

JILALAN



Purlingbrook Falls at Springbrook, 14th November

Monthly Magazine Of The

BRISBANE CATHOLIC BUSHWALKING CLUB Inc

Established 1957

Incorporated 1991

Under The Guidance of Our Lady of the Way

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October 2010

Date	Event	Leader	Phone	Type	Grade
25	Wynnum to Birkdale	Graham		DW	
Oct 2	Kate Quinlan Society	Greg		Soc	
5	Gaythorne RSL Club	Antonia		Soc	
15	Work Week Wine Down – German Club	Phil	5522 9702	Soc	
18	BCBC Meeting	Desley	3369 5530	Meet	
23	Booloumba Gorge	Justin	3366 3193	DW	M56
30	Woody Point to Scarborough	Wendy	3289 5450	DW	M22
30/31	First Aid Training	St John's	1300 360 455	FMR	
31/2	Victorian Alps	Phil	5522 9702	TW	EX46
Nov 6	Noosa NP	Justin	3366 3193	DW	M44
6/7	Navigation Training	Barbara	fmrqld@gmail.com	FMR	
9	Street Orienteering	Michael	3351 3810	SW	S22
14	Purlingbrook Falls to Appletree Park	Kerriane	5597 6160	DW	M33
15	BCBC Meeting AND Photo Comp	Desley	3369 5530	Meet	
16	Street Orienteering	Michael	3351 3810	SW	S22
16	Dinner at the Merthyr Bowls Club	Antonia	3857 1387	Soc	
19	WWW – Coffee Club at Eagle Street Pier	Phil	5522 9702	Soc	
20	Running Creek Falls	John	5514 0285	DW	L57
23	Street Orienteering	Michael	3351 3810	SW	S22
26/28	Northern NSW	Paul	0412 339 311	BC	
28	Burleigh to Fleay's Sanctuary	Pat	3366 1956	DW	M22
30	Street Orienteering	Michael	3351 3810	SW	S22
Dec 4	Stairway Falls via Bull Ant Spur	Paul	0412 339 311	DW	M55
7	Street Orienteering	Michael	3351 3810	SW	S22
12	Conondales	Maxine	3490 4001	DW	M43
13	BCBC Meeting	Desley	3369 5530	Meet	
17	Working Week Wine Down – The Sofitel	Phil	5522 9702		
18	Christmas Party	Justin	3366 3193	Soc	
19	Northbrook Gorge	Justin	3366 3193	DW	M54
27	Gold Coast Hinterland	Liz	3356 4874	DW	M32
Jan 2	Warrie Circuit			DW	
8	Lilo Trip	Phil	5522 9702	DW	M11
16	Social Walk			SW	
17	BCBC Meeting	Desley	3369 5530	Meet	
21	Working Week Wine Down			Soc	
22	Lower Bellbird Circuit			DW	M33
23	Leaders Training Day	Greg	3351 4092	Trn	
26	O'Reilly's			DW	L33
30	Cedar Falls & Killarney Glen			DW	
Feb 4/6	Undercliffe Falls to Boonoo Boonoo Falls			TW/BC	
12	Currumbin Creek			DW	
13	Leaders Training Walk	Greg	3351 4092	Trn	
20	Social Walk			SW	
15	BCBC Meeting – AGM			Meet	
26/27	Nightcap Track Area			TW/BC	
Mar 2	XXXX Brewery Tour & BBQ	Greg	3351 4092	Soc	
6	Mermaid Mountain			DW	
13	Social Walk			SW	
18/20	Circumnavigation of Mt Barney	Justin	3366 3193	TW	
19/20	Club Hut Feast			ON	
20	Club Hut Walk	Michele	3353 2822	DW	
26	Mt Greville	Paul	0412 339 311	DW	

The Calendar is subject to change without notice

WARNING: All persons, adult or child, member or visitor, undertakes all activities of the Club at their own risk. The club is not in a position to even state that all care will be taken.

KEY – Walk Types

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

KEY – Walk Gradings

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

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

PRAYER OF THE MONTH

PRAYER FOR PEACE IN SUDAN

Lord Jesus, you who said to us;
 "I leave you peace. My peace I give you."
 Look upon us your sisters and brothers
 in Sudan as we face this moment of referendum.
 Send us your Spirit to guide us.
 Give us the wisdom we need to choose
 our future where we will know your true peace.
 You call us out of slavery, oppression,
 and persecution so that we may have life in
 abundance.
 Grant us peace with one another.
 Give peace among ethnic groups.
 Help us to work together for the good of all.
 We ask this in your name,
 Jesus our Lord.
 Amen. Mary, Queen of Peace, pray for us.

OUTING'S SECRETARY REPORT



Well, Hagar made me smile and yes, I probably told my stories and even slipped in a joke or two at the 50th anniversary of the Barney Mass. I'm sure I wasn't the only one. It was a day for telling stories, to relive the past, be proud of the present and look forward to the future. May BCBC continue to thrive and be part of our lives, unlike Hagar I've always been able to finish my stories and I'm sure there will be more to come.

SOCIAL SECRETARY'S REPORT

Thank you to eleven BCB walkers who joined my mother and me at Gaythorne RSL last Tuesday evening, 5th October. We all decided to add this club to our list for future socials gatherings especially as a pancake with maple syrup and cream came free with our dinner order. "We" included Michele & Richard Johns, Michele & Greg Endicott, Brenda Keough, Rebecca Campbell, Vince & Marian Arthur, Liz Little, Terry Silk and Graham Glasse. Thank you to Justin Tobin who has taken over the reins of the Christmas Party while I have heard and have responded to experienced walkers by arranging our November Social for a New Farm setting. See "Coming Events" for the details.

TREASURER'S REPORT

Balance 16/08/10	\$4520.17
Plus Receipts	\$ 356.00
	\$4876.17
Less Payments	\$2355.75
Balance 20/09/2010	\$4520.42
Term Deposit	\$2310.66

We currently have two raffles running as I still have not been able to draw the one which has been running for some time and has three prizes with the first being a (14 LED) Headlamp and Compass Set, the second is a Compact Wind Up (3 LED) Torch and Emergency Phone Charger and the third is an Ultra Bright (7 LED) Headlamp.

The new raffle has two prizes with the first being a set of Adventure Ridge Trekking Poles and the second an Adventure Ridge 1Litre Stainless Steel Drink Bottle and Microfiber 40x50 cm Towel Set. Tickets are only a dollar each.

A reminder, once again, that we still have limited number of club t-shirts and metal badges for sale at twenty and five dollars respectively. Terry.

ABOUT PEOPLE

Maxine Brophy, Alan Cox, Tracy Hagger, Julie Hoey, Frances Jorgensen, Trevor Kelly, Maria Kerruish, Breda Kertin, Viv Layzelle, Patricia Mackie, Russell Nelson, Mathew Palmer and Desley Pedrazzini are each celebrating a birthday in October.

Past members, Louise & Russell Jones joined Graham on his Wynnum to Thorneside walk.

Amy Han from Malaysia contacted us about doing a walk.

Recently we have had enquiries from Brendan McKone and Jenny Kalinowski. We encourage visitors to join us on any of our activities.

One of our early members has passed away. Ray Haugh, who married Agnes Kearney who has also deceased some 2 yrs ago, passed away in September.

COMING EVENTS

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

The "**Leaders Guide**" is on the web at:
<http://www.bcbc.bwq.org.au/LeadersGuideV5-02-06.html>

15th OCTOBER, FRIDAY WORKING WEEK WINE DOWN THE GERMAN CLUB

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

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

Time: Anytime after 4.30pm till any time before 10ish.

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

Cost: They may ask you to become a member if you are not a member of another club

Web: www.brisbanegermanclub.com

Emerg Off: Greg Endicott Ph: 0418 122 995

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

The interior is like a German hunting lodge. There are tables inside to the right – you should find us sitting there (its closer to the kitchen).

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

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

But remember, "Do not mention zee var"

**18th OCTOBER, MONDAY
MONTHLY MEETING**

Contact: Desley Ph: 3369 5530

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

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

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether come on the walk. Nominate for a walk.

Nominate to lead an outing.

Stay for supper. Bring those recent bushwalking snaps.

**23rd OCTOBER, SATURDAY
BOOLOUMBA GORGE
DAYWALK**

Leader: Justin Tobin Ph: 3366 3193

Meet at: St Brigid's Carpark

Meet Time: 6:00 am

Grading: M56

Cost: \$20

Location: In the mountains behind Maleny

Web: <http://econews.org.au/booloumba-creek-walk/>

Emerg Off: Susan Tobin Ph: 3366 3193

Rock pools, waterfalls and a swim through the gorge make this an interesting day in Booloumba Creek in the Conondales. We'll take the ridge to Frogs Falls then head upstream for our float through the gorge before climbing out to continue to the Breadknife then onto the track and back to the cars. It is an enjoyable cool summer walk. There is some scrambling, rock hopping and exposure. You will need something to keep your gear dry for the swim.

Escape the spring swelter and join me in the Sunshine Coast hinterland and discover the delights of Booloumba Creek. Justin.

**29th OCT to 3rd NOV, FRI to WED
THE VICTORIAN ALPS
THROUGHWALK**

Contact: Phil Murray Ph: 5522 9702

Meet at: Brisbane Airport Friday

Meet time: Depends on the flights

Cost: \$250 approx airfares,
\$100 incidentals.

Grading: Medium to Hard

Location: North East of Melbourne, near the NSW border, just up the road from Falls Creek

Web: <http://www.visitvictoria.com/displayobject.cfm/objectid.00004802-A5F2-1A6B-B64F80C476A901F2/>

The walking is from Friday to Tuesday (Melbourne Cup Tuesday), but you need to be there early Sat to get the ride to the mountain, and it could be a bit chancy to get to Tullamarine by Tues night for a flight.

The aim of the weekend is Mt Bogong, the highest peak in Victoria at 1986m. Barney is 1300m approx, so you don't go too much higher! The trip starts out at Mountain Creek and goes up The Staircase Ridge – approx 1400m over 8km. Stay the night on top. There are various routes to take from here, but there will be a night in Cleve Cole Hut. .

There may be patches of snow about; considering the good late falls they have had recently. If you come back by the Bogong High Plains there will be a 1000m drop into the valley and back out again up the other side. Fun.

Phil raves over the walks down here. It is easier through walking in the temperate zones than in our sub-tropical one – less mugginess and oppressive heat & sweat.

Ring Phil for more details. The Victorian Catholic Club is putting on this walk, they do a different one each year at this time (a long weekend in Vic) and thus Mt Bogong will not be coming around again for years – your one and perhaps only chance of climbing it.

**30th OCTOBER, SATURDAY
WOODY POINT TO SCARBOROUGH
DAYWALK**

Leader: Wendy Nielsen Ph: 3289 5450

Meet at: St Brigid's Carpark, Red Hill

Meet Time: 7.30am

Cost: \$10

Grading: M22

Location: Along the foreshore at Redcliffe

Web: <http://www.australianexplorer.com/maps/Redcliffe.htm>

Emerg Off: Susan Tobin Ph: 3366 3193

We'll park our cars at Crockatt Park, Woody Point, and then start our walk by exploring the brand new jetty on the southern tip of the Redcliffe Peninsula. We'll then follow the road up the hill and see if we can spot the remains of the Gayundah shipwreck. From here we'll have a comfortable walk along the beachfront staying

mainly on wide pathways and enjoying cooling sea breezes and beautiful scenery out to Moreton Bay. If we're lucky we may see a few parachutists landing on Suttons Beach or at Scarborough.

We'll return along the same route and should be back at Woody Point around 3.00pm. Just in case a storm looms up in the afternoon it would be handy to have \$3.40 in loose change so that we can catch a bus back to our cars.

Bring your morning tea and lunch. Ice creams and snacks are available from a variety of shops on our return. It should be a lovely, easy daywalk. Wendy

30th/31st OCTOBER, SAT/SUN FIRST AID TRAINING

Leader: Brisbane Bushwalkers Club
Contact: ST. JOHN'S AMBULANCE
Ph: 1300 360 455
Time: 8:30am to 4:30pm
Where: St John House, 225 St Paul's Tce, Fortitude Valley
Cost: \$140
Web: <http://newdev.stjohnqld.com.au/index.php>

Brisbane Bushwalkers Club have arranged a weekend First Aid Course with St John's Ambulance in Brisbane.

There are a few vacancies and we have arranged with Barry Collins, the BBW Safety & Training Officer, and Peter Mrzyglocki, the First Aid Trainer and BBW member, to invite members of other clubs in the Brisbane area who may wish to do the course.

The course will be presented with a remote area/bushwalking emphasis. A group discount has been arranged.

Please contact St John's if you wish to do the course. Ask for Josh and say you are part of the Brisbane Bushwalkers group.

Quote Course Number 43049
70108NT: Course in Senior First Aid

MBS: Why did Liz politely ask Terry if it was OK to get her mobile phone out and take a photo of his shoes? Does she need to buy new ones after announcing on the train that she had walked 27,000 kilometres that day????



6th NOVEMBER, SATURDAY NOOSA NATIONAL PARK DAYWALK

Leader: Justin Tobin Ph 3366 3193
Meet at: St Brigid's Carpark
Meet Time: 7:00 am
Grading: M44
Cost: \$20
Location: North of the Sunshine Coast
Web: <http://www.derm.qld.gov.au/parks/noosa/pdf/noosa-headland-map.pdf>
Emerg Off: Susan Tobin Ph 3366 3193

Noosa National Park, the wild, rocky peaceful escape from the bustling madness of Hastings Street, saved from the developers it provides a refuge for the native wildlife and visiting humans, far, far from the madding crowd.

Saturday morning we will leave the cars at Sunshine Beach and head over to Noosa Heads and along Park Rd (which is slipping into the Ocean) and walk the Coastal Track. Rocky headlands, secluded coves, isolated beaches and the soothing waters of the Pacific. We'll have lunch on the beach, plenty of time for a swim before continuing on to Sunshine Beach and maybe another swim before heading to coffee and home.

Come with me and discover this coastal wilderness. Justin.

6th & 7th NOVEMBER, SAT & SUN MAP READING & NAVIGATION FMR

Contact: Barbara Makepeace
at fmrqld@gmail.com
Meet at: Camp Karingal,
65-71 Karingal Rd, Mt Cotton (off Mt Cotton Rd)
Time: 8.30am
Cost: \$90 for the weekend
\$50 for one day
Web: <http://www.campkaringal.com.au/>
Location: almost Opposite Mt Cotton Winery).

The bushwalkers own search & rescue arm, Federation Mountain Rescue – FMR, has arranged this training weekend at Mt Cotton, just south of Brisbane beyond Rochedale.

Accommodation is camping only; h/c shower and toilet block on site. Bring your own compass and writing material. Comprehensive notes provided. Bring lunch or food and cooking equipment. Coffee/tea and morning teas provided.

Topics include: Map basics: Map types, Map scales, Contours, Map legends, Eastings and Northings and latitude & longitude, Map datums, Practical exercises on maps, Examples of different terrain profiles, How to find lat/long on maps, AND,

Compass basics: Features of the compass, Taking Bearings, Grid, True & Magnetic north, Magnetic declination, Back bearings, AND there's more

Compass practical exercises, Walking on a bearing & pacing out distances, Route selection – taking advantage of natural terrain, Basic GPS, AND,

Beginner and intermediate navigation exercises, Sex & Navigation

E-mail Barbara now to learn all about maps & compass

Ummm: Any truth in the rumour that the date 10th October 2010 (101010) in the computer binary language equals the number “42”, which is the Meaning of Life, the Universe and Everything?

6th & 7th NOVEMBER, SAT & SUN RELAY FOR LIFE CANCER COUNCIL QUEENSLAND

Where: RNA Showgrounds, Bowen Hills

Why: The opportunity to Celebrate those who have survived

Time: 3pm Sat and finishes at 9am Sun morning

Web: <http://www.youtube.com/watch?v=IGRqw7c8WFq>

Every 15 minutes, another Queenslanders is told they have cancer. Who will you Relay for? There are over 160,000 Queenslanders living with cancer. In a total 18 hours (the length of a Relay For Life event) 18 Queenslanders will die from cancer. Something has to be done!

Register your team of 10 to 15 people on the website www.relayforlife.org.au. Registration is usually \$15 for adults and \$11 for children under the age of 18. Encourage each of your team members to raise \$100 each and you will be well on your way to a weekend of fun and entertainment. This 18hr campout event gives you the opportunity for meeting other people in the community tied by a common bond of cancer.

All cancer survivors are welcome to participate in the Survivor's Lap and your members who have lost someone to cancer can also place a candle

tribute in memory of their loved one during the candlelight ceremony.

Stephanie Stewart, Cancer Council Queensland
T: (07) 3634 5292 M: 0430 121 421, 553 Gregory Terrace, Fortitude Valley QLD 4006.
www.cancerqld.org.au

9th NOVEMBER, TUESDAY STREET ORIENTEERING NIGHTWALK

Leader: Michael Simpson Ph: 3351 3810
Meet at: Solar Park, Eclipse St, Bridgeman Downs

Time: 6.00pm

Cost: \$4

Grading: S22

Web: http://www.oq.asn.au/index.php?option=com_events&task=view_month&year=2010&month=11&day=10&Itemid=361

Emerg Off: Michael Ph: 0409 620 714

Street orienteering is a great way to keep fit and learn map reading skills. It is run by the Enoggeroos, a local orienteering club but anyone may join in. You can compete if you want to but I only go as a way of keeping fit.

The event starts at 6.30pm and runs for about an hour. There are three courses, long (7.5km), medium (5km) and short (3km). I will go with anyone wanting to learn the ropes before letting you out on your own. I will definitely be around for the first event but I may be on holidays for the next 3 events. There are 4 being held in November.

Directions: Solar Park , Eclipse St, Bridgeman Downs. Brisways 478 K11. Or UBD Map118 RefP7 Directions. Travelling North on Beckett Road, turn left into Saturn Cres then 2nd left into Eclipse St. Take care parking as there is limited road side space and parking may overflow into Saturn Cres.

Come along and get fitter whilst learning new skills. Michael.

Ummm – FMR Training Day – Is “Sex & Navigation” finding your route?



**14th NOVEMBER, SUNDAY
PURLINGBROOK FALLS TO
APPLETREE PARK
DAYWALK**

Leader: Kerrianne Pearce Ph: 5597 6160
Meet at: St Brigid's, Red Hill
Meet Time: 7.30am
Grading: M33
Cost: \$15
Location: Springbrook, the Gold Coast Hinterland

Web: <http://www.derm.qld.gov.au/parks/springbrook/pdf/springbrook-np-map.pdf>

Emerg Off: Michael S Ph: 0409 620 714

You never know, Kerrianne just may have a surprise for you on this one, so make sure you talk to her. The original plan was to start on the plateau and walk down the Great Walk track and then along the road to Natural Arch and find and follow the old track back up to Springbrook – however the preouting has not been done yet so we are not sure about the track back up.

Thus Plan "B": start at the Purlingbrook Falls carpark and do the re-opened circuit track down to and under the Falls. Then back up to, but not to the cars or lunch. No, never – too short. Kerrianne will take you on a magical mystery tour along the end of the Great Walk to the Apple Tree Picnic Area.

However, after the pre-outing, all may change.

**15th NOVEMBER, MONDAY
MONTHLY MEETING**

Time: 7.30pm – Doors open & meeting starts soon after
Where: St Michael's Parish Hall, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether come on the walk. Nominate for a walk. Nominate to lead an outing.

Stay for supper. Bring those recent bushwalking snaps.

**16th NOVEMBER, TUESDAY
STREET ORIENTEERING
NIGHTWALK**

Leader: Michael Simpson Ph: 3351 3810
Meet at: White Rd, Chermside West

Time: 6.00pm

Cost: \$4

Grading: S22

Web: http://www.oq.asn.au/index.php?option=com_events&task=view_month&year=2010&month=11&day=10&Itemid=361

Emerg Off: Michael Ph: 0409 620714

Street orienteering is a great way to keep fit and learn map reading skills. It is run by the Enoggeroos, a local orienteering club but anyone may join in. You can compete if you want to but I only go as a way of keeping fit.

The event starts at 6.30pm and runs for about an hour. There are three courses, long (7.5km), medium (5km) and short (3km). I will go with anyone wanting to learn the ropes before letting you out on your own.

Directions: Turn north from Hamilton Rd (Chermside West) in to Whites Rd - continue to northern end of Whites Rd, into lower parking area of cricket fields. (UBD Map119 H11). Assembly area is in the shelter shed on the upper level playing field. Note: Do not drive through the gates to the upper level.

Come along and get fitter whilst learning new skills. Michael.

**16th NOVEMBER, TUESDAY
MERTHYR BOWLS CLUB
SOCIAL**

Leader: Antonia Simpson Ph: 3857 1387 or 0400 571 387

Meet at: Overlooking the green of the Merthyr Bowls Club

Meet Time: 6.30 pm

Grading: S11

Cost: Depends on your order- from \$16.00- 27.00 for a main course

Location: 60 Oxlade Drive, New Farm

Web: <http://www.merthyrbowlsclub.com.au/>

Emerg Off: Antonia Simpson Ph: 0400 571 387

Tuesday is a quiet evening at the club but walkers can liven up the evening by arriving early and walking from the club along the river to Sydney St and back as an appetite booster. The club is a short walk from the CityCat stop at the end of Brunswick Street at New Farm Park, and there are a number of buses which travel along Brunswick Street from the Valley and City.

In order to secure our booking, please contact me by the day before, that is, **Sunday 14th November**, by phone or email.

**19th NOVEMBER, FRIDAY
WORKING WEEK WINE DOWN
EAGLE STREET PIER**

Contact: Phil Murray Ph: 5522 9702,
0413 307 580
Where: Coffee Club, Eagle St Pier,
Waterfront Place, Eagle St
Time: Anytime after 4.30pm till any time
before 8ish.
What For: Great conversation, meet great
people, air your views
Cost: What ever you consume
Web: <http://www.coffeeclub.com.au/drinks/>
Emerg Off: Greg Endicott Ph: 0418 122 995

The aim of the WWW is to appreciate the many light eating places around the Brisbane CBD. While eating dinner, we imbibe a few drops of wine, beer, soft drink, coffee and/or water.

You do not have to work in town to come – Phil works at Mt Gravatt and still managed to attend. You don't even have to work – Michael S comes and retired early in the year. More girls than guys turn up. We are old – like Greg. We are young – like Liz. It is on just to help you wind down after a hard week.

While at it, we discuss almost everything, in fact solve the mystery of Life, the Universe and Everything.

MBS: A Kate Quinlan Branch Meeting was held at Carnarvon, WA and we are reassured that XXXX Gold is available there in plentiful supply. It is easier to find than the local Swan and Emu lager.

**20th NOVEMBER, SATURDAY
RUNNING CREEK FALLS
DAYWALK**

Leader: John Carter Ph: 5514 0285 or
0433 779 771
Meet at: St Brigid's, Musgrave Rd,
Red Hill
Meet Time: 6.15am
Grading: L57
Cost: \$20
Location: South of Beaudesert, in the
southern Lamington National
Park, near the border
Web: <http://qld.qsa.org.au/oreillys.pdf>

Running Creek Falls is at the head of the Running Creek Valley in Lamington National Park. A spectacular single drop waterfall is the feature of this walk.

This is a long day – a big drive and a long walk. The falls come off the Lamington Plateau, and are the highest single drop falls in the park. They come over the cliff and drop into a narrow circular amphitheatre, landing in a pool below. The surrounding cliffs are so high that not much of the daylight sun gets to the valley floor. The pool is always bone chilling cool. It is set in deep rainforest.

The walk starts in open farmland, having been cleared for dairying years ago. The first part is over a 4WD farm road for a long way up the valley. We pass the turn off to Black Snake ridge. When we reach the NP boundary we follow a track through forest to the creek. After about 90 minutes of this, you hit the National Park boundary, just where the creek crosses the track. From now on, you are in the virgin rainforest, either in the old creek bed or higher up with solid dirt under foot. There is an old overgrown track to follow here.

The track weaves its way in and out of the side gullies and along the creek valley. There are some pretty palm forests to walk through. After about 2 hours, you reach the junction with England Creek, where a really old track goes up England Ck to the Stretcher Track. However, we stay with Running Creek and just about now jump in the creek and follow it the further 30min to the falls. Here the creek is made up of bigger boulders which we have to make our way through.

Whatever you have put up with till now is worth it when you see the Falls. Really spectacular, and makes you wonder what they would be like when flood rains pour over the top.

The walk back is the reverse of getting there. Often we get back to the cars on dark.

There is a significant amount of rock hopping which can be challenging if wet. Lunch is at the base of the falls. There may be some scunge to negotiate. The usual walking gear is required including 2 litres of water and a good torch.

Ummm: One topic in the FMR Map & Navigation Training is "Map legend" – once upon a time there was a map, and



**23rd NOVEMBER, TUESDAY
STREET ORIENTEERING
NIGHTWALK**

Leader: Michael Simpson Ph: 3351 3810
Meet at: ARC Hill Park Jefferis Rd,
Wavell Hts
Time: 6.00pm
Cost: \$4
Grading: S22
Web: http://www.oq.asn.au/index.php?option=com_events&task=view_month&year=2010&month=11&day=10&Itemid=361
Emerg Off: Michael Ph: 0409 620 714

Street orienteering is a great way to keep fit and learn map reading skills. It is run by the Enoggeroos, a local orienteering club but anyone may join in. You can compete if you want to but I only go as a way of keeping fit.

The event starts at 6.30pm and runs for about an hour. There are three courses, long (7.5km), medium (5km) and short (3km). I will go with anyone wanting to learn the ropes before letting you out on your own.

Directions: ARC Hill Park Goss Rd. UBD Map 120 Ref K14

Come along and get fitter whilst learning new skills. Michael.

**28th NOVEMBER, SUNDAY
BURLEIGH HEADS to
TALLEBUDGERRA CREEK
DAY WALK**

Leader: Pat Lawton Ph: 33661956
Meet at: St. Brigid's Carpark, Red Hill
Time: 7.30am
Cost: \$16
Grade: M22
Location: Gold Coast area
Web: http://www.australianexplorer.com/burleigh_heads.htm
Distance: 12kms.
Emerg Off: Sue Tobin Ph: 3366 3193

The walk will start at the entrance to the Burleigh Heads National Park. After walking on the National Park track around the headland, we will pay a quick visit to the National Parks' Information Centre. From there we will head west under the Gold Coast Highway and make our way via a Council reserve to the mangrove boardwalk to view the creek estuary and eerie mangrove forests before arriving at Fleay's Fauna Centre. We will not be visiting the centre;

however we will have morning tea on a lovely section of the Creek nearby.

The group will then walk towards the Pacific Highway to cross Tallebudgera Creek by a bridge. From there we will explore another parkland/bush section of the Creek before heading to our lunch spot on another delightful section of the Creek. It is hard to believe that this lovely spot (only water, birds and maybe a fisherman) is so close to the busy Gold Coast.

If the tide is out we will negotiate the mangroves to arrive back into suburbia and a canal development. We will then continue on to Tallebudgera passing a riverfront park and a camping ground. From there it is an easy walk back through the National Park to the cars.

This is an interesting walk with lots of lovely scenery. Bring your lunch, morning tea, water etc. and come and enjoy the day. The walk is suitable for all – total distance approx. 12kms.

Looking forward to seeing you on the day. Pat.

**30th NOVEMBER, TUESDAY
STREET ORIENTEERING
NIGHTWALK**

Leader: Michael Simpson Ph: 3351 3810
Meet at: Pullen Rd,
Everton Park/Mitchelton
Time: 6.00pm
Cost: \$4
Grading: S22
Web: http://www.oq.asn.au/index.php?option=com_events&task=view_month&year=2010&month=11&day=10&Itemid=361
Emerg Off: Michael Ph: 0409 620714

Street orienteering is a great way to keep fit and learn map reading skills. It is run by the Enoggeroos, a local orienteering club but anyone may join in. You can compete if you want to but I only go as a way of keeping fit.

The event starts at 6.30pm and runs for about an hour. There are three courses, long (7.5km), medium (5km) and short (3km). I will go with anyone wanting to learn the ropes before letting you out on your own.

Directions: Teralba Park, Pullen Rd, Everton Park. UBD Map138 Ref M1

Come along and get fitter whilst learning new skills. Michael.



**4th DECEMBER, SATURDAY
STAIRWAY FALLS /BULL ANT SPUR
DAYWALK**

Leader: Paul Evans Ph: 0412 339 311
Meet at: St Brigid's Car Park, Red Hill
Time: 7.00am
Cost: \$15
Grading: M55
Location: O'Reillys
Web: http://www.zrobtosam.com/PulsPol/Puls3/index.php?sekcja=1&arty_id=6848
Emerg Off: Carolyn Ph: 0412 339 322

We will be heading up to O'Reillys for this walk .It is a easy walk from the carpark down to Yerralahla (Blue Pool) .From here we cross to the other side and procede down via a track .The party will be crossing Purragulli Creek. We will be crossing Canungra Creek several times .After 1.8km we will reach Stairway Falls which hopefully will be for lunch .From there our group will retrace our steps to The Pool .From here we will head up Bullant Spur to the road - this is off track .From the road we will head back to the carpark via the old Packhorse Track. This walk will depend on the weather (rain not being ideal for this walk)

So come and join me for a delightful way to spend a Saturday up at Lamington National Park Paul.

**FREE TICKETS TO PNG
EXPERIENCE SHOW**

I have 3 free tickets going begging for an Australian Geographic night on Wed 27th October, 2010 starting at 6.30pm at the Qld Museum. If anyone is interested please contact me on 36365530. Desley

PAST EVENTS

**WORKING WEEK WINE DOWN
TREASURY CASINO
17TH SEPTEMBER**

This month's gathering was particularly relaxing. We assembled on a quiet veranda overlooking Reddacliff Place and with clear views of Mt Cootha. The spot also proved a good vantage point for some to wave to their passing students!

Photos of the Barney Mass picnic lunch were viewed and Liz finally produced her Western Australian photo album.

Some had a brief look around the Casino and reminisced about the Education Department's previous residence in the building. Liz found the room that was once her mother's office. It is now a bar.

Walks and other club business were discussed as were possible future venues for WWW. Chips and pizza were the most popular snacks this month.

Those in attendance were Graham, Liz, Tracey, Greg, Michele, Elizabeth and John (visitor). Liz

**WYNNUM TO THORNESIDE
Saturday, 25th September**

Nine members and two visitors took part in this activity in overcast weather conditions; however there was no rain during the walk. Our day commenced with a visit to the Wynnum Mangrove Boardwalk where we saw a kingfisher, as we did on the pre-outing. We met two birdwatchers with tripods and photographic equipment at the nearby bird hide. We then proceeded south along the coast, past the refurbished Wynnum swimming pool.

At Manly we walked out to Norfolk Point which provides views of the Manly boat harbour. We stopped for lunch at a picnic area near the esplanade at Lota. After lunch we made our way across Lota Creek via another mangrove boardwalk and entered the Brisbane City Council bushland at Ransome. This is an interesting section of the walk which runs beside Tingalpa Creek at times. We inspected the new fishing platform which has recently been installed by the council. Here we saw a man catch a fish, as we did earlier in the day.

After crossing Tingalpa Creek, we made our way to Thornside station and returned to Wynnum where a short walk brought us back to the cars. We finished the day with coffee at Wynnum, at a restaurant called "Pelican Nest by the Bay".

This was a very enjoyable day which went exactly as planned. Thanks to our visitors Louise and Russell (former members from the 1990's) for participating, and also to current members Barry, Ray, Mary, Sofia, Terry, Desley, Liz, and Nampech. Graham



**Kate Quinlan Society
Breakfast Creek Hotel Lunch
2nd October**

It was a damp day when the nine of us gathered at The Brekkie Creek for lunch on Saturday. We easily found our reserved table out in the Sub-Station Bar area. After talking amongst ourselves for awhile, we walked over to the kitchen to order

our stakes (and fish and chicken). It was a good mix of members who normally do not get together. We talked about holidays, about trips, about work, family and more. The inclement weather scared no one off.

Thanks to Peter Constable, Tracey Laing, Lucy & Michele, Suzanne Stevens, Antonia Simpson, Eliz Richards, Graham Glasse. Greg Endicott

PROPOSED WALKS CALENDAR 2011

This is the Calendar proposed by the Outings Sub-Committee.

It is a work in progress. It is published so that members can have a look at it and discuss it at the next meeting. Are there problems with it? Do you want changes? Is a walk planned for the wrong weather? Are there too many walks in the same area? Not enough in your favourite area? None of your favourite walks? Talk to Justin Ph: 3366 3193 about your concerns.

The Calendar is also published to give you a chance to nominate as Leader for a walk or two. Without you the walk will not go out. The existing bunch of leaders is getting tired, so new first-time leaders are needed.

Anyone who wants Social Walks on the Calendar – here is your chance: pick a trip and maybe even lead it.

Date	Event	Leader	Leader	Type
Jan 2	Warrie Circuit			DW
8	Lilo Trip	Phil	Murray	DW
16	Social Walk			SW
17	BCBC Meeting	Desley	Pedrazzini	Meet
21	Working Week Wine Down			Soc
22	Lower Bellbird Circuit			DW
23	Leaders Training Day	Greg	Endicott	Trn
26	O'Reilly's			DW
30	Cedar Falls & Killarney Glen			DW
Feb 4/6	Undercliffe Falls to Boonoo Boonoo Falls			TW/BC
12	Currumbin Creek			DW
23	Leaders Training Day	Greg	Endicott	Trn
13	Leaders Training Walk	Greg	Endicott	Trn
18	Working Week Wine Down +			Soc
20	Social Walk			SW
15	BCBC Meeting – AGM			Meet
26/27	Nightcap Track Area			TW/BC
Mar 2	XXXX Brewery Tour & BBQ	Greg	Endicott	Soc
6	Mermaid Mountain			DW
13	Social Walk			SW
18	Working Week Wine Down			Soc
18/20	Circumnavigation of Mt Barney	Justin	Tobin	TW
19/20	Club Hut Feast			ON
20	Club Hut Walk	Michele	Johns	DW

21	BCBC Meeting			Meet
26	Mt Greville	Paul	Evans	DW
Apr 3	Campbell's Folly/Stonehenge	Phil	Murray	DW
9	Kenilworth Bluff	Michael	Simpson	DW
10	Map Reading Training	Greg	Endicott	Trn
15	Working Week Wine Down			Soc
17	Social Walk			SW
18	BCBC Meeting			Meet
22/26	Carnarvon Great Walk			TW/BC
23	Harding's Paddock to Plum Res			DW
25	TBA	Pat	Lawton	DW
30/2	Kwiambal NP			BC
May 1	Mt May	Phil	Murray	DW
7	Buchanan's Fort			DW
8	Mother's Day			
14	Stradbroke Island	Justin	Tobin	DW
15	What is needed for a walk	Greg	Endicott	Trn
16	BCBC Meeting			Meet
20	Working Week Wine Down			Soc
21	Annual Mass and Dinner			Soc
22	Ipswich Heritage Walk			DW
29	Mt Clunie	Michael	Simpson	DW
Jun 5	Mt Mistake	John	Carter	DW
11/13	Fraser Island			TW
11	White Rock			DW
12	Numinbah Gate to Wagawn			DW
17	Working Week Wine Down			Soc
18	Mt Castle/Boar's Head			DW
20	BCBC Meeting			Meet
26	Social Walk			SW
Jul 2	Neglected Mountain			DW
9	Mt Mitchell Traverse			DW
9	Mt Mathieson			DW
15	Working Week Wine Down			Soc
16	Shepherd's Walk	Terry	Silk	DW
18	BCBC Meeting			Meet
24	Karawatha Forest Wildflowers	Phil	Murray	SW
30	Mt Moon to Mt Alford			DW
30	Mt Alford			DW
Aug 6	Pat's 50 th Anniv Walk	Pat	Lawton	DW
7	Leaders Training Day	Greg	Endicott	Trn
13	Noosa Trails	Terry	Silk	DW
14	Toohey Forest Wildflowers	Phil	Murray	SW
15/17	Barney Spur	Matthew	Palmer	TW

16/17	Barney Mass			DW
19	Working Week Wine Down			Soc
19/21	Pilgrimage			BC
22	BCBC Meeting			Meet
26/28	The Marathon	Phil	Murray	TW
27	Fairview Mountain	Justin	Tobin	DW
28	Bridge to Brisbane	Greg	Endicott	DW
Sep 3	Shipstern Ridgetop Wildflowers	Phil	Murray	SW
4	Father's Day			
10/11	Black Canyon			TW
10	Echo Point			DW
16	Working Week Wine Down			Soc
17	Tomewin Gate to Tugun	Pat	Lawton	DW
19	BCBC Meeting & Talk Like a Pirate Day			Meet
25	Tweed River to Kingscliffe			DW
Oct 1	Lunch at the Breakfast Creek	Greg	Endicott	Soc
2	Amity Point	Maxine	Brophy	DW
8/9	Moreton Island			TW/BC
8	Moreton Island			DW
15	Great Australian Camp-Out	QORF		BC
15/16	The Obelisks	Phil	Murray	ON
17	BCBC Meeting			Meet
21	Working Week Wine Down			Soc
22	Mooloolah River to Maroochy River			DW
23	Leaders Training Walk & Map Reading	Greg	Endicott	Trn
30	Social Walk			SW
30/1	Victorian Alps	Phil	Murray	TW
Nov 4/6	Conondale Great Walk	Paul	Evans	DW/BC
13	Diana's Bath			DW
18	Working Week Wine Down			Soc
20	Dave's Creek			DW
21	BCBC Meeting			Meet
27	Boombana/Jolly's Lookout	Michele	Johns	SW
Dec 4	Barney Falls			DW
11	Coochie Mudlo			DW
16	Working Week Wine Down			Soc
17	Christmas Party			Soc
19	BCBC Meeting			Meet
26	Boxing Day Walk			DW

The "Social Walk" slot is for those wanting these easier shorter walks.

You will need to decide on the walk & a leader, and then inform Justin

Hi Folks, The Calendar will be the main topic of discussion at the October Meeting on Mon 18th. Committee will talk about it at the end of the month. The final calendar is expected to be ratified at the General Meeting in November and then published in Jilalan as finally agreed. After that, is it sort of set in concrete – for stability purposes.

A date has been left each month for Social Walks. If these dates do not suit, you are welcome to suggest your own. But remember you will need to provide a leader for the walk. Please contact Justin Ph: 3366 3193, the Outings Secretary, (and to me please at michaelesimpson@optusnet.com.au) of any changes, ideas etc.

Leaders for next year are desperately needed. Particularly new leaders. A number of our experienced leaders are needing a break. We will provide training and support, both on the pre-outing and on the actual walk. There are a number of you who have walked with us for the last few years and I'm sure you are looking to increase your knowledge and skills. We don't ask you to do off-track walks unless you really want to. We will only ask you to lead established track walks. We will provide you with all the maps, directions etc to make life easy for you.

If you are already leading track walks and want to venture into off-track walking let us know. We will be only too pleased to accommodate you.

We will be programming training days next year on leadership, map reading etc and some of you will be contacted and encouraged to come along.

In addition, I am looking at introducing some simple orientation days, both city and country based, next year to increase map reading skills.

Also we are looking for ideas for socials. Contact Antonia Ph: 3857 1387 for these (and again cc to me please).

If you have any ideas to make our Club more exciting don't hesitate to contact us. Cheers, Michael Simpson

FROM THE TRAVELLING NELSONS

We are now south of the Tropic of Capricorn and have spent the day at Carnarvon. Tomorrow we are off to Shark Bay and Monkey Mia. There we will enjoy more snorkelling in the World Heritage area. Weather a little cooler now. Have even worn long sleeves at night.

Drove up to Francois Peron National Park where we did a terrific walk along the top of the cliffs from where you could see manta rays, sharks, dolphins and turtles. Since then we have been to Kalbarri NP. The coastline is quite spectacular

Our trip is going really well. Currently in Geraldton which is a really nice town - they've recently done a lot of work along the foreshore which is only a short distance from the centre of town.

We spent 6 days in Ningaloo National Park swimming and snorkelling and a bit of bushwalking; then onto Coral Bay where we hired a glass bottom canoe. Camped at Pt Quobba where there are blowholes - we did some snorkelling surrounded by many colourful fish.

Should be in Perth next week, and have the vehicles serviced - have gone half-way around Australia by the coast. Then heading off to the Margaret River area and the south west corner.

Hope everyone is keeping well. Take care.
Jan & Russ



BUSHWALKING Q'LD FEDERATION MOUNTAIN RESCUE

[fmrgld@gmail.com](mailto:fmrqld@gmail.com)

<http://fmrgld.bwq.org.au/>

As many bushwalkers would be aware, recently there has been a proliferation of illegal trail marking in South East Qld. National Parks, in the form of spray can applied paint dots or marks.

There appears to be more than one culprit, with some marks having been re-applied on more than one occasion. One club has photographed a person carrying a spray can in a national park, and another encounter has been reported to QPWS.

There is reason to believe that one of the perpetrators is a middle aged male who walks in company with his son aged around 12 years, and who drives a Toyota Prado Land Cruiser.

This vehicle registration number has been recorded and advised to Ranger Justin O'Connell at Boonah. Contact details below.

Clubs are asked to be observant of any activity in this regard, to record any suspect vehicle registration number and model, and a description of any person seen applying paint to tracks. Please report to QPWS.

Justin O'Connell, Queensland Parks and Wildlife Service, 3522 Ipswich - Boonah Rd, Coulson Q 4310 Ph: (07) 54635041 Mob: 0439 721642
Justin.O'Connell@derm.qld.gov.au

Thanking you, John Marshall, Bushwalking Queensland Inc.

MT MAROON - COTSWOLD TRACK CLOSED

Due to a serious rock fall, the popular tourist route up Mt Maroon is closed.

The summit is still accessible from the west via Paddy's Plain and from the east via Maggies Farm.

<http://queenslandclimbing.yuku.com/topic/5104/t/Mt-Maroon-N-E-track-closed-indefinitely.html>

http://www.derm.qld.gov.au/parks_and_forests/park_alerts/10082.html

AND:

Mt Beerwah also remains closed until at least December

Gavin Dale, Secretary, Bushwalking Queensland Inc.

travel tips

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

Booster vaccine for adults

Think you're covered against all the nasties? Think again. Immunity to antigens wanes with age and protection only lasts for up to ten years. So even if you were immunised as a little tot, without a booster shot in your teens, you could now be susceptible to easily preventable illnesses. But the good news is that the first four-in-one combination booster vaccine, Boostrix –IPV, to protect adults against diphtheria, tetanus, pertussis (dTpa) and polio is now available. So instead of four needles, you only need one.

While rare in Australia, these diseases are more common in other countries. Diphtheria is common in Asia and the Middle East, and one

bite from a mangy dog in Thailand could leave you with tetanus.

Need a boost? Contact your GP or visit a Travel Doctor Clinic for advice.

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great travel websites

Experimental Travel

<http://www.lonelyplanet.com/experimentaltravel/>

Bored with the same old well-worn tourist tracks? Needing inspiration for a unique and quirky holiday experience? Then check out Lonely Planet's Experimental Travel website. Here you'll find heaps of ideas to make your next trip extra special! You could travel by the roll of a dice, wear a horse costume in an unknown city, follow someone around for a day, visit places from your favourite movies, travel without money - the opportunities are endless and the memories priceless. Give it a go!

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travel essentials

Top 10 Travel Tips

The team at [Smartraveller](http://www.smartraveller.gov.au/) (<http://www.smartraveller.gov.au/>) have put together the following tips to make sure you not only have an enjoyable holiday but a safe one too.

Yes, most of them are for Australians travelling overseas, but they also apply just as well to people travelling in Australia. This is good, common sense advice for everyone!

Top 10 Travel Tips

- Check the latest travel advice for your destination and subscribe to receive free e-mail notification each time the travel advice for your destination is updated.
- Take out appropriate travel insurance to cover hospital treatment, medical evacuation and any activities, including adventure sports, in which you plan to participate.
- Before travelling overseas register your travel and contact details online or at the local Australian embassy, high commission or consulate once you arrive, so we can contact you in an emergency.
- Obey the law. Consular assistance cannot override local laws, even where local laws appear harsh or unjust by Australian standards.

- Check to see if you require visas for the country or countries you are visiting or transiting. Be aware that a visa does not guarantee entry.
- Make copies of your passport details, insurance policy, traveller's cheques, visas and credit card numbers. Carry one copy in a separate place to the originals and leave a copy with someone at home.
- Check with health professionals for information on recommended vaccinations or other precautions and find out about overseas laws on travelling with medicines.
- Make sure your passport has at least six months validity and carry additional copies of your passport photo with you in case you need a replacement passport while overseas.
- Leave a copy of your travel itinerary with someone at home and keep in regular contact with friends and relatives while overseas.
- Before departing Australia check whether you are regarded as a national of the country you intend to visit. Research whether holding dual nationality has any implications for your travel.

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(Youth Hostels Australia, <http://www.yha.com.au/>)

Travel Insurance - Why You Need It

Travel insurance tends to be one of those pesky things that you either get when you book your airfare or leave right to the last minute. Katie Stokes explains why it is so important to insure yourself and your wallet.

True, we don't all throw down 100 foot jumps or launch ourselves off cliffs, but when we travel most of us undertake activities we wouldn't normally do: we go white water rafting, snorkelling and bungy jumping; we ride in helicopters, on elephants, and hire mopeds having not been on two wheels since our days BMX riding in our parent's driveways.

Which is why each year the Department of Foreign Affairs handles over 20,000 cases involving Australians who have found themselves in trouble overseas. This figure includes over 700 hospitalisations, 600 deaths and 100 evacuations of Australians in need of urgent, specialist medical assistance.

But despite these statistics, and despite the horror stories, many travellers continue to skimp on travel insurance and head off on their ventures with a "she'll be right" attitude. There

are certain things we hate paying for, and travel insurance is up there with the best of them. Why? Because it's intangible. You can't take it home for a cuddle and squeeze. It's like health cover or a raffle ticket on the chocolate wheel – you might win, you might reap the rewards, but you might not. It's buying a big fat maybe, what if, could happen.

But, not taking out travel insurance is like downloading spam onto your laptop without having Norton Internet Security. Or leaving your car parked in the one hour parking bay for three hours and hoping you don't get a ticket. It's risky. Actually it's more than just risky. It's plain stupid. It's playing roulette with your health, life and a lot of money chips. Yeah, you might only lose your \$29 pair of sunglasses, but you could also lose a limb.

On my first day in North America my friend Pia started vomiting. We had driven from LA to the Sierra Nevada mountain region - a rise of 3,369metres in 7 hours. We knew what altitude sickness was, but thought it was only a concern for those that packed oxygen tanks and hiked Everest - we didn't think you could get it at a ski resort. After all, we'd never had any problems at Thredbo! So, after 10 hours of vomiting we took her to the hospital. Pia drained five IV bags, ate a tuna sandwich, had a blood test and was slapped with a \$US1600 bill. We all laughed. Then we panicked. We scrounged through our purses and pulled out our credit cards. The three of us had credit cards with student-crushing credit limits - \$AUS 500. Even if all three of us maxed out our cards we were still some \$US850 short (we were there when the Aussie dollar had hit a depressing 51 cent low). When we started counting pennies from our purses, the lady behind the counter asked the magic question, "Do you have travel insurance?" Yes, Pia did. The hospital was kind enough to bill the insurance company directly and we all breathed a sigh of relief that we could still afford to eat.

So take my advice – buy travel insurance. Change your thinking. Think of insurance, not as a gamble, but as a sure-fire preventative. Think of it like buying expensive vodka - it might hurt the wallet a little at the time, but the next day when you wake headache free, you'll be relieved.

The Grass-Roots of Getting Covered

Be sensible – we all hate paperwork, but make sure you pull out the magnifying glass for this

puppy and get down and dirty with the small print:

- Check what activities are covered – some companies don't cover scuba diving, others don't cover running with the bulls, and then others exclude everything that comes under the very vague title of "dangerous activities".
- It's a good idea to take the Excess Buy Out option.
- And if you think you're already covered by your existing private health insurance, think again. Most companies don't cover you while you're overseas.
- The Australian Government has signed Reciprocal Health Care Agreements with nine countries (New Zealand, the United Kingdom, the Republic of Ireland, Sweden, the Netherlands, Finland, Italy, Malta, and Norway) but this only covers emergency treatment. For detailed information on what is covered by each country, look [online](#).
- The type of cover you need is primarily determined by where you are travelling to with the USA, Canada and Antarctica being the most expensive and secondly, how long you are away.
- If something is stolen be sure to report it to the police within 24 hours, and be sure to keep copies of all necessary documents - police reports, correspondence, receipts, etc.

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CROSSING TO MONT ST MICHEL

18th September

**A Night Walk in Normandy, France -
Through the Bay**

http://en.wikipedia.org/wiki/Mont_Saint-Michel

**By Our European Correspondent Denice
Campbell (ex- Barcaldine)**

While I was not convinced I would survive what seemed to me to be quite a cool evening and a colder sea. As I would possibly be up to my thighs in sea water, I was assured that the best clothing for the crossing would be shorts and bare feet: to cross the two rivers that were embedded in the sea equates to a walk in the sand and mud. "You can keep your shoes on if they are not too large for you, and if they fit well. If not, they will stay in the mud and they will be dirty. It will be too late then to put them in your rucksack." "Mmm. I understand exactly what our

guide means after all the boggy walks into "Orange Downs" of late. Pas de problème!"

And so the group starts out on the 6.5km trek from Bec d'Andaine on the mainland to a little dot in the distance - Mont St Michel - hopefully avoiding the quicksand and the impassable depths of the rivers that surge from the mainland and become one with the sea. We walk about 500 metres and are stopped by the guide and a line drawn in the sand, to show our exact position and future dangers. We can see Tombelain's rock, a landmark steeped apparently in a "rich but unknown history". My French ensured it remained unknown! We could also see the coast of Brittany to the right, and a small isolated mountain called Le Mont de Dol. "We will say 2 words about it later". Once again, I think I later missed the 2 words.

Next we find ourselves up to our ankles in water, and at the Lerre River a warning that if not careful we could sink to our waists in holes - formed by the sea, then filled by water mixed with sand, and then completely covered by sand mixed with mud. All in all, I have never come across this at "Orange Downs" and become a little anxious!! We are reassured that the rope fixed to the guide's rucksack is for pulling out such unfortunates. We must avoid travelling Indian file as those first will soften the élastique top layer and those last will never reach the other side. (I thought he said he would pull us out!!) I stick close to the guide, taking care to make my own little pathway. So far so good - for me anyway!!

The guide then tells us that storms, fog, and lightning strikes are definitely big no-nos. "A storm is the only reason which can make us cancel the trip", he says, as he points to his compass also attached to the rucksack. "And if lightening strikes, it's best to be with a tall guide". "He's a comédien as well!" I think as I cast my eyes around at the perfect weather and relax a little more.

The final danger, we are warned, is the tidal flow. The river beds are submerged in the bay and it is impossible to know what is happening. From the days of the pilgrims to now, drowning of the unwary is common in these parts. Thus the need for a guide with every crossing, day or night.

Onward now across the bay with a halt between the Lerre River and the Sée. The walking is becoming difficult as the tiny ripples on the bed of the bay are beginning to REALLY hurt. I ask if others are experiencing the same problem. "Oui,

oui", they say but I can never be sure of my French, and perhaps these Frenchmen are having no trouble at all! The light is beginning to fade and lights twinkle in the far distance on Mt St Michel. We are likely to see gulls of all sorts, shelducks, egrets cormorants and perhaps even a seal.

Next stop - the beds of the Sée and Sélune. This will be the most difficult to cross as it is 1km across and the current is strong. It will also be deeper. The guide disappears in to the dark to find the best route. Quiet, then disquiet, then positive mutterings as the group seems to think it is OK to proceed. Long legs will definitely be an advantage! After what seems a very long time, especially because by feet are so sore, we reach a point where I think my feet will perhaps go the distance. Mt St Michel is looming large and majestic. I make the crossing intact but others are not so lucky as the muddy feet, hands and legs attest.

But I am worried because rumour has it (or my dodgy French) that once we arrive, we must then walk back to the mainland! My feet definitely won't last but the response to my question regarding our return seems to indicate that "oui", we will be going back the way we came!! I grit my teeth and pray for a miracle in this sacred place!! It is 11.30p.m. and I am très fatiguée!! I thought that a bus was going to pick us up and begin to assume that this must be what is happening - surely??

My great hope is confirmed as we clamber up on to the island fortress and the group proceeds - up, up, up to a place where we wash our feet off and thankfully put on our shoes. Shod again, I blissfully sink in to the soft padding and continue on for a night exploration of this amazing place. Apparently I am now one of 3 million who visit the Mont; with 150,000 who do this trek each year.

The club I walked with: Les Rislepattes - Club de Manche. Pont Audemer (the name of the town where many live)

We finished up by visiting a disused slate mine dating back to the 1860's.

I also got to go on a big annual walk in a pretty area around Vire on the 3rd October. 700 people did various loops from 45kms to about 14kms.

I also went on a hike with a local club here in an area around Caen. The club and the people are just the same as us - all very lovely and similarly organised. Except that they don't ever sit down

on a rock and take a break. Perhaps because there is nothing to sit on! They eat briefly, standing up, don't drink any water, and then hike, hike, hike until they get to the end. Of course, at the end, there is a big pique-nique at tables with all the trimmings.

So you see I have been doing some walking even if I have not been able to make it to Brisbane! We have had trouble all year trying to get off Orange Downs. I just got out of the homestead for France; Ian had trouble last week trying to get to Brisbane for a trip on Hamish's frigate from Brisbane to Sydney (parents are invited from time to time to travel on their children's ships).

Anyway, enough from me. I have an airfare returning from Brisbane on the 9th November, but I think you are doing a basecamp and I don't have the equipment so sadly don't think I can catch up this year. Perhaps we will have a visit from some members just after my return. They contacted Ian and will be in the area. Hopefully we will be home when they come by.

Best wishes for now
Denice Campbell

EDITOR'S REPORT

ARTICLES: Please have all Jilalan articles to Greg by Saturday 4th November. Articles should be e-mailed to me at endhouse@bigpond.net.au. Please follow the "Jilalan Style Guide", which is on the Club web site <http://www.bcbc.bwq.org.au/JilalanStyleGuide.html>. If you have any queries, you should phone me on 3351 4092.

- # As Editor, I reserve the right to alter, amend, move, shorten or not print articles.
- # The views expressed in Jilalan are not necessarily those of the Editor or of the Management Committee of the Brisbane Catholic Bushwalking Club.
- # If you "borrow" any words or image from another source, please acknowledge that source – author, publication, issue, date, publisher.
- # I need your articles on time – it makes it hard to still get articles when I should be formatting.
- # Articles from this publication may be reproduced provided the source is acknowledged.
- # Look at last month's Jilalan and copy that format – especially the "headings" in Comings

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

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

HOW WE ORGANISE OURSELVES

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

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

VISITORS are always welcome.

OUTINGS

- (a) Always read the Jilalan article to check the departure point, date and time.
- (b) Walk departures are usually from Red Hill Parish Hall, 78 Musgrave Rd. Check "Jilalan" to determine the location to be sure.
- (c) The Club will usually organise transport for each outing, but you must nominate in advance to the leader. Contacting someone else may lead to your nomination becoming "lost". Nominations should preferably be made by the Wednesday night prior to the activity so that transport etc. can be arranged. Note that nominations for some walks may close well in advance of this. Late nominations may not be accepted.
- (d) Walkers are responsible for their own transport to and from the departure point.
- (e) Walks are rarely cancelled – if they are, all nominees will be notified. Do not presume that outings are cancelled – ie, because of bad weather.
- (f) Should you change your mind and decide not to come to a Club event, please notify the leader as soon as possible.
- (g) If you are running late for the departure point, ring the Emergency Officer, or if the leader shows a mobile phone number, phone the leader.
- (h) All visitors must sign an Assumption of Risk form for insurance purposes.

EMERGENCY OFFICER: If you have not returned from an outing by 9:00pm, your family may ring the Emergency Officer (Or "EO" or "Emerg Off") for that outing – but please they are not to panic. If the EO is not mentioned, ring either the President or Vice President. IF any action is to occur, the Club will arrange it.

<http://www.bcbc.bwq.org.au/EmergOffSyst.html>

PERSONAL EQUIPMENT: The Club requires that all walkers on all trips should carry certain minimal basic equipment. This should comprise the following – a first aid kit, a torch, a parka/raincoat, hat, shirt, 30+ sunscreen and at least 2 litres of water. Leaders may require that walkers carry other equipment. Advice of this will be given in Jilalan and/or by the leader.

MEMBERSHIP FEES - Membership Subscription fees are:

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

Fees cover the period 1st January to 31st December, and renewals are due and payable by end of February each year. Payment of fees can be made to the Treasurer.

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

WARNING: All persons, adult or child, member or visitor, undertakes all activities of the Club at their own risk. The Club is not in a position to even state that all care will be taken.



CONTACTS

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"Jilalan" Editor	Greg Endicott	3351 4092 endhouse@bigpond.net.au
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Federation Mountain Rescue FMR	http://fmrqld.bwq.org.au/	
Archdioceses Web Site	http://bne.catholic.net.au/asp/index.asp	
Parishes	http://bne.catholic.net.au/asp/index.asp?pgid=11463	
Jilalan Printer: Printabout City - Lower Gr Floor, Boeing House, E-Mail: printabout@cplqld.org.au Cnr Adelaide & Wharf Streets, Brisbane. Ph: 3831 6644, Fax: 3831 6650,		

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

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

Photos: Cover: Greg Endicott

First Aid Kit: <http://www.sz-wholesale.com/p/First-Aid-Kits/First-Aid-Kits-30867.html>

Purlingbrook Map: <http://www.derm.qld.gov.au/parks/springbrook/pdf/springbrook-np-map.pdf>

Compass: <http://www.kaylar.com/sarskills/compass2.htm>

German Club: <http://www.brisbanegermanclub.com/>

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

Conondale National Park Map: <http://www.derm.qld.gov.au/parks/conondale/pdf/conondalenp-imbilsf-map.pdf>



Please find attached a [letter](#) from the [Outdoor Council of Australia](#), of which QORF is a member. This



national group consists of a number of volunteers who are trying raise the profile of the outdoor sector, nationally, and to work to achieve outcomes that demonstrate we are an important part of the Australian social and economic landscape.

As many of you would know, one of the greatest problems we have in terms of growth, stems from our lack of ability to clearly demonstrate we do exist, that we have some structure, that we do talk to each other, and that we serve a lot of people and employ (paid or unpaid), a lot as well. To help address that problem, we need to start measuring ourselves.

On that basis I encourage ALL of you to fill in this survey. Whether you are a commercial operation, not for profit, a school, a trainer, a club, a government provider etc - we need you to be counted.

To fill in the **survey** please go to:

<http://www.surveymethods.com/EndUser.aspx?AC88E4FEAFE9FBF7A9>.

The survey should only take around 15 minutes to complete and includes questions for both groups with paid staff and/or those who operate with volunteers. Your responses will be kept confidential and the information gathered will be used to create a picture of the outdoor industry across our country.

Thank you for taking the time to do this survey, and please feel free to forward this information and request on to others you know who play a part in our sector so we can truly begin to understand the breadth and depth of who we are.

Attachment: [OCA Survey Introduction Letter](#)

THEOLOGY CORNER

Club Annual Mass and Dinner 2010 – Luke 2:16-19

This brings us to the birth of Jesus and the Gospel reading we have just heard. Mary must have realised that with the calling of the census and therefore Joseph's requirement to travel to Bethlehem, she was in for an extraordinary birthing experience. She would be away from home and the women she knew who would assist her in the birth. Her scriptural scholarship would have made her realise the significance of Bethlehem and its links with King David.

And then she gives birth in a stable, an unlikely place to give birth to a future king. Then who comes to visit her first, shepherds. They come to acknowledge the new born king.

Shepherds were an unglamorous lot as they were considered low skilled and at times some tended to undertake a bit of robbery to supplement their tough way of life.

Deacon Russ



Merthyr Bowls Club is at the Blue Circle covering the bike.

KILIMANJARO & TANZANIA WILDLIFE SAFARI

kilimanjaro Africa Wed, 13 October, 2010 1:47:53 PM

From Hester Beukes info@climbingkilimanjaro.com.au

To briscathbushclub@yahoo.com.au

Good Day,

I would like to e-mail you information of our Kilimanjaro expeditions in Africa if you would permit please.

We all have a passion for what nature can bring us and maybe you and some of your members would be interested to plan such a wonderful adventure experience for the future.

I look forward to hear from you.

Kind Regards

Hester Beukes

Climbing Kilimanjaro & Tanzania Wildlife Safari

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