

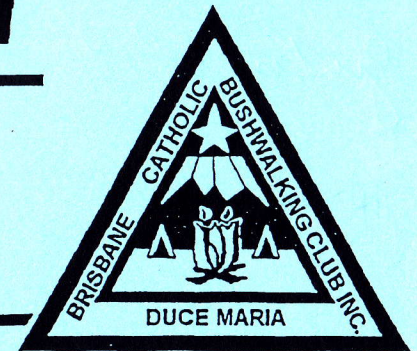


JILALAN

MONTHLY CIRCULAR
OF THE

**BRISBANE CATHOLIC
BUSHWALKING CLUB Inc.**

UNDER THE GUIDANCE OF OUR LADY OF THE WAY



FEBRUARY 1999.

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

CONTACTS

CHAPLAIN	Fr Edwin Nally	3350 3955
PRESIDENT	John Carter	3290 3621
VICE PRESIDENT	Trevor Kelly	3269 4795
TREASURER	Sue Tobin	3366 3193
SECRETARY	Justin Tobin	3366 3193
OUTINGS SECRETARY	Christine Harrison	07 5429 5494
MEMBERSHIP OFFICER	Carol Kelly	3269 4795
SOCIAL SECRETARY	Gabriel Romaguera	3369 7330
TRAINING OFFICER	Greg Endicott	3351 4092
"JILALAN" EDITOR	Majella Robertson	3359 8311
ARTIST-IN-RESIDENCE	Iain Renton	3395 7665

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

JILALAN

Please have all articles to Majella (1 Tamara St, The Gap 4061) 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.

GENERAL MEETINGS

Meetings are held on the 3rd Monday of every month, at 7.30 p.m. (although they usually start about 15 minutes later). 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 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 outings' 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 9.00 p.m. 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 required.

PERSONAL EQUIPMENT

The Association requires that certain minimal basic equipment should be carried by all walkers on all trips. This should comprise the following - a first aid kit, a torch, a parka/raincoat, hat, shirt, 15+ (or suitable value), 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 observe the next meeting of the Management Committee. You are very welcome to attend the meeting 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.

John Carter - President

Greg Endicott - VICE Pres.

Kerry Mulligan - (SECF)

Suey Pitt - Treasurer

Majella - Editor

Justin Tobin - J. SECF

M. H. N. - SOCIAL SECF

- TRAINING

- Membership

CHRIS

CALENDAR OF CLUB EVENTS

18	Meeting			
23/24	Warrie Cct	Patricia Kolarski	3341 7509	D/W
26	Stairway Falls	June Greenaway		D/W
Feb 6	Chinatown Walk	Gabriel Romaguera	3369 7330	
7	Lightening Falls	Chris McCaffrey	3349 5730	D/W
13	Cougals	Richard Kolarski	3341 7509	D/W
14	Little Kings Movement	Gabriel Romaguera	3369 7330	D/W
15	AGM meeting			
20	Kangaroo Point	Greg Endicott	3351 4092	FMR
21	Greens Falls	Kerry Mulligan	3279 4490	D/W
27	North D'Agular Ranges	Matthew Palmer	3279 4490	D/W
March 2	Cartography	Greg Endicott	3351 4092	FMR
6	Annual Mass & Dinner	Trevor Kelly/Gabe Romaguera	3259 4795	SOC
7	Tichi Tamba (Clean-up Australia)	Maxine Brophy		D/W
12-14	Crows Nest Falls N.P.	Chris McCaffrey	3349 5730	B/C
15	Meeting			
20	Federation Bushdance			FED
27-28	Lizard Pt	Justin Tobin	3366 3193	T/W
28	Ship Stern	Mary Nolan		D/W
April 2-5	Easter - Spicers Gap			B/C Easter
5	Mt Greville			D/W
10-11	Training Weekend			FMR
18	Mt Maroon & Monitoring	Tevor Kelly	3259 4795	D/W
19	Meeting			
23-26	Goomburra State Forest			B/C Anzac l/w
23-26	Pt Pure	Iain Renton	3395 7665	T/W Anzac l/w
May 1-3	Sundown National Park			B/C May l/w
1-3	Sundown National Park			B/C May l/w
8	Mt Fraser	Majella Robertson	3359 8311	D/W
11	Trivia Night			FMR
16	Snake Ridge to Mt Gipps			D/W
17	Meeting			
22-23	Richmonds to Collins			T/W
23	Mt Lindesay	Trevor Kelly	3259 4795	D/W
June 12-14	Fraser Island			T/W June l/w
12-14	Fraser Island	Trevor Kelly	3259 4795	B/C June l/w
20	Paradise Ck/White Mt	Barry Ellerington	3886 3451	D/W
21	Meeting			
26	Rescue Leaders			FMR
	Ashgrove to Mt Cootha	Maxine Brophy	full moon	Evening Walk

KEY - Walk Types

D/W	Day Walk	1/2 DW	Half-day Walk
T/W	Through Walk	TRN	Training
O/N	Overnighter	FMR	Federation Mountain Rescue
B/C	Base Camp	SOC	SOC

Key - Walk Gratings

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

1. Distance	2. Terrain	3. Fitness
Short Under 10 km per day	1-3 <u>Graded or open terrain</u> . No scrub.	1-3 <u>Easy</u> Suitable for beginners
Medium 10-15 km per day	4-7 <u>Bush</u> Minor scrub, rainforest, rock, creek, rock hopping, scrambling	4-7 <u>Medium</u> Reasonable fitness required
Long 15-20 km per day	8-10 <u>Bush</u> As Above + thick scrub, major rock scrambling using hands, technical	8-10 <u>Hard</u> Strenuous, fit walkers only
EXtra Over 20 km per day		
Long		

ANNUAL MASS AND DINNER

Mass will be celebrated by Fr Kevin McGovern at:

**Padua College
Kedron**

Upstairs access at rear right of the Old Friary (not in the church).

Afterwards dinner will be at:

**The Everton Park Hotel Bistro
Flockton St
Everton Park
7:30pm**

Meals range in price from \$10 - \$17.

Please contact Trevor by the Friday before to confirm your attendance.

The value of things we have is not in their price or even in their beauty but in whether or not they are replaceable.

Harry Frauca 1966

Membership Renewal

The club's financial year ended on 31 December. Therefore membership fees are now due. A membership form must be completed. The fees are the same as last year.

Ordinary Member	\$30
Associate Member	\$22
Country Member	\$22
(over 150 kms from GPO)	
Spouse Member	\$8

Outing's News

Remember, if you are interested in leading a walk please contact Christine (07 5429 5494). Leaders are reminded to contact Christine re the costing of walks and the emergency officer for their particular walk.

REPORTS

President's Report

One of the great things about living in south-east Qld is the range of walking opportunities available to us. This allows us to go walking in both summer and winter. To beat the heat of summer we can follow graded tracks in the high altitude rainforests of the Scenic Rim or rock hop along mountain creeks. The club has visited Tamborine, Springbrook and Lamington during recent walks. Last month some members went on two overnight walks and they were able to enjoy the refreshing beauty of Barney Creek. The group I was in rock hopped from the Upper to the Lower Portals, which was very relaxing. There were crystal clear ponds, cascading rapids and plenty of flow in the creek. So take your pick of the coming walks over the next few weeks before the weather cools down.

I would like to thank the out-going committee for their comradeship and good work in 1998. I hope the new committee can continue in the same vein.

John

COMING WALKS

**Greenes Falls
Sunday February 21
Day Walk**

Leader:	Kerry Mulligan (3279 4490)
Time:	1.00pm.
Meet at:	Coles Car Park, Stewarts Rd Ashgrove
Grade:	S11
Cost:	\$5
Emerg Off:	Dolans (3843 4116)

Greenes Falls is a 5km graded track in Maijala National Park at Mt Glorious. Being 630 metres above sea level it is a great place to escape the summer heat of Brisbane. The walk is quite easy and should only take us a couple of hours to do. The walk is entirely rainforest following gullies and ridges until we reach the top of Greenes Falls. There are many magnificent old trees along the track that were protected when the park was the

first gazetted in 1930.

Upon returning to the start the plan is for a BYO BBQ dinner, there are plenty of shelter sheds and fire places. I hope you can join me on what should be a pleasant relaxing afternoon.

**Joyners Ridge/ England
Creek Nature Walk
Saturday February 27
Day Walk**

Leader: Matthew Palmer
(3279 4490)
Time: 7.00am.
Meet at: Coles Car Park,
Stewarts Rd Ashgrove
Grade: M44
Cost: \$5:00
Emerg Off: Kerry Mulligan (3279 4490)

The DAguilar Range starts at just above sea level and rises to 770 metres at Tenison Woods. Across the change in altitude there are many changes in forest type and a great variety of flora and fauna. Although we will be walking a reasonable distance the main purpose of the trip will be to observe and study the different plants and animals we come across. I am no expert at identifying animals and plants so we should hopefully all learn from one another as we journey along.

Joyners Ridge runs west from the DAguilar Range dropping into England Creek which flows into the Brisbane River not far below Wivenhoe Dam. I intend to follow Joyners Ridge until it reaches England Creek and then follow England Creek upstream until we reach the main road or if it gets too scungy we will leave the creek and climb out on a ridge.

If you are keen to learn more about the environment that we walk in I hope you can join me for what should be an absorbing day. If you have them please bring a pair of binoculars and any field guides you may have.

**Tichi Tamba
(Clean-up Australia)
Sunday March 7 1999
Day Walk**

Leader: Maxine Brophy
(3203 4699)

Details available at the meeting.

**Crows Nest Falls N.P.
Friday 12 - Sunday 14 March
Base Camp**

Leader: Chris McCaffrey
(3349 5730) after 7.30pm
Time: 7.00pm
Meet at: Sullivan & Nicolaides
Grade: TBA
Cost: \$12:00 + camping fees
Emerg Off: Dolans (3843 4116)

Crows Nest National Park is situated in the Great Dividing Range just north of Toowoomba. The park is dominated by lichen pattern granite boulders and features characteristically domed outcrops. The other interesting thing about Crows Nest National Park is its vegetation, including an open eucalypt forest with Red Gums. Iron Bark is also found along with many other trees, including Bloodwoods, Grey Gums, and Weeping Bottlebrush.

There is also a variety of bird life and hopefully we will see the following birds: rosellas, grey thrush, butcher birds, kookaburras, rose robins, and parrots.

We leave Brisbane Friday night and make our way to Crows Nest National Park where we will be camping for two nights. Saturday we will do the Crows Nest Falls and the Valley of Diamonds walk and then explore Crows Nest Creek and Perseverance Creek. Sunday we will drive to Perseverance Dam which was built back in 1965 before making our way back to Brisbane.

Crows Nest National Park is an interesting area to visit so nominate to me at the meeting

**SAFETY AND
TRAINING**

**Training
Beginners Day
Saturday February 20**

Leader: Greg Endicott (3351 4092)
Time: 8am
Meet at: Kangaroo Pt Cliffs,
River Tce, at the Rotunda
Grade: Beginners
Cost: \$2:00 donation

PAST OUTINGS

**Mt Ernest
26 September 1998
Con Vink**

The weather on the days before this walk had been rainy, so we were a bit concerned about what it would be like on the day. A phone call to the owner of the farm from which the walk started reassured us that the weather had lifted, so our group of 5 walkers set off from Sullivan and Nicolaides at 7am with renewed optimism.

This walk was a real gem - perfect walking conditions and rare views following the rain.

We set off from the farm with a light cloud cover and a cool breeze. The creek (upper reaches of Logan River) was crossed without too much difficulty (although Don got a shoe full of water) and we proceeded up the slope at the boundary between the farm (cleared) and park (uncleared).

We were treated to views of a waterfall over the cliff face on our left as we climbed. This was a rare occurrence, following the previous rains. Every increase in height improved the view of the falls, with Barbara enjoying the photo opportunities. Good views of Mt Lindesay also, and plenty of wildflowers including ground orchids.

At the crest the view of Mt Barney's southern slopes was superb, with only the tip of the peaks obscured by cloud. We had lunch (not much shade on top) and then proceeded along the ridge towards the north east. Every so often we stopped to enjoy the view of Barney from a different angle. When we reached the last high point on the ridge before the drop to the end knoll, we headed due east. The descent was steep but uneventful, dodging occasional small rocky drops. Don decided grass tobogganing was the best descent method. At the last knoll on the ridge we had a good view southwards, towards the ridge we had ascended.

As we had arrived at the bottom of the mountain an hour earlier than anticipated, we, decided to check out the gully that had caused us problem on our pre-outing. We could hear the water rushing down the creek and over the waterfall, so we were surprised to cross the downstream reach of the creek and found it to be quite dry. On travelling up the creek we were amazed to see the water rushing down over the waterfall and disappearing into the gravelly creek bed without a further trace. The transition between flowing water and dry bed was only over about 2 metres.

This is another FMR training morning. As you can see, this is a beginners' day, which means anyone and everyone can turn up. You require no skills or equipment.

FMR is training up bushwalkers into rope techniques so there will be a pool of skilled walkers. It does not mean you will become experts, or will be called on to use your new skills. Treat it as a further step in your development, as icing on the bushwalking cake.

You do not have to be a dare devil to do rope work. You will be asked to abseil down a 20ft (6m) cliff, but the instructors have shown the technique to many many before you - they are patient, calm and know what you are going through. We have had 10 and 70 year olds as first timers.

This is within the capability of any Club member. You will feel proud of yourself after you have successfully completed your first decent. You will run back up to the top of the cliff to immediately have a second go.

COME along. Phone me for more details.

SOCIALS

COFFEE NIGHT

**Wednesday 24 February
7.30PM
Cafe Boulevard
74 Little Edward St
(cnr Boundary Rd)
Spring Hill**

Plenty of parking. Check upstairs if there are no familiar faces on the groundfloor. Please give me a call if you need a lift or have any queries. (PH 3369 7330 after 7.30 pm).

Movie Night

Tuesday 9 March

Please phone the answer machine (3393 5545) from the Sunday prior to the movie night. The movie, theatre and time will be given. Please hang up once you have heard the message.

(When I mentioned this to the farmer he remarked dryly that no doubt it would reappear some place else.)

The return crossing of the Logan River provided far more entertainment value for the troops, as their leader hopped onto a grass tussock which was much narrower than expected, and was cooled off with a refreshing dip from the waist down. A quick change to dry clothes in a farm shed fixed that, before the return trip to Brisbane via snacks at the Limited Choice cafe at Rathdowney.

Many thanks to those who came - Don, Barbara, John and Susan, and to Ed and Baz for assistance on the pre-outing, and especially to the farmer for permission to cross his property.

Bouloumba Creek - Lobster Creek Throughwalk Matthew Palmer

Three Intrepid walkers set out on Friday night to tame the wilds of the Conondale ranges. Joe and myself were the two old hands who had shared many a soggy campaign and Theresa a first time walker. I was going back to the place of my first ever club throughwalk which was led by my Anthony Dolan in 1992. Just for something different we would do the trip in reverse and go up Bouloumba Creek and down Lobster Creek. On our way we would keep an eye out for the Gastric Brooding Frog which is only found in the Conondales and has not been seen since 1981. The frog is unique in that after the tadpole eggs have been fertilised by the male frog the female then swallows the eggs and protects them in her stomach until they are ready to brave the outside world. We were also keeping a look out for an English Backpacker who was last seen in the Conondales and had not been seen for 4 months.

We started walking along the Gold mine Track for the first few kilometres, passing a logrunner foraging through the undergrowth, a yellow throated scrub wren close by to help eat the tasty morsels. The wide open spaces of Bouloumba Ck Initially looked appealing but Rock hopping was not possible as the rocks had become overgrown with weeds. The easiest thing to do was wade through the puddles. In some places the creek had become completely overgrown with small Casuarinas and Callistemon making progress slow. A much different creek from my previous journey where everything was clear. As

we ascended towards the Breadknife the creek became increasingly difficult to negotiate as the once open rock slabs were shrouded in weeds. After ascending a waterfall about 12.30 we decided enough was enough and after some lunch we got onto the ridge to get us out the creek. Going up the ridge was hard work due to the temperature but the path was fairly clear. On top of the ridge we found the road, left would take us back to the base camp, right to our drop off point to Lobster creek. After some debate right got the vote, with the hope that the creek would be less scungy.

We were able to find some old forestry roads which led us to within a stones throw of the creek bed. It took us 3/4 of an hour to travel that stones throw as we bashed our way through the lantana. It was the first time I had been through a lantana patch that was riddled with wild raspberry and lawyer vine. A big sigh of relief once we were in the creek but there was only a narrow path which the lantana had not overgrown. In some places the lantana completely blocked the creek, but it wasn't raining. An hour down the creek we found the only flat spot to put up two small tents. I had a quick dip in a waterhole to get the sweat off my body but overall the creek was hardly flowing. It was early to bed as we were all exhausted, during the night there was a strange cacophony as animal noises which I could only begin to guess what they were, perhaps possums, nightjars and a feral pig.

The next day we only had 4 km to travel, this would take us more than eight hours. It was quite demoralising for the troops to approach the top of a waterfall meaning that we had to contour around the extremely steep banks which were thick with lantana. Lunch was had below the last of the waterfalls. A spectacled monarch had a nest just above our heads and we also saw our one and only snake of the trip. Although Lobster creek is one of the most beautiful rainforest creeks around we could not truly appreciate it as the weeds in the dry creek bed made stifled progress which required you to look constantly at your next step. The creek would need a good flood before I would ever consider going back in it. It was with great relief that we heard vehicles close by at 2pm and finally hit the road. The swimming hold did much to refresh our bodies before the hot drive back to Brisbane.

Mt Tabletop Kerry Mulligan

Driving along the Warrego Highway towards Mt Tabletop, the weather did not look promising. From Picnic Point we started walking through suburban streets admiring the gardens and flowers that we can't grow in Brisbane. We walked down a steep road adjacent to Picnic Point and thankfully the clouds started to lift. From this time onwards the weather just got better and we were able to stop and take off our rain jackets. My dread of walking in freezing wet white out conditions that Matt and I had faced during the pre-outing were needless.

Soon we encountered the Camels Hump which is an aptly named rocky knob forming the ridge to Tabletop. The skies cleared to show 360 degree views of farmland and mountain ranges. I had no idea where there as they were not visible during the pre-outing. The rocks and scree were on Camels Hump were dry thus making for easy walking provided you were careful. After descending Camels Hump it was up another scree slope with some minor scrambling to get to Tabletop. At this point it was a matter of walking along the track across the flat surface of the mountain to reach our lunch spot. Everyone contributed to a communal buffet and as we ate our early lunch we watched a plane fly quite close to us.

After lunch we walked back across Tabletop and the Camels Hump to turn off to follow a fence which descended towards the Warrego Highway. The fence met up with an old forestry track which we followed until it joined the Picnic Point track system. The views behind the Camels Hump and Tabletop were truly beautiful in the clear afternoon sunlight. We continued our ascent to the top of the range passing many people enjoying their Sunday afternoon soaking in the sun. We stopped for an obligatory coffee at Picnic Point kiosk. Just as we finished our drinks the clouds came in and it started raining.

Those who came were Bernadette, Chris, Liz, Terry, Patricia, Richard, Louise & Mary. Special thanks to Richard and Liz for driving.

**Westray Graves
Saturday 28 November 1998
Chris McCaffrey**

We left Brisbane at about 7.15am on Saturday

morning and made our way to Beaudesert where we decided to have a coffee stop. We were soon on our way again heading to Christmas Creek. At this stage the weather didn't look too good, it was overcast and starting to rain. We followed the Christmas Creek Road passing the National Fitness Camp on our left and on our right a view of Neglected Mountain and further on a good view of Buchanan's Fort on our left. We left the cars at the end of the road and had a short walk into the start of Christmas Creek.

I decided to go further up the creek where there was a better crossing. It was interesting watching everyone cross the creek trying not to get their boots wet. After crossing the creek, the walk started in open forest. We passed some interesting trees and it wasn't long before the vegetation changed and we were walking in a palm grove rain forest. We seemed to follow the southern branch of Christmas Creek.

We were making food time when some members of the group asked "How much further?", the leader replied "not much further". I had decided to have morning tea and lunch together just down from Westray Grave near Christmas Creek. We arrived at Westray Grave site which is situated just near Christmas Creek in a very peaceful palm grove. We all started to read the headstone. Unfortunately moss was growing over it and made it hard to read. Finally we were able to have lunch. After lunch, some of the group walked further up Christmas Creek to view the waterfall. Ray decided to do some exploring and walked further up the creek. We returned to where the other members of the group had decided to stay. We all made good time coming back and finally the weather started to clear. Some members of the group decided to have a quick swim in Christmas Creek. The others stayed in the shade having a short break. It was not long before we were back at the cars where we decided we would stop in Beaudesert before heading back to Brisbane.

Thank you to those who came, it was a great day. Walkers were Majella, Maxine, Ray, Michael and Mary Nolan, Jean, Elizabeth McCaul and Maxine's friend Louise on her first walk. I hope you all enjoyed the day and thank you to Majella for driving.

**Warrie Circuit
Saturday 23 January 1999
Patricia Kolarski**

Fourteen keen walkers set out on this fine, warm

day to walk the seventeen kilometre circuit. Heading in an anticlockwise direction, the first stop was at the Pinnacle turnoff. Richard led ten of the group off to climb the Pinnacle while the rest of us ambled down to the Meeting of the Waters for lunch, stopping for morning tea along the way. After regrouping and enjoying a quiet break beside the creek we started out for the slow walk back up to the cars.

A group of Korean visitors was also walking the circuit and discovered the eel that lives in the creek.

There are usually snakes to be seen on this circuit and we were not disappointed this time. First-time walker Susan bravely chased one off the track and another slid away of its own accord. New member Bob and visitors Connie, Andrew, Mike and Susan were on the walk along with drivers Terry, Richard and Mary as well as Paul, Gabe, Michael, Pat and June.

Stairway Falls Tuesday 26 January 1999 June Greenaway

Luckily there was only one cancellation on this trip, nine met in the city and five at O'Reillys. After showing some new walkers the Information Centre and map of the O'Reillys' area, we started walking at about 9:15am. It was pretty overcast, but quite humid, it was a nice walk down to Blue Pool, where we had morning tea and a few of us ventured in for a swim. The resident eel made a showing. Then on to Stairway Falls, the long legged guys made the seven creek crossings with dry feet, which required a balancing act in places. At Stairway Falls which was very nice, we had lunch, the pool is very rocky, so swimming was a bit difficult here.

After lunch, John B, Con and Richard left us and took a shorter but harder route up to the Valley of the Pines. The rest of us retraced our steps back across the creek crossings, at Blue Pool it looked like the beach with so many people there and more walking down in thongs and even bare feet. The 5kms up from Blue Pool had most of us perspiring heavily, but we were lucky to have had no rain.

We decided to have a coffee etc at Canungra as there were so many people at O'Reillys, it turned out to be a bad move, the service was so slow and one person's order was forgotten, the only hiccup of the day.

We had two new walkers, Garth and Sylvian, also Sarah who hasn't walked with us for a while, who

seemed to enjoy the day
Thankyou so much to all those who came along.
Chris, Pat, Margaret, Con, Mary and Michael.
John and Sarah, Patricia and Richard, Helen,
Sylvian and Garth and special thanks to the
drivers and Chris for his help with the preouting

OTHER ITEMS OF INTEREST

News about members....

Members wishing to contact Terry Sheehan, while he is in Melbourne can write to his Brisbane address and mail will be forwarded to him.

Fr Ed's new address is Shalom Nursing Home, Holy Spirit Hospital, Cnr Beams and Gympie Road, Carseldine 4034. Phone 3263 0357

Nominations received for committee positions....

John Carter President
- nominated by Sue Tobin, seconded by Pat Lawton

Greg Endicott Vice-President
- nominated by John Carter, seconded by Mary Nolan

Chris McCaffrey Membership Officer
- nominated by Gabriel Romaguera, seconded by Pat Lawton

Monthly Bushdance....

Queensland Colonial and Heritage Dancers invite everyone to come along every second Saturday of the month for a bushdance. Starting 13 March then 10 April, 8 May, 12 June, 10 July, 14 August, 11 September, 9 October.

Morningside School of Arts
Cnr Wynnum & Thynne Rds
8pm
Cost 10
Enquiries Jan or Vic 38487706

Extended Walk....

Gibraltar Range Through Walk and Day Walks
From Easter Monday 5th April to Sunday 11th April 1999

If you've got Easter holidays and nothing to do, how about a 5 day throughwalk, 5 one day walks or any combination of day and through walks in the Gibraltar Range and Washpool National Parks. A one hundred kilometre network of walking tracks forms the Gibraltar-Washpool World Heritage Walk. The route links the two national parks in rugged mountainous country, high above the Clarence River on the edge of the Northern Tablelands in NSW. The main route, which can be done as a circuit, is 60 kilometres long, with various sidewalks along the way. The landscape varies from lush rainforest, to dry sclerophyll, to sub-alpine swamps. Along the way are waterfalls, rocky outcrop lookouts and streams where you can have a swim.

Patricia and I are definitely going and would enjoy having company to share this wondrous country. If interested ring Richard on 3341 7509 for more details.

A note of thanks...

Thank you to all who contributed to this month's magazine. A huge thank you for your efforts in putting articles on disk - it's wonderful and saves me heaps of time!! Happy reading.

Please note my change of address:
1 Tamara St
The Gap 4061
PH: 3300 2383

IT'S HEALTHY

In the United States, walking outdistanced the popularity of running, biking, aerobics and weight lifting. With more than 16 million people hitting the pavement two or more times a week.

The reason: It's cheap and easy.

"Overall, for cardiovascular fitness, walking is one of the safest, easiest things that anyone can do," said Bryan Haddock, an exercise physiologist at the Loma Linda University Centre for Health Promotion in California.

Researchers recently released information on a new discovery that can make it even easier to walk yourself into shape: small bouts of exercise several times a day reap the same health benefits as longer periods of continuous exercise.

"Calories are calories. You can walk five minutes here, five minutes there, and you may end up burning more calories in a day because you have more opportunities to walk," said Maggie Sallner, walking editor for *Prevention* magazine.

The benefits include reduced risk of heart disease and cancer, lower cholesterol, blood pressure and stress and improved immunity.

Other advantages:

- Walking is a mood elevator. Just 10 minutes of brisk walking is enough to boost your mood and energy level for one to two hours, according to research by Robert Thayer, a psychology professor at California State University, Long Beach.

Walking's relief of tension and anxiety has been equated to the effects of valium.

- Walking is a more effective calorie-burner than running. One hour of brisk walking, about 8km, burns 530 calories, compared with 480 for jogging. Surprised? Walkers take more steps and use their arms more.

It's also easier on the joints. A walker's foot lands with only 1½ times the impact of body weight, while running puts twice the force on feet, according to research at the University of Massachusetts.

- Walking also helps lower cholesterol levels.

— USA Today

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