



# **JILALAN**

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MONTHLY CIRCULAR  
OF THE

**BRISBANE CATHOLIC  
BUSHWALKING CLUB Inc.**

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UNDER THE GUIDANCE OF OUR LADY OF THE WAY



**MARCH 2001.**



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

**CONTACTS**

PRESIDENT	John Carter	3290 3621
VICE PRESIDENT	Trevor Kelly	3269 4795
TREASURER	Terry Silk	3355 9765
SECRETARY		
OUTINGS SECRETARY	Justin Tobin	3366 3193
MEMBERSHIP OFFICER		
SOCIAL SECRETARY		
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 1<sup>st</sup> 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](mailto:leonardi@gil.com.au)

**GENERAL MEETINGS**

Meetings are held on the 3<sup>rd</sup> 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 Red Hill Parish Hall, Musgrave Rd 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
<b>February</b> 19	Meeting	John Carter	3290 3621	
24	Mt Mitchell Night Walk	Justin Tobin	3366 3193	D/W
<b>March</b> 3	Social	Gabe Romaguera	3856 8342	Social
4	Tinchi Tamba Clean Up Australia	Maxine Brophy	3203 4699	D/W
9-11	Green Mountains	Jean Gowans	3256 6140	B/C
10	Western Cliffs	Justin Tobin	3366 3193	D/W
17	Northbrook Gorge	Justin Tobin	3366 3193	D/W
19	Meeting	John Carter	3290 3621	
25	Cronans Creek	John Carter	3290 3621	D/W
31	Boat Cruise	Maxine Brophy	3203 4699	Social
31	FMR Navigation - Gatton	Justin Tobin	3366 3193	FMR
<b>April</b>				
31/1-1	Mt Superbus Monitoring	Christine Harrison	5429 5494	O/N
7	Mt Maroon Monitoring	Trevor Kelly	3269 4795	D/W
13/16	Easter at the Hut	Justin Tobin	3366 3193	B/C
14	Barney Creek	John Carter	3290 3621	D/W
23	Meeting (4 <sup>th</sup> Monday)	John Carter	3290 3621	
25	Anzac Day Dawn Service	John Carter	3290 3621	Social
25	Boondall Canoe	Joe Finn	3848 4642	D/W
29	Teviot Falls	Justin Tobin	3366 3193	D/W
<b>May</b>				
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	Trevor Kelly	3269 4795	Social
27	Tingalpa Creek Wilderness	John Carter	3290 3621	D/W
<b>June</b>				
8-11	Sundown			B/C
8-11	Sundown to Wallangarra	Justin Tobin	3366 3193	T/W
16	Moreton Island	Justin Tobin	3366 3193	D/W
16/17	FMR First Aid			
18	Meeting	John Carter	3290 3621	
24	Knapp's Peak	Nathan Tobin		D/W
30	Colonial Ball	Greg Endicott	3351 4092	Social
<b>July</b>				
6-8	Albert River	Maxine Brophy	3203 4699	B/C
15	Kenilworth Bluff	Christine Harrison	5429 5494	D/W
16	Meeting	John Carter	3290 3621	
21	Historic Shepherd's Walk Kerry Valley			D/W
27-29	Spicer's Gap	John Carter	3290 3621	B/C
<b>August</b>				
5	Bridge to Brisbane Fun Run			Social
11/12	Wynnum Wilderness	Liz R / Eric S	3393 5545	
15	Mt Barney Mass	Trevor Kelly	3269 4795	D/W
20	Meeting	John Carter	3290 3621	
24-26	North Coast Mountains	Justin Tobin	3366 3193	B/C
26	Mt Coolum	Mary Nolan	3355 6851	D/W
<b>September</b>				
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



## CALENDAR OF CLUB EVENTS

DATE	EVENT	LEADER	CONTACT NUMBER	WALK TYPE
<b>October</b>				
5/6/7	Lizard Point	Justin Tobin	3366 3193	T/W
7	Mt Roberts/ Lizard Point	Phil Murray	3841 0254	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 Gradings

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

## Queensland Federation of Bushwalking Clubs

Federation meetings are held on the fourth Thursday 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, 22 March 2001.

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

The email address is [qfbwc@yahoo.com.au](mailto:qfbwc@yahoo.com.au)

Recent matters:

A training day was held in February for camp site monitors at the Daisy Hill Koala Centre. Three rangers were also able to attend. Members who went were Ann, Christine, Trevor and John. QPWS are thankful of the work done by this volunteer group.

Thanks to Ann for organising the event.

## 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 or Majella Carter. Ph 3290 3621

Training Day March 31 On Air Bushwalking (see page 5)

FMR has a web site and its address site is

<http://130.102.84.99/quanta/org/fmr/fmr.htm>

and the email address is

[fmr@chem.chemistry.uq.oz.au](mailto:fmr@chem.chemistry.uq.oz.au)

## REPORTS

### March General Meeting

Come along to our March meeting, to hear about coming outings and stay for a cuppa after the meeting. There may be a trip report from the recent Tassie trip.

Please note that the April general meeting will be on Monday 23<sup>rd</sup> (4<sup>th</sup> Monday) due to Easter.

### New Committee & other positions

For 2001, the following positions have been filled.

President	John Carter
Vice President	Trevor Kelly
Treasurer	Terry Silk
Outings Secretary	Justin Tobin
Editor	Louise Leonardi
Equipment Officer	Gabe Romaguera
Club Hut Curator	John Brunott
Map Custodian	Matthew Palmer
Club Artist	Iain Renton
Auditor	Joe Tottenham
Federation	Majella Robertson
	John Carter

Negotiations are continuing for vacant positions such as General and Social Secretary, Membership Officer and Training Officer.

Thanks to those members who have accepted positions.

### Club Web Address

Have a look at the site at:  
[www.geocities.com/briscathbushclub/index](http://www.geocities.com/briscathbushclub/index)  
 (or /default)

### About Members

Congratulations and all the best to June on her recent retirement from Australia Post.

Members are asked to pray for Fay Mollison (Bob's wife) who has been very ill recently.

The club's financial year ended on 31 December. Therefore membership fees are now due. The fees are the same as last year. To ensure your copy of Jilalan don't forget to renew.

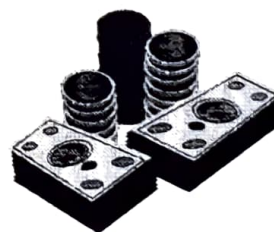
Ordinary Member	\$30
Associate Member	\$22
Country Member	\$22
(over 150 kms from GPO)	
Spouse Member	\$8

### Treasurer's Report

Balance 15/1/01	\$1,261.31
Receipts	\$1,313.26
	\$2,574.57
Payments	\$769.40
Balance 19/2/01	\$1,805.17
Term Deposit	\$1,522.31

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



## OUTING'S NEWS

Congratulations to our "Bushwalker of the Year" Matthew, Kerry and Ethan.

Organising the pilgrimage was a family effort with phone calls, meetings, pre-outings and sharing the responsibilities so

that the weekend was the usual great event enjoyed by everyone.

In the last magazine I put forward the suggestion that we call our Bushwalker of the Year after Father Ed. With a positive response I move the following motion to be voted on at the April meeting.

The motion reads:

The club change the "Bushwalker of the Year" to the "Father Ed Nally Bushwalker of the Year Award."

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.

Justin

## COMING WALKS

### **Cronan's Creek Cascades Sunday 25 March Daywalk**

**Leader:** John Carter (3290 3621)  
**Time:** 7am  
**Meet at:** St Brigid's Car park,  
Musgrave Rd, Red Hill  
**Grade:** M44  
**Cost:** \$15  
**Emer Off:** Majella Carter (32903621)

Come with me on a fairly relaxing day. We commence at the Yellow Pinch picnic area and follow the track south. We climb a knoll for great views. Cronan's Creek weaves around the southern base of Mt Barney. There a series of small cascades to see. We will walk/rock hop as far as we can. On our way back, we'll check the lower reaches near Yellow Pinch.

### **FMR On Air Bushwalking Lockyer State Forest**

### **Saturday 31 March Daywalk**

**Leader:** Justin Tobin (3366 3193)  
**Time:** 7am  
**Meet at:** St Brigid's Car park,  
Musgrave Rd, Red Hill  
**Grade:** M54  
**Cost:** \$15 & \$5 to FMR  
**Emer Off:**

This is an Federated Mountain Rescue training event out near Gatton. It is being organised by YHA bushies. Various clubs will be present and a number of teams will be created to undertake certain instructions. It will involve on & off track walking.

Come along to learn navigational and radio skills. Justin is our club's coordinator.

### **Mt Superbus Monitoring Sat 31 March to Sun 1 April Overnighter**

**Leader:** Christine Harrison (5429 5494)  
**Time:** 9am  
**Meet at:** Teviot Gap or other  
arrangement (see Leader)  
**Grade:** M66  
**Cost:** \$15  
**Emer Off:** John Carter (3290 3621)

This is a combined trip. Firstly we will be completing our annual monitoring of Mt Superbus 1375m and the Rabbit Fence Junction. Camp overnight in the peaceful wilderness and also visit the Lincoln bomber wreck which crashed on April, 9th, 1955 which is only 50m below the crest of the highest mountain in southern Qld - Mt Superbus.

It is for only 1 night so packs will be reasonably light, perhaps you can share a tent and stove with someone. As the Club does not visit this area very often, here is your chance. Long as you nominate early, as only a limited group are permitted. Any questions, I would gladly try to help. Please phone 5429 5494.



**Mt Maroon Site Monitoring  
Saturday 7 April  
Daywalk**

**Leader:** Trevor Kelly (3269 4795)  
**Time:** 7am  
**Meet at:** St Brigid's Car park,  
 Musgrave Rd, Red Hill  
**Grade:** L44  
**Cost:** \$15  
**Emer Off:** Carol Kelly (3269 4795)

Mt Maroon lies to the north of Mt Barney and is renowned for its beautiful wild flowers and unparalleled views of Mt Barney. It is a walk capable of most people, providing you have reasonable fitness.

Our walk will start near the old dam at the end of Cotswold Road, where we ascend the north-east ridge of Mt Maroon, before veering round to the right gully to the top of Mt Maroon. Look forward to seeing you on the walk. This is usually very popular so nominate early.

**Easter at the Hut  
Thursday 12–Monday 16 April**

**Leader:** Iain Renton (3395 7665)  
**Time:** 7:00pm. Easter Thursday.  
**Meet at:** Red Hill Hall.  
**Grade:** Various  
**Cost:** \$20:00  
**Emer Off** John Carter (3290 3621)

**Easter on Barney Creek**

Easter this year is on the beautiful cool Barney Creek with its cascades, rock pools and swimming holes. Four days walking in the shadow of Mt Barney. There will be walks organised over the four days and after you've spent the day running around the ridges a cool refreshing swim in Barney Creek before relaxing at the hut, spinning yarns, boiling the billy and having a great time.

The hut is about an hours walk in along the Lower Portals track. At the moment there

is no priest coming in so we'll walk out to Mass on the Sunday and make the return trip Sundays walk and something different. Come along for the week-end, part of the week-end or a day walk or two.

**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:** \$15  
**Emer 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.

**Obi Obi Gorge  
Li Lo Adventure  
Daywalk**

**Leader:** Phil Murray (3841 0254)  
**Date:** Rain dependent (hopefully soon)  
**Cost:** \$15  
**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.

## **SOCIALS**

### Coffee In Your Suburb

Do you know some place that serves great coffee in your suburb?

Let us know and we'll include it in the calendar and one Wednesday we'll make a visit close to you.

### **Coffee Night**

**Wednesday 28 March**

**Lagoon Coffee Shop, 12 Lagoon St  
Sandgate from 7:00pm**

Trevor and Carol have recommended this place which is near the shopping centre. They also offer good meals at a reasonable price. Take a stroll around the Lagoon or Sandgate Pier.

### **Boat Cruise**

**Saturday 31 March**

**31 Queen St Scarborough  
2.45pm**

Maxine has organised a trip on the MV Venus which leaves from Scarborough. It will last for 1 1/2 hours. This will be followed by fish & chips at Sam's, with supper back at Maxine's home.

Ring Maxine to book or see her at the meeting.



### **Past Socials**

A great evening was held recently at Café Bello with 13 members attending.

Also an imprimatur social was organised by Gabe at the last meeting. It was a BBQ at New Farm Park on Saturday March 3. We celebrated an important milestone for June on her retirement. Over 20 members and 7 children came along during the evening. A strong breeze was present but this kept the mosquitos at bay. We shared good food and good company.

Thanks to those who came for an enjoyable night and to Gabe for organising it (another hidden talent).

## **PAST OUTINGS**

### **Bunya Mountains Base Camp**

**26-28 January 2001**

#### **Basecamp**

We all departed Brisbane on Thursday after work, some earlier to set up camp before dark. The later cars met at Yandina with Jean and Louise Mc, keeping company with the Revive & Survive Lions caravan until "Tail End Charlie" car arrived.

Tents were soon up at Burtons Well Campsite amongst swirling mist and cooler temperatures. We were asleep by "11 ish" and awoke to Australia Day with the sun coming up over the mountaintop.

A short walk up to Mt Kiangarow (1135m) before we set out towards Cherry Plain via the track along the Western Escarpment. It was hot once we came out of the cool canopy, but great views out over the Darling Downs made the day worthwhile. We could enjoy an unbroken view as far as the eye could see. Fire had gone through the area recently leaving new growth sprouting from every branch. Morning Tea at Cherry Plains Park before a 2.5 km road walk back to camp. Lunch under the best shady tree beside the tents and a warm welcome to Mary and



Michael Nolan, Claire and Barbara, who had arrived mid morning.

Our numbers swelled with the arrival of Patsy's family and after a long relaxing rest from the heat we all drove down to Dandebah to do a beautiful walk amongst the cool forest out to Pine Gorge Lookout and Festoon Falls.

The Bunya Pines are distinct by their dome shaped crown reaching up above the forest canopy. In drier rainforest at lower elevation these Bunya Pines are replaced by Hoop Pines. The trunk of one of these mighty trees took 5 of us with arms outstretched to circle it, that was our tree hugging for the day. There are a number of Chutes at the lower end of the Mountain Range where the harvested logs were sent down to waiting wagons for transport out to sawmills.

The timber cutters were working through these mountains from around 1860 to the closing of the mills in 1945. Imagine how thick this forest would be if there had been no timber cutters. The Aboriginal Tribes of the area and further afield used to gather in the Bunya Mountains every three years for the gathering of the huge Bunya Cone and was celebrated with tribal ceremonies and corroborees – long before our ancestors arrived.

Cool drinks and ice creams all round as we rested in the shade back at Dandebah while watching the wallabies and pademelons feeding quietly. King Parrots and Rainbow Lorikeets were darting about landing on heads and hands looking for seeds for dinner.

Back at camp the fire was heating up the drum of water for showers using the manual Donkey Tail System which was an excellent method. Dinner was also underway as we heated or cooked in stages over the open fire, and shared our damper to mark Australia Day. A relaxing few hours talking and sharing

stories while the younger walkers toasted marshmallows for supper.

Mary kindly stepped in to lead Saturdays walk to Barker Creek Falls and Circuit with a number of waterfalls along the way on this very picturesque walk on the eastern side of the mountain. Some departed early for commitments at home while others remained for a relaxing afternoon and evening in the mountains.

Thanks to all who came and helped a great weekend.

Maxine

### **Meeting of the Waters Springbrook Sunday 18 February Daywalk**

Fifteen brave intrepid walkers set off from Brisbane at seven a.m., with the sun shining brightly and optimistic hopes of another brilliant day in paradise walking the Warrie Circuit. What do they say in Queensland ? Beautiful one day perfect the next.

We arrived at the start of the walk just on 9 a.m. to be greeted by the fickle weather of Springbrook

National Park, and a very light drizzle had started to fall. This soon turned into rain and pretty well set the pattern for the rest of the day. The rain may have dampened our bodies but not our spirits and every water fall was at its spectacular best. At about half past ten we had smoko at the turn off to the Pinnacle then continued on our merry way until arriving at the Meeting of the Waters at about twelve thirty where we stopped for lunch.

The leeches were also lunching or maybe that should be "munching"....., mostly on our ankles, and all sorts of anti-leech remedies were used. Patricia was using salt and tea tree oil, and there was a variety of other commercial repellents. In the end I think the leeches won the day because the

rain eventually washed off whatever repellent was being used. After lunch we continued on, crossing a creek which was almost knee deep, then continuing our ascent back up, passing a number of waterfalls flowing magnificently, and walking behind another waterfall, then back up to the carpark where we started the walk.

Thanks to our drivers Elizabeth, Terry and Jean, and also Bernadette and Terry for looking after the tail, and thank you to everybody who came on the walk and made it an enjoyable day.

Trev



## OTHER ITEMS OF INTEREST

### Around the Ridges

Who tried to climb into Terry's lap whilst he was driving his trusty Datsun back from a recent day walk? On the same trip who was the married couple, but not to each other, who were all over each other in the back seat? Will there be an increased rush to be in Terry's car on his next day walk?

After the last AGM there was a plot to dethrone the treasurer which saw him sprawled on the floor, literally. Also, at the last AGM the treasurer was looking more puzzled than usual as we observed

him hunting through his brief case and assorted plastic bags of office. It turns out that he was looking for the club's cheque book and not somewhere to hide as some suggested. Rumour has it that it was a ploy on his part to reverse the club's loss making trend by not writing any more cheques. At the end of the meeting the elusive cheque book was found at the bottom of one of the said plastic bags and a sigh ( of relief or resignation? ) was heard as some cheques were written and signed.

### Once Bitten...

First aid for snake bite victims:

1. Stay calm. Keep the victim still and calm, as the more they move, the quicker the blood will circulate and the quicker the venom will act.
2. Make sure the snake is no longer a danger.
3. Do not wash the snake bite. Place a pad on the bite to preserve the venom and then apply a pressure and immobilisation bandage to the bite and blind the limb, moving towards the fingers or toes then back up the limb
4. Immobilise the affected limb with a splint but do not elevate.
5. Get help. Try to memorise the shape and markings of the snake to help doctors select the right anti-venom

Extract from Courier Mail

Louise

### **LETTER from the Editor**

"There are those who pass like ships through the night.

Who meet for a moment, then sail out of sight with never a backwards glance of regret;

folks who know briefly then quickly forget.

Then there are friends who sail together



through quiet waters and stormy weather helping each other through joy and through strife.  
And they are the kind who give meaning to life."

### **DATES TO REMEMBER**

March 17 – Saint Patrick's Day  
March 18 – 3<sup>rd</sup> Sunday of Lent  
March 25 – 4<sup>th</sup> Sunday of Lent  
April 1 – 5<sup>th</sup> Sunday of Lent  
April 12 – Holy Thursday  
April 13 – Good Friday  
April 14 – Easter Saturday  
April 15 – Easter Sunday

### **Birthday Corner**



***Coming Birthday wishes  
To***

***Stephen Endicott  
Paul McDonald  
Russell Jones  
Pat Lawton  
Lucy Endicott  
&  
Anthony Dolan***



As we go through this time of Lent we at least give up one meal a day as we think of those who are less fortunate than us in regards to food, clothing & shelter. Once a week we give up having meat and substitute with a meal such as:

#### **Tuna and Tomato Rissota**

50g butter  
1 onion, diced

1½ cups rice  
1 425g can of tuna in oil, undrained  
5½ cups of hot chicken stock  
½ cup grated cheese  
2 tblspn chopped parsley

To make stock dissolve 3 chicken stock cubes in 5½ cups boiling water.

#### **Method**

1. Melt butter in a large saucepan and saute' onion, rice and tuna for 2 mins
2. Add tomatoes and 1 cup of stock, stirring occasionally, until all liquid is absorbed.
3. Continue to stir and gradually add stock until rice is cooked and all of the stock has been absorbed. (Approx 15mins)
4. Stir in cheese and parsley.

#### **A note from the Editor...**

Please forward your magazine articles to me by the 1<sup>st</sup> 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](mailto:leonardi@gil.com.au)

**Give strength to hands that are tired and to knees that tremble with weakness. Tell everyone who is discouraged, "Be strong and don't be afraid! God is coming to your rescue, coming to punish your enemies. Isaiah 35:3,4.**

Yours in Christ

Louise

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

**JILALAN**

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PP409367/0022

**SURFACE  
MAIL**

