. Fortunately, there are a lot of hand and foot holds to help.

There should be time to stop on the way home for coffee.

Michele Johns

**SUNDAY 23rd AUGUST
CLUB HUT WORKING BEE
DAYWALK**

Leader: Iain Renton Ph: 3870 8082, 0401 429 085
Meet at: St Brigid's Carpark
Time: 6.30am
Cost: \$20
Grade: S43
Location: South west of Brisbane , beyond Beaudesert near the NSW Border
Web: <https://www.flickr.com/photos/taketheticket/193812107/in/photostream/>
Emerg Off: Kerry Mulligan Ph: 0421 022 250

Every year we have a hut working bee around August to prepare the hut and its paddock for the bushfire season. Our working bee last August succeeded in protecting the hut from fire. There are signs of quite intense fire only metres from the hut but the structure was left unscathed.

This year, due to the National Park being closed after the fires and then Covid-19, there was no working bee earlier in 2020. As a result, the grass around the hut is rather long. There is also quite a bit of burnt-out vegetation and fallen tree limbs near the hut that will need clearing. We'll also be cleaning the roof gutters and inside the hut. We will do a few other jobs on the hut (like maybe another coat of paint on a small section of roof).

What else we do depends on how much time we have. As usual, all are welcome to come; most of these jobs don't require a high skill level and you can feel free to work all or part of the time. It is usually a great convivial day in a beautiful spot.

I will be heading down a day earlier with the special working bee so Terry Silk will be organising things at the Red Hill carpark on Sunday morning. If you need to contact the leader on the day before the working bee ring Terry on Ph: 3355 9765.

**Tue 25th - Sat 29th August
BANFF MOUNTAIN FILM FESTIVAL
POWERHOUSE THEATRE**

Address: 119 Lamington St, New Farm
Time: 7.00pm
Ticket price: \$37
Ticket: purchase tickets on-line @ <https://banffaustralia.com.au/tickets/>

This is the world's most prestigious mountain film festival - now in its 44th year. After premiering in the mountain town of Banff, Canada, a selection of the best short films about adventure tour the globe. It is 3 hours of captivating footage, shot in some of the most wild and remote corners of the world. Sure to set your pulse racing, this carefully curated program showcases a selection of films packed full of mesmerising cinematography, thought-provoking storylines and adrenaline-inducing action sequences. The Club is not organising it as a "club social" but members are still encouraged to go see.
Phil

**WEDNESDAY 26th AUGUST
DOWNFALL CREEK #1
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: South Pine Rd near Lily St, stop 44; Bus 360 "Mitchelton"
Time: 3.05pm
Cost: Free
Grade: M22
Distance: 11km @ 3hrs
Location: Everton Hills, McDowall, Chermside West & Geebung
Web: <https://www.openstreetmap.org/#map=15/-27.3810/153.0125>
Emerg Off: Greg Ph: 0418 122 995 Take this number with you
Bring a Torch

We are back to the creeks again; this time the second of our "Downfall Creek" series. You start at Everton Hills, find the source of this creek, and follow the greenness, initially from the footpath and through local parks till you reach the flowing creek and then bike paths.

You will go through the suburbs, and eventually meet the path you took on #1b of this series. However, instead of stopping at Chermside Shopping Town, you will continue on past it, through Seventh Brigade Park to Newman Rd and up to Geebung Station.

The whole Stroll is along footpaths and bike paths – easy to navigate and fast to stroll over. And you will even dodge "that" round-about.

Getting back to the start to pick up a car will be almost impossible; unless Uber is used to get back to the start – the cost can be shared if there are several with cars parked at Everton Hills.

Come along with me to continue our adventure along Downfall Creek from source at Everton Hills, and with a later Stroll, to its mouth in the Boondall Wetlands.

**SUNDAY 30th August
VENMAN BUSHLAND NATIONAL PARK
DAYWALK**

Leader: Louise Jones Ph: 3399 4472
Meet at: St Bridget's carpark
Time: 8:30am
Cost: \$5
Grade: S22
Location: Brisbane Southside, on the way to Mt Cotton
Web: https://www.tripadvisor.com.au/Attraction_Review-g3332029-d10723374-Reviews-Venman_Bushland_National_Park-Mount_Cotton_Brisbane_Region_Queensland.html
<https://qtopo.information.qld.gov.au/?extent=17049316.237%2C-3204536.1068%2C17058488.6804%2C-3200250.8559%2C102100> and tick "I Agree"
Emerg Off: Michele E Ph: 0418 708 638

Burnett Venman was a strong and hearty bushman. His dream was to conserve his 255 acres (103ha) of land for visitors to enjoy the tranquillity of the bush. Despite enduring some hardship, Jack possessed the determination to make this a reality (Ashman 1998).

We will commence the walk from the carpark at West Mt Cotton Road. This is 8km which includes: 2 inclines, and 1 creek crossing; however, it will be easy walk with flat boulders along the way to step on to cross the creek. After lunch we will do a 2km Tingalpa Circuit to finish off the walk.

You just may spot a koala; this 415ha park forms part of the [Koala Bushland Coordinated Conservation Area](#). The open forest—a mixture of eucalypt and melaleuca trees and well-developed understorey of flowering shrubs—is home to [koalas](#), common ringtail and [common brushtail possums](#), [sugar gliders](#), greater gliders, swamp and red-necked wallabies, powerful owls and many other birds.

The park protects the headwaters of Tingalpa Creek and its tributaries. For most of the year, the creeks are dry or reduced to a string of waterholes, as the creeks flow underground. Frogs, water rats and eastern water dragons live in and around the creeks.

Please bring a cup as I will be boiling the billy to have with your lunch. You will be required to bring the usual day walk equipment for a great day close to Brisbane.

**WEDNESDAY 2nd SEPTEMBER
DINNER & COFFEE NIGHT
SOCIAL**

Leader: Cath Wood Ph: 0428 755 100
(Send a Text in business hours, as my phone is not answered when I'm at school.)
Meet at: Barcella Restaurant, Carindale Shopping Centre, Shop 1202 Westfield Carindale,
1151 Creek Rd. Near the Carindale Hotel entrance.
Best parking underneath, off Millennium Boulevard roundabout
Time: 6.00pm or later
Cost: Your choice
Location: Southside of Brisbane
Web: <https://barcella.com.au/>
Emerg Off: Cathy Ph: 0428 755 100
RSVP: Sunday 30th August

Try somewhere different for dinner or coffee over on the southside. Barcella Restaurant is in the restaurants area just inside the shopping centre, across from the Hotel. They specialise in pizza and pasta with a good selection of meals and coffees. It is a licensed café with a good wine selection as well.

Please text or phone to nominate by Sunday 30th August as the venue requires approximate numbers. Looking forward to your company on the Southside on 2nd September.

**THURSDAY 3rd SEPTEMBER
KARAWATHA FOREST
DAYWALK**

Leader: Phil Murray Ph: 5522 9702 or 0416 650160
Meet at: Elizabeth St, Trinder Park (directly opposite the Rail Station)
Map Ref: UBD Map 241 Ref K3
Time: 9.30am
Cost: Free
Grade: M22
Distance: 8kms
Location: South West Brisbane, between Stretton, Kuraby and Woodridge
Web: <https://www.brisbane.qld.gov.au/clean-and-green/natural-environment-and-water/bushland-reserves/karawatha-forest-park>
Emerg Off: Sue Murray 0420 510 214

This walk is in a section of bushland on the south side of Brisbane just south of Kuraby and to the west of Woodridge. The walk is relatively easy but there are a few hills and a few slippery bits. The walk will be over 10kms.

The walk will be different to the trip we did back in May and will spend more time in the wildflower areas.

Public Transport - If coming by train the 8:34am train from central arrives at 9:21am at Trinder Park Station. It is a short walk from the station to Elizabeth Street. The train back to Central departs 8 minutes after the hour and half hour.

Coronavirus
throat spray



**SATURDAY 5th SEPTEMBER
DARLINGTON RANGE - CANUNGRA
DAYWALK**

Leader: Pat Lawton Ph: 3366 1956
Meet at: St. Brigid's Carpark
Time: 7.30am
Cost: \$20
Grade: M22
Location: Gold Coast Hinterland, between O'Reilly's and Binna Burra
Web: <https://www.exploroz.com/places/39206/qld+darlington-range>
Emerg Off: Michele E Ph: 0418 708 638

This is an interesting walk starting in the town of Canungra. After parking the cars in the carpark at the toilets, we will head up Appel St. near the hotel. The road is a bit steep but you can always stop and admire the view of the township.

Once on top we will take the Darlington Range Road and follow it all the way to its end. The first part is also a bit steep. Along the way there are views looking down on the road to O'Reillys and also the road to Binna Burra.

There are some lovely rural scenes as we pass the various properties. The 2019 bushfires damaged a lot of the bush in this area but it is now all coming back to life.

We will retrace our steps the same way, but will enter Canungra via a different route, crossing over the tram tunnel (and then inspecting it) and then seeing some of the back blocks of the town.

The total distance of about 11kms. I'm sure you will find this walk interesting – see parts of the country you have not seen before – and it is not hard.

**WEDNESDAY 9th SEPTEMBER
DOWNFALL CREEK #2
GEEBUNG to NUDGEES
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: Geebung Rail Station, cnr Railway Pde and Newman Rd
Time: 3:45pm
Cost: Free
Distance: 10.5km @ 2½hrs
Grade: M11
Location: Geebung, Virginia, Banyo, Nudgee
Web: <https://www.google.com/maps/@-27.3776149,153.0622962,1985m/data=!3m1!1e3>
At The End: 6:05pm; 6:20pm; 6:35pm; 6:50pm trains to The City
Emerg Off: Greg Ph: 0418 122 995 **Bring This Number With You**
Bring a Torch

This is a continuation of the first Downfall Creek Stroll. This time, you start out at Geebung Station, walk down Newman Rd to The Creek. The Stroll will then follow The Creek for as long as possible – It disappeared into Virginia Golf Course where we cannot follow it. Thus, we shall duck around the back streets of Banyo & Nudgee to the Station.

Along the way, you will see lovely old houses, wild suburban parks, playgrounds, go under a railway line, see a big road interchange, a golf course, and nice old back streets. Go into the wild bush where 3 creeks merge. What more could you ask for?

We start out on the Caboolture Line, and finish on the Shorncliffe Line. There is the chance of sharing an Uber back to the start if you come by car – not guaranteed but expected.

Look at the wild natural Creek, the workers cottages in back streets, and some industrial sheds. Enjoy this Stroll. (And there is one more left in this "Creek's Series" – Nudgee via Boondall Wetlands to Boondall Stn – a nice loooong one.)

**THURSDAY 10th SEPTEMBER
SHIPSTERN CIRCUIT
DAYWALK**

Leader: Phil Murray Ph: 5522 9702 or 0416 650160
Meet at: St Brigid's carpark
Time: 6.30am
Cost: \$20
Distance: 20km
Grade: XL35
Location: Binna Burra
Web: <https://www.aussiebushwalking.com/qld/lamington/ships-stern-circuit>
Emerg Off: Sue Murray 0420 510 214

This walk is up at Binna Burra in the Lamington National Park. Due to the extensive damage to the buildings and the roads, the area around Binna Burra has been closed since the bushfires in September last year. The area is due to re-open on 1st September.

The Shipstern walk is a lovely graded track but there is uphill walking late in the day. The track 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 18.37km. We will be doing the full circuit starting at the Binna Burra café and will head south out along the Border Track and do the circuit in an anti-clockwise direction. We may do the side trips to Charraboomba Rock (660m return) and Lower Ballunju Falls (1.1km return). A total of 20.1km

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.
Phil

**SUNDAY 13th SEPTEMBER
CABOOLTURE to WAMURAN RAIL TRAIL
DAYWALK**

Leader: Sue Walsh Ph: 0403 487 737
Meet at: Caboolture Rail Station, Matthew Tce, OR
Train: Caboolture Train Line: Departs Roma Street at 7.33am
Time: 8.30am at Caboolture Station
Cost: \$10
Grade: XL13
Location: North of Brisbane
Distance: 21km
Web: <https://www.visitmoretonbayregion.com.au/natural-attractions/caboolture-to-wamuran-rail-trail-caboolture>
Emerg Off: Michele E Ph: 0418 708 638

The walk follows the old Wamuran Rail Line from Beerburrum Road, Caboolture to Nasho's Park, Wamuran. There are a couple of bridges to negotiate but their fences on have openings to allow walkers. There are some roads to cross with caution. Lots of tree cover and plenty of scenery.

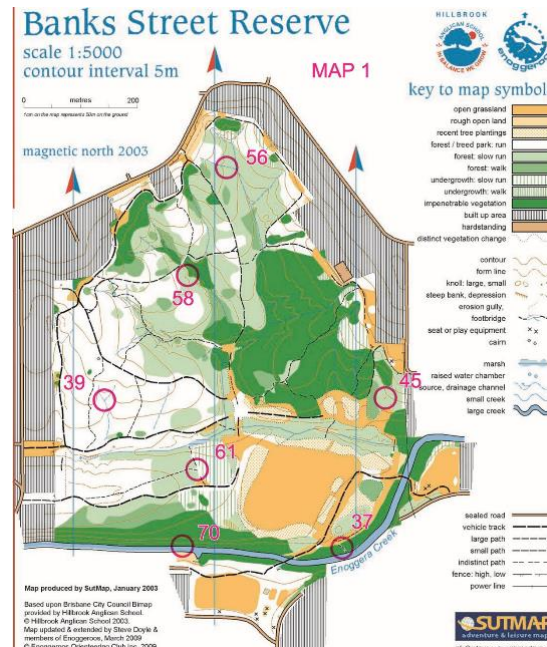
The trail is all bitumen and there are plenty of sitting nodes along the way for a rest. Cyclists dominate this trail which is 3.5m wide to allow for both walkers and cyclists. Besides residences and parks, there is Caboolture Sawmill at the beginning and further along, Wamuran Sawmill. I decided this was a good spot to have morning tea as there are sitting nodes here.

The Nasho's Park is a memorial for the soldiers who fought in the wars and is very close to the end of the line. If anyone wants to get a bite to eat from the shops, they can do it at the end of the trail when we reach Wamuran (Atwood Street). There are facilities here.

We walk with the D'Aguilar Highway on our right and on our left, we will see farms when we move away from the residential area, so you will see different sites when we move closer to Wamuran. There is an historical site 2.8km from the trail at Moodlu as it shows on the map. If there is time, we will have a look at this.

The walk is supposed to take 5 hours return so an early start would be best for those returning by train. Some people might like to drive, and if driving, just park at Caboolture Train Station (Matthew Terrace side) and walk across Beerburum Road to where you see St Peter's Church and School, and the Trailhead will be a few more blocks on your left.

Bring the usual day gear, and of course, sunscreen. You can't miss it.



WEDNESDAY 16th SEPTEMBER BANKS St RESERVE #2 STROLL

Leader: Greg Endicott Ph: 3351 4092

Meet at: Wardell St at Dorrington near Stark St; Stop ID: 005080
Near Corner with Victoria St.

Time: 3:40pm

Cost: Free

Distance: 7km @ 2½hrs

Grade: S32

Location: Ashgrove, Enoggera & Newmarket

At The End: Buses at Newmarket inbound to The City, OR outbound to the north east.

Stop: Enoggera Rd at Newmarket, stop 20, Stop ID: 010077

Web: <https://www.flickr.com/photos/brisbanecitycouncil/sets/72157629537119834/show/>

Emerg Off: Greg Ph: 0418 122 995

Bring This Number With You

Bring a Torch

Bank Street Reserve is located only 5km from Brisbane's city centre. The Reserve contains over 30 hectares of bushland and a large open space that was once a market garden. Remnants from the Three Mile Scrub rainforest are still evident along Enoggera Creek and its tributary, which run through the reserve.

We start out by Strolling along McCormack Ave to The Reserve entry. Once in, the party will be taking the long way around the outer perimeter of The Reserve – but not by the direct route. My aim is to traverse most of the tracks without double-dipping. You will go up, you will go down, and up again only to go down again.

The good news is that the ups are not all that high – only 35m -a lot of suburban hills are far steeper. You will see the natural bush that existed before suburbia crept its way into the outer reaches of old

Brisbane Town. Look into the gullies, see the wildlife, hear the birds, experience total quietness in the heart of housing estates.

Come along to experience real bush where you do not see houses, hear cars but experience good old-fashioned nature. This is a must-do Stroll.

**FRIDAY 18th SEPTEMBER
THE GREEN BEACON
JOHN TOOHEY SOCIETY**

Leader: Graham Glasse Ph: 3371 9623.
Where: 26 Helen Street, Teneriffe. Between Commercial Rd and Skyring Tce.
Time: From 4pm till 8ish.
What For: A chat , a refreshment and a meal.
Web: <https://www.greenbeacon.com.au/>

We last visited this venue in 2018 so we thought it might be a good idea to return.

The Green Beacon brews some very engaging ales and lagers with some very interesting names; like 3 Bolt, 7 Bells, Grappler, Half Mast and Penny Porter.

I'm sure there is a beer to suit all tastes. Check out their website. They also provide a small selection of food as well as working with local food trucks.

**SATURDAY 19th SEPTEMBER
COOLANGATTA to CURRUMBIN
DAYWALK**

Leader: Phil Murray Ph: Ph 5522 9702 - 0416 650 160
Time: 7.00am
Meet at: St Brigid's, Red Hill carpark
Cost: \$20 + approx \$3 for the bus bring your GoCard
Distance: 14km
Pace: Medium pace 3km per hour
Grade: M22
Location: Gold Coast
Web: <https://www.google.com/maps/@-28.1502873,153.4830086,14z>
Emerg Off: Sue Murray Ph: 0420 510 214

This is a lovely walk from Tweed Heads to Currumbin. We leave Brisbane from Red Hill, take Exit 93 and park near Currumbin Creek at the carpark known as the Pirate Park. (It has a kid's playground that includes a pirate ship). Then we walk over to the bus stop on the Gold Coast Highway and catch the bus to Coolangatta. We will hop off near the Twin Towns Services Club. We'll go past all the border control stations that keep Covid-19 out of Queensland.

We will walk along the Tweed River rock walls to the end then up to Point Danger. If it is a calm day, we might spot some whales swimming south.

Morning tea will be at the Snapper Rocks Surf Club. Then walk along the beaches: Rainbow Bay, Coolangatta Beach and pass Kirra Point and up along Bilinga Beach to Tugun Beach We will have a longish break at Elephant Rock & Currumbin Beach to admire the sculpture festival called "Swell".

Then we walk along the Currumbin Creek up to the bridge at Thrower Drive. Then walk along the boardwalk back to the beach at Currumbin and walk up to Palm Beach Surf Club.

Come along for an easy trip with magnificent views, a spot of art and culture and a leisurely lunch and swim.

Tide times

Description	Time	Ht
High Tide	9:24 am	1.69 m.
Low tide	3:30 pm	0.12 m.

(it is the lowest tide of the year)

Phil

**MONDAY 21st SEPTEMBER
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 23rd SEPTEMBER
LITTLE CABBAGE TREE CREEK
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: Beckett Rd cnr Savalas St, McDowall North; Bus Stop ID: 004060
Time: 3:40pm
Cost: Free
Distance: 10km @ 2½hrs
Grade: M11
Location: McDowall, Chermside West and Aspley
Home: Buses to everywhere from the Aspley Hypermarket Bus Station
Web: <https://www.openstreetmap.org/#map=16/-27.3765/153.0078>
Emerg Off: Greg Ph: 0418 122 995 Bring This Number With You
Bring a Torch

You have completed Cabbage Tree Creek (and got THE Certificate) – now try the little baby one. One tributary begins near Beckett Rd at McDowall, is piped under a housing estate before it comes out into the open air amongst the “actor streets”. From here it flows into Chermside Hills and into the back of Chermside West – almost parallel to the non-existent Trout's Road.

From here, it continues onto Albany Creek Rd to the Aspley Hypermarket, which we will pass through to find where it joins the Big Grown-Up Cabbage Tree Creek – only a short distance. Finally, the party will Stroll back to the Hypermarket to catch buses home, or to pick up the car. Come along on this one-off “Little” Stroll that mainly goes through parks along the creek away from roads and houses.

**WEDNESDAY 30th SEPTEMBER
STABLE SWAMP CREEK #1
HELLAWELL Rd to COOPERS PLAINS
STROLL**

Leader: Greg Endicott Ph: 3351 4092
Meet at: 3.30pm Griffith Uni Busway Station for the 3.33pm Bus 131 Parkinson (It leaves the City at 3.09pm)
OR at Hellawell Rd at Cazna Gardens, Sunnybank Hills Stop Id: 005830
Time: 4pm
Cost: Nil
Distance: 9km @ 2¼hr
Grade: S11
Location: Algester, Sunnybank Hills, Sunnybank & Coopers Plns
Web: <https://www.google.com/maps/@-27.5846811,153.0477154,15z>
Emerg Off: Greg Ph: 0418 122 995 Bring this number with you Bring a torch

On this stroll, we will begin along the creek. This is the first of three strolls along this beautiful waterway which ends in Oxley Creek in Oxley. We have already completed Parts 2 & 3. Amazingly, a lot of the creek is in parkland and has not been piped underground or cemented over. The first and last ten minutes are along suburban streets going from or to the transport stops; the rest is all in the Council Reserve along the stream.

We will be covering 9km, out alone in nature, on completely flat ground - creeks do not flow uphill, do they. It will be a pleasant balmy Spring afternoon in the sunshine

Don't forget the rain protection and water. Come along for the beginning of another *Source to Mouth* series of Strolls.

Alternate way to get to the start: is to train it to Altandi Station on the Beenleigh Line, then go up to - Mains Rd and look for the Bus Stop 68, Sunnybank Stop ID: 015753 @ 3.47pm – this stop is next to Altandi Train Stn

NOTE about what a Stop ID is: just type the six digits of the Stop ID in the "Enter an End Location" Journey Planner Box. It will find the stop for you.

OUTINGS SECRETARY'S REPORT

Numbers on Walks –

Since the end of the Covid lockdown in mid-May the participation on walks has been excellent. The average numbers on walks for July and early August was excellent. The weather for most trips has been extremely good though 2 trips had some rain. The Bridges of Brisbane trip had some sporadic rain and the Riverscapes walk had lots of rain.

Past Outings Summary for July & early August 2020

Day	Date	Trip	Leader	Nº
Sat	04 Jul	Kureelipa Falls	Sue W	13
Thurs	09 Jul	Bridges of Brisbane	Phil	6
Sat	11 Jul	Flinders Peak	Michele	12
Sat	18 Jul	Redcliffe Shorncliffe	Paddy	13
Sat	25 Jul	Riverscapes	Russ	9
Fri/Sat	01 Aug	Mt Doubletop	Matthew	8
Sun	02 Aug	Wivenhoe Trails	Sue W	13
		Average		10.6

Coming Walks for August and September

In the next 2 months there is a broad spectrum of daywalks on offer:- a few short ones, a few long ones, a beach walk and several track walks and one mountain walk however, there are no city walks and no camping trips, in fact there are no throughwalks planned for the rest of the year as the Vic Alps trip was cancelled. I am open to suggestions for other camping trips.

Day	Date	Trip	Leader
Sat	15 Aug	Pat's Bluff	Phil
Sat	22 Aug	Mt Greville	Michele
Sun	23 Aug	Club Hut Working Bee	Iain
Sun	30 Aug	Venman Bushland & Buhot	Louise
Thurs	03 Sept	Karawatha Wildflowers	Phil
Sat	05 Sept	Darlington Range	Pat L
Thurs	10 Sept	Shipstern (Binna Burra)	Phil
Sun	13 Sept	Caboolture to Wamuran	Sue W
several	13-21	Cape to Cape Walk ??	Jan
Sat	19-Sept	Coolangatta to Currumbin	Phil
Sat	26 Sep	Noosa Trails	Terry

Binna Burra

Binna Burra is still closed and the National Park website states that the Binna Burra section is closed due to wildfire and applies from 7th September 2019 to 31st August 2020. The presumption is that that

Binna Burra should re-open on 1st September, so presumably our trip on the 11th September will allow us an opportunity to go and see the area after all the clean-up work. The major reason for the lengthy closure was that the trees on the hillside / cliffline above the access road to Binna Burra had been badly burnt and the tree roots that held the boulders in place have been destroyed and the boulders have become loose and therefore sporadically they would dislodge and roll down the cliff-line and crash on the road. Hence, major engineering work was needed to stabilise the hillside/cliffline.

The Covid Second Wave down South -

Victoria has been engulfed by a very serious second wave of Covid infections and the state has been closed down. Sydney has also suffered from a slight increase in numbers. As a result of these Covid infections Queensland has closed the border to our southern neighbours. If you want to travel south you can but when you come back you are required to go into quarantine for 2 weeks in a hotel at your own cost, which for most is prohibitive.

The Club had a few trips planned for down south and over in WA in the next few months. But obviously our plans will have to change and, to take a positive view, we can get to do these wonderful destinations next year.

The **Blue Mountains trip** in late August is now cancelled. I had already purchased my plane ticket. I was wondering when I should cancel my plane ticket when Jetstar took the initiative and actually cancelled the flights and I had to apply for a credit for the fares, but I am not sure when I will be able to use the credit.

The trip to Western Australia to do the **Cape to Cape** walk in mid-September is also in serious doubt but the final decision will be made by Jan and her crew in a few weeks.

The **Victorian Alps** trip for the first weekend in November is now cancelled as I don't think anyone is keen to take the risk to travel to Melbourne at the moment.

The **Tassie trip** in early December is also cancelled as we need to book plane tickets, accommodation etc and in the current environment it is not worth the risk or the bother of booking things when it can all be changed at the last moment.

There is also daywalk in NSW planned for November and this trip would possibly come within the category of a risky move. It is hard to believe that an interstate trip in Australia would ever be considered a risky plan. Anyhow, the daywalk in question is a daywalk to Evans Head in northern NSW scheduled for Sunday 15th November. It is a trip the Club hasn't done before. I have done the trip twice before with the Gold Coast Bushwalkers and it is a lovely coastal walk with lots of beautiful scenery and wildflowers. As it is a daywalk we can simply drive the 2 hours 24 mins down there by car. As we can use cars it is very flexible and we don't have to book plane tickets weeks in advance etc. The sceptics out there may be thinking I am dreaming that we can get down there and back in November. But the keen observers may have noticed that that for the first wave of Covid the Qld border was first shut in mid-March and was re-opened on 12th July. A time period of about 3 months. The Qld border will be shut for the second wave of Covid on Saturday 8th August and presumably will be re-opened in 3 months namely Sunday 8th November. So, to take an optimist view the Evans Head trip may be able to go out.

"Walking Quotes" for the month

"Climb the mountains and get their good tidings.

*Nature's peace will flow into you
as sunshine flows into trees.*

*The winds will blow their freshness
into you, and the storms their energy,
while cares will drop off like falling leaves."*

- John Muir, 1838 –1914. He is also known as the "Father of the National Parks". He was an influential Scottish-American naturalist, author, environmental philosopher, glaciologist, and early advocate for the preservation of wilderness in the United States. He helped to preserve the Yosemite Valley and Sequoia National Park and co-founded, The Sierra Club, a prominent American conservation organization. Today the Sierra Club has over 2.4 million members.

I hope to see you on the track.

Phil, Outings Secretary

SAFETY & TRAINING REPORT

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

6 Sep: *Operating An Incorporated Association In Queensland* - Links to on-line resources will be provided

15 Sep: AGM - On-line meeting

TREASURER'S REPORT

Balance 17/2/20	\$3754.13
Plus Receipts	\$2293.63
	\$6047.76
Less Payments	\$1296.72
Balance 20/7/20	\$4751.04
Term Deposit	\$2925.27

I am now selling tickets in our first raffle for the year. It has two prizes with the first being a book written by Claude Tranchant entitled "Boots to Bliss" which was autographed by the author when she spoke at our meeting last November. Our thanks go to Michele Endicott who donated this book.

The second prize is another book written by Alan Ernst entitled "Best Bush and Beach Walks of the Gold Coast". Tickets are still good value at a dollar each.

Don't forget that the club still has a limited supply of club t-shirts and badges for sale. Terry

ABOUT PEOPLE

Marian Arthur, John Carter, Liz Little, Sherryn Minetti, Iain Renton and Andrea Turner are celebrating their birthdays in August.

We had an enquiry from Avril Wilkinson. Welcome

PAST EVENTS

KUREELPA FALLS AND PICCABEEN TRACK 4th JULY, SATURDAY DAYWALK

A hidden gem in the Mapleton National Park, with water from the South Maroochy River cascading over boulders before falling 30m into a hidden gorge. The above is a perfect description of the first part of the walk we did. Here's the rest of it:

The party started off the walk on a cold and windy morning from the Mapleton Day Use Area. We walked across Mapleton Forest Road to the start of the Circuit and descended a steep old dirt road. This 8.5km circuit went past the Kureelpa Forest Trail which comes up from the South Maroochy River and we climbed a hill till we arrived at the Kureelpa Falls Lookout sign. The walkers followed this till we came to some rocks & logs and watched the rushing water cascading down to the river. Some people were able to negotiate these boulders near the falls and get some good close-up photos as you could see the view down towards the gorge. There were some beautiful Bunya Pines on the other side of the river and you could see where there had been a landslip opposite the Lookout.

After morning tea, when the wind had died down, the group started the climb back up to where we started from. We were all very tired and hungry after this first walk and were able to grab a couple of picnic tables at the Day Use Area. After lunch, the party got in the cars and drove down to the Leafy Lane Trailhead for the start of the Piccabeen Track. We only did half of this circuit, as we veered off to the Ubajee Viewpoint. We went over 2 shallow creek crossings and we had some hills to climb before the top of the third hill where there was a map showing us where we were and the Mapleton Falls National Park started here.

The walkers made our way past the Ubajee Walkers Camp till we came to a sign directing us to the Ubajee Viewpoint. There was a wide seat here where we could all rest and look out at the view to the Mary Valley in the distance. As one of the walkers said – “This is the icing on the cake”. A nice reward after our hard slog up some hills. We headed back to Leafy Lane Trailhead through the middle of the circuit instead of completing the full 6.7km circuit. The group made it back to the Trailhead after this interesting walk and headed home after a great day out.

Thank you to the following for coming on this walk in Mapleton National Park – Michele & Richard Johns, Michele & Greg Endicott, Terry Silk, Jarrod Sefton, Paddy Taylor, Louise Jones, Janell Sammon, Susan Ware, Janet Galos and Benno Giuliani. Sue Walsh

**JTS – SEA LEGS BREWING
17th JULY, FRIDAY
SOCIAL**

JTS rebooted began at Sea Legs Brewing in Kangaroo Point. It was an interesting venue, not too crowded and not too noisy. A little dear but what we have come to expect in venues near the City. We had an early night and were gone by 7pm so I'm not sure when the last left. All in all, it was great to be back. See you at the Port Office Hotel in August.

Thanks to the eleven who joined me, Michael, Graham, Jan & Russ, Michele, Lucy & Greg, Liz, Cath, Kylie and Russell. Karen.

**KIPPA RING to SHORNCLIFFE
18th JULY, SATURDAY
DAYWALK**

Five people boarded the train at Indooroopilly Station bound for Kippa Ring. Eight others joined us along the way. It was a beautiful sunny day, with only a light breeze - perfect weather for a walk.

Leaving the train at Kippa Ring Station, we walked along Elizabeth Ave as far as the cemetery. From there, a series of bike paths took us through parkland to Bell's Creek, and on to Bell's Beach at Clontarf. Here we stopped for morning tea. Some people took advantage of a nearby coffee shop for a hot drink. From our table, we had views of the port and airport, as well as the sandhills of Moreton Island.

The walkers then continued along the waterfront to the Ted Smout Bridge, crossing it to Brighton. We stopped at several viewing points on the bridge. Most people were very surprised at how shallow the water was. At the fishing platform, we watched a man pull in a small fish, accidentally throwing it onto the roof, but luckily, he was able to get it down again. Further along, we could see a stingray floating just under the surface of the water, which was very clean and clear.

Brighton was a busy place, with two first birthday parties taking place in the picnic sheds near the bridge. We kept walking along the front and were able to find enough seats for us all to eat lunch while enjoying the view. There were quite a few sailboats out, but they didn't seem to be moving, perhaps waiting for a stronger breeze.

At Sandgate, Louise & Rusty left us, but the remaining walkers continued on to the Shorncliffe Pier. Our party had made good time, and as there was a train due in half an hour, we decided not to go around the point to Cabbage Tree Creek but climbed the hill and walked to the station. The train had just arrived, so we boarded, and sat in comfort until its departure.

Thank you to Sue, Terry, Jarrod, Jan & Russ, Anne (Jan's sister), Michele & Greg, Louise & Rusty, Susan, Janelle, for joining me on the walk. Paddy





**RIVERSCAPES
25th JULY, SATURDAY
DAYWALK**

This walk achieved all of its objectives, namely, to view –

- Construction of the new River Walk at Indooroopilly
- After passing Lone Pine, Fifteen-Mile Rocks
- Wharves used by Darra Cement, last used a couple of decades ago
- Seventeen-Mile Rocks
- River at the Centenary Bridge
- River bend looking across at Fig Tree Pocket
- View from Fifteen-Mile Rocks, Sherwood
- River from the Albert Rail Bridge, Indooroopilly

This was done in an environment of steady rain so umbrellas were the order of the day. All but one of the walkers used one.

Jan met a local parishioner who said, “you lot would walk in any weather”. Given the terrain, the use of umbrellas was easy.

At the end of the walk, just two walkers took the train from Sherwood while the balance walked to Indooroopilly to complete 24kms for the day in the rain. The walkers were Maria Kerruish, Greg Endicott, Terry Silk, Louise & Rusty Jones, Paddy Taylor, Liz Little and Jan & Russ Nelson. Russ





**WIVENHOE HILL TRAILS
2nd AUGUST, SUNDAY
DAYWALK**

After a foggy start to the day, the fog lifted and we were able to start the walk along the Blue Trail. This part of Lake Wivenhoe takes us around to the Dam Wall and Cormorant Bay in the distance. We came across a couple of wallabies on the way before veering left uphill.

We had morning tea at the end of the Blue Trail and some horse riders came up the trail with the horses eating the long grass. We then proceeded on to the White Trail and past a lot of termite mounds. The White Trail took us to the southern part of Lake Wivenhoe as we admired the beautiful grassy pastures.

We kept climbing up and down the hills till we came to the Red Trail, which took us up to a Lookout. We sat down and rested on the wide seat here for a while before continuing on and taking photos of the views across the Dam looking right out to Somerset Dam. It was very picturesque. We then descended down this trail until we got to the Black Trail, which took us back to the start of the Blue Trail. This completed our 13km circuit walk.

We then proceeded to Logan's Inlet Day Use Area where we had lunch at a sheltered picnic table. The views were worth coming for.

Thank you to everyone who came and experienced these trails with me - Khaleel Petrus, Terry Silk, Michele & Greg Endicott, Paddy Taylor, Liz Little, Janell & Gerard Sammon, Therese Abernethy, Lorraine Nothling, Maria Kerruish, and Janet Galos. Sue Walsh





THE PHILOSOPHY OF WALKING AND LISTENING

By Geraldine Doogue on Saturday Extra

ABC Radio **Broadcast:** Sat 8 Aug 2020, 8:45am

<https://www.abc.net.au/radionational/programs/saturdayextra/the-art-of-walking-and-listening/12529292>

Norwegian philosopher and adventurer **Erling Kagge**, is the first person to have completed the Three Poles Challenge on foot, the North and South poles and the summit of Mount Everest. His 50 days walking to the South Pole was solo, even without radio contact.

So, Erling knows a few things about walking and about silence and the benefits of both. Erling is also a writer and publisher and his last two books are *Silence in the Age of Noise* and *Walking: One step at a time*. Both are published by Penguin.

Listen: https://abcmedia.akamaized.net/rn/podcast/2020/08/sea_20200808_0845.mp3

Duration: 14min 13sec

AROUND THE RIDGES

WITHOUT A TRACE

Web: <https://www.abc.net.au/news/2020-07-19/how-four-people-disappeared-without-trace-in-victorian-mountains/12455124?nw=0>

I read a very interesting article on missing bushwalkers/campers last week which I believe will interest a few people. We have walked in this area of the Victorian Alps many times and I, for one, am a little surprised that no trace has been found of the four people missing.

In short, four people have gone missing in the same geographic area in the last 12 months. The first was a Melbourne businessman who disappeared whilst parked at a spot called Unnamed Corner just down the road from Mt Buller. His car is still there but the man had disappeared. This occurred on July 29th last year.

The second was another Melbourne man who was completing a 4-day hike in the Mt Howitt area in October last year. He had camped overnight at Macalister Springs and was trekking to Mt Stirling near Mt Buller. He never arrived.

The third was an elderly couple (not related) who were camped in the Wonnangatta Valley and had driven there down the Zeka Spur Track which starts very close to Macalister Springs. Their burnt out camp and intact vehicle have been found but there is no sign of the couple.

The link to the article is provided above.

Michael



ACCIDENT ON M^t BARNEY

A bushwalker was killed on Mt Barney on Saturday 11th July. He was James Neil Sheldon, the 32-year-old newly engaged engineer son of Michele Endicott's Boonah friends, Joan & Derek Sheldon, who were bushwalkers themselves and brought James up from babyhood as an outdoor adventurer. He became a champion Orienteering competitor, as well as an experienced (and safety-conscious) bushwalker and mountain-climber.

On the day he fell to his death, he was walking with two others, whom he was guiding. I haven't been able to ascertain if they were members of another Club or if they were independent walkers. Apparently, they were on the Leaning Ridge, which is one of the harder ridges on the mountain. There are differing reports as to whether the accident occurred while they were climbing up the ridge or abseiling down. <https://qorf.org.au/james-sheldon/>

Our thoughts and prayers are with the family and friends of the deceased, especially his parents and his fiancée. Phil

A THOUGHT

For those of us still at work, When picking names for your new pet,
make sure it's a minimum of eight characters, and includes a number and a special character.

CORONA VIRUS SYMPTOMS

ABC News: <https://www.abc.net.au/news/2020-08-08/what-are-the-symptoms-of-covid-19-and-are-they-changing/12533950>

We've heard the advice to get tested for COVID-19 if you have symptoms like fever, cough or fatigue, but what if you have diarrhoea, a headache or a rash?

Key points:

- Doctors say some COVID-19 patients are presenting with unusual symptoms
- While uncommon, some of these symptoms include inflamed eyes, skin rashes, upset stomachs and even hair loss
- Experts say these symptoms are most likely caused by the systemic inflammation in the body

These conditions are some of a number of health problems listed by the World Health Organisation (WHO) as less common symptoms of COVID-19.

[For the latest news on the COVID-19 pandemic read our coronavirus live blog.](#)

Emergency physician Stephen Parnis has been on the frontline of Australia's response to the pandemic, treating hundreds of patients in Melbourne hospitals. He described COVID-19 as a "bastard of a disease" because of the way it affected so many parts of the body. "While many patients present with respiratory symptoms, around one third of patients come in with unusual symptoms like vomiting, diarrhoea and fatigue," he said. "Fatigue is incredibly common. Fatigue is a hard one because it's almost impossible to measure."

Dr Parnis said only a small number of people coming into emergency departments with vomiting and diarrhoea tested positive to COVID-19. "But there are enough patients coming that make me uncomfortable," he said. "You can't close your mind, really, to any possibility." He warned unusual symptoms were showing up in all age groups. "I have seen an elderly patient whose only symptoms were diarrhoea and it turned out they had COVID-19," Dr Parnis said.

Coronavirus is a new virus but doctors are learning more each day about how it affects the body. It is clear that when someone has COVID-19, the body's immune system goes into overdrive trying to dampen down the inflammation in the body.

Carol Hodgson from the Australian and New Zealand Intensive Care Research Centre at Monash University said it was during this process many of the less common symptoms arose. "When you are infected with Covid-19, there is a systemic inflammation and that sort of inflammation may affect major organs in the body," she said. Ms Hodgson said more unusual symptoms included loss of appetite and joint or chest pain, but the majority of patients who experienced these also experienced common

symptoms. "International studies have shown you may get some unusual symptoms, even sore or red eyes like conjunctivitis or dryness," she said. "In rare cases overseas, there have been reports of hair loss. "There are some very unusual small symptoms, but it's usually associated with the more common ones."

Younger people in particular needed to be on the lookout for skin changes and rashes. Dr Parnis has seen younger patients with rashes known as COVID toes and fingers. That is a condition where mainly children and young adults have red sores or lesions on their feet and hands, which can be painful and tender. The bumps usually go away in a few weeks. "We know that so many viruses can cause funny disappearing rashes on the skin," he said. "And you have to think about that as a possibility."

He said several [Australian children with COVID-19 were suffering a potentially serious inflammatory condition, similar to Kawasaki disease.](#) "I am aware of at least one child (aged under 10) in intensive care somewhere in Melbourne," Dr Parnis said.

International studies have shown COVID-19 increases the risk of falls for older people. "It seems to set off a weakness and vertigo, which causes them to fall," Professor Hodgson said.

Read more about coronavirus:

- [Charting the pandemic: These numbers show how dire it has become in Victoria](#)
- [How Melbourne's stage 4 restrictions compare to the world's toughest lockdowns](#)
-

What are the official COVID-19 symptoms?

The WHO lists the most common symptoms as:

- Fever
- Dry cough
- Tiredness

The WHO lists less common symptoms as:

- Aches and pains
- Sore throat
- Diarrhoea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A skin rash or discolouration of fingers or toes

Serious symptoms are listed as:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

What you need to know about coronavirus:

- [When and how to wear a face mask](#)
- [The symptoms](#)
- [The number of cases in Australia](#)
- [Global cases, deaths and testing rates](#)

CORONA LOCKDOWN VIEWING

Live Mass at the Cathedral:

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

Mass at the Cathedral

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

Covid-19 Web Site

<https://www.covid19.qld.gov.au/>

Roadmap Site:

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

The Current Roadmap:

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

Symptoms:

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/symptoms-of-novel-coronavirus-covid-19-comparison>

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

A GOOD VIDEO TO WATCH

BWQ <secretary@bushwalkingqueensland.org.au>

To: briscathbushclub@yahoo.com.au

Tue, 21 Jul at 11:24am

Bcc: To member clubs and associates:

Qld Parks and Wildlife have produced a video on safety precautions in the Mt Barney area. This excellent safety message was released yesterday.

Even if you are not interested, there are some good aerial views of Barney – well worth seeing.

<https://youtu.be/p31zupT2TVU>

John Marshall, Pres., Bushwalking Queensland Inc.

WALK OUR NATIONAL PARKS IN YOUR LOUNGE.

<https://parks.des.qld.gov.au/things-to-do/virtual-tours/google-street-view-trekker>

Queenslanders can now explore some of the state's magnificent parks and forests using Google Maps' Street View. Thanks to a partnership with Google, and using Google's special backpack-mounted trekker, we're bringing the outdoors inside with imagery captured across eight parks, including two caves and a range of walking tracks.

Take a virtual stroll through World Heritage rainforest, visit historic forts and heritage sites, experience 360-degree views of spectacular lookouts, and uncover ancient cave systems all from the comfort of your home. Simply use the links below to start your virtual journey. To explore, drop and drag 'Pegman' into Google Maps from your computer or mobile device.

Where will your journey take you?

- Travel through Queensland's military history at [Fort Lytton National Park](#)
 - [Jetty and quarantine station](#)
 - [Fort](#)
- Explore [D'Aguilar National Park](#), right on Brisbane's doorstep
 - [D'Aguilar National Park – Northern \(forest drive\)](#)
 - D'Aguilar National Park – Southern
 - [Jollys lookout](#)
 - Boombana – [Pitta circuit](#)
 - Bellbird Grove – [Golden Boulder circuit](#)
 - [Westridge outlook](#)
 - Maiala – [Rainforest circuit](#) and [Greenes Falls track](#)
 - [Wivenhoe lookout](#)
- Discover walking and cycling trails around [Daisy Hill Conservation Park](#)
 - [Paperbark trail](#) and [day-use area](#)
 - [Shared-trail network](#)
- Immerse yourself in the impressive scenery of [Main Range National Park](#)
 - [Mount Cordeaux track](#)
 - [Governors Chair lookout](#)
 - [Rainforest circuit](#)
- Marvel at the majestic Curtain Fig Tree in [Curtain Fig National Park](#)
 - [Curtain Fig boardwalk](#)

- Take in the beautiful sights of [Noosa National Park](#)
 - [Coastal walk](#)
- Uncover Queensland's first historic national park at [St Helena Island National Park](#)
 - [Jetty](#)
 - [Prison stockade](#)
 - [Cemeteries](#)
- Explore the ancient limestone caves, Aboriginal rock art galleries, and mining history of [Chillagoe-Mungana Caves National Park](#)
 - [Caves walk](#)
 - [Trezkinn Cave](#)
 - [Donna Cave](#)
 - [Balancing Rock track](#)
 - [Wullumba art site](#)
 - [Smelters walk](#)

NATIONAL PARKS ARE OPEN FOR BUSINESS

From: Department of Environment and Science <noreply@des.qld.gov.au>

Date: Fri, 10 Jul 2020 12:16pm

Subject: UPDATE: Queensland national parks camping and vehicle access

We would like to provide a COVID-19 update about Queensland national parks and visitation.

Most Queensland national parks, forests and recreation areas are reopened and operating in line with the Chief Health Officer-approved Industry COVID Safe Plan – QPWS Campgrounds.

With the further easing of COVID-19 restrictions in accordance with the Queensland Government's roadmap, we are now also able to welcome more visitors to national parks and are increasing visitor numbers across Queensland.

As a result, most camping areas are now operating at their normal capacities.

Camping and vehicle access bookings can be made at <https://qld.gov.au/camping> .

While visitor number capacities for the Cooloola and Bribie Island Recreation Areas has also increased, people planning to visit these areas will still need to secure a COVID-19 Restricted Access Area Authority before travelling, even if they hold a valid vehicle access permit. These Authorities are available at no additional cost with the normal requirements for vehicle and camping permits.

Please note, a small number of camping areas in Far North Queensland are available for booking for local residents only.

Visitors should always check Park Alerts before leaving home for up-to-date information for a specific location. <https://parks.des.qld.gov.au/park-alerts>

Please visit the Department of Environment and Science web page <https://parks.des.qld.gov.au/covid-19> for the latest updates about national parks .

Queensland Parks and Wildlife Service

YHA BUSHWALKERS NEW NAME AND CONTACTS

Hi everyone, Around a year ago YHA Bushwalkers formally changed its name to **Bushwalking Adventures Qld Inc.** We now have a new website: <https://bushies.org.au/>. We also have a new email address attached to our website. Please forward any email correspondence and newsletters to the following email address: secretary@bushies.org.au

Thank you to those clubs sending us their newsletters - we gratefully receive those. Let us know if you are not receiving our newsletter and would like to be included in the mailing list. In the next few months, we plan to close off the several historic email accounts we still have open.

Regards, Toni Strozkiy, Secretary, Bushwalking Adventures Qld

FEDERATION MOUNTAIN RESCUE (FMR)

The objectives of FMR are:

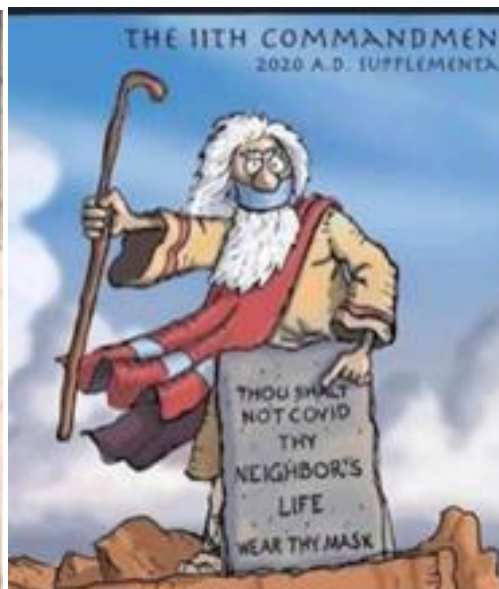
- Promote and encourage a professional approach to bushwalking safety through practical training, adoption of sound and credible methods, and by demonstration to other clubs.
- Promote, encourage and conduct advanced bushwalking and related activities.
- Promote and encourage safe bushwalking practice internally, in other clubs, and to the general public.
- Assist other bushwalking club members and their club safety and training officers with training at club level.
- Maintain skills in search and rescue techniques. These skills are above those which would usually be required in normal bushwalking activities.
- Enable members of other bushwalking clubs to become proficient in search & rescue organisation by training, by leading bushwalking club walks, and by demonstration of walking safety and related techniques to enable members of other bushwalking clubs to become proficient in these activities.
- Obtain equipment to enable the search and rescue function to be carried out, and train members in the correct use and maintenance of the equipment.
- Where possible maintain liaison with police, SES, communications media, property owners, and other bushwalking clubs.
- Carry out research and analysis of any aspect associated with bushwalking, search and rescue, and the techniques and equipment used.

A brief history of FMR:

As bushwalking clubs grew in the 1950's, they organised 'Safety and Training' activities to train their members in navigation, survival, first aid and rope work, and soon supplemented this with 'Search and Rescue' training to cope with situations which might arise. The SAR skills were more often used as a community service than on club-related incidents.

After the formation of the Queensland Federation of Bushwalking clubs in 1965, the clubs pooled their search and rescue resources in an affiliated volunteer service that became well-known as Federation Mountain Rescue (FMR). "Federation" eventually incorporated under the name Bushwalking Queensland, and the rescue service incorporated separately in 2011 as FMR Inc. Our members are now drawn from both the bushwalking and rock-climbing fraternities. FMR is recognised as a volunteer search and rescue unit in the National Search and Rescue Manual.

For many years FMR has assisted the Police in land searches and rescues, where we specialise in multi-day assignments in rugged terrain. Our knowledge of bushwalking routes is also useful in guiding search aircraft. FMR has been called out to assist with incidents in an area ranging from Fraser Island to northern New South Wales to Toowoomba but has ventured even further afield to assist bushwalking clubs and other volunteer groups in training their members.



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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Outings Secretary	Phil Murray	5522 9702 philmurray16@gmail.com
Social Secretary		
Safety & Training Officer	Phil Murray	5522 9702 philmurray16@gmail.com
"Jilalan" Editor	Greg Endicott	3351 4092 bcbcjilalan@gmail.com
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Bushwalking Queensland	Web: https://www.bushwalkingqueensland.org.au/index.php e-mail: secretary@bushwalkingqueensland.org.au BWQ Blog: https://www.aussiebushwalking.com/	
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: Drawing by Iain Renton, our Club Hut Curator.

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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