



JILALAN

MONTHLY CIRCULAR
OF THE

***BRISBANE CATHOLIC
BUSHWALKING CLUB Inc.***

UNDER THE GUIDANCE OF OUR LADY OF THE WAY



DECEMBER 2000.

**BRISBANE CATHOLIC BUSHWALKING CLUB INC.
PO BOX 151, BRISBANE ALBERT STREET, QLD 4002**

CONTACTS

| | | |
|---------------------|-------------------|-----------------------|
| PRESIDENT | | |
| VICE PRESIDENT | John Carter | 3290 3621 |
| TREASURER | Terry Silk | 3355 9765 |
| SECRETARY | Gabriel Romaguera | 3856 3842 |
| OUTINGS SECRETARY | Justin Tobin | 3366 3193 |
| MEMBERSHIP OFFICER | Maxine Brophy | 3203 4699 (after 7pm) |
| SOCIAL SECRETARY | Graham Walters | 3379 9486 |
| TRAINING OFFICER | | |
| "JILALAN" EDITOR | Louise Leonardi | 3287 1372 |
| ARTIST-IN-RESIDENCE | Iain Renton | 3395 7665 |

For specific enquiries, contact the committee member (from above) concerned. For outings or socials, contact the leader shown in the calendar or article. Visitors – for general enquiries contact Susan Tobin 3366 3193.

JILALAN

Please have all articles to Louise Leonardi (25 Harburg Drive, Beenleigh 4207) by the 1st of the month. Articles, if on disk need to be submitted in RTF (Rich Text Format) with a hard copy included, otherwise a handwritten or typed copy will do. Alternatively, you can e-mail your articles to: leonardi@gil.com.au

GENERAL MEETINGS

Meetings are held on the 3rd Monday of every month, at 7:30pm. The location is **St Brigid's Parish Hall, Musgrave Rd, RED HILL. VISITORS are always welcome.**

OUTINGS

- Always read the Jilalan article to check the departure point, date and time.
- Departure of walks is usually either from the Old Windmill on Wickham Tce or at Sullivan & Nicolaides (134 Whitmore Street, Taringa – enter via the upper driveway and drive down to the upper level of the carpark). Check "Jilalan" or phone the leader to be certain.
- 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 Monday prior to the activity (Wednesday at the latest) 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.
- Walkers are responsible for their own transport to and from the departure point.
- Walks are rarely cancelled – if they are, all nominees will be notified. Should you change your mind and decide not to come to a club event, please notify the leader as soon as possible.

EMERGENCY OFFICER

If, within the hour prior to an outing's departure, you can't make it or you are running late, phone the number shown in the Jilalan for the Emergency Officer for that outing. If you have not returned from an outing by 9:00pm your family may ring the Emergency Officer – but please don't panic.

EQUIPMENT HIRE

The Club has some tents and through-walk packs to hire to visitors and newer members. Borrowers are responsible for collecting and returning equipment, as well as making good any loss or damage over and above normal wear and tear. Hire rates – Packs \$10/weekend, Tents \$5:00 – Deposit of \$20:00 required.

PERSONAL EQUIPMENT

The Association 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+ sun screen 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.

MANAGEMENT COMMITTEE

All members are most welcome to attend a meeting of the Management Committee, but please contact the President beforehand. This means you can be advised of any change of date/venue. If you feel strongly about an issue, bring it along to the Committee Meeting and we'll put it on the agenda.

WARNING

All persons, adult or child, member or visitor, undertake 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.

CALENDAR OF CLUB EVENTS

| DATE | EVENT | LEADER | CONTACT NUMBER | WALK TYPE |
|---------------------|-------------------------------------|--------------------|----------------|-----------|
| November 20 | Meeting | John Carter | 3290 3621 | |
| 24 – 26 | Green Mountains | Nathan Tobin | 3282 8904 | B/C |
| December | | | | |
| 2 | Christmas Party | Graham Walters | 3379 6486 | Social |
| 9 | Upper Ballanjui | Nathan Tobin | 3282 8904 | D/W |
| 18 | Meeting | John Carter | 3290 3621 | |
| 23/24 | Christmas Carols | | | Social |
| 26 | Dularcha National Park Train Tunnel | Greg Endicott | 3351 4092 | D/W |
| 31 | New Year's Eve | Graham Walters | 3861 1939 | Social |
| January 2001 | | | | |
| 6 | A Walking Odessy 2001 Mt Beerwah | Greg Endicott | 3351 4092 | N/W |
| 12-14 | Border Ranges | Gabe Romaguera | 3856 3842 | B/C |
| 12-14 | Christmas Creek | | | T/W |
| 15 | Meeting | John Carter | 3290 3621 | |
| 20 | Boghaban Falls | John Carter | 3290 3621 | D/W |
| 26-28 | Bunya Mountains | Maxine Brophy | 3203 4699 | B/C |
| February | | | | |
| To be decided | Obi Obi Li-Lo Trip (rain dependent) | | | D/W |
| 3 | Social | Graham Walters | 3379 9486 | Social |
| 11 | Little Kings Walk | Gabe Romaguera | 3856 3842 | D/W |
| 17 | Meeting of the Waters Springbrook | Trevor Kelly | 3269 4795 | D/W |
| 19 | Meeting | John Carter | 3290 3621 | |
| 24-25 | Mt Mitchell Night Walk | Justin Tobin | 3366 3193 | D/W |
| March | | | | |
| 3 | Social | | | Social |
| 4 | Tinchi Tamba Clean Up Australia | Maxine Brophy | 3203 4699 | D/W |
| 9-11 | Green Mountains | | | B/C |
| 10 | Western Cliffs | | | D/W |
| 17-18 | Northbrook Gorge | | | D/W |
| 19 | Meeting | John Carter | 3290 3621 | |
| 25 | Cronans Creek | | | D/W |
| 31 | FMR Navigation | | | FMR |
| April | | | | |
| 1 | Mt Superbus Monitoring | Christine Harrison | 5429 5494 | D/W |
| 6/8 | Fountain Falls | | | T/W |
| 13/16 | Easter at the Hut | Justin Tobin | 3366 3193 | B/C |
| 23 | Meeting | | | |
| 25 | Anzac Day Dawn Service | John Carter | 3290 3621 | Social |
| 25 | Boondall Canoe | Joe Finn | 3848 4642 | D/W |
| 29 | Teviot Falls | Maxine Brophy | 3203 4699 | D/W |
| May | | | | |
| 5-8 | Washpool/Gibraltar Range | | | B/C |
| 19 | Ipswich Historical Walk | Nathan Tobin | 3282 8904 | D/W |
| 21 | Meeting | John Carter | 3290 3621 | |
| 26 | Annual Mass & Dinner | | | Social |
| 27 | Tingalpa Creek Wilderness | John Carter | 3290 3621 | D/W |
| June | | | | |
| 8-11 | Sundown | | | B/C |
| 8-11 | Sundown to Wallangara | | | T/W |
| 16 | Moreton Island | Justin Tobin | 3366 3193 | D/W |
| 16/17 | F.M.R. First-Aid | | | |
| 18 | Meeting | John Carter | 3290 3621 | |

| | | | | |
|-----------|----------------------------------|----------------|-----------|--------|
| 24 | Knapp's Peak | Maxine Brophy | 3203 4699 | D/W |
| 29-1 | Albert River | | | B/C |
| July | | | | |
| 7 | Colonial Ball | | | Social |
| 15 | Kenilworth Bluff | | | D/W |
| 16 | Meeting | John Carter | 3290 3621 | |
| 21 | Historic Shepherd's Walk | | | D/W |
| August | | | | |
| 5 | Spicer's Gap | | | |
| 11/12 | | | | |
| 15 | Mt Barney Mass | | | D/W |
| 20 | Meeting | John Carter | 3290 3621 | |
| 24-26 | North Coast Mountains | | | B/C |
| 26 | Mt Coolum | Mary Nolan | 3355 6851 | D/W |
| September | | | | |
| 1 | Moggill SF (Fr Ed Memorial Walk) | | | D/W |
| 7-9 | Pilgrimage | | | B/C |
| 17 | Meeting | John Carter | 3290 3621 | |
| 23 | Karawatha by Train | | | D/W |
| October | | | | |
| 5/6/7 | Lizard Point | Justin Tobin | 3366 3193 | T/W |
| 7 | | | | D/W |
| 14 | Muscat & Baileys Creeks | Matthew Palmer | 3279 4490 | D/W |
| 15 | Meeting | John Carter | 3290 3621 | |
| | | | | |
| | | | | |

KEY – Walk Types

| | | | |
|-----|--------------|------|----------------------------|
| D/W | Day Walk | ½ DW | Half-day Walk |
| T/W | Through Walk | TRN | Training |
| O/N | Overnighter | FMR | Federation Mountain Rescue |
| B/C | Base Camp | SOC | Social |

KEY – Walk Gratings

The BCBC is now using the following Walk Grading system currently used by the Brisbane Bushwalking Club.

1. Distance

| | |
|------------|--------------------|
| Short | Under 10km per day |
| Medium | 10-15 km per day |
| Long | 15-20 km per day |
| EXtra Long | Over 20 km per day |

2. Terrain

- 1-3 Graded or open terrain. No scrub.
 4-7 Bush. Minor scrub rainforest, rock, creek, rock hopping, scrambling
 8-10 Bush. As Above + thick scrub, major rock scrambling using hands, technical

3. Fitness

- 1-3 Easy. Suitable for beginners
 4-7 Medium. Reasonable fitness Required
 8-10 Hard. Strenuous, fit walkers only

REPORTS.

December General Meeting

This is our final meeting of the year and of course it will have a Christmas flavour. Come dressed with a Christmas theme and bring a plate to share at supper, after the meeting.

Thanks to our guest speaker, Dorothy Harap who for her entertaining talk about her planned trip to Donegal, Ireland next year.

About Members

We hope Louise and Sam enjoyed their recent holiday to New Zealand.

Gabe has also been on holidays.

Treasurer's Report

| | |
|------------------|----------------|
| Balance 16/10/00 | 2447.16 |
| + Receipts | 326.00 |
| | 2773.16 |
| - Payments | 256.40 |
| Balance 20/11/00 | <u>2516.76</u> |

Term Deposit \$1520.06



Outing's News

Leaders are reminded to contact Justin re the costing of walks and the emergency officer for their particular walk. For insurance purposes, please notify the Outings Officer when you are carrying out a pre-outing for a club trip.

COMING WALKS

TRAIN TUNNEL TUESDAY 26 December Daywalk.

Leader: Greg Endicott (3351 4092)
Time: 9am
Meet at St Brigid's Musgrave Rd, Red Hill.
Grade S11, then S53
Cost \$5.00
Emerg Off: John Carter (3290 3621)

This is a 2-part walk behind the North Coast. The first part is basic – walk along a flat vehicle track, through a train tunnel and out the other side back along a dirt road to the village. The total walking length is 2 hours there and back, depending on how energetic you are. The track is open for the most part; though you are sheltered from the elements for a short part of the trip.

The vegetation is pretty and natural – and points will be highlighted on the day, as it has been a reserve for over 111 years. You will look into rainforest gullies, pass dry eucalypt forests, the occasional banksia and see a melaleuca forest – all these types together so close to Brisbane. Boxing Day notwithstanding, you will be guaranteed to see a few trains – even the Tilt Train – but not that close up. There are only 2 tunnels between Mayne in Brisbane and Cairns, and you will see one of them.

This is an enjoyable trip for all those who haven't walked this year. It's your last chance for a walk in 2000. It is easy and cheap. You will need water, left over Christmas goodies to share, and the normal slip/slop/slap, and a torch.

The second part is a climb up a short hill – about 30mins up for the slowies, up a rocky gully. You get excellent 360 views from the top. You may feel unfit due to the feasting over the previous 4 days, but we will go slow enough to let you get to the summit. The round trip here will be a bit over the hour, depending how long you spend savoring the views from the top.

Come one, Come all. Bring a Friend. The More, the Merrier.

**2001 ODESSY WALK
SATURDAY 6 JANUARY 2001.
NIGHTWALK.**

Leader: Greg Endicott (3351 4092)
Time: 6pm
Meet at St Brigid's Musgrave Rd, Red Hill
Grade: S86
Cost \$7.00
Emerg Off: John Carter (3290 3621)

First, there was darkness.
 Then there was light.
 Then there was the Earth and the Planets.
 Then there were the apes picking up the dinosaur bones and throwing them up into the air.
 All to the tune of "Thus Spake Zoro Astra", by Strauss.

Then comes BCBC to do a Night walk up the tallest rock in the area to try to be near it all again 500,001 years later.

Come along on it. Bring a good torch – tie a string on it so you hang it around your neck – and spare batteries. Bring water. Bring all the leftover goodies from New Year to share around. Bring binoculars, camera and a friend.

This will be a new experience for most in the Club – climbing a hill after dark. You think you may not be able to do it, but lots in the past have done so – it's cooler at night for one thing, and you can't see what is around you for seconds. This "hill" we used to climb after such functions as the Mass and Dinner, 21st etc. You do not need prior experience, but you do need some fitness and not being scared of rock slabs. I've probably climbed this one more times at night (and often slept on top and come down just after dawn) more times than climbed it during the day. This time we will come down after the feast on top. The walking part will take at least 3 hours, but all this depends?????????

This is THE walk to bring in the new MILLENNIUM.....

**BORDER RANGES
FRIDAY 12-14 JANUARY 2001.
BASECAMP**

Leader: Gabriel Romaguera
 (38563842)
Time: 7.00pm
Meet At: Red Hill Parish Car Park, Musgrave Road, Red Hill
Grade: M13
Cost: \$30
Emergency Officer: John Carter
 (Tel 3290 3621)

I led this walk two years ago and I am looking forward to getting back there so soon as it is one of those magic places you can keep going to for a regular hit. The scenery is magic and the walks through gorgeous rainforest in a pristine wilderness area is out of this world. You cannot get bored with the Border Ranges!! It is a beautiful area in northern NSW with altitudes from 500 to 900 metres, buffeted by clouds so its damp and mossy – much cooler than South East Queensland. There also is a swimming hole and falls only 1.5 km from where we camp, so we can easily escape the heat of the Queensland summer.

Lots of wildlife and birds, antartic beeches, and a variety of lovely huge Figs, Rosewoods, Flooded Gums, and Stinging Trees. If it is wet, leeches could be out in force so be prepared!!

I have yet to decide what walks we will be doing, but the plan is to fill our days in as much as possible as there is so much to see. This includes the Booyong track, Rosewood Circuit, Brindle Creek, Sheepstation Creek, Forest Tops, and Lophostemon Falls and The Tweed Pinnacle. We are camping on Sheepstation Creek and NSW NPWS have great undercover eating areas and fireplaces at their campsites, so if the weather goes against us you can still keep dry and comfortable. Its foolproof!

On Saturday night we will head in to Kyogle for mass and if people are interested we could have dinner in town afterwards. Otherwise, we'll organise something convivial for the campsite and perhaps share nibbles.

organise something convivial for the campsite and perhaps share nibbles.

I encourage you to join me with your swimmers, camera, and Aerogard for a great weekend!!!

Gabe Romaguera
38563842

SOCIALS

There will be no Coffee Night for the month of December.



Bring A Plate

For those coming to the meeting in December
Please bring a plate. Thanks.

COMING SOCIALS. CELEBRATE THE NEW CENTURY AND THE NEW MILLENNIUM.

John, Majella and Thomas
have invited us to
26 Deloraine Drive
Springwood.
Sunday 31 December 2000.
7:30pm

Please bring your own drinks and a plate of
food to share.

Don't forget your togs for a midnight swim.

PAST OUTINGS

KONDALILLA FALLS.

Nine intrepid explorers headed out at just after 7am on Saturday, 4 November 2000 to explore the hinterland of the Sunshine Coast. This beautiful area of Queensland is definitely one in which to spend a relaxing and peaceful day.

The day started with Terry leading a convoy of two other cars through Dayboro, Mt Mee to Woodford, where with a lot of arm twisting

Maxine permitted the coffee-holics to get a takeaway drink. Prior to this we had some wonderful views of the Glasshouse Mountains from the "reverse" side – at least the opposite side from the one from the Bruce Highway.

Winding our way past road works climbing the Blackall Ranges, we eventually got to Kondalilla Falls an hour later than expected. There was no sign of Elizabeth who was to meet us there. With little delay we started the walking part of the day. At the swimming hole we found Elizabeth resting. She had given up on us and had already been down to the Falls. A quick catch up and we were on our way again. Taking the right track (clockwise) we went down, down to the Falls on a very easy path through large palm forests. A bit of a rock scramble to get a good view of the bottom of the Falls, which looked spectacular due to the recent rain. Took the time to enjoy these and have some morning tea before heading back up with good views of the Falls all the way back up.

At lunch we caught up with Elizabeth, John and Judy before going to see the Mapleton Falls, only to find the National Park was closed till January! So we had to compensate with having drinks in a café with a superb view all the way to the Sunshine Coast.

Thanks to Maxine, Terry, Bev, Nathan, Barbara, Mary, Robyn and Don.

The irony of this leisurely day was that the original walk, cancelled due to the fire risk, had reopened because of heavy rains during the week.

Jean.

OTHER ITEMS OF INTEREST

Pilgrimage Financial Report

Host Clubs

Brisbane Catholic Bushwalking Club
Ipswich Catholic Bushwalking Club
Logan Beaudesert Bushwalkers
Queensland Bushwalkers

Income

| | |
|-----------------------------|----------|
| Camping & Registration Fees | 2,390.00 |
|-----------------------------|----------|

Expenses

| | |
|-----------------------------|-------------------|
| Camp Constable camping fees | 1,355.90 |
| Food | 141.60 |
| Stationery | 105.40 |
| Gifts | 43.90 |
| Total | <u>\$1,646.80</u> |

Net Profit \$ 898.35

Notes

All raffles items were donated.
Host club members donated many food items. Gifts were provided to guest speakers.

Thank you to all members who contributed to its success.

Terry and John.

Queensland Federation of Bushwalking Clubs

Federation meetings are held on the fourth Tuesday of each month at the Baroona Special School, Milton from 7.30pm. For further information contact John or Majella.

The next meeting will be Thursday, 18 January 2001.

Federation has a new web site. Its address is <http://www.geocities.com/qfbwc/index.html>:

The email address is qfbwc@yahoo.com.au

A copy of the insurance policy is available and John holds a copy.

Access to Killarney is being negotiated with the Army, though it should be available most weekends.

Federation Mountain Rescue.

FMR meetings are held on the third Tuesday of each month at the Baroona Special School, Milton at 7:30pm. For further information contact John.

Christine and Cliff Harrison extend an invitation to those interested in joining us on a base camp to Tasmania Sat 10th Feb 2001 to Sun 4th March 2001 (3 weeks)

This will be a 12 day walk of South Coast & Port Davey Tracks then hopefully 3 days for Mt Anne Circuit.

A great way to have holidays – Book now.
Please phone us (07 5429 5494)

Regards Christine

FMR has a web site and its address is <http://130.102.84.99/quanta/org/fmr/fmr.htm> and the email address is fmr@chem.chemistry.uq.oz.au
While the 2001 calendar is not available, the training weekend is on 26-27 May and will be held at Wide Bay.

LETTERS FROM THE EDITOR.

You can tell it's going to be a rotten day when:

1. Your pet rock snaps at you.
2. You put both contact lenses in the same eye.
3. Your income tax cheque bounces.
4. You walk to work and find your dress is stuck in the back of your pantyhose.

Things That Are Not What They Seem

1. A cucumber is not a vegetable – It's a fruit.
2. A silkworm is not a worm – It's a caterpillar
3. A sweetbread is not a bread – It's from a calf's or lamb's pancreas or thymus.
4. A Mexican jumping bean is not a bean – It's a seed with a larva inside.
5. A piece of catgut is not from a cat – It's usually made from sheep intestines
6. A funny bone is not a bone – It's the spot where the ulnar nerve touches the humerus

If I come across some more I shall put them in next month's magazine. Louise Leonardi.

Celebration Corner

Birthday wishes
to
Gabe Romaguera
which occurs in
late December



Ann Tracey
Ray Rowe
Jean Gowans
Cecilia McDonald
All of which occur
Early January.

WISHING ALL READERS OF THE JILALAN
A HAPPY AND HOLY CHRISTMAS.
ALL THE BEST IN THE NEW
MILLENNIUM

Our prayers and thoughts are with Liz McCaul and family. Their mother is now in God's care.

A note from the Editor

Thank-you to those who have been contributing articles to the magazine. Keep them coming.

Please forward your magazine articles to me by the 1st of the month

My address is:

25 Harburg Drive
Beenleigh Qld 4207 or
My e-mail address: leonardi@gil.com.au

I am a God who is everywhere and not in one place only. Do you not know that I am every in heaven and on earth
Jeremiah 23:23-24

Of Bites and Itches - Ticks and Mites

As summer arrives, along with higher humidity and rainfall, bushcarers are once again contending with ticks and mites.

While many of us have experienced an adult tick bite, not many people are aware of scrub itch – an uncomfortable allergic reaction caused by the oral secretions of Scrub itch mite larvae (*Eutrombicula hirsti*), and sometimes the larvae of ticks, according to Queensland Museum Assistant Curator of Arachnology, Phil Lawless.

According to a Society for Growing Australian Plants (SGAP) bulletin article by Robert Backhouse, eggs of mites and ticks are laid in the soil, and when they hatch, the tiny larvae climb up grass and other low vegetation. When animals (including people) brush past, the larvae hitch a ride and start biting, causing intense irritation and angry, itchy, red lumps for several days. Phil said, 'While *Eutrombicula hirsti* is the mite you are most likely to be bitten by around Brisbane, there are other species in Australia.

'For example, the chigger *Leptotrombidium deliense* can transmit Scrub typhus, a febrile condition caused by *Rickettsia tsutsugamushi*. It occurs only in areas with rainfall in excess of 1500 mm, and has never been recorded south of Townsville.

'Ticks and mites can occur in any bush areas – from rainforest through to grassland,' Phil said. 'They are more common in areas such as forest edges and along creeklines, particularly where there is long grass or other low vegetation.'

The best way to avoid them is to cover up with a long-sleeved shirt, long pants and leggings tucked into boots, button up your sleeves and collar, and wear a big hat. Use personal insect repellents on exposed skin as a deterrent, take a shower as soon as you leave the bushland and check yourself carefully for ticks – they have a habit of finding very secluded places to bite. Children are particularly susceptible, so check them very carefully.

Brisbane City Council Medical Entomologist Mike Muller said, 'Scrub ticks (*Ixodes holocyclus*) are found in most bushland areas around Brisbane, especially where bandicoots are active. The ticks produce a toxin which can cause severe irritation and ultimately paralysis after several days.

'If you find a tick on yourself, don't squeeze the body, as this is where the toxin-producing salivary glands are. Use fine point forceps to grab it by the head, right up against the skin.

'Don't worry if the mouthparts are left behind – they will eventually work their way out of the skin. It is probably best not to use substances such as kerosene or insecticide on ticks in case it causes them to inject more toxin,' he said.

For advice on treating or preventing scrub itch, talk to your local pharmacist. For more information on ticks, try the University of Sydney medical entomology website at <http://medent.usyd.edu.au>.

From The Brisbane City Council
Newsletter "Regenerator."

If undeliverable return to
Brisbane Catholic Bushwalking Club Inc
PO Box 151 Brisbane
ALBERT ST QLD 4002

JILALAN

Print Post Approved
PP409367/0022

