

# JILALAN

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AT CHRIST-MAS, WE REMEMBER JESUS – THE REASON FOR THE SEASON!  
HAPPY CHRISTMAS TO ALL!

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

ISSUE N° 627

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# DECEMBER 2022

Date	Day	Event	Leader	Phone	Type	Grade
NOVEMBER						
02	Wed	Coffee Night	Susan		Soc	
03	Thu	Redcliffe To Shorncliffe	Paddy		DW	
05	Sat	Tallebudgera Creek To The Spit	Phil		DW	
09	Wed	Rail #09 – Darra to Richlands	Greg		Stroll	
12	Sat	Mt Fairview	John C		DW	
15	Tue	City Lunch @ Chez Nous	Greg		Soc	
16	Wed	Cedar Creek – Ross Rd to FG Stn	Greg		Stroll	
18	Fri	Drinks & Dinner @ West End Hotel	Jan		Soc	
19	Sat	Annual Retreat	Michele E		Retr	
21	Mon	Meeting & Photo Comp	Cath W		Meet	
23	Wed	Acacia Ridge to Stretton – Closing the Circle	Greg		Stroll	
30	Wed	River #13 – Yeronga to West End	Greg		Stroll	
30	Wed	Bushwalking Qld AGM	Gavin		Meet	
DECEMBER						
01	Thu	Bridges of Brisbane	Phil		DW	
03	Sat	Warrie Cct	Phil		DW	
07	Wed	Rail #10 – Richlands to Springfield Station	Greg		Stroll	
10	Sat	Christmas Party @ Indooroopilly	Jan	0401 030 137	Soc	
14	Wed	Daisy Hill & Koalas	Prasada	0402 964 854	Stroll	M32
15	Thu	Lyrebird Lookout & Moonlight Craig	Phil	0416 650 160	DW	M33
16	Fri	Drinks & Dinner @ The Transcontinental Hotel	Jan	0401 030 137	Soc	
21	Wed	Kenmore to Indooroo via Marshall La & UQ Mine	Greg	3351 4092	Stroll	S21
22	Thu	Blue Pool	Phil	0416 650 160	DW	M34
26	Mon	Bridges of Brisbane	Phil	0416 650 160	DW	M22
28	Wed	Keperra to Mitchelton via Mystery Creek	Greg	3351 4092	Stroll	S11
29	Thu	Illinbah Cct	Phil	0416 650 160	DW	M34
JANUARY						
03	Tue	Mt Glorious	Phil	0416 650 160	DW	L23
04	Wed	BBQ @ Gap Creek, Kenmore	Jan	0401 030 137	Soc	
07	Sat	Gheerulla Circuit	Michele J	0414 635 542	DW	M34
11	Wed	Gaythorne RSL - Vinnies Fundraiser	Greg	3351 4092	Soc	
14-22	Sat-Sun	Tassie - Walls of Jerusalem, Mt Field + More	Phil	0416 650 160	AT	Variou
18	Wed	Rail #11 – Springfield to Springfield Central	Greg	3351 4092	Stroll	M22
20	Fri	Drinks & Dinner @ The Red Brick Hotel	Jan	0401 030 137	Soc	
22	Sun	Currumbin to Coolangatta	John C	0433 279 771	DW	S22
25	Wed	Bardon Bushland Resv – Mt C to The Gap	Greg	3351 4092	Stroll	S32
26	Thu	Toolona Creek Circuit	Phil	0416 650 160	DW	L35
28	Sat	Obi Obi Lilo Trip	Phil	0416 650 160	DW	M66
FEBRUARY						
01	Wed	Coffee Night	Russ		Soc	
02	Thu	Thornside Wetlands & Wynnum Foreshore			DW	
04	Sat	Coomera Creek Circuit	Khaleel		DW	
08	Wed	Bulimba Ck – Left Br – Stretton to 8-Mile Plns	Greg	3351 4092	Stroll	
11-19	Sat-Sun	Victoria - South Coast trek - 8 days	Phil	0416 650 160	AT	
15	Wed	Cedar Ck – Ross Rd to FG Stn via Levett Rd	Greg	3351 4092	Stroll	
17	Fri	Drinks & Dinner	Greg	3351 4092	Soc	
20	Mon	Annual General Meeting & Elections	Cath		Meet	
22	Wed	River #14 - West End to Holman St & Ash Wed	Greg	3351 4092	Stroll	
25	Sat	Annual Mass & Lunch	Michele E	0418 708 638	Soc	
26	Sun	Piper Comanche Wreck	Michele J	0414 635 542	DW	
MARCH						
01	Wed	Coffee Night	Russ		Soc	
02	Thu	Bulimba Creek Parklands	Greg	3351 4092	DW	
04	Sat	Cabarita to Pottsville & Return -	Phil	0416 650 160	DW	
08	Wed	Springfield - Opossum Ck Right (New) Bank	Greg	3351 4092	Stroll	
14	Tues	City Lunch & Certificate Awards	Greg	3351 4092		
15	Wed	Mitchelton History Tour	Barbara		Stroll	
17	Fri	Drinks & Dinner	Jan	0401 030 137	Soc	

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**

<b>DW</b>	Day Walk	<b>BC</b>	Base Camp
<b>ON</b>	Over Nighter	<b>CW</b>	City Walk
<b>TW</b>	Through Walk	<b>SOC</b>	Social
<b>TRN</b>	Training	<b>SP</b>	Spiritual Event
<b>FMR</b>	Federation Mountain Rescue	<b>S&amp;T</b>	Safety & Training
<b>SW</b>	Social Walk	<b>AT</b>	Accommodated Trip

**KEY – Walk Gradings**

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

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

**ADVENT/CHRISTMAS PRAYER**

As we prepare for the coming of the Christ Child – again – into our hearts at Christ-mas...

“Let us remain faithful to the path traced by the Holy Spirit,

listening before we speak,

learning before we teach

and praying before we pronounce.

Following that path, we will come to recognise and adore the Child who is God-with-us, the newborn Saviour who is “joy for all the people” (Luke 2:10)”.

Archbishop Mark Coleridge

**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. <https://bcbc.online/assets/Nomination.pdf>

Leaders Notes are at <https://bcbc.bwq.org.au/assets/leading.pdf>

**Pre-Outings:** Leaders are to ring Phil, Ph: 0416 650 160, to advise him details of it.

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 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.

**Leaders:** When you get an enquiry about your walk, social or any other Club event, please obtain the full name, address, phone numbers and especially the e-mail address. Then, please pass these onto both the Membership Officer, Jon Peake and the Editor, Greg Endicott, so we can include these new people in our records.

*I recently entered a joke contest and submitted ten different puns in the hope that at least one would win it for me.*

*But no pun in ten did.*

## COMING EVENTS

### SATURDAY 10<sup>th</sup> DECEMBER CHRISTMAS PARTY SOCIAL

**Leader:** Jan Nelson Ph: 0401 030 137 or [jannelson703@gmail.com](mailto:jannelson703@gmail.com)  
**Meet at:** Morgan Howe Centre, Holy Family Church,  
37 Ward St Indooroopilly (under the Church)  
**Time:** 6.30pm  
**Cost:** \$30 (to be paid to BCBC bank account – details below)  
**Web:** <https://holyfamilyindooroopilly.net.au/>  
**RSVP by:** Monday 5 December

This year's Christmas Party will be held in The Morgan Howe Centre which is located under the Holy Family Church at 37 Ward St Indooroopilly. The function is timed to commence at 6.30pm so that those who wish to do so can attend the 5.30pm Mass. The Church does not have a carpark, so park on the street.

There will be nibbles, a two-course dinner, tea/coffee and the traditional trivia. BYO drinks and drinking vessel.

For catering purposes, early nominations would be appreciated. Please nominate via phone or email and deposit \$30 into the Club's RACQ Bank account:

BSB: 514 179

Account No: 1567184

Reference: Xmas Surname

Contact me by phone or email if you have any queries or if you wish to assist with preparing the food, setting up or serving food. Assistance with cleaning/packing up at the end of the event would also be appreciated. Jan

*The only thing I have planned for today is to get a new pair of glasses.  
Then I'll see what happens.*

### WEDNESDAY 14<sup>th</sup> DECEMBER DAISY HILL RESERVE And Cuddly Koalas STROLL



**Leader:** Prasada Vajjhala Ph: 0402 964 854  
**Meet at:** Springwood Rd at Trevallyn Drive; Stop ID: 310488  
**Time:** 2.10pm  
**Bus:** 1.09pm @ Elizabeth St, Stop 82 (back of Myer Centre) Route 555 *Loganholme*.  
Change at Springwood Busway Station, Pl 3, to Bus 574 *Loganholme*  
**Driving:** Park in Springwood Rd, cnr Trevallyn Dr, rather than the Koala Cntr in the Park  
**Cost:** Free  
**Grade:** M32  
**Location:** Springwood / Daisy Hill  
**Distance:** 12km @ 3½hr  
**Height:** Max: 121m; Min: 63m; Total Uphill combined; 203m; And Down: 207m  
**Sunset:** 6.38pm End of Twilight: 7.04pm  
**Web:** <https://www.openstreetmap.org/#map=16/-27.6211/153.1695>  
**End:** Springwood Rd at Kinloch Road; Stop ID: 310486  
**Bus:** 5.31pm Bus 575 *Loganholme* from above; change at Stop B, Loganholme onto  
Bus 555 *City* – This Bus goes to the City along the Busway  
**Emerg Off:** Prasada Ph: 0402 964 854 Bring this number with you

When I was planning the *Creek Series* of Strolls, I started to run out of creeks. I looked further afield – only small creeks remained; Buhot Ck was one of these, up at Daisy Hill. Then I realised the Koala Reserve itself deserved a Stroll.

The starting place is the Bus Stop at cnr Trevallyn Dr, and not the Koala Centre - there is a back way into the Reserve. Once in the park, the first point of interest is a very quick visit to the Koala Centre building. Ahhh, cute and cuddly.

Off again into the bush, going around the Reserve in an anti-clockwise circuit. Visit the creeks, an old quarry, get views over the southern suburbs, walk through eucalypt forests, see the headwaters of Buhot Creek, and more.

This Stroll is in the bush – with dirt tracks containing tree roots, rocks, and all that; up hill & down dale, crossing creeks – but all on man-made formed graded tracks.

Prasada is doing a pre-outing to make sure he knows all the turnoffs. He will also be tying stuffed Koalas in the trees for you to spot. There may even be a prize for the Stroller who finds the most of these delightful big toys.

Come along on this “different” Stroll led by one of our star performers. Greg

*Patient: Doctor, doctor! I think I have a problem with my ear.*

*Doctor: Which ear is it?*

*Patient: Almost 2023!*

**THURSDAY 15<sup>th</sup> DECEMBER**  
**LYREBIRD LOOKOUT & MOONLIGHT CRAG**  
via Balancing Rock  
(O'Reilly's Western Cliffs)  
**DAYWALK**  
**NEW**

**Leader:** Phil Murray Ph: 0416 650 160  
**Meet at:** St Brigid's, 78 Musgrave, Rd Red Hill  
**Time:** 7.00am  
**Cost:** \$25  
**Grade:** M33  
**Dist:** 10km  
**Location:** O'Reilly's Western Cliffs, Lamington Plateau  
**Web:** <https://www.aussiebushwalking.com/qld/se-qld/lamington-np/moonlight-crag-balancing-rock-castle-crag>  
**Emerg Off:** Sue Murray Ph: 0420 510 214

The walk is a circuit starting and finishing at O'Reilly's. Initially we will walk past the units at O'Reilly's. Our group then descend down to Moran's Creek via the Wishing Tree Track. Then up to Balancing Rock where we head back along the ridgeline and follow an old pad near the escarpment up to Moonlight Crag. After this, the party goes on to Orchid Grotto Lookout and thence Lyrebird Lookout. We then turn left and head towards the Border Track and back to the carpark.

This walk gets a write up in the book *Take a Walk in South East Queensland*. (2010) by John and Lyn Daly. But their walk also visits Moran's Falls and Castle Crag. So, we will be doing a shorter version. See page 214 where they suggest it will only take 4 hours.

Bring the usual daywalk stuff; especially 2 litres of water. Ensure you have a change of clothes and shoes for the end of the trip. I tried to get this walk out on 27<sup>th</sup> November this year but we didn't get any drivers for the trip and it had to be cancelled. I am very keen to do this walk this year. If it is raining I will do another trip. Phil.

### **FRIDAY 16<sup>th</sup> DECEMBER DRINKS & DINNER SOCIAL**

**Leader:** Jan Nelson Ph: 0401 030 137  
**Meet at:** The Transcontinental Hotel,  
482 George St, City (Opposite the entrance to Roma Street Station)  
**Time:** 4.30pm onwards  
**Cost:** Food from \$20 for main course  
**Web:** <https://transhotel.net.au/>

It has been quite a while since we visited the Transcontinental Hotel.

This Hotel is in a very convenient location in George Street opposite Roma Street Station, so easily reached via either train or bus.

The menu is varied and prices reasonable. We generally order dinner between 5.30-6pm, so it is not a late night.

Come along and join us for a relaxing chat and catch-up - and an escape from the busyness of the Christmas season. Visitors are very welcome.

*Where do people in Egypt go for back problems?  
To the Cairo-practor.*

### **WEDNESDAY 21<sup>st</sup> DECEMBER KENMORE to INDOOROPILLY Via Marshall La & UQ Mine STROLL**

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** Moggill Rd at Marshall Lane, Kenmore, Stop 33, Stop ID: 010376  
Opposite the Kenmore Tavern  
**Time:** 3:45pm @ Kenmore  
**Bus:** Route 433 Kenmore South @ 3.09pm from Ann St Stop 12 at City Hall, opp Mercure Hotel  
**Cost:** Free  
**Grade:** S21  
**Location:** Kenmore, Fig Tree Pocket, Indooroopilly  
**Distance:** 7½km @ 2hr  
**Height:** Max: 53m; Min: 7m; Total Uphill combined; 179m; And Down: 183m  
**Web:** <https://www.openstreetmap.org/#map=16/-27.5108/152.9620>  
**End:** Indooroopilly Railway Station OR the Shopping Centre Bus Interchange  
**Dinner:** At the Indooroopilly Hotel?  
**Emerg Off:** Greg Ph: 0418 122 995      Bring this number with you

This is a short sharp Stroll in territory familiar to us. You will be crossing a few routes done already – though not following them all that much.

Come see some new “things” – some you never knew existed – such as the Qld Uni Mine. Yep, a mine site in the middle of town. Believe me, it exists. And for a small part of the route, you follow the intended path of the Centenary Highway extension to the Moggill Ferry and Toowoomba – you did the last part to Brookfield earlier in the year, so now do the first part.

You will also try out skills on a Driver Training Track. See a big school. Look over a mine. See a member's home. Stay on for dinner at the Indroo Pub.

This one is not completely flat – who tunnels a mine at river level? But they are not mountains (or even hills) – just normal Brisbane suburbia.

Come with me on this adventure through the back blocks of Kenmore & Indooroopilly 0 you will not regret it.

*How do pickles celebrate their birthday?  
They relish it.*

**THURSDAY 22<sup>nd</sup> DECEMBER**  
**BLUE POOL**  
**(West Canungra Creek Circuit)**  
**SUMMER SOLSTICE**  
**DAYWALK**

**Leader:** Phil Murray Ph: 0416 650 160  
**Meet at:** St Brigid's Red Hill  
**Time:** 7.00am  
**Cost:** \$25  
**Distance:** 14km  
**Height gain:** 400m ascent from Blue Pool  
**Grade:** M34  
**Location:** O'Reilly's Section of Lamington  
**Web:** <https://www.aussiebushwalking.com/qld/se-qld/lamington-np/west-canungra-creek-circuit>  
**Emerg Off:** Sue Murray Ph: 0420 510 214

Come on a lovely, graded track walk at O'Reilly's. It is a medium 14km trip through lush green rainforest. It is also known as the West Canungra Creek Circuit and by whatever name it is a great walk. We will do the circuit in a clockwise direction. So, down to Blue Pool first and then up the track beside West Canungra Creek to Elabana Falls and then back to O'Reilly's along the Border Track. For the very keen swimmers in the club, they can have a quick swim at Blue Pool.

There are a few creek crossings but nothing too deep as most crossings should be no more than a few centimetres deep. Please bring walking poles to assist at the crossings. Bring the usual daywalk stuff and a change of clothes for the end of the walk.

The walk is on the day of the summer solstice – 22<sup>nd</sup> December at 7:48am Brisbane time. Sunrise is at 4:49am and sunset at 6:42pm. Daylight hours is 13hr 52min :55sec. This day is a miniscule 1 second longer than the day before. I always thought the solstice was on the 21<sup>st</sup> Dec but not this year. Hobart gets 15hr 21min of daylight on this day and the sunset is at 8.50pm.

Book Reference –

John & Lynn Daly, *Take a Walk in South East Queensland* see page 223 for the Blue Pool walk Phil

*What is a New Year's resolution?  
Something that goes in one year and comes out the other*

**MONDAY 26<sup>th</sup> DECEMBER**  
**BRIDGES of BRISBANE**

## DAYWALK NEW

**Leader:** Phil Murray Ph: 0416 650 160, [philmurray16@gmail.com](mailto:philmurray16@gmail.com)  
**Meet at:** St Stephen's Cathedral Park, at the stairs near the Elizabeth St entrance  
**Time:** 8:30am  
**Cost:** Free, but Bring your GoCard  
**Grade:** M22  
**Location:** The CBD, New Farm, The Valley, Petrie Bight, Southbank, North Quay  
**Distance:** 12km  
**Web:** <https://www.openstreetmap.org/#map=15/-27.4666/153.0417>  
**Emerg Off:** Sue Murray Ph: 0420 510 214

I was keen to do a walk on Boxing Day but driving on the highways is a recipe for traffic jams so the plan is a city walk instead that can be accessed by train, bus or ferry.

We will meet at St Stephen's and do a circuit of the walkways beside the river and over 6 bridges.

The party will catch the 8:45am CityCat to the New Farm terminal and walk back towards the City and walk up through the Botanical Gardens. Our group then walks around the Point and then cross the river via the Goodwill Bridge. We will have a short break on the Bridge. Then we will meander through Southbank and cross the Victoria Bridge. From here, we head along North Quay to the Kurilpa Bridge. We will have lunch on the lawn near Kurilpa Point so please bring your own lunch.

After lunch the group zips across the Go Between Bridge, go back along the William Jolly Bridge, through the State Library precinct and through Southbank again, and back over the Goodwill Bridge. Lastly, back to the Cathedral.

A very easy walk: I hope you can join me. The last time I did this walk I got very "foot sore" so, although it is very easy, it can be hard on the feet.

I did this walk on 1<sup>st</sup> December but the numbers were down as we had a cold, wet and windy day which was a strange start to summer and it was the coldest day on record for a December day. Anyhow this is one of my favourite walks and I hope you enjoy it too. Phil

*Why did the Archaeopteryx catch the worm?  
Because it was an early bird!*

## WEDNESDAY 28<sup>th</sup> DECEMBER KEPERRA Stn to GAYTHORNE Stn Via Mitchelton STROLL

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** Keperra Station  
**Time:** 3pm  
**Train:** 2.22pm Roma Street Stn Pl 6, Ferny Grove train (Based on non-holiday timetable)  
**Cost:** Free  
**Grade:** S11  
**Distance:** 9.99km @ 2½hr  
**Location:** Keperra, Grovely, Mitchelton, Gaythorne  
**Height:** Max: 84m; Min: 32m; Total Uphill combined; 114m; And Down: 130m  
**Web:** <https://www.openstreetmap.org/#map=16/-27.4117/152.9734>  
**Emerg Off:** Greg Ph: 0418 122 995 Bring this number with you

If you have never been on a Stroll, or are a lapsed Stroller, here is one for you. It is easy to get to, is not too long, and goes through a mixture of suburbia and bush. It is an ideal Stroll to come along on in order to meet us. What better way to spend an afternoon during the holiday period.

This is a Stroll I discovered during one of the Covid lockdown periods when we were restricted to 5km of home. Michele & I wandered around our local area and stumbled on this lovely creek parkland.



The first part is through Keperra, following forgotten easements between streets. Once over Samford Rd, you shall be in the land of the unnamed creek – searching around for its various headwaters, then following it down to where it meets Kedron Brook, as well as looking at lovely old wooden Queenslanders.

The last part is meandering to Gaythorne Station following dead-end back streets through an old part of the suburb.

What more do you want during this holiday time but a short simple Stroll. It could still be warm mid-afternoon, or even wet. Be prepared. Stroll off those excess kilos you put on over the big eating & drinking days of Christmas.

Mid-week track closure - Beenleigh, Cleveland and Gold Coast lines

<https://translink.com.au/updates/187706>

Last reviewed: Thursday 1<sup>st</sup> December

- Start: First service Wednesday 28<sup>th</sup> December
- End: Last service Friday 30<sup>th</sup> December
- Affected lines: Beenleigh, Cleveland and Gold Coast/Airport
- Timetabled railbuses will replace trains from Roma Street and Park Road to Cannon Hill and Moorooka stations.

Railbus routes

- | • Route   | Destinations                          | Times                 |
|---|---------------------------------------|-----------------------|
| • R580  | Express Cannon Hill to Roma Street    | AM and PM peaks       |
| • R581  | All stations Cannon Hill to Park Road | First to last service |
| • R582  | Express Cannon Hill to Park Road      | First to last service |
| • R591  | All stations Moorooka to Park Road    | First to last service |
| • Cleveland line trains will resume normal service on Saturday 31 <sup>st</sup> December.   |                                       |                       |
| • Next normal service: Beenleigh Gold Coast/Airport lines will continue to be affected after this closure, from Saturday 31 <sup>st</sup> December to Monday 2 <sup>nd</sup> January. |                                       |                       |

*In the Travel Section of Weekend Australian - Travel Supplement of 12-13 Feb 2022, page 16 under the heading 'Down Memory Lane' is an online contribution from Senza Piombo as follows -*

*Tasmania in the 1960s, Premier Eric Reece (Electric Eric) once said of the tourism industry, "These bushwalkers come here for a fortnight with one shirt and a 10 pound note. And they don't change either of them."*

## THURSDAY 29<sup>th</sup> DECEMBER ILLINBAH CIRCUIT DAYWALK NEW

**Leader:** Phil Murray Ph: 0416 650 160

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

**Time:** 7.00am

**Cost:** \$25

**Distance:** 17km

**Height gain:** 400m ascent

**Grade:** M34

**Location:** On the Coomera River just below Binna Burra in Lamington NP

**Web:** <https://www.aussiebushwalking.com/qld/se-qld/lamington-np/illinbah-circuit>

**Emerg Off:** Sue Murray 0420 510 214

Come on a lovely, graded track walk at Binna Burra. It is a medium 17km trip through lush green rainforest. We will do the Circuit in an anti-clockwise direction. So, from the Information Centre down to river first and then up the track beside Coomera River to Gwongoorool Pool (I will time for a quick swim here). Then back to the Information Centre.

There are a few creek crossings and we may get our feet wet but nothing too deep. If time permits, we have a quick detour to look at the caves on the Caves Circuit.

Please bring walking poles to assist at the crossings. Bring the usual daywalk stuff and a change of clothes for the end of the walk.

Book Reference –

John & Lynn Daly, *Take a Walk in South East Queensland* see page 187 for the Illinbah Circuit. Phil

*Why did the elephant cross the road?*

*It was the chicken's day off.*

**TUESDAY 3<sup>rd</sup> JANUARY**  
**M<sup>t</sup> GLORIOUS**  
**DAYWALK**  
**NEW**

**Leader:** Phil Murray Ph: 0416 650 160  
**Meet at:** St Brigid's carpark, 78 Musgrave Rd Red Hill  
**Time:** 7:30am  
**Cost:** \$15  
**Distance:** 19km  
**Grade:** L23  
**Location:** North of Brisbane beyond The Gap  
**Web:** [https://parks.des.qld.gov.au/data/assets/pdf\\_file/0020/162650/south-daquilar-walking-map.pdf](https://parks.des.qld.gov.au/data/assets/pdf_file/0020/162650/south-daquilar-walking-map.pdf)  
**Emerg Off** Sue Murray Ph: 0420 510 214

This is a lovely set of graded track walks up at Mt Glorious. The walks are through rainforest and along easy graded tracks.

- The first walk begins at Jolly's Lookout where we will do to the **Boombana Track** (also called the Thylogale Track) and it is about 8km return. We will have morning tea back at the picnic grounds.
- Then we will drive to Manorina where we will walk the **Morelia Track** to the Mt Nebo Lookout. 6km return
- Then we will head out to Maiala Picnic Ground where I plan to have lunch and then do the walk to **Green Falls**, 5km return

See the book by John & Lyn Daly *Take a Walk in South East Qld* at page 30, 31 & 32 for further information and maps. The walking on this trip is fairly flat with no steep grades.

It should be an easy day of walking with very little in our back packs.

Join me on the first walk of 2023.

Phil

**WEDNESDAY 4<sup>th</sup> JANUARY**  
**BBQ at GAP CREEK RESERVE**  
**SOCIAL**

**Leader:** Jan Nelson Ph: 0401 030 137  
**Meet at:** Gap Creek Reserve, Gap Creek Rd, Mt Coot-tha  
(Along the road between The Gap and Kenmore)  
**Time:** 5.00pm  
**Web:** <https://en.wikipedia.org/wiki/Barbecue>

Instead of a Coffee Night for January we are having a BBQ at Gap Creek Reserve, a beautiful area of parkland at the base of Mt Coot-tha. The venue is easily accessed along Gap Creek Road from either Kenmore or The Gap.

<https://www.openstreetmap.org/#map=18/-27.47824/152.92764>

There are large shelter sheds covering the tables and BBQs, so even in the event of showers, the event can still proceed. There are no lights at the park, but we will bring along some lights. It is suggested that you bring a torch for returning to your car or using the toilet facilities after dark.

Please bring your own food and drinks, plus you may wish to bring along something to share for nibbles or dessert.

There will also be some lawn games for those who wish to participate.

Please give me a call if you have any queries or to nominate.

*Two atoms are running down the road and they run into each other.*

*One asks the other, 'Are you all right?'*

*'No, I've lost an electron!'*

*'Are you sure?'*

*'Yes, I am positive!'*

**SATURDAY 7<sup>th</sup> JANUARY**  
**GHEERULLA CIRCUIT**  
**DAYWALK**  
**NEW**

**Leader:** Michele Johns Ph: 0414 635 542  
**Meet at:** St. Brigid's Carpark, Red Hill  
**Time:** 7.00am  
**Grading:** M34  
**Cost:** \$20  
**Location:** Mapleton National Park  
**Web:** <https://www.aussiebushwalking.com/qld/se-qld/mapleton-np/gheerulla-valley-circuit>  
**Emerg Off:** Graham Glasse Ph: 3371 9623

This is a walk that is seldom done by the Club, the last time was in 2014. We will start walking from the Thilba Thalba Walkers Camp coming in from Delicia Road, in the Mapleton National Park. This is a great vantage point for views looking towards the Gheerulla Valley and down towards Kenilworth.

From here, the party will head west, with the Thilba Thalba viewpoint our first place of interest with great views of the Mary Valley and River looking north and the Gheerulla Valley to the South. Depending on the time, we may stop here for morning tea. Next, on a narrower path we will come to the Gheerulla Bluff. Here there are also great views of the surrounding area.

After leaving the Bluff, we will zig-zag down to the Gheerulla camping and trail bike area. Back in 2014, this was a dry creek bed. With all the rain of late, there should be water flowing in the creek.

After leaving the creek, there will be a steady climb out of the valley following the creek for a short while, with sections of rain forest. Gheerulla Falls, is 100m from the main track and should there be rain leading up to the walk, will be quite a spectacle.

Come join me in a lovely part of South East Queensland.

Michele Johns

*Doctor: See, I told these knee braces would fix your problem.*

*Patient: I stand corrected!*

**WEDNESDAY 11<sup>th</sup> JANUARY**  
**GAYTHORNE RSL DINNER**  
**SOCIAL**

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** Gaythorne RSL, 534 Samford Rd, Mitchelton  
**Entrance:** 19 Tel El Kebir St at the back of the building, through the carpark to the entrance steps. Near the corner with Heliopolis Pde  
**Time:** 6pm  
**Cost:** \$16 to \$39  
**Reason:** Fund raising for St Vinnies  
**Location:** Mitchelton – opposite the Council library  
**Web:** <https://gaythornersl.com.au/home/>

[https://gaythornersl.com.au/wp-content/uploads/2022/08/Gaythorne\\_RSL\\_Menu\\_August\\_2022.jpg](https://gaythornersl.com.au/wp-content/uploads/2022/08/Gaythorne_RSL_Menu_August_2022.jpg)

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

**RSVP: 8pm Sunday 8<sup>th</sup> – But earlier is better**

This is our traditional January Coffee Night. – an added bonus is our collection for St Vincent de Paul by a paper note donation to Terry.

The “G”, as it is known, is our favourite RSL Club in that it is not too noisy, not too full, has good bistro meals, drinks on tap, quick service, only a singer and no band, is in a convenient location, has plenty of parking, a lot of us are members (\$1 for lifetime membership – bring along an ID photo such as a drivers licence), discounts to members, and we can stay and chat.

This is an ideal night to chat with friends and acquaintances to catch up on all the happenings over the Christmas break. Find out what we did, tell us what you did, ask about future holiday plans, or just catch up on family happenings.

Here is the opportunity for our newer and not-so-often seen members to come along and tell us your latest news. This is not just for the regulars – everyone is welcome. Bring the spouse, bring the kids, bring your friends, bring the neighbour. Bring anyone and everyone with you. We will be scrubbed and well dresses – not in our grubby sweaty bushwalking clothes. And if you forgot to ring me to nominate, still come along.

This has always been a great night to catch-up.

Don't forget to bring a note or two for your donation to Vinnies. With all the support they give to the disadvantaged in the lead up to Christmas, their coffers are depleted. Every bit helps.

See you there on Wednesday 11<sup>th</sup>.

*I went to buy some honeybees from a beekeeper. I ordered 12 but she gave me 13.*

*“Don't worry about it,” she said. “It's a freebee.”*

### 14<sup>th</sup> to 24<sup>th</sup> JANUARY THE TASSIE TRIP A ROVING BASECAMP (Accommodated Trip)

**Leader:** Phil Murray Ph: 0416 650 160 Or [philmurray16@gmail.com](mailto:philmurray16@gmail.com)

**Walking Type:** A series of daywalks

**Accommodation:** A mixture of motels and huts.

***Nominate NOW to Phil***

The itinerary has been updated a bit to fit in a few more walks especially the Pieman River (Whyte River walk) in the Tarkine Forests.

#### Proposed Itinerary

Day	Day	Date	Walks	Dist	Stay Overnight
1	Sat-	14 <sup>th</sup>	<i>Fly to Hobart by 1.30pm</i> Tessellated Pavement walk & Devils Kitchen & Blowhole	3km	Port Arthur area
2	Sun	15 <sup>th</sup>	Crescent Bay & Mt Brown	10km	Port Arthur area
3	Mon	16 <sup>th</sup>	Cape Raoul	14km	Mt Field
4	Tue	17 <sup>th</sup>	Tarn Shelf & Lake Webster	14km	Mt Field
5	Wed	18 <sup>th</sup>	Mt Field West	12km	Mt Field
6	Thu	19 <sup>th</sup>	Mt Wedge and The Needles	7 & 3km	Mole Creek cabins
7	Fri	20 <sup>th</sup>	Walls of Jerusalem (the Temple)	20km	Mole Creek cabins
8	Sat	21 <sup>st</sup>	Cradle Mtn	12km	Mole Creek cabins
9	Sun	22 <sup>nd</sup>	Mt Donaldson & Pieman River Walk	10km 6km	Corinna Wilderness Village
10	Mon	23 <sup>rd</sup>	Montezuma Falls or Pieman River Cruise	10km	Hobart area
11	Tue	24 <sup>th</sup>	Mt Wellington -Organ Pipes walk <i>Fly back about 7pm</i>	8km?	home

The trip will be a series of daywalks. There is still some flexibility as to what walks we do as we can't guarantee what the weather will do, and we may need to change the above plan to cater for the vagaries of the weather.

Please contact me on Ph: 0416 650 160 if you are interested. At present there are only 2 definite starters (Khaleel and Phil). Please advise your interest as soon as possible as time is very quickly running out for doing the planning, booking flights, motels, cars etc.

A more detailed itinerary is available if you want a copy please advise. Phil

**WEDNESDAY 18<sup>th</sup> JANUARY**  
**SPRINGFIELD TO SPRINGFIELD CENTRAL**  
**Rail #11**  
**STROLL**

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** Springfield Station (The second last station, not the terminus; The station after Richlands)  
**Time:** 2.21pm  
**Train:** 1.45pm Springfield train from Roma St Station PI 8 – Arr: 2.21pm; Carriage #3  
**Cost:** Free  
**Distance:** 16km @ 4+hr  
**Grade:** M22  
**Location:** Springfield, Springfield Lakes, Habitat Springs, The Promenade, The Peninsula, Lakes Entrance, Tim Apelt Park, Springfield Central, Robelle Domain  
**Heights:** Max: 92m Min: 41m Gain Overall: 161m Loss Overall: 204m  
**Tides:** Who cares, you are nowhere near the ocean or the River  
**Sunset:** 6.44pm and fully Dark at 7.09pm  
**Moon:** Sets: 3.05pm  
**Web:** <https://www.openstreetmap.org/#map=15/-27.6709/152.9189>  
**End:** Springfield Central Station @ 6.39pm to Roma Street & Redcliffe  
**Emerg Off:** Greg Ph: 0418 122 995 *Bring This Number With You*

Well, our first Stroll of 2023, the first one in 3 weeks, and the first one after the excesses of Christmas/New Year.

In order for you to slim down and lose those extra kilos gained by eating & drinking too much over the holiday period, I have put on a looongish Stroll to help you get into shape.

This one is the last of the Springfield Branch Railway series, so is the easiest "Rail Series" to complete in full. However, except for the 2 Stations, you won't be seeing the actual railway. In fact, you will be nowhere near it. So much for the "Rail Series." It will be a good Stroll though, to finish off this side of the Brisbane rail lines. Besides, who has ever been to Springfield, let alone Strolled around it?

Springfield is a suburb you may have driven through, but probs never stopped at. This time you will fully appreciate the concept of a planned sub-division. Come look at the newish houses, the gardens, the parks, the creeks, the schools, the churches, the shopping centre, the "Keep Out" signs of the Greenbank Army Camp. There is even a Mater Hospital out there.

I have found every park, creek, remnant bush left by the developers and are joining them up by my cunning track through this delightful area. A lot is track-walking along the various creeks in the area (one is Opossum Creek which we Strolled beside last year, now you will discover its headwaters), along quite suburban streets, through Tim Apelt Park (Tim was a past President of BCBC and worked for the developer), and into the education & scientific hub of The Central.

This Stroll is on the longer side of Strolls, but we should be able to keep moving and complete it in the 4 hours predicted. It is the middle of Summer; however, a later start cannot be contemplated – be sun smart as well as bring water. After the slackness of Christmas, this Stroll is just what you require.



There is nothing difficult, no great mountain to climb, no creeks to walk through, no scrub to bash your way through, no big animals to scare you. Not even any long grass. Just ducks, water dragons, rosellas, lovely trees, green vegetation, lakes, creeks, and railway stations.

Come on this new adventure with me and explore this new area for us.

*Knock, Knock!*

*Who's there?*

*Dishes.*

*Dishes who?*

*Dishes a real nice place!*

## **FRIDAY 20<sup>th</sup> JANUARY DRINKS & DINNER SOCIAL**

**Leader:** Jan Nelson Ph: 0401 030 137  
**Meet at:** The Red Brick Hotel, 83 Annerley Rd, Woolloongabba, (Cnr Stephens Rd)  
**Time:** 4.30pm onwards  
**Cost:** Food from \$16.50 for main course  
**Web:** <https://redbrickhotel.com.au/>  
**Bus:** Route 112 & 116 - Stop 8, Annerley Rd at Lockhart Street, Stop ID: 001198;  
AND 107 & 202 at Stop 8, Stephens Rd near Annerley Rd, Stop ID: 001196  
OR: is a short walk from Boggo Road Busway Station  
**Train:** Is a short walk from Park Road Station

The first Drinks & Dinner for 2023 will be at the Red Brick Hotel. This hotel was built in 1890 for Thomas Burke and was initially named Burke's Hotel. It was later renamed the Red Brick Hotel because of the red £10 notes, known as bricks, which were used by the bookies in the public bar when settling bets. The hotel is heritage listed and has interesting architecture. It is easily accessed either by bus or train.

This has been a popular venue for the Club to visit in the past, so come along and join us for a nice meal and a new year catch-up.

*What happened to the man who fell into the upholstery machine?*

*Don't worry, he's fully Recovered*

## **SUNDAY 22<sup>nd</sup> JANUARY PALM BEACH TO COOLANGATTA DAYWALK**

**Leader:** John Carter Ph 0433 279 771  
**Meet at #1:** St Brigid's 78 Musgrave Rd Red Hill  
**Time #1:** 6:15am at Red Hill  
**Meet at #2:** The Pirate Carpark at Palm Beach, 945 Gold Coast Hwy, Palm Beach  
**Time #2:** 7:45am at Pirate Carpark  
**Cost:** \$25 + bus fare  
**Grade:** S22  
**Location:** Palm Beach, Currumbin, Snapper Rocks, Tugun, Bilinga, Kirra, Greenmount, Rainbow Bay, Snapper Rocks, Point Danger, Duranbah, Tweed River, Coolangatta  
**Web:** <https://australiayourway.com/gold-coast-beaches/>  
**Map:** <https://www.openstreetmap.org/#map=14/-28.1529/153.5057>  
**Emerg Off:** Phil Murray 0416 650 160

This is an interesting walk on the Gold Coast in the middle of summer. The distance of the walk is approximately 9km.

The walk is a chance to see the huge Summer king tide. One of the quirky features of the walk is that we walk along a boardwalk beside Currumbin Creek that is about 5cm under water. I also want to

check out the pedestrian bridge that goes under the road bridge at Thrower Drive. The water will cover the pedestrian bridge by about 15cm at the top of the tide.

The predicted high tide at Snapper Rocks is 2.27m at 8.34am. Hence the early starting time.

The plan is to park our cars at the Pirate Carpark, then traipse across Palm Beach to the rockwall on the northern side of the Creek, then do a quick loop around the lagoon at the entrance of Currumbin Creek. Next, the party will meander along the boardwalk towards the highway. The boardwalk here will probably be a few centimetres under water which is very interesting (and safe). We then walk down past the Currumbin Oval and cross the Creek just before the M1 Freeway. The pedestrian bridge here is actually the old South Coast Railway line bridgework. Our group will then walk up the other side of Currumbin Creek towards the river-mouth.

We will have morning tea along here as there are several picnic shelters. Afterwards, the party will head out towards Currumbin Rock to do a quick walk around it. We will walk along Currumbin Beach and have a quick look at Elephant Rock. Hopefully, the tide will start dropping quickly. We then head east (south) towards Coolangatta along Tugun Beach, Bilinga Beach and then Kirra Beach. It usually only takes about 90 minutes to do this section. Lunch will be near Kirra Headland or alternatively on Coolangatta Beach. After lunch, we will walk past Greenmount Beach, past Rainbow Bay, Snapper Rocks and up to Point Danger and then down to Duranbah Beach. Following this, we walk back beside the Tweed River to the Twin Towns Services Club and into the Coolangatta shopping Centre to catch a bus back to Currumbin.

Recommended footwear is "cros" as they provide better support than thongs, plus, they are so easy to get on and off when we walk through the water

Bring the usual daywalk stuff, plus I suggest you bring at least 2 litre of water as it will probably be warmish. I recommend you bring a thermos of cold water for the end of the walk to be left in the car. Expected finishing time of the walk will be about 3pm

Low Tide	01:49am	0.31m
High Tide	08:34am	2.27m
Low Tide	03:15pm	0.34m
High Tide	08:56pm	1.52m.

Phil

### **WEDNESDAY 25<sup>th</sup> JANUARY** **M<sup>t</sup> COOT-THA to THE GAP** **Via the Bardon Bushland Reserve** **STROLL**

**Leader:** Greg Endicott Ph: 3351 4092  
**Meet at:** Mt Coot-tha Lookout Bus Stop; Stop ID: 001406 (Just put these 6 digits in the Translink *Journey Planner* in "End Location")  
**Time:** 4.10pm  
**Bus:** 3:32pm Bus 471 Mt Coot-tha @ Ann Street Stop 7 at Anzac Square Stop ID: 000007 (Opposite Central Station); OR  
 3.42pm @ Baroona Rd at Baroona Shops, stop 7 Stop ID: 000918 (Near Milton Rail Station), OR  
 3:59pm @ Mt Coot-tha Rd at Botanic Gardens, Stop 19  
**Driving:** There is no easy way to get back to the beginning from the end  
**Cost:** Free  
**Distance:** 8¼km @ 2½hr  
**Grade:** S32  
**Location:** Mt Coot-tha, Bardon, St John's Wood, The Gap  
**Heights:** Max: 239m Min: 40m Gain Overall: 263m Loss Overall: 432m  
**Sunset:** 6.45pm and fully Dark at 7.10pm  
**Moon:** At Its Highest: 3.06pm Set: 9.29pm  
**Web:** <https://www.openstreetmap.org/#map=15/-27.4645/152.9346>  
**End:** Waterworks Rd at Greenlanes Road, stop 28/27; Stop ID: 004117  
**Buses:** 380; 381; 382; 383; 385  
**Emerg Off:** Greg Ph: 0418 122 995 *Bring This Number With You*

This is an interesting track-Stroll across Mt Coot-tha. It begins at our favourite spot – the Lookout Bus Stop, then follows the tracks to Chanel 9 and across Simpson's Falls to Chanel 10. From here, you shall follow the tracks down to a few houses above the old Gap Quarry (now The Gap Tavern), down even more to the Bardon Bushland Reserve, and then out to the Energex substation is the back blocks of St John's Wood and onto the Ambulance Station on Waterworks Rd at The Gap.

We attempted this once before; however, I got lost in the many un-signposted tracks in this part of the forest. But it was fun. This time, I shall follow that little blue arrow on my phone so I can know when to turn and when not to.

The graded tracks up the top are good and well used. Those below Chanel 10 are steeper, may get a but washed out, and are less used. It shall be a good adventure for the holiday period. Simpson's Falls are impressive – even without water flowing over them – I do want to see them in flood; but not today. You may even come across a little elfin grotto. And do not forget the mysterious "Communications Site B" out of sight out on it's lonesome in the middle of the bush.

The eucalypt forest on Mt Coot-tha is beautiful with tall, majestic trees amongst their little cousins; callistemons, banksia, paper barks and more. A bit too late for flowering trees and shrubs.

Come along with me on this exciting Stroll investigating the tracks on the back end of The Mount.

*A young weasel walks into a bar. The bartender takes one look at him and says, "You're underaged. I can't serve you beer."*

*The weasel asks, "Okay, so what can I have?"*

*The bartender replies, "I have bottled water, juice, energy drinks, and pop."*

*"Pop!" goes the weasel.*

### **THURSDAY 26<sup>th</sup> JANUARY TOOLONA CREEK CIRCUIT DAYWALK**

**Leader:** Phil Murray Ph: 0416 650 160  
**Meet** St Brigid's 78 Musgrave Rd Red Hill  
**Time** 6.30am  
**Cost** \$25  
**Grade** L35  
**Location:** A link track between O'Reilly's and the Border Track in Lamington NP  
**Web:** <https://www.alltrails.com/trail/australia/queensland/toolona-creek-circuit--5>  
**Emerg Off:** Sue Murray 0420 510 214

This walk is a lovely walk up at O'Reilly's. It is only 18km and is along a graded track but there are a few creek crossings. We start at O'Reilly's and will be descending to Picnic Rock and then visit Elabana Falls. After this, along Toolona Creek and up to Wanungra Lookout on the Border Track. We have lunch up near Wanungra Lookout. There are some nice views from here down to Mt Warning and the Tweed Valley. Then it is an easy return walk to O'Reilly's along the Border Track.

Bring the usual daywalk stuff, including at least 3 litres of water as it will probably be warmish. Make sure you bring a mug to have a cup of tea with your Lamington cake at lunch time. Plus, bring all the usual day walk stuff and a change of clothes and shoes for the end of the trip.

This walk is also designed to commemorate the 65<sup>th</sup> Anniversary of the Club's first walk. The Club was formed at a meeting in January 1958. Our first ever official trip after that meeting was a weekend camp at O'Reilly's and the first walk was the Toolona Creek Circuit and the date was Saturday 25<sup>th</sup> January. So, to mark the occasion we are retracing the steps of the Club's first official walk. I have tried to do this walk the last 2 years and both times we were thwarted by bad weather; hopefully it will be third time lucky.  
Phil

### **SATURDAY 28<sup>th</sup> JANUARY OBI OBI CREEK LILO TRIP**

## DAYWALK

**Leader:** Phil Murray Ph: 0416 650160  
**Meet:** St Brigid's carpark Red Hill  
**Time:** 6.30am  
**Cost:** \$25  
**Distance:** 12km  
**Grade:** M66  
**Location:** Sunshine Coast Hinterland.  
**Web:** <https://sites.google.com/site/acaciacanoes/trip-preparation/white-water-trips/white-water-trip-details-2-5> Obi Obi Creek (Baroon Pocket Dam to Kenilworth Road)  
**Emerg Off:** Sue Murray Ph: 5522 9702

The Obi Obi lilo trip is a classic. The date we go out is usually dependent on the rains. In 2019 we went on 24<sup>th</sup> March. The trip is rain dependent and hopefully we will go again on 28<sup>th</sup> January.

It is just such fun paddling down through the Narrows gorge. Last time we did it we only went halfway down which made it a much shorter trip.

Hopefully we can do the full trip which is about 11km long and we spend about 10km in the water. There are about 12 long pools joined by zippy stretches of moving water. Some are wonderful mini-waterfalls and sometimes they are babbling brooks that bounce along under the overhanging rainforest.



**BENNO AND I BEFORE WE GOT IN THE WATER IN 2019 .**

Bring a lilo, wear thermals for sun protection and bring some food for a great day out. Bring either a dry bag (cost about \$40) or 3 garbage bags to use as waterproof bags to go inside your pack. I highly recommend wearing Dunlop Volleys as footwear and garden gloves for your hands as they get very soft after a few hours in the water.

This trip is great fun but it has a serious element of risk and you need to be aware of the danger as we will be in moving water with a risk of drowning. Yep, it can be very serious. Anyhow it is a trip for the young at heart and the adventurous. Phil

## 11<sup>th</sup> to 19<sup>th</sup> FEBRUARY VICTORIA SOUTH COAST TRIP ACCOMMODATED TRIP

**Leader** Phil Murray Ph: 0416 650 160

### Summary Of Trip

Day	Date	Activity
1	Sat 11 <sup>th</sup> am	Fly to Melbourne & drive to Phillip Island.
	pm	<b>Cape Woolamai walk</b>
2	Sun 12 <sup>th</sup> am	<b>Bass Coastal Walk</b>
	pm	Wander around Phillip Island
	Night	Penguin parade
3	Mon 13 <sup>th</sup> am	<b>Pyramid Rock</b>
	pm	Drive to Sorrento

	pm	Arthurs Chair chairlift ride
4	Tues 14 <sup>th</sup> am	<b>Point Nepean Walk -</b>
	pm	Portsea foreshore
5	Wed 15 <sup>th</sup> am	<b>Coastal Walk Diamond Bay</b>
	pm	<b>Cape Schanck walk</b>
6	Thu 16 <sup>th</sup> am	Catch Ferry to Queenscliff
	pm	<b>Anglesea West Perimeter Walk</b>
7	Fri 17 <sup>th</sup> all day	<b>Torquay &amp; Bells Beach walk</b>
8	Sat 18 <sup>th</sup> am	<b>Flinders Peak</b> (You Yangs)
	pm	<b>Anakie Gorge</b> (Brisbane Ranges)
9	Sun 19 <sup>th</sup> am	Drive back to Melbourne -
	pm	Fly back to Brisbane arrive back about 3pm

I need firm numbers by the end of the year with a \$50 deposit, as I need to book cars and accommodation. At this stage I have only 2 on the walk. If we don't book soon, we won't get the accommodation I want.

This is a beautiful part of the world and the Club hasn't done any walking down there previously. There are several iconic places we will visit and the walking is overall easy to medium, but I plan to cram in as much as possible. One of quirky places we will be walking is in the Brisbane Ranges – yes they are located between Melbourne and Geelong and the walk we are doing is Flinders Peak – Yes they have a Flinders Peak down there as well.

**Indicative Cost** – approx. \$1,200 to \$1,500 per person -

- airfares approx. \$200 each way, \$ 400
- Motels approx \$100 to \$150 per night,  $\$100 \times 8 = \$800 \div 2 =$  \$ 400
- share of vehicle costs – approx.
- car hire -  $120 \times 9 = 1080 \div 4 =$  \$260
- petrol –  $1500 \text{ km} \div 600 \text{ 3 tank fulls } 300 \div 4 =$  \$ 75
- Total for cars \$ 340
- Meals  $9 \times \$25$  \$ 200
- Total expected budgeted costs \$1340

A more detailed itinerary will be distributed to active members of the club who do these types of trips. (If you want a copy of the detailed itinerary please advise). Phil

## SATURDAY 25<sup>th</sup> FEBRUARY ANNUAL MASS & LUNCH



- Leader:** Michele Endicott Ph: 0418 708 638
- Meet at:** St Cecilia's Church
- Address:** 30 College St, Hamilton (Cnr Hants St)
- Time:** 10:45am for 11am Mass
- Cost:** Mass Free.
- Web:** <https://www.motherofmercyparish.org.au/mass-times--prayer-opportunities.html>
- Bus:** Kingsford Smith Dr at College Street, Stop 31; Stop ID: 002883  
Route 301 Toombul
- Parking:** Best parking for entry via ramp: College St. Further street parking on Hants St and also a small carpark off Hants St.
- Lunch:** Hamilton Hotel



**Address:** 442 Kingsford Smith Dr, Hamilton (Cnr Racecourse Rd)  
**Time:** 12.15pm  
**Restaurant:** Steakhouse (Graziers) Bistro  
**Cost:** Mains \$18 to \$32; Steaks: \$36 to \$47 – Pay as you order  
**Web:** [https://alh-res.cloudinary.com/image/upload/v1666915758/venues/QHA%20-%20Hamilton%20Hotel/menus/Hamilton\\_Hotel\\_Main\\_Menu.pdf](https://alh-res.cloudinary.com/image/upload/v1666915758/venues/QHA%20-%20Hamilton%20Hotel/menus/Hamilton_Hotel_Main_Menu.pdf)  
**Bus:** Frequent Buses & CityCat nearby  
**Parking:** Hotel carpark at rear, off Racecourse Rd or Riverview Tce

The Annual Mass & Lunch is coming again in a few months. Here are the basic details to give you advance notice, so you can plan to be there!

Fr Nev Yun will be our Celebrant – you know him from Barney Masses and other Club activities.

St Cecilia's Hamilton is accessible by a ramp from the footpath (College St) to the door. Those who are not so mobile can park nearby in College St. Others can park in the carpark beside the church building, accessed from a driveway off Hants St - or in Hants St itself. Then it's just a short walk round to the College St ramp entrance, which is now the main entry.

More in later *Jilalans*. Please save the date now!

**8<sup>th</sup> to 15<sup>th</sup> NOVEMBER**  
**GREAT OCEAN ROAD WALK**  
 Southern Victoria  
**ACCOMMODATED WALK**

**Leader:** Russ Nelson Ph: 0427 743 534  
**Cost:** Expected to be less than \$3,000 plus travel to / from Victoria  
**Grade:** S24 to L25 per walk

**80% of Available places taken!**

This walk is one of southern Australia's most iconic coastal walks as it follows Australia's coast from Apollo Bay to the Twelve Apostles through the Great Otway National Park. This Park is south-west of Melbourne and is usually accessed via Geelong. It begins by walking through Manna gums with koalas. You also walk through giant Mountain Ash forest, beneath the tallest flowering plants in the world.

Day	Nov 23	Walk	Distance km	Overnight	Meals
Arrival	8	Depart Avalon Airport and transfer to Apollo Bay	NA	Apollo Bay	None
1	9	Apollo Bay to Shelley Beach	8	Bimbi Park	BLD
2	10	Shelley Bay to Blanket Bay	15	Bimbi Park	BLD
3	11	Blanket Bay to Cape Otway	10	Bimbi Park	BLD
4	12	Cape Otway to Castle Cove	17	Bimbi Park	BLD
5	13	Castle Cove to Milanesia Beach	15	Port Campbell	BL
6	14	Milanesia Beach to The Gables	20	Port Campbell	BL
7	15	The Gables to Twelve Apostles	20	Port Campbell	BL
Departure	16	Return to Melbourne and onto Brisbane if you wish			
7 Days of Walking – 105km					

More information - <https://auswalk.com.au/walks/self-guided/great-ocean-walk/>

The Great Ocean Road has hardly any beach walking. There is likely to only be about 2000m of beach walking the whole walk and there are high tide options as well.

Each night we will be accommodated in ensuite rooms /cabins and most meals will be provided. (See table for inclusions.) The price includes transfers to the start and from the end of each day's walk. There is a limit on the number of walkers. If you wish to walk only part days, please advise at the time of booking.

#### Booking Process –

- 1 Book before 28<sup>th</sup> February by payment of \$50.
- 2 Leader then seeks a quote from the supplier (Auswalk)
- 3 Quote is circulated amongst walkers who either confirm booking and pay an additional \$350 or withdraw from the trip and claim a refund of \$50 before 31<sup>st</sup> March.
- 4 Pay balance of funds as stated in quote.
- 5 Arrive at Avalon Airport, near Geelong by 2.00pm on 8<sup>th</sup> November 2023 and join the trip by transferring to Apollo Bay for an overnight stay.

#### Booking Detail

I need the names and the number of beds / bedrooms you need – singles, twins or doubles now.

Please send a (refundable) deposit of \$50 per person to me – BSB 064011, A/C 10090016 by 10<sup>th</sup> February. Send advice to [russnelson52@outlook.com](mailto:russnelson52@outlook.com) Russ

*“What do you call a fish wearing a bowtie?”*

*“Sofishicated.”*

## SPECIAL CHRISTMAS OFFER 3 for 1 DEAL

### OFFER #1

Do 3 Strolls in 3 months and get your 4<sup>th</sup> one FREE.

Yes, **FREE**.

That is at **NO COST**.

All you need to do is participate in 3 Strolls before the end of February and get your 4<sup>th</sup> one FREE.  
It is that SIMPLE.

### OFFER #2

If you have never done a Stroll yet, all you have to do is:

COME ALONG on 2 Strolls over the next 2 months and get your 3<sup>rd</sup> one **FREE**.

Yes, believe it or not, **FREE**. There are NO Conditions attached. This is NOT a Trick.

All you have to do is just come along – meet us at the indicated meeting place at the appointed time, and you qualify for this **EXCLUSIVE OFFER**. That's correct, exclusive to YOU.

### OFFER #3

If you have been a Stroller in the past but have not joined us in the last 6 months, that is since 1<sup>st</sup> June, all you have to do is complete 2 Strolls in the next 2 months and get your following 2 (TWO) Strolls FREE. You must complete your REWARD Strolls within 2 months of WINNING this **SPECIAL OFFER**.

I cannot be this generous for much longer. These being SPECIAL CHRISTMAS OFFERS, They must EXPIRE at midnight 31<sup>st</sup> December. Being generous has its limitations.

Conditions:

You can only accept ONE Offer.

The **FREE** Strolls must be done before 1<sup>st</sup> April 2023.

These offers will NEVER be offered again in 2022.

You MUST apply **NOW**.

Do not leave it ANOTHER DAY.

Don't think about it, Just Do It. ✓

*Son: Dad, have you seen my sunglasses?*

*Dad: No, have you seen my dad glasses?*

## OUR COVID-19 POLICY

<https://www.covid19.qld.gov.au/government-actions/queenslands-covid19-vaccine-plan/queenslands-public-health-measures>

The Club has a Covid Policy based on the Government rules

Unvaccinated persons are welcome to participate in walks and all other Club events.

Drivers or other passengers in the car may ask all passengers to wear masks

The Club introduced the following COVID-19 Protocols:

- You should carry face masks with you at all times.
- Drivers or other passengers in the car may ask passengers to wear masks
- All people 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.

*What did the limestone say to the geologist?*

*Don't take me for granite.*

## 2023 COMMITTEE

It is time for each and every one of us to begin thinking about the makeup of the 2023 Committee of our Club. There will be one or two current members who will not be renewing their seat on Committee. It is now up to you to give a real thought about nominating.

Committee is not hard or complicated. All we do is maintain an overview of the running of the Club. The Secretaries who have responsibilities do have to maintain the running of Outings or Socials. The other positions have certain responsibilities, but not as onerous as Outings or Socials.

We now have a *General Committee* member who has no portfolio, thus has no actual work to do. You are on Committee as someone new to provide input from the members – to give a different and new look at how we organise ourselves.

Please think about nominating – ask someone on Committee what an actual position does. Rather than rearranging the deckchairs on the Titanic, let us get some new persons to sit in those chairs. It does not matter if there is an incumbent in the chair; still think of what position matches your skills or desires. Let's have an election for once.

The nomination form will be in the January magazine.

*Why did the gardener plant lightbulbs?*

*She wanted to grow a power Plant*

## ANNUAL REPORT

Those who write reports for the Annual Report, please start to write your articles.

The end of January and early February will be busy – especially when Jilalan and the Annual Report will be done in the same household.

Your deadline will be early – mid January. Get Prepared.

## SECRETARY'S REPORT.

The Department of Fair Trading has now approved the Club's Constitution amendments. These amendments have been approved from the 15<sup>th</sup> August 2022. A copy of the Club's Constitution can be found on BCBC website.

<https://bcbc.bwq.org.au/assets/constitution.pdf>

Sue.

*Knock, knock!*

*Who's there?*

*Andy.*

*Andy who?*

*Andy winner is.....*

## TREASURER'S REPORT

Balance 15/08/2022	\$4090.40
Plus, Receipts	\$1478.94
	\$5569.34
Less Payments	\$1470.57
Balance 21/11/2022	\$4098.77
Term Deposit	\$2957.61

Attention new members:- make sure that you buy your Club T-Shirt and/or small metal badge before they are sold out.

Our second and final raffle for the year will be drawn at the Christmas Party. You need to have a ticket to have a chance of winning the \$50.00 gift card just in time for Christmas shopping.

I would like to wish all the members a Merry and Holy Christmas and a Happy and Prosperous New Year.  
Terry.

## OUTINGS SECRETARY'S REPORT

### Year To Date Figures

In October there were 6 walks with an average of 7 per walk. In November, there were only 3 walks and an average of 7 per walk. The year-to-date average on walks is 8.8 walkers per walk. Last year the yearly average was 8.0. I was mildly surprised the average is higher this year. But, of course, the average for 2022 is beefed up by the 2 interstate trips with over 20 on each walk.

The main concern I have for the figures for 2022 was the small number of camping trips that went out. Most of the camping trips were stymied by adverse weather. An example of this was the Victorian Alps trip which was cancelled due to the expected cold and snowy conditions and it was a good decision to cancel the trip as they actually got blizzard conditions. In summary, we only had 4 camping trips for the year whereas the usual number of camping trips is about 10. But we did have 3 accommodated trips in 2022.

Of course, the above figures are just numbers and bland numbers can't capture the essence of bushwalking - I am yet to find out a way to measure the buzz factor or wow factor you get on walks. Basically, every walk I did this year I got the wow factor and I hope you did too.

### Past Walks

#### October

W/E	01- 3	Cooloola Great Walk	Iain	TW	3
Sun	01	Noosa Trails	Terry	DW	12
Thu	06	Amity to Pt Lookout	Phil	DW	3
Week	10/18	Cape to Cape Walk	Jan	AT	23
Sat	15	Kobble Creek	cancelled #		
Thu	20	Shipstern	cancelled - rain		
Sat	22	Blue Pool	cancelled - rain		
Sat	29	Maleny Waterfalls	Michele	DW	11
W/E	29-31	Macalister's Springs(Vic)	cancelled snow and blizzards		
Sat	29	Point Nepean (Victoria)	Phil	DW	1 (+4 Vics)

# The Kobble Creek walk had no nominations as most of the regular walkers were on the Cape-to-Cape walk.

#### November

Thu	03	Redcliffe to Shorncliffe	Paddy	DW	10
Sat	05	Tallebudgera to the Spit	Phil	DW	2
Sat	12	Fairview Mtn	John C	DW	9
Sat	26	Lyrebird Lookout	cancelled*	no drivers	

# For the Lyrebird Lookout walk, I was unable to lead it as I had come down with Covid and I asked for someone else to lead it but then another problem arose as we had no drivers for the trip, so the trip had to be cancelled. This was ironic as this year we have had so many trips cancelled due to rain and this day had great weather.

### Coming Walks

I was very keen to offer a few more walks as we have the Tassie trip coming up in January and it would be ideal to have a few longer walks to allow members to build their fitness as the walks in Tassie will be in the 15 to 20km distance on most days with some uphill walking.

### December

15 <sup>th</sup>	Thu	Lyrebird Lookout	DW	Phil
22 <sup>nd</sup>	Thu	Blue Pool	DW	Phil
25 <sup>th</sup>	Mon	Bridges of Brisbane	DW	Phil
29 <sup>th</sup>	Thu	Illinbah Circuit	DW	Phil

### January

5 <sup>th</sup>	Thu	Mt Glorious	DW	Phil Murray
8 <sup>th</sup>	Sat	Baxter Falls	DW	Michele Johns
14 to 22 <sup>nd</sup>	Sat-Sun	Tassie trip	BC	Phil
22 <sup>nd</sup>	Sun	Currumbin to Coolly	DW	Liz
26 <sup>th</sup>	Thu	Toolona Creek Circuit	DW	Phil
28 <sup>th</sup>	Sat	Obi Obi Lilo trip	DW	Phil

### February

2 <sup>nd</sup>	Thu	Thornside & Wynnum	DW	needed.
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### Walks & Leaders Needed

We needed a walk and a leader for 17<sup>th</sup> December, but alas, no one came forward.

We needed a few leaders for walks and thankfully Michele Johns has agreed to lead Gheerulla Circuit and John Carter agreed to lead the Palm Beach to Coolangatta walk. No one else came forward to lead the Boxing Day walk and I am now free on that day and have listed the Bridges of Brisbane in the city. As it is in the CBD, we should be able to stay away from the Christmas traffic jams on the freeways.

We still need a leader for the Thornside to Wynnum foreshore walk.

### Track Closures

- **Purlingbrook Falls** is still closed <https://parks.des.qld.gov.au/park-alerts/22416>
- All **bush camping spots in Lamington** are closed from 1<sup>st</sup> December to 31<sup>st</sup> January <https://parks.des.qld.gov.au/park-alerts/22531>
- **Gap Creek Falls** is closed until March next year <https://parks.des.qld.gov.au/park-alerts/21980>
- **Mt Warning remains closed** - Wollumbin (Mount Warning) summit track will remain closed pending the development of a Memorandum of Understanding and further joint management arrangements, with future management of the park to be guided by Aboriginal custodians. <https://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/wollumbin-mount-warning-summit-track> But there are voices that dispute the local aborigines want Mt Warning closed – it seems there is a view out there that a vocal minority has undue influence <https://www.theguardian.com/australia-news/2022/jun/05/the-next-uluru-hikers-and-aboriginal-elders-await-decision-on-closure-of-wollumbin-summit>

There is no mention of Mt Beerwah, Mt Tibrogargan or the Illinbah Circuits being closed so the presumption is that they are open.

### Covid Virus Is Still Here

The Covid-19 health epidemic seems to be ongoing. If anything, it seems to have had a slight resurgence with cases per day in early November trending upwards. Also, there seems to be an upsurge in numbers in Queensland with a 12% increase in reported cases.

<https://www.health.gov.au/health-alerts/covid-19/case-numbers-and-statistics>

### “Quote For The Month”

*“Why do we hike? I have asked many hikers this same question, and I have never received a fully satisfying answer. It seems there are many overlapping reasons, to strengthen our bodies, to bond with friends, to submerge ourselves in the wild, to feel more alive, to conquer, to suffer, to repent, to rejoice. More than anything, though, I believe what we hikers are seeking is simplicity – an escape from civilization.... In walking we acquire more of less.*

*Robert Moor, On Trails, page 313.*

Robert Moor's debut book, **On Trails**, is a trip through natural history, anthropology, and memoir that unpacks the many meanings of the routes we humans and other animals sketch on the land. ... The



prologue alone is worth the price of admission: a nearly-30-page set piece about hiking the Appalachian Trail that puts Bill Bryson and Cheryl Strayed to shame. (Moor actually, you know, completed the full thru-hike unlike Bill Bryson or Cheryl Strayed” —Sierra Club

Phil, Outings Secretary

*What did the bird of prey say when he fell out of the tree?  
Well, that was hawkard.*

## ABOUT PEOPLE

Jonas Bernotas, John Hood, Anne Iron, Monica & Ken McCarron, Peter Nally, Erwin Perez, Sofia Ramsay, Janell Sammon, Antonia Simpson and Barry Taylor are celebrating their birthdays in December.

John Carter's Mt. Fairview/Pinnacle walk saw Will Taylor do his first walk with the club and Donna Ellison her second.

Visitors are always most welcome on any of our activities.

Congratulations to Donna Ellison who is our latest new member.

A query from past member Catherine Patterson – good to see you back.

*Just what is it that makes Italian desserts so appealing?  
One cannoli guess*

## MEMBERSHIP LIST 2022 CORRECTIONS

YOUNG	Geraldine	Northgate	4013		0437 995 806
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*How do billboards communicate with one another?  
They use Sign Language.*

## OTHER CLUBS MAGAZINES

Anyone want to receive other club's magazines?  
We receive a copy from all the clubs, incl a few southern ones.  
They are mainly electronic, so can be e-mailed to you.  
E-mail Sue at [briscathbushclub@yahoo.com.au](mailto:briscathbushclub@yahoo.com.au)

*Why are pirates great singers?  
They can hit the high C's*

## PAST EVENTS

WEDNESDAY 2<sup>nd</sup> FEBRUARY  
KAFFE MEZE  
COFFEE NIGHT

Fourteen members attended this event at Kafe Meze, a cosy Eastern Mediterranean / Greek café. It also turned out to be a train spotters delight as the café overlooked the Main Western Line.

After glancing at the menu people were asking what all the non-English words meant. Fortunately, the wait staff came to our assistance. In the end we all enjoyed a taste of eastern Mediterranean food so much that we plan an annual visit.

Those enjoying the food were Louise & Rusty Jones, Jan & Russ Nelson, Michele & Greg Endicott, Graham Glasse, Liz Little, Maria Kerruish, Susan Wear, Pat Lawton, Jonas Benotas, Paddy Taylor and Janet Galos.

*How come fish form schools but ants don't?  
Truants don't go to school*

**AUGUST 2022**  
**BOGONG HIGH PLAINS SKI TRIP**  
**WALLACES HUT TRIP - A WINTER WONDERLAND**



**PHIL AT WALLACES HUT**  
(ADRIAN IS SITTING DOWN NEAR THE BASE OF THE CHIMNEY)

It is Christmas time so a quick report about a trip in the snow. In August 2022 I did my second cross country ski trip with the Catholic Walking Club of Victoria. The first one was in 2018. I didn't go in 2019. In 2020 and 2021 we were stopped by the covid lockdowns. I got invited to go again in 2022, maybe to make up numbers but I was delighted to be asked. It is an Absolutely Fabulous trip. The accommodation at the Howman's Gap (4km north of Falls Creek) is basic but wonderful at the same time.

We shared rooms but it was very pleasant. My roommates were Adrian & Tom and they didn't complain about my snoring: we were very tidy, especially Tom. We were in Block D and it was wonderful with a huge common room. It was actually a very high standard of accommodation and it was toasty warm.

One of the best parts of the week was the food in the dining room. We got breakfast and dinner each day. The food was terrific. You didn't have to cook it or wash up. Most of the food was your usual offerings e.g., roast chicken, lasagne etc etc. And it was a three-course meal every night. Overall, the meals were terrific. Especially the deserts.

We went skiing on 5 days and I spent the first 2 days just getting back into the groove so to speak. On the third day, the Wednesday, it was the highlight, as we went on a big trip to visit Wallace's Hut, which is oldest Hut on the High Plains. It was a beautiful sparkling day with no wind. It was a joy just to be on the high plains with views for kilometres, with blue sky above and white fluffy snow below. The hills were covered in snow with a sprinkling of snow gums for colour contrast. We headed for Langford Gap - it was easy peasy along the groomed road. From Langford Gap, our party went along the Aqueduct Track. The snow wasn't groomed along here and the degree of difficulty went up a notch or two. Then just before the hut we went across the plains and it was divine, with basically untracked country and we quickly got to the Hut. It is an absolute marvel to find the old hut covered in snow. We couldn't get in but no bother. It was just a great place for lunch. The rest of the trip was sort of an anticlimax.



### **ON THE WAY TO WALLACES HUT THROUGH THE SNOW GUMS**

The Thursday was overcast and my skiing improved slightly. Friday was a yucky grey windy day and I didn't venture out, however the rest of the group did. I have already paid my deposit for next year's trip. I should quickly add that it was a joy to be with a group of people so easy to get along with and many special memories. Phil

### **WEDNESDAY 7<sup>th</sup> SEPTEMBER COFFEE NIGHT SOCIAL**

As most coffee regulars were away overseas, we still had a reasonable turnout of nine at the Stafford City Tavern at the back of the Shopping Centre.

Seated outside since their trivia night was inside. The food was good and the company even better.

Thank you to those who joined me Jenny & Wayne, Pat & Jonas, Sue Tobin, Terry, Antonia Liz and myself. Cheers, Andrea

*I met a great girl at a soccer game.  
I think she's a keeper!*

### **SATURDAY 12<sup>th</sup> NOVEMBER Mt FAIRVIEW and THE PINNACLE DAYWALK**

This walk under clear skies, on a warm day, was an enjoyable, mainly off-track rainforest walk where we explored some country off the Springbrook Plateau.

At 7am, we met at Exit 79, and then headed off on Mudgeeraba Creek - Springbrook Road (which is closed after Polly's Kitchen). Then we drove 4km on Mt Nimmel Road, parking at the end of the bitumen. There is a good 4WD trail fire trail along the ridge line which provided glimpses of the surrounding valleys. We said goodbye to Pat, here. The open eucalypt forest had beautiful bloodwoods, grey gums, flooded gums and tallowwoods with grassy understory.

After 4km, we continued south, following a good trail on the ridge into rainforest margins. Mt Fairview is a little nondescript, small bump in the rainforest, with no views. We saw a fresh scrub turkey nest and satin bower bird bower and massive strangler figs. The occurrence of Cycads, the species *Lepidozamia peroffskyana* increased in number. These zamias were plentiful, with trunks up to four metres high and shiny, dark green leaves drooping down.

The ridge became rockier, and soon we scrambled to the Pinnacle's narrow summit for smoko. Great views from the Pinnacle to the coast, the Springbrook Plateau, Boyd's Butte to the east. The trail was then followed in rainforest with massive Brush Box, Bloodwood and she oak emergents. There was evidence of a major wildlife from 30 years ago.



We joined the Warrie Circuit and followed it for 3km passing a couple of waterfalls, to our relaxing lunch spot at the Meeting of Waters. The creek had a good flow and the water was refreshing, with Benno having a swim in a sparkingly, clear pool. We enjoyed the break and had a cuppa at the junction.

Our return walk was following the route in reverse, passing over 30 other track walkers. We were blessed see a small flock of king parrots feeding less than 10m away in a small tree. Other wildlife spotted or heard were land mullets (2), cat bird, wompoo pigeon, and seeing orchids, giant spear lilies. Also, some leeches and ticks. We arrived back at the cars at 5.15pm, a full day's walking.

Thanks to Louise, Rusty, Terry, Pat, Jonas, Benno, and visitors Donna and Will, for accompanying me; Benno and Will for driving. It was great to do a little extra walking and enjoying a refreshing visit to Meeting of the Waters, East Branch of Little Nerang Creek (walking approx. 22km). John







*Lepidozamia peroffskyana*



[https://en.wikipedia.org/wiki/Lepidozamia\\_peroffskyana](https://en.wikipedia.org/wiki/Lepidozamia_peroffskyana)

***Lepidozamia peroffskyana*** is a palm-like cycad in the family *Zamiaceae*. It is endemic to eastern Australia. The species is named after Count Peroffsky (1794-1857), benefactor of the St. Petersburg Botanical Garden.

*Lepidozamia peroffskyana* is slow-growing, low maintenance, long-lived cycad that makes a good feature plant in semi-shaded positions or in a container. It grows up to seven metres tall but more usually reaches about four metres.



The trunk is up to eighty centimetres in diameter and is covered by the persistent remains of leaf bases forming an interesting texture. The crown develops from numerous leaves up to three metres long, each bearing about two hundred narrow, glossy, dark green leaflets, somewhat lax, spreading and softly coriaceous. Each has seven to thirteen parallel veins which helps to distinguish this species from other members of the genus. The cylindrical cones are some of the largest of all cycad cones, rivalled only by *Encephalartos transvenosus*. The male cones can reach seventy five centimetres long and the female cones ninety centimetres, weighing up to forty five kilograms. The seeds are large and numerous and have red sarcotesta. All parts of the plant, especially the seeds, are toxic to both livestock and humans; if ingested, the seeds can cause severe gastrointestinal irritation and abdominal cramps, vomiting and nausea, diarrhoea, and potentially also liver damage and muscular paralysis.

#### Distribution and habitat

This species is found in south-eastern Queensland and north-eastern New South Wales, occurring between Gympie, north of Brisbane and the Manning River near Forster.

It grows in scattered small communities in wet sclerophyll forests or on rainforest margins, usually on steep slopes from sea level up to about 1,000 metres.

*What did Poseidon say to the giant squid?*

*What's kraken?*

### **TUESDAY 15<sup>th</sup> NOVEMBER CITY LUNCH SOCIAL**

We had good numbers turn up for this city lunch: eleven – with two others as apologies.

The café, Chez Nous, is a “workers” café in Roma Street; serving takeaway as well as eat-in, in comfortable surroundings with excellent and plentiful food and fast service. At 12 noon, our corner table was set aside, the places set and all was ready for our group of bushwalkers to arrive and enjoy a pleasant social time together over lunch.

The menu was varied – food from the bain-marie or cooked to order. Most of us had a selection of meat or chicken & vegies, or sandwiches; and several cups of coffee were drunk over the 3 hours some of us were there.

Not everyone knew each other, so getting to know you was the major activity of the day. The conversations were many and varied and covered a wide range of topics. Everyone seemed to have an enjoyable time.

Thanks to Michele Endicott, Janet Galos, Antonia Simpson, Sue Walsh, Graeme Aldom, Sofia Ramsay, Wendy Loh, Barbara Eastoe, Di Robinson and Neale Hall for attending. Apologies received were from Paula Hill and Rose O'Brien. Greg

*Gravity is a very important part of our existence - what happens when you remove it?*

*You get gravy*

### **FRIDAY 18<sup>th</sup> NOVEMBER HOTEL WEST END DRINKS & DINNER**

The previously named *Melbourne Hotel* at West End underwent a refurbishment in 2017 and was reopened with the new name *Hotel West End*. Thirteen Club members gathered at the Hotel for dinner where we caught up with everyone's latest news and events.

This was a lovely venue. The meals were very tasty and well-presented and at reasonable prices. The Hotel was not very crowded and service was quick. This is a venue well worth revisiting in the future.

Thanks to those who came along: Anne & Bob Irons, Liz Little, Peggy Roe, Graham Glasse, Sue Tobin, Michele & Greg Endicott, Maria Kerruish, Cath Morahan & Jon Peake, and Russ Nelson. Jan

*What do you get if you cross Bambi with a ghost?*  
Bamboo

## SATURDAY 19<sup>th</sup> NOVEMBER ANNUAL RETREAT

The Faber Centre of Jesuit and Ignatian Spirituality Australia ([www.jisaa.org.au](http://www.jisaa.org.au)) was the venue for our retreat again this year, as it was a popular choice last year. The success of both Retreats was due to the efforts of Mary Robson, Director of the Faber Centre, who prepared an excellent Contemplative Morning program for us, both years. She was once again joined by two Faber volunteers who also work with her in the 'Being with God in Nature' Ministry.

Our Contemplative Morning began with a Welcome and Acknowledgement of Country at 8am, followed by a brief introduction to "Finding God in Nature". Then we set off across the road on a Contemplative Walk to the Bush Chapel in JC Slaughter Falls Park, on a mission to collect items from nature that spoke to us. Normally, Club members walk and talk, but this walk was in silence, so we could hear the birdsong, the running water in the creek and the stirrings of the Spirit within. Once settled at the Bush Chapel, we reflected on - and listened to words of gratitude for - the gift of Creation. While sitting there in silence, feeling at one with nature, we felt a sudden strong gust of wind that made leaves and pieces of bark flutter to the ground. It felt like a real sign of the presence of the Holy Spirit – a little Pentecost experience!. Then we walked back in silence and had a time of quiet personal reflection, during which we could write down any thoughts that surfaced – in the Journal space provided in the 20-page booklet Mary had kindly prepared for each of us.



After Morning Tea, we re-convened in the main gathering-space to place our treasures from nature on or in front of the little table, before then engaging in a whole-group Spiritual Conversation about our experiences with and personal reflections on the items we were drawn to during the time of reflection in Nature.

We then contemplated Delight (Where is it present and absent in my life?), expressed a desire to be delightful ("I ask the Spirit for the gift of physical and spiritual delight") and chose the Way of Delight, finally resting in the Spirit of Delight, as per Psalm 3: "Take delight in the Lord and he will give you the desires of your heart".

Towards the end of the morning, we watched a video about Regeneration and contemplated becoming a regenerative presence in the world ourselves, being part of the ongoing process of incarnation (God alive in and constantly re-creating us/nature).

Having been spiritually refreshed, a number of us then adjourned to the Mt Coot-tha Gardens Café for physical refreshments. 'Twas a good day. Thanks to the 14 members who nominated for the Retreat and shared a reflective Saturday morning with me at Faber: Pat, Greg, Antonita, Paddy, Jan, Russ, Terry, Joe, Janet, Janell, Antonia, Lorraine and Peggy. ....  
Michele

## MONDAY 21<sup>st</sup> NOVEMBER THE PHOTO COMP

Congratulations to the winners:

Category	Name of Photo	Winner
Landscape	"Waterfall by the Fence"	Antonita Sanidad
Moods of Nature	"Smoky Haze"	Greg Endicott
Nature Close Up	"Pink Flowers"	Paddy Taylor
People and Faces	"Wandering Pilgrims"	Benno Giuliani
Miscellaneous	"Weaving Through Nature"	Paulette Schmidt
Overall Winner	"Wandering Pilgrims"	Benno Giuliani

People's Choice	"Sunset in the Bush"	Antonita Sanidad
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This year, we had a record number of entrants and entries. There were photos from all types of Club events, showing us all aspects of activities & Club life. Our extended trips did not completely dominate the competition, thus other members still had a very good chance of winning.

The Comp was evidence that we have some good photographers in the Club. Everyone at the November Meeting were impressed by the quality.

Thanks for submitting your photos this year. Please put in more next year. And those who did not submit, please go out and take photos at Club events (walks, socials, Strolls, even meetings) and enter them in 2023.  
Greg

*Knock, knock!  
Who's there?  
Thermos.  
Thermos who?  
Thermos be a better way to get to you.*

## BWQ NEWS & INFORMATION

### Permits In QPWS&P Managed Areas

For those wondering about the current state of play in relation to permits in QPWS&P managed areas please see the attached. (*Attached to this e-mail are the 2 documents from the NPWS*)

Note activities up to 40 people in most areas, with 15 people in an off-track area, with permits required for larger numbers. Keep in mind the attached policy also gives indication as to how many times a year a permit will be issues for activities, based on landscape type, for a particular area.

Gavin Dale, Secretary, Bushwalking Queensland Inc.

### BWQ Secretary's Report for AGM

the minutes for last year's AGM,  
the agenda for tonight's AGM including the link to the Zoom  
the Secretary's Report (*Attached to this e-mail are the 2 documents from the NPWS*)

Gavin Dale, Secretary, Bushwalking Queensland Inc.

*Knock, Knock!  
Who's there?  
Daryl who?  
Daryl never be anyone as sweet as you!*

## LONG COVID

[https://www.abc.net.au/news/health/2022-11-25/long-covid-subtypes-treatment-disease-condition-heart-symptoms/101652610?utm\\_source=abc\\_news\\_web&utm\\_medium=content\\_shared&utm\\_campaign=abc\\_news\\_web](https://www.abc.net.au/news/health/2022-11-25/long-covid-subtypes-treatment-disease-condition-heart-symptoms/101652610?utm_source=abc_news_web&utm_medium=content_shared&utm_campaign=abc_news_web)

### Long COVID: How clusters of symptoms have emerged and changed over the pandemic

[ABC Health & Wellbeing](#)  
By science reporter [Belinda Smith](#)  
Posted 25/11/2022

Breathlessness has been a common long COVID symptom throughout the pandemic, but its underlying cause may have changed with variants. (*Getty Images: Asiya Hotaman*)

Since the first COVID "long haulers" were reported in 2020, millions of people have experienced long COVID. While long COVID has no strict definition, it's generally used to describe an illness following a SARS-CoV-2 infection with symptoms that last at least two to three months. It can manifest as a

whole suite of symptoms ranging from body aches and pains to brain fog, and these can substantially vary between people, says Lou Irving, respiratory physician and head of the Royal Melbourne Hospital's post-COVID clinic.

### **Australia's long COVID outlook**

Long COVID clinics are already overwhelmed, and it's estimated up to half a million Australians could be experiencing the condition by early December.

[Read more](#)

"We now have over 600 cases and they really help us understand that there's a wide range of presentations. But under that broad "long COVID" umbrella, clusters of symptoms have emerged, and as the pandemic's worn on, those symptoms have shifted.

Senior respiratory physiotherapist Janet Bondarenko has been working in Melbourne's Alfred Hospital post-COVID clinic since its doors opened two years ago. Early on, most people referred to the post-COVID clinic had been severely sick and many hospitalised. "We saw a lot of breathlessness in people, and they could only manage walking a few metres at a time," Ms Bondarenko says. "Then we started to see memory and concentration issues."

And while she still sees these symptoms in patients now, she also sees more people with heart-related symptoms. "If they're going from sitting to standing, their heart rate will jump and they'll get palpitations, chest pains, things like that," Ms Bondarenko says.

This is an example of what's known as "autonomic dysfunction", where a part of our nervous system that controls things like blood pressure doesn't work properly. Long COVID cases are spiking with fears there's no support for sufferers. If a person's blood pressure drops, their heart has to work harder and pump faster to compensate and keep blood moving around the body. This, in turn, produces symptoms such as dizziness and extreme fatigue. "What's interesting is people now often present with breathlessness, but it's not breathlessness caused by the respiratory disorder," Ms Bondarenko says. "It's breathlessness from fatigue and from this autonomic dysfunction."

### **Australian data reveals long-COVID profile**

New data from Australia's longest-running post-COVID clinic has revealed a high proportion of patients are women in their 40s and 50s, painting a picture of who might be more affected by this emerging condition.

<https://www.abc.net.au/news/2022-07-20/younger-active-female-data-reveals-long-covid-profile/101251352>

[Read more](#)

Jason Kovacic, a cardiologist at the Victor Chang Cardiac Research Institute, says it's still the case that a very sick person is more likely to develop long COVID, but now people with an extremely mild case can end up in a bad way.

"I have a couple of notable patients who just can't nail down when they had COVID, but they came to the clinic or to the ER with a full hand of long COVID symptoms," Professor Kovacic says. "They're dizzy, lightheaded, fatigued, and short of breath, and they get to see me because they've got a resting heart rate of 120 and a blood pressure of 90 over 60."

First, Professor Kovacic runs tests to rule out other causes of low blood pressure and fast heart rate, such as myocarditis. "But this group of people tend to have a normal heart that's beating fast with low blood pressure and palpitations and, understandably, a lot of anxiety as well."

### **Why the shift in symptoms?**

Just as different variants (and subvariants) of the SARS-CoV-2 virus have [wreaked various levels of havoc on our body](#), it appears they impart different lingering after-effects too. "Different strains of the virus are interacting with immune systems differently and triggering different events," Professor Kovacic says. "The likelihood of getting long COVID was probably [double with Delta than what it is with Omicron](#). "I think that really speaks to this interaction of what the specific strain of the virus is doing, and how that interacts with the immune system of each person."

Exactly [why long COVID develops in some people and not others](#) is still a mystery, but our genetics likely plays a role, as does our history of previous conditions.



Some studies suggest COVID-19 infection can reactivate the Epstein-Barr virus, which causes glandular fever and is linked to chronic fatigue syndrome. "They're not the same conditions, but there are [parallels between chronic fatigue and long COVID](#), and some of the immune dysfunction that's related to glandular fever is very similar to what happens with long COVID," Professor Kovacic says.

Professor Irving suspects researchers will eventually discover subtypes of sorts within the broader "long COVID" cohort. "I think we'll find there are groups where the virus can activate autoimmune responses, in some people it can activate autonomic responses, and in others it can bring out mental health issues."

While [vaccination may lower our risk of developing long COVID](#), the only sure fire way is to not get infected with COVID-19 in the first place.

### Management and recovery

The goal for post-COVID clinics is to get people back to their usual activities while managing symptoms. Treatment depends on each person's symptoms, but recovery typically involves plenty of rest to start, then taking lots of short breaks as activity slowly builds. Exercise rehab can be helpful too, Ms Bondarenko says, but not for everyone.

"There's two different clusters: some people respond well to exercise but for other people, it could potentially make them worse." Some people with severe symptoms such as postural orthostatic tachycardia syndrome, or POTS, a condition where most of your blood remains in your lower body when you stand up, can benefit from medications. But recovering from long COVID takes time, and for most, that's between six and 12 months, Ms Bondarenko says. "Often the concentration and brain fog is quite highly linked with fatigue, so once the fatigue starts to get better, all those other symptoms tend to resolve as well. "But it does get better with time, and most people get better."

Professor Irving agrees. "Common roadblocks are frustration, doing too much too soon, which can set you back, and financial worries, because not everyone can afford to take time off. "But from experience, everybody gets better — it just takes time."

### Related Stories

- [How do I know if I've got long COVID? Here's what we know about symptoms and recovery](#)
- [Researchers identify link in pathology between long COVID and chronic fatigue syndrome](#)
- [Australian data reveals long-COVID sufferers are often younger, active and female](#)

### ABC Health in your Instagram feed

Follow @abchealth on Instagram, where we're busting myths and sharing practical, smart health advice.



[Read more](#)

*What is Timon and Pumbaa's favourite breakfast?*

*A tuna frittata*

## BUCKET LIST WALKS IML WALKING INTERNATIONAL

<http://www.imlwalking.org/index.php?page=home.html>

On my recent trip to Victoria for the Vic Alps, I spent some time with Tom Buykx who is in his nineties but is still a great bushwalker; I still have trouble walking at his pace. On the recent daywalk at Anglesea, he was always at the front of the walking party. I was billeted with Tom for 2 days during my trip and I was in awe at some of his walking exploits. Of course, he has done the Camino. However, I was particularly impressed with his history with the International Marching League which is a form of dedicated 'hard core' walking.



Basically, the IML is *"the Formula 1 of Walking"* where there is an itinerary of international walks at various cities (locations) around the world where you do 2, 3 or 4 days of walking at each event. Each day there is a program of walks available. It is just a lovely way to see other parts of the world.

Initially the IML had an army reserve sort of flavour to it; hence the word marching in the original name. Now it has been taken over by the civilian population. Its focus was threefold: to get people very fit through walking; to see other parts of the world and build good relations between the people from different countries. Each major nation in Western Europe now has an event and many Pacific nations have events as well. Tom has done them all from Japan to Korea to China and Canada and all the ones in Western Europe.

In New Zealand there is a regular event in Rotorua and in Australia there is an event in Canberra each year. The Rotorua event is usually held the middle weekend of March and the Canberra event is usually held the last full weekend in March. I can't do the event in 2023 but I will be in Canberra in 2024. The Canberra event has one day where they do a circuit of Lake Burley Griffith and the other day they do a trip up into the bush and each year they go in a different direction.

The walk in Canberra is now called the Aussie Peace Walk - for Canberra, on the Saturday they offer walks of: 42km, 21km, 11km, 7km. And on the Sunday, they offer walks of: 24km, 12km, 7km. There is an entry fee of \$80 for the Canberra walk..



For some, the event is like a big Scout Jamboree for grown-ups or perhaps it could be called a "Walking Olympics" where everyone can participate. It seems to have a real festival feel to it. The ethos of the event is that it is NOT a race, it is a walking challenge. Whether you are walking by yourself or walking with friends, the idea is to chat with fellow walkers.

### World Wide Walking Festival

	City	Country	Days	Approximate Date
<b>European Region</b>				
1	Gilboa	Israel	2	March/April
2	Borås	Sweden	3	End of April.
3	Blankenberge	Belgium	2	First weekend of May

4	Wellingborough	UK	3	Second weekend of May
5	Bern	Switzerland	2	May/June
6	Chantonay	France	4	During the Ascension weekend (a public holiday in France) mid-May in 2023
7	Diekirch	Luxembourg	2	First weekend after Whitsunday
8	Viborg	Denmark	2	Last weekend in June
9	Castlebar	Ireland	4	End June/beginning of July
10	Nijmegen	Netherlands	4	Third week of July
11	Vaasa	Finland	2	Second weekend of August
12	Verdalsora	Norway	2	Last WE of August
13	Arenzano	Italy	2	Second weekend of September
14	Seefeld	Austria	2	Third weekend in September
15	Brno	Czech Rep.	2	Last weekend in September
16	Fulda	Germany	2	First WE of October
17	Kaunas	Lithuania	2	First weekend of August
18	Gospic	Croatia	?	

### Pan Pacific Region

1	San Antonio	USA.		
2	Rotorua	New-Zealand	2	Third weekend of March
3	Canberra	Australia	2	Last weekend in March
4	Yatsushiro City	Japan	3	Mid May
5	Dalian	China	2	Third Weekend in May
6	Beijing	China	2	Second weekend in September
7	Arlington	USA.	2	October
8	Won-Ju	Korea	2	Last WE of October
9	Higashi-Matsuyama	Japan	3	First weekend of November
10	Taipei	Chinese Taipei	2	Second weekend of November
11	Jogjakarta	Indonesia	2	November

Phil

## THE STROKE FOUNDATION

Bushwalking Queensland has a partnership with this organisation.  
(And we are in the age bracket to have a stroke.)

The headings in the coloured boxes are live links to their web page.

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

As a wonderful supporter of the Stroke Foundation, we'd like to keep you up to date with some of the latest news, events and upcoming activities. It is thanks to generous people just like you that we can continue our vital work to prevent, treat and beat stroke during this time.

Sharon McGowan, Chief Executive Officer, Stroke Foundation

"Life as we knew it was no longer the same"



Tahnee had just given birth to her second son, when pain struck. Scans revealed she had suffered five ischaemic stroke insults and was lucky to be alive. Stroke can change lives in an instant, and with a newborn baby and toddler at home – the road to recovery can be that much harder. That's why we need your support to bring hope and help to families when it's needed most.

**[Bring hope to families after stroke.](#)**

### **Launching our Reconciliation Action Plan**

This month, we officially launched our Reflect Reconciliation Action Plan. This marks Stroke Foundation's official commitment to reconciliation, a journey that we commenced in 2021. "We look forward to the journey ahead, to listening and learning, to building on strengths of the world's oldest continuous culture to take us closer to a world free from disability and suffering caused by stroke, for everyone."

**[Hear from our CEO, Sharon McGowan.](#)**

### **New funding for 'Love Your Brain'**

On October 3, a new stroke prevention platform called 'Love Your Brain' received one million dollars in funding! We are thrilled that this crucial stroke prevention project is led by two researchers we work closely with:

- A/Prof Monique Kilkenny, who serves on our Research Advisory Committee
- A/Prof Seana Gall, who serves on our Stroke Prevention Advisory Committee

**[Learn more about the project here!](#)**

### **Will you help create a future free from stroke?**

Long-term supporters Julie and her husband recently attended an event that shared our strategic plan for the future of stroke across Australia.

"Brian and I came away with a much better understanding of what the Foundation is achieving and the philosophy for the future."

Julie is helping protect that future by thoughtfully including a gift in her will to the Stroke Foundation to support research.

**[Will your legacy protect that future?](#)**

If you have a question or would just like to say hello, call our supporter team on 1300 194 196 or visit <https://strokefoundation.org.au/>

Stroke Foundation  
Level 7, 461 Bourke Street  
Melbourne VIC 3000

*What do you get when dinosaurs crash their cars?  
Tyrannosaurus wrecks.*

## **NEW BUS STOP SMART BOX**

**<https://translink.com.au/news-and-media/articles/196076>**



NFC is being rolled out across all bus stops

Bus customers will benefit from the new technology at our bus stops. The NFC method provides easy access to reliable, up to date, stop specific information, all without the need for the Translink app or searching the web.

NFC is easy to use: simply tap an NFC enabled\* smartphone on the NFC case to view information about your specific stop. Stop webpages contain bus schedules, real-time bus information where available, service notifications and other stop information.

Rollout of the NFC box follows a successful trial of the technology - NFC is very easy to use. The trial was run over a three-month period in 2020, at several high traffic bus stops.

\*NFC is available on most modern smart phones and wearable devices. *Android* users can enable NFC in their device settings. *Apple* devices have some variation in NFC compatibility. NFC is available for iPhone 7 and subsequent models. To enable NFC on iPhone models 7, 7 Plus, 8, 8 Plus, X and X Max, a third-party NFC reader app is required. There are a number of NFC reader apps available through the app store.

## AND

On the Bus Stop pole is the timetable for the Stop.  
Somewhere on the timetable sheet is a QR code,  
Scan that with your phone and the time of the next bus will be shown on your screen.  
Test it the next time you pass a Bus Stop.



**Shoot this QR Code with your camera**

*What washes up on really small beaches?*  
*Micro-waves*

## THIS HOLIDAY SEASON





[https://enews.mailer.brisbane.qld.gov.au/v/63801/11029998/email.html?k=ni910hsS3enUchW0ZJS4Jxb9l8iQ8\\_tV2c1clyFCpn8](https://enews.mailer.brisbane.qld.gov.au/v/63801/11029998/email.html?k=ni910hsS3enUchW0ZJS4Jxb9l8iQ8_tV2c1clyFCpn8)

### **Celebrate the festive season in beautiful Brisbane**

Brisbane is buzzing with Christmas cheer. Explore the [Christmas in Brisbane](#) program for family-friendly events across the city right through to Christmas Eve.

For homemade gift ideas, register for a special, online event with Paul West for [Grow It Local](#) on Saturday 10 December - [Christmas presents from the patch](#).

To kick off 2023 with a bang, take the family to the [Lord Mayor's New Year's Eve Fireworks](#) at South Bank.

Want holiday inspiration at your fingertips? Download the free [Brisbane app](#) and discover businesses, places, curated guides and events.

### **Be prepared this summer**

Hot summer days mean it's important to plan for severe weather. Sign up to our free [Brisbane Severe Weather Alert](#) service to receive alerts delivered by email, SMS or voice message. If you do receive a severe weather alert, follow the prompts in the alert to help you and your family stay safe this season.



### **Reducing waste this holiday period**

The holidays can be full of gifts, gatherings and full waste bins. Follow our simple tips for making sustainable choices this Christmas and reducing waste sent to landfill.

[Read our blog](#)



### **4 places to cool off this summer**

Beat the heat and keep your cool this summer at a Council pool, aqua park or water play area. Alternatively, head to a riverside park or Brisbane's bayside and take advantage of the breezes.

[Read our article](#)





[https://enews.mailer.brisbane.qld.gov.au/ch/63801/dxfqx/2219419/yC\\_MrATwOTYpSaU3LHscWq1m\\_wgyq4V45yxqVGod.html](https://enews.mailer.brisbane.qld.gov.au/ch/63801/dxfqx/2219419/yC_MrATwOTYpSaU3LHscWq1m_wgyq4V45yxqVGod.html)



### Save Money Save Food challenge

Save Money Save Food is a free, three-week, text challenge designed to help you save money and food. Join the challenge and get simple tips to help you prevent food waste in 2023.

[Find out more](#)



### Explore art in the heart of the city

See art on the go with Council's latest Outdoor Gallery exhibition, *play/ground*, showcasing 45 artworks from 11 Brisbane-connected artists, across 13 locations.

[Find out more](#)



### Summer Reading program

In a first for Council's libraries, our Summer Reading program will be open to all ages from Saturday 10 December! Plan your reading list with our [Top books of 2022](#) blog

[Find out more](#)



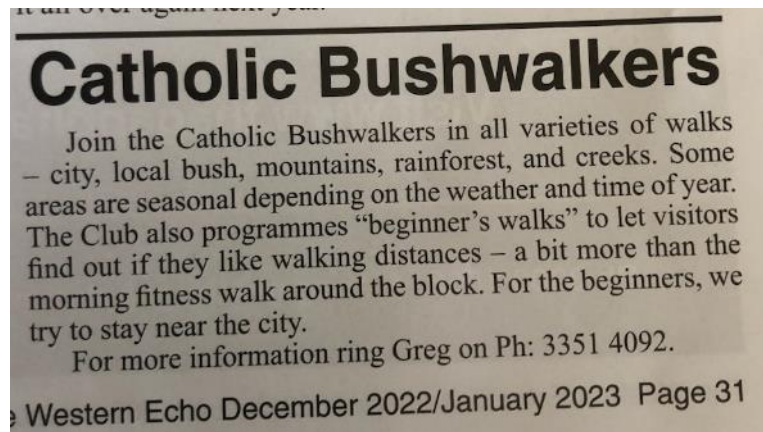
### Explore Victoria Park / Barrambin

<https://www.google.com.au/maps/@-27.4541776,153.0221579,16z?hl=en>

Victoria Park is Brisbane's biggest new park and it's got something for everyone. Make a date to explore this urban park and enjoy a relaxing picnic with expansive city views.

[Find out more](#)

*Charles Dickens walks into a bar and orders a martini.  
The bartender says, "Olive or twist?"*



Thank you *Western Echo* for still promoting BCBC in your publication

## 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 3<sup>rd</sup> Monday of February May, August & November, at 7:30pm. The location is Little Kings, 33 O’Keefe Street, Buranda (Woolloongabba) Parking: Turn off O’Keefe St into Wolseley St, and then down the laneway on the left past the medical centre, just before the small cottage.

**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:

There are different amounts for those who want only an electronic Jilalan and for those who want a printed version as well.

Ordinary Members - \$25 e-copy & \$50 for printed copy.

Associate Members: \$21 for e-copy & \$462 for printed copy.

Associate Members are those not of the Catholic faith.

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.

*Why didn't the lamp sink?  
It was too light.*

## CONTACTS

Postal Address	PO Box 31, Red Hill, Qld 4059	
E-Mail	<a href="mailto:briscathbushclub@yahoo.com.au">briscathbushclub@yahoo.com.au</a>	
Web	<a href="https://bcbc.online/">https://bcbc.online/</a>	
President	Cath Wood	0428 755 100 <a href="mailto:cm.mj.wood@gmail.com">cm.mj.wood@gmail.com</a>
Vice President	Michele Endicott	3351 4092 <a href="mailto:michele.endicott@gmail.com">michele.endicott@gmail.com</a>
Treasurer	Terry Silk	3355 9765
Secretary	Susan Tobin	3366 3193 <a href="mailto:briscathbushclub@yahoo.com.au">briscathbushclub@yahoo.com.au</a>
Membership Officer	Jon Peake	0422 602 658 <a href="mailto:joncath@tpg.com.au">joncath@tpg.com.au</a>
Outings Secretary	Phil Murray	5522 9702 <a href="mailto:bcbc.outings@gmail.com">bcbc.outings@gmail.com</a>
Social Secretary	Jan Nelson	0401 030 137 <a href="mailto:jannelson703@gmail.com">jannelson703@gmail.com</a>
Safety & Training Officer	Phil Murray	5522 9702 <a href="mailto:bcbc.outings@gmail.com">bcbc.outings@gmail.com</a>
Jilalan Editor	Greg Endicott	3351 4092 <a href="mailto:bcbcjilalan@gmail.com">bcbcjilalan@gmail.com</a>
<b>Non-Committee Positions (Volunteers)</b>		
Calendar Keeper	Phil Murray	5522 9702 <a href="mailto:bcbc.outings@gmail.com">bcbc.outings@gmail.com</a>
Coffee Night Co-Ordinator	Russ Nelson	0427 743 534 <a href="mailto:russnelson52@outlook.com">russnelson52@outlook.com</a>
Drinks & Dinner Co-Ordinator	Jan Nelson	0401 030 137 <a href="mailto:jannelson703@gmail.com">jannelson703@gmail.com</a>
Country Lunch Co-Ordinator	Greg Endicott	3351 4092 <a href="mailto:endhouse@bigpond.net.au">endhouse@bigpond.net.au</a>
Strolls Co-Ordinator	Greg Endicott	3351 4092 <a href="mailto:endhouse@bigpond.net.au">endhouse@bigpond.net.au</a>
Child Protection Officer	Vacant	
Web Master	Khaleel Petrus	3375 6976 <a href="mailto:admin@bcbc.online">admin@bcbc.online</a>
Web Content Manager	Liz Little	0414 252 003 <a href="mailto:lizlittle2017@gmail.com">lizlittle2017@gmail.com</a>
Club Hut Curator	Iain Renton	3870 8082
Artist in Residence	Iain Renton	3870 8082
Bushwalking Queensland	Web: <a href="https://www.bushwalkingqueensland.org.au/index.php">https://www.bushwalkingqueensland.org.au/index.php</a> e-mail: <a href="mailto:secretary@bushwalkingqueensland.org.au">secretary@bushwalkingqueensland.org.au</a> BWQ Blog: <a href="https://www.aussiebushwalking.com/">https://www.aussiebushwalking.com/</a> <b>BWQ:</b> <a href="https://www.facebook.com/groups/bushwalkingqueensland">www.facebook.com/groups/bushwalkingqueensland</a> Twitter: <a href="https://twitter.com/BushwalkQLD">@BushwalkQLD</a>	
Federation Mountain Rescue FMR	<a href="http://fmrqld.bwq.org.au/">http://fmrqld.bwq.org.au/</a>	
Archdioceses Web Site	<a href="https://brisbanecatholic.org.au/">https://brisbanecatholic.org.au/</a>	
Qld Govt Covid Site	<a href="https://www.covid19.qld.gov.au/">https://www.covid19.qld.gov.au/</a>	
Jilalan Printer	<a href="mailto:myprinting@cpl.org.au">myprinting@cpl.org.au</a>	

For specific enquiries, contact the committee member (from above) concerned.

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

Front Cover: Wall Hanging at the Little Kings Meeting Room at Buranda

*What dessert always comes back to you when you throw it away?  
A blue-meringue.*

## EDITOR'S NOTES

- # 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.

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

*Why did the clock in the cafeteria run slow?  
It always went back four seconds.*

## DEADLINE NEXT JILALAN

**Deadline: 6pm Wednesday 4<sup>th</sup> January**

Use the “Jilalan” style guide below:

<https://bcbc.bwq.org.au/assets/contributing.pdf>

## INSURANCE

Combined General and Product Liability – includes \$20,000,000 public liability, and \$5,000,000 for club assets.

Personal Accident – All activities associated with bushwalking, Covers out of pocket expenses and compensation for injuries leading to loss of limbs & organs, and loss of earnings.

Association Liability – cover for the administration of the club.

*A perfectionist walked into a bar  
...apparently, the bar wasn't set high enough*

## PHOTO COMPETITION WINNERS

Category	Name of Photo	Winner
Landscape	“Waterfall by the Fence”	Antonita Sanidad
Moods of Nature	“Smoky Haze”	Greg Endicott
Nature Close Up	“Pink Flowers”	Paddy Taylor
People and Faces	“ Wandering Pilgrims”	Benno Giuliani
Miscellaneous	“Weaving Through Nature”	Paulette Schmidt
Overall Winner	“ Wandering Pilgrims”	Benno Giuliani
People’s Choice	“Sunset in the Bush”	Antonita Sanidad





People and Faces AND Overall Winner - Wandering Pilgrims by Benno Giuliani





Moods of Nature - "Smoky Haze" by Greg Endicott





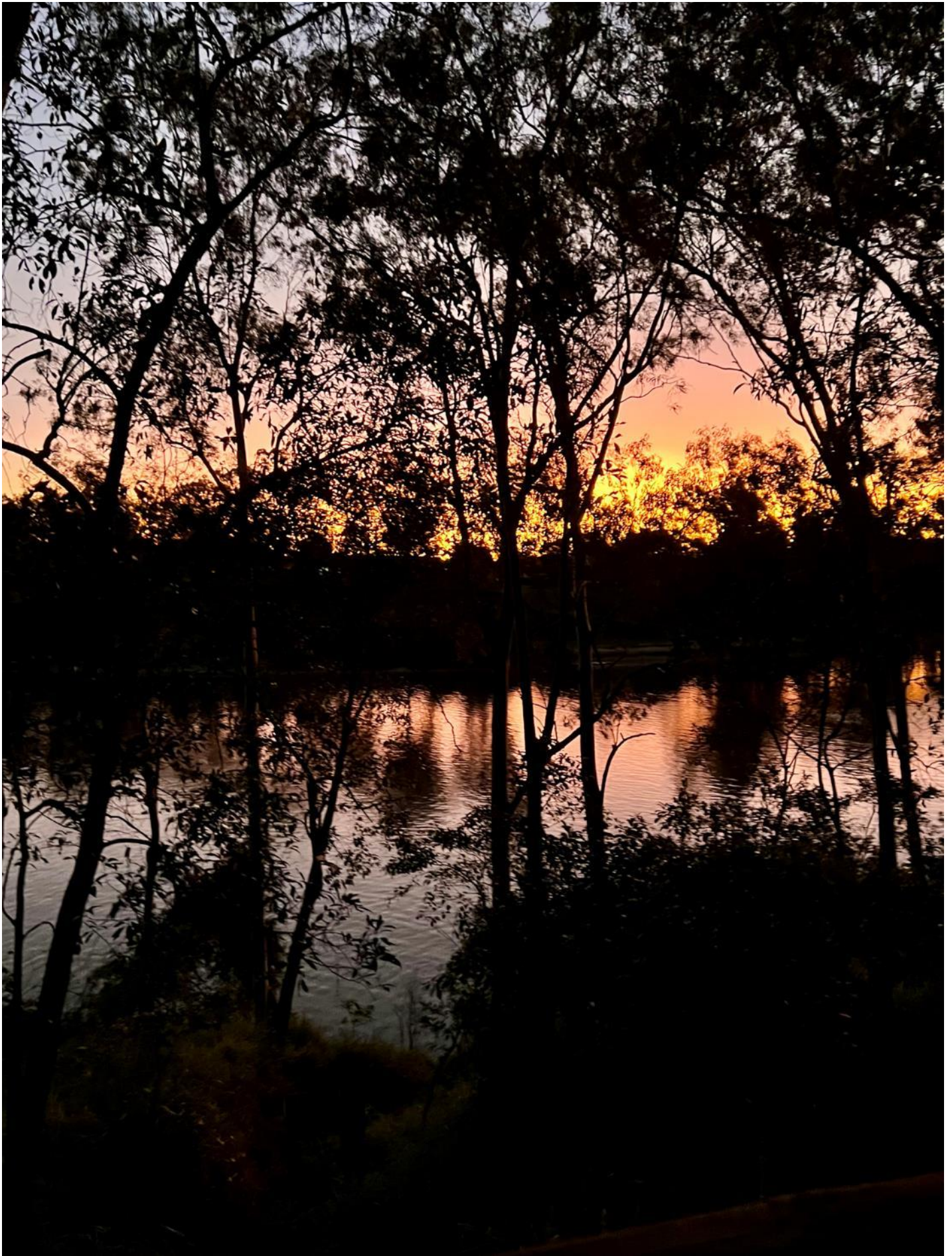
Nature Close Up - "Pink Flowers" by Paddy Taylor





Landscape - "Waterfall by the Fence" by Antonita Sanidad





People's Choice - "Sunset in the Bush" by Antonita Sanidad





Miscellaneous - "Weaving Through Nature" by Paulette Schmidt

*What did the lioness say to her cubs before they went out hunting for food?  
"Let us prey"*



## Nomination Form for Management Committee

**Brisbane Catholic Bushwalkers Club Inc**  
**PO Box 31, Red Hill. Qld. 4059.**



Position	Nominee Name	Nominee Signature	Nominator Name	Nominator Signature	Second Name	Second Signature

Committee positions are available to Ordinary Members only.

This form must be in the hands of the Club Secretary 3 weeks prior to the Annual General Meeting.

Post it to the Club PO Box, or hand it to the Secretary at the Monthly Meeting prior to the AGM.

You (the Nominee) must ask a member to nominate you and another member to second the nomination.

You can nominate for more than one position. Note that all three must sign the form.

Nominations cannot be accepted in any other form.

Positions are elected to Committee in the order stated in the Constitution.

The Club holds a Liability Insurance Policy with coverage up to \$20,000,000.

We also hold a Personal Accident Policy. Both policies are arranged through Bushwalking Australia.

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