



JILALAN

MONTHLY CIRCULAR
OF THE

**BRISBANE CATHOLIC
BUSHWALKING CLUB Inc.**

UNDER THE GUIDANCE OF OUR LADY OF THE WAY



FEBRUARY 2001.

**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+ 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.

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
January 2001				
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)	Phil Murray	3841 0254	D/W
3	Social	Graham Walters	3379 9486	Social
11	FMR Training Day - Kangaroo Point	John Carter	3290 3621	FMR
11	Little Kings Walk	Gabe Romaguera	3856 3842	D/W
12/2 – 1/3	Southwest Tasmania	Christine Harrison	5429 5494	T/W
18	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	Jean Gowans	3256 6140	B/C
11	Western Cliffs	Justin Tobin	3366 3193	D/W
17-18	Northbrook Gorge	Justin Tobin	3366 3193	D/W
19	Meeting	John Carter	3290 3621	
25	Cronans Creek	Carolyn Ivanaac	3379 9486	D/W
31	FMR Navigation	Justin Tobin	3366 3193	FMR
April				
1	Mt Superbus Monitoring	Christine Harrison	5429 5494	D/W
6/8	Fountain Falls			T/W
7	Mt Maroon	Trevor Kelly	3269 4795	D/W
13/16	Easter at the Hut	Iain Renton	3395 7665	B/C
14	Barney Gorge	John Carter	3290 3621	D/W
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	Trevor Kelly	3269 4795	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			D/W
29-1	Albert River	Maxine Brophy	3203 4699	B/C
July				
7	Colonial Ball			Social

CALENDAR OF CLUB EVENTS

DATE	EVENT	LEADER	CONTACT NUMBER	WALK TYPE
15	Kenilworth Bluff	Christine Harrison	5429 5494	D/W
16	Meeting	John Carter	3290 3621	
21	Historic Shepherd's Walk			D/W
27-29	Spicers Gap	John Carter	3290 3621	B/C
August				
5	Fun Run			Social
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	<u>Graded or open terrain</u> . No scrub.
4-7	<u>Bush</u> . Minor scrub rainforest, rock, creek, rock hopping, scrambling
8-10	<u>Bush</u> . As Above + thick scrub, major rock scrambling using hands, technical

3. Fitness

1-3	<u>Easy</u> . Suitable for beginners
4-7	<u>Medium</u> . Reasonable fitness required
8-10	<u>Hard</u> . Strenuous, fit walkers only

REPORTS

February General Meeting and A.G.M

Come along to our February meeting and AGM, to hear about coming outings and stay for a cuppa after the meeting. Get two meetings for the price of one.

Thanks to all those you came to January's meeting, we had a great roll up.

About Members

Our sympathies are extended to **Kerry** and family, whose father passed away recently. May he Rest in Peace.

Christine and Cliff Harrison, Pat, Jonas and several BOSC members are going to Tasmania during February to undertake several of the popular through walks there. These are the South Coast track, Southwest Cape and Port Davey track. A safe trip to you all. (We will expect some interesting articles and photos.)

The club's financial year ended on 31 December. Therefore membership fees are now due. A membership form will be sent to each member and will be available at the next meeting. 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

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.

Treasurer's Report

Balance 18/12 /00	1612.41
+ Receipts	209.50
	<hr/> 1821.91
- Payments	560.60
Balance 15/01 /01	<hr/> 1261.31

Term Deposit 1522.31

I would like to remind the members that we require them to sign and return their Membership Application Form, when renewing their membership. This is a requirement of our insurance company.

Terry



COMING WALKS

**Mt Mitchell.
Night Walk.
Saturday 24 February.**

Leader: Justin Tobin.
Ph (3366 3193).
Time: 3:00pm.
Meet at: Red Hill Parish Car Park
Musgrave Road. Red Hill.
Grade: L 4 4
Cost: \$14.00
Emerg Off: Susan Tobin
Ph (3366 3193).

Saturday Night above Cunninghams Gap.

Leaving the cars at the camping ground we'll walk down the highway to the Spicers Gap Rd,

follow this around to the Western Ridge of Mt Mitchell. A gentle ascent brings us to the graded track below West Peak., where we should see the Sun sinking in the West.

The graded track takes us to East Peak for tea and views across to Spicers Gap and along the Rim. Plenty of time to boil the billy and spin yarns and see the stars shining above us, before heading back down to *Cunninghams Gap* and across the road to take the rainforest track back to the cars.

Justin.

**CLEAN UP AUSTRALIA DAY
TINCHI TAMBA WETLANDS
SUNDAY MARCH 4**

Leader: Maxine Brophy
Ph 3203 4699 (after 7pm)
Time: 7 am
Meet: St Brigid's Car Park,
Musgrave Road, Red Hill
Grade: Easy
Cost: FREE!!!!!!!
Emerg. Off: Mike Brophy Ph (3203 4699)

It's time to revisit the wetlands and continue our task to remove the rubbish on the edge of the Pine River. The more hands we have – the quicker and easier the job will be! We would be most grateful for your help. Bags will be provided by "Clean up Australia". You will need to bring:- a pair of HEAVY DUTY gardening gloves, old clothes including a LONG SLEEVE SHIRT, hats, sunblock, and 2 litres of water. We will provide cool drinks, a cuppa, and morning tea. Looking forward to your help.

If you are worried about getting muddy there is plenty of rubbish to clean up along the road and picnic area.

Maxine.

**Tooloona Falls.
Day walk.
Saturday 10 March.**

Contact: Justin Tobin.(Ph 3366 3193.)
Time: 6:30am.
Meet at Red Hill Parish Car Park
Musgrave Road Red Hill.
Grade L 4 4
Cost: \$14.00
Emerg Off: Susan Tobin. Ph 3366 3193.

For those who can't get away for the weekend and still have Saturday spare to do Jean's walk to Tooloona Falls, we are meeting at 6:30am and hopefully at O'Reilly's at 8:00am for Jean to take us along the beautiful Tooloona Creek circuit. One of the prettiest walks in Green Mountains.

Justin.

**Obi Obi Gorge
Li Lo Adventure
Daywalk**

Leader: Phil Murray (3841 0254)
Date: Rain dependent (hopefully soon)
Cost: \$12
Grade: M55

Obi Obi Gorge is located below Barron Pocket Dam. After heavy rain, the dam's spillway overflows and at a certain level it is sufficient to li lo through the gorge. This should happen in the next couple of months, at least once. The destination is likely to be Kenilworth Road Bridge. Ring Phil to nominate.

**South West Tasmania
12 February – 1 March 2001
Throughwalk**

Leader: Christine & Cliff Harrison
Emerg Off: John Carter

See Christine for details.

**"O'Reilly Base Camp
9 - 10 March 2000**

Leader: Jean Gowans (3256 6140)
Date: 9 - 11 March 2001
Time: 7.00 pm
Meet at: St Bridgid's, Musgrave Rd,
 Red Hill
Grade: L 3 4 (or see Justin's walk),
 S 3 3
Cost: \$23.00
Emergency Officer: Susan Tobin.
 Ph (3366 3193.)

Only two sorts of people should come on this Base Camp.

Those that have been before to O'Reilly's and those those who haven't. If you've been before you know that how lovely this area is and for those that haven't been, come and find out. Take the time to get refreshed by the beauty of the area, the birds and the flora. Please bring warm clothing for cool mountain evenings.

You will have two options for walking on Saturday. One of these will be lead by Justin and will be Western Cliff walk - please see his notes. The other will be one of the top 20 walks in SE Queensland. This will be followed by a communal bar-b-que (so please bring along your food and bar-b-que spirit). Then on Sunday, we will do a shorter walk so people can relax in the afternoon or head back to Brisbane.

Looking forward to a sharing a great weekend
 With you

Thanks, Jean

**Western Cliffs- Green Mountains.
 Daywalk
 Sunday 11 March**

Leader: Justin Tobin. (Ph 3366 3193.)
Time: 6:30am
Meet at: Red Hill Parish Car Park
 Musgrave Rd. Red Hill.
Grade: L 4 5.
Cost: \$14.00
Emerg Off: TBA

The journey along the Western Cliffs takes us from Luke's Bluff to Pat's Bluff and onto Python Rock and Morans Falls for morning tea before continuing onto Castle Crag and past the Orchid Grotto, Lyrebird Lookout and the old forestry camp and back to O'Reilly's via the Botanical Gardens. Views most of the day and a walk we don't do too often.

**Northbrook Gorge
 Day walk.
 Saturday 17 March.**

Leader: Justin Tobin. (Ph 3366 3193.)
Time: 7:00am
Meet at: Red Hill Parish Car Park
 Musgrave Rd. Red Hill.
Grade: L 5 5.
Cost: \$14.00.
Emerg Off: Susan Tobin. (Ph 3366 3193.)

With its palms, cascades and swimming holes, Northbrook Gorge is an enjoyable Summer walk. Taking a gentle ridge down into Northbrook Creek and the palms and cascades we follow the creek for the rest of the day. Further downstream is lunch and Northbrook Gorge. A series of waterholes below the cliffs and where swimming is the only way through.

Too soon the gorge will be behind us but there's still one more swim in the small gorge before the rest of the creek is followed to the bridge and back to a hot Brisbane and dreaming of a cool Northbrook Creek. Bring a few garbage bags for your pack to float through the gorges and a change of clothes.

It will be fun day and a chance to escape the heat.

Justin.

PREVIEW

**Mt Barney Creek
Saturday 14 April
Daywalk**

Leader: John Carter (3290 3621)
Time: 7am
Meet at: St Brigid's Car park,
Musgrave Rd, Red Hill
Grade: M54
Cost: \$14
Emerg Off: Majella Carter (3290 3621)

For those who cannot get to Mt Barney for the Easter weekend, come along with me for just the day. From the Lower Portals car park, we follow the track for 4.5 kms to the club hut and meet the base campers. We will follow the ridges to Barney Gorge and undertake the site monitoring at that location. After lunch we will rock hop down the beautiful Barney Creek to the hut. If you want there are deep pools for a swim. (The rock hopping is a little easier than Nixon Creek.)

So give me a call or nominate the next meeting for a chance to spend part of the long weekend away in the bush.

John Carter

SOCIALS

**Coffee Night
Café Bello
225 Waterworks Rd.
Ashgrove.
Wednesday 28 February.
7:00pm
Contact Graham. Ph 041 7156567.**

**PAST OUTINGS**

**DULARCHA RAILWAY TUNNEL
December 12.**

This was the Club's Boxing Day walk, the last walk of the Club Year, Century, Millennium and all that. And what a hot stifling day it was to end all those epochs!

The 16 of us left town to be greeted by a jammed North Coast Highway, but not withstanding, we made it to Landsborough. There Christine Harrison, who was in training for her South-West Tassie epic trip, met us. We drove to the end of Beech Rd and commenced our walk through the National Park.

The first part of the walk was through open eucalypt with banksia dispersed amongst it. The gullies were rainforest filled. We quickly linked up with the main Northern Railway Line, seeing the Tilt Train quietly zooming northward, but Terry missed it. The passengers had an unexpected and shocking 'site' to stare at in their travels - just ask Michele! By this stage, the dust on the track was being stirred up by the 34 feet and the troops were starting to get parched throats. They were wondering where this mythical tunnel was, or did it really exist. They soon discovered, to their great relief (literally), that it did.

The tunnel was hand hewn in 1889 to make the line shorter and take a lower grade. It is one of only two tunnels between Brisbane & Cairns. It is 100m long, slightly curved in the centre and is almost pitch black in the centre. Until you are at it, you cannot notice the entrance. On a day like we had, entering the tunnel was a fantastic relief; the cool breeze emanating from it was better than air-conditioning - at least until a group of trail bike riders decided to hoon through the tunnel, leaving the air heavy with petrol fumes! At this point, we had to beat a hasty retreat - back out into the heat.

After returning to the tunnel to shelter from the heat and rehydrate, we continued on the path to

Mooloolah. The party was splitting up into the fast, medium and slowies. However, we congregated at the few shady spots on the track. Soon we were at the township of Mooloolah. The troops passed the shops - I still don't know how - to eat our picnic lunch in the lovely park. The kids played with Stephen's Super Vortex Megahowler (football) while the adults swapped stories, ate and lay in the shade. The unbelieving Terry missed seeing the second Tilt Train.

On the way back, the shop was not missed and they had a run on cold drinks. The gang scooted along, the return trip somehow being quicker, though the heat was just as oppressive. Little Lucy was up ahead with the big girls, leading us on. Not believing it could happen, Terry missed the third Tilt Train! We got to the cars in the early afternoon, rearranged passengers and headed home.

Thanks for coming along, folks, despite the hot weather, to join me on such a memorable walk.
Greg

**Mt Beerwah Night Walk.
(The 2001- A Walk Odyssey).
January 6 2001**

This was the first walk of the Club Year, Century, Millennium and any other epoch you are measuring. And at the beginning of 2001 - for all you Stanley Kubrick fans. The convoy of mainly 'elderly' members made its way to the Mountain, arriving after dark - what did you expect, it was a night walk.

The walk in was longer and steeper than expected for the 18 walkers. We got a bit of a sweat up before even climbing. The first rocky bit - The Slab - had a few concerned. Mike, Justin, Russ and JC carried the rope up and set it up, and helped those needing assistance up this section - I recall a few more trees there in the past. We got everyone up. Then the slow scramble up through the shrubs in the 'soak' (Again, I could remember more vegetation in the past). This section with slabs, crevices and boulders slowed some down. After a few hours, we regrouped below the Organ Pipes, in the

rainforest section of the mountain. Here we met Cliff and Christine, again training for Tassie. The night was cloudy - it almost rained once - but enough moonlight shone through at times not to need torches.

The party made its way to the summit, along the final ridge to the top. All 18 of us stood beside the low hutchie that covered a camper, warning the next person he was there so that the camper must have been sick of all the shooshing and whispering. We got to the top about 11.30pm. The night was almost clear, with a 3/4 moon. The views were not spectacular as there was not enough light. And too much moon hid the brilliance of the stars. We feasted and shared food, especially the home-made pink-iced slices.

Then it was the reverse of the climb up. By this time (approx. 2am), we were tired and the going was still slow. The moon went down and now the true brilliance of the stars was seen, and the night was filled with stars. The slab near the bottom was tricky - going up was easier. We all managed it eventually, except Justin as he had to release the rope and come down without it, a different way. Again we had 2 kids on the trip and they seemed to go without fear.

Thanks to all for coming along, especially those who had not been on trips for a long time, and the newer members who took the gamble of an interesting night walk. Success is doing the walk and getting back down to tell about it!

Greg

**Bohgaban Falls
Saturday 20 January
Daywalk**

A sunny Saturday morning greeted us at Red Hill, which was great considering the wet weather during the preceding days. We travelled through Nerang on our way to Binna Burra, where we met Bill and Suzanne. The walk started at the gate to the old QPWS camping ground. Though cloudy the weather was good though very humid.

So down a steep old forestry road to the junction of Egg Rock and Nixon Creeks. We spied glimpses of nearby Egg Rock. Recent rain had swollen Nixon Creek and the rocks were slippery, so basically it was wading through the water. It was not long before we could follow the creek along its bank, interspersed with frequent creek crossings. It was a challenge to stay upright at times with lawyer vine ever present. Many of the towering trees were fruiting with both large and small-fruited figs, piccabeen palms and lily pilly. Fruit pigeons were often seen flying in the canopy.

We had a small break, where we had time to pull off leeches. There were only occasional light showers. In about two hours we had reached the base of Bohgaban Falls, which is near the junction of Bellbird Creek. The falls were impressive and generated a refreshing breeze. A grove of piccabeen palms made a lovely scene. The climb around the Falls was on the eastern side, where we saw a land mullet (Cunningham's Skink) sunning itself. We had already come across the Lamington Spiny Crayfish and a carpet snake.

Lunch was on a rocky ledge above a lovely cascade. A chance to relax, chat and enjoy the view. After lunch it was only another hour before we crossed the Ship Stern track and headed west. The graded track led out of Nixon Creek towards Binna Burra. We passed huge eucalypts and rainforest trees including a mighty Red Cedar. At the next junction, we followed the Lower Bellbird Track, which was to return us to our cars. En route above the cliff line, there were views of Ship Stern, Turtle Rock and the valley we had rock hopped up. It was a great circuit walk. We stopped briefly on the way home for a drink.

Thanks to the eight who attended - Beverley, Louise, Patricia Funnell, Bill, Suzanne, Bernard, Terry and visitor Peter for coming along and making it an enjoyable day. Thanks to Terry for driving. See you in the bush again.

John Carter

Mt Beerwah 6 January 2001

It was a dark Saturday night,
17 bushwalkers set out to see the light,
sitting waiting for Maxine at the BP,
in my mind, I was thinking, what will be will be!

We started climbing, up the slab,
perspiring all the beers I once had!
We all reached the top, ate, sat down to chat,
then it dawned on me, hell, we've gotta go back!
Scrambling down, we all took our time,
waiting for Justin to throw the line,
Greg has a saying, "I don't really like the way
your doing that", but to hell
with it we had to get our feet flat.
It was a great challenging walk,
and to my surprise Louise still has time to talk.

Carolyn Ivanaac (1957-)



OTHER ITEMS OF INTEREST

Outings Ramblings.

Good to see the number of people out and about on recent walks.

Should we name our Bushwalker of the Year after Father Ed? "The Father Ed Nally Bushwalker of the Year Award."

As time passes and memories fade, his name would always be with us. His love of the bush, spiritual guidance and friendship would be appropriate for this award.

What are your thoughts. Maybe you have someone else you'd like it named after. Write and let the Club know what your thoughts are.

Justin.

Justin.

Quote of the Month

Never take your blessings for granted or you will lose them. Sara Henderson

A thank you letter from Toowoomba Bushwalkers

"The members of Toowoomba Bushwalkers would like to congratulate and thank all those involved in making the Federation Pilgrimage 2000 an enjoyable and memorable event.

Considering the need to reshuffle walks to accommodate the fire-induced closure of park areas, the organisers did an excellent job under difficult circumstances. Achieving a strong level of cooperation between geographically dispersed clubs to organise the event is also commendable.

The star gazing and night walks were also well received, and hopefully may become an addition to bush dances as potential Saturday evening entertainment in coming years.

Regards Jason Stone President"

REMEDIES OF THE PAST

First aid and health books were rampant last century. Here is "advice" offered in 1850.

"Care must be taken when administering medicines to children. Leeches should only be applied on the instruction of the surgeon, and if they are kept at home, the water in the jar must be changed every month in winter, and once a week in summer

If the water becomes discoloured or bloody it should be changed every day. Clean pond water is best." (Yes, leeches are still used in some British and Australian hospitals today).

"Extract from local paper." - Louise.

Queensland Federation of Bushwalking Clubs

Federation meetings are held on the fourth Tuesday of each month at the Barooka Special School, Milton at 7:30pm. For further information contact John or Majella.

The next meeting will be Thursday, 22 February 2001.

A summary of matters discussed at the last meeting were:

- Certificate of Insurance still to be copied for each club
- There was discussion on Forest Recreation Group, ORCA, and Outdoor Recreation Legislation.
- There was a good turn out for the community meeting for the Main Range management plan. The draft plan will be produced later this year.
- On site meeting was held at the closed Coomera Circuit. Several options for re-opening the track were raised. A decision will await the geotechnical report.
- The QPWS Master Plan will be discussed at the next meeting to prepare a response. Clubs are asked to forward any comments by this meeting. Final response will be voted at the March meeting.
- Federation is about to sign a Statement of Principles with QPWS, which establishes a cooperative approach for bushwalking and camping in national parks. It explains the roles and responsibilities of each

**Coming Birthday wishes
To
Russell Code
Louise McPherson
Christine Harrison
Jan Nelson
Justin Tobin
&
Anna Egert**

**There is nothing better than homemade
muffins on a bushwalk.**

Banana Muffins

- ¾ cup brown sugar
- ¼ cup white sugar
- ½ cup butter, softened
- 4 small bananas, mashed
- 50ml cream or milk
- 1 tsp vanilla
- 2 eggs
- 2 cups plain flour
- 1 tsp bicarb soda
- ½ tsp cinnamon
- ½ tsp salt
- ½ cup chopped walnuts
- ½ cup sultanas

Method

1. Preheat oven to 180°C and grease muffin tray.
2. Place brown and white sugars in a large bowl; mix together.
3. Add butter and mix until well combined.
4. Incorporate bananas, cream & vanilla, then beat
5. Add eggs, one at a time, beating well between additions.
6. Add flour, baking soda, salt & cinnamon gradually and beat well.
7. Fold in walnuts and sultanas.
8. Pour batter into muffin tray and bake approx 15 - 20min.



A note from the Editor...

Please forward your magazine articles to me by the 1st of the month. You may forward your magazine articles to
Either:

My address:
**25 Harburg Drive
Beenleigh Qld 4207
PH: 3287 1372** *or*

My e-mail address: leonardi@gil.com.au

“God’s Son has all the brightness of God’s own glory and is like him in every way. But His own mighty word He holds the universe together.” Hebrews 1:3

Yours in Christ
Louise