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UNDER THE GUIDANCE OF OUR LADY OF THE WAY



MAY 1998



**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	3378 0264
MEMBERSHIP OFFICER	Carol Hall	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 (10/100 Leckie Rd, Kedron 4031) by the 1<sup>st</sup> of the month. Articles need to be written or typed as a hard copy rather than submitted on disk.

**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 The Little King's Centre, 33 O'Keefe Street, Buranda. **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 rear of the Cathedral in Charlotte Street 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.**

**CALENDAR OF CLUB EVENTS**

April 13	Mt Samson	Pat Lawton	3366 1956	D/W
18	Trev's Annual Fishing Contest	Trevor Kelly	3269 4795	SOC
20	<b>Meeting</b>			
25-26	Barney Gorge/Club Hut	Iain Renton	3395 7665	O/N
25	ANZAC Day Dawn Service/B'fast	Gabriel Romaguera	3369 7330	SOC
May 2-4	Moreton Island	Joe Finn	3848 4642	T/W Labour W/E
2-4	Moreton Island	Trevor Kelly	3269 4795	B/C
5	Medical Lecture	BCBC Cliff Harrison	3378 0264	FMR
9	Knapps Peak	Barry Ellerington	3886 3451	D/W
15-17	Safety and Training	Greg Endicott	3351 4092	S&T
18	<b>Meeting</b>			
24	Mt Ngungun & traintrip	John Carter	3290 3621	D/W 40 <sup>th</sup> Anniversary
30	Games Night	Gabriel Romaguera	3369 7330	SOC
31	Neglected Mt	Jon Brunott	3209 9598	D/W
June 6-8	Mt Walsh N.P.	Christine Harrison	3378 0264	B/C
7	Mt Zahel	Geoffrey Egert	3356 2163	D/W
14	Savages Ridge	Iain Renton	3395 7665	O/N
14	Bushrangers Cave	Russ Nelson	3378 5200	D/W
15	<b>Meeting</b>			
20-21	Christmas in July (in June)	Gabriel Romaguera	3369 7330	SOC
27	Adventure Gain	Greg Endicott	3351 4092	FMR
28	Bike Ride	June Greenaway	3358 5295	SOC
July 3-4	Minto Crags	Barry Ellerington	3886 3451	B/C & Abseil
4	Colonial Ball	Greg Endicott	3351 4097	SOC
11	Bowling Night	Gabriel Romaguera	3369 7330	SOC
12	Cunninghams Gap	Anna Egert / John Carter	3356 2163 / 3290 3621	D/W 40 <sup>th</sup> Anniversary
18-19	First Aid Barney Lodge	Greg Endicott	3351 4092	FMR
20	<b>Meeting</b>			
25	Mt Greville	Nathan Tobin	3282 8904	D/W
25-26	Lizard Point			O/N
Aug 1	Ipswich Heritage Walk	Gabriel Romaguera	3369 7330	SOC
Aug 2	Logan Ridge 170th	John Carter	3290 3621	D/W
7-9	Queen Mary Falls	Maxine Brophy/Elizabeth Richards	3203 4699	B/C
12	Mt Barney Mass			O/N
15-16	Mt Clunie			D/W
15-16	Ballow Ranges	Jon Brunott	3209 9598	T/W
17	<b>Meeting</b>			
22-23	Emu Creek	Christine Harrison	3378 0264	B/C
29-30	Acacia Plateau			T/W
30	Wilson Peak			D/W
30	Townson Knob			D/W
Sept 5	May to Maroon	Jonas Bernatos	3288 3820	D/W
5	Maroon S/E	Justin Tobin	3366 3193	D/W

**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 Gradients**

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

**1. Distance**

Short	Under 10 klm per day
Medium	10-15 klm per day

Long	15-20 klm per day
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EXtra	Over 20 klm per day
Long	

**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

## President's Report

At the last general meeting, members were informed that the hall at Red Hill Parish was available for meetings. As the current meeting place was only a temporary facility, members voted to move to the new location. The hall is close to the freeway, has a lit car park, good facilities and will cost the same amount to hire. See elsewhere in the magazine for the new address.

Now that the weather has cooled and the views are clear, it is an excellent time to go walking and climb mountains. The calendar offers some splendid walks at the Glasshouses, Laidley, Lamington and at Mt Walsh. The Mt Ngungun train trip is a fortieth anniversary walk and is within the ability of all members.

Consider walking this month!

John

## Membership Report

We had thirty people at the April meeting and currently have 68 members.

We also had six people inquiring about the club during this last month.

If you are a visitor at one of our monthly meetings, please print your name and address in the red book so we can send you the next magazine.

If you are one of the lucky ones with a membership form magazine this month, you have paid your subs without filling out a form. Could you please do so and forward to me ASAP at:

10 Townsend St  
BRIGHTON. 4017

Cheers, Carol

## Quote for the month...

"The snow goose need not bathe to make itself white.  
Neither need you do anything but be yourself."

Lao - Tse

## Outing's News

In the centre of this magazine you will find a copy of the proposed calendar. You will notice that many of the walks do not, as yet, have leaders. If you are interested in leading a walk or have any comment on, or query regarding the calendar please contact Christine on PH: 3378 0264. Leaders are reminded to contact Christine re the costing of walks and the emergency officer for their particular walk.

40th ANNIVERSARY  
NEWS

## Date Claimer

On Monday, July 13 there will be another slide and photo night. Please mark this date in your calendars.

NEW MEETING  
LOCATION

As of our June meeting we  
will be meeting at  
**ST BRIGID'S  
PARISH HALL**  
Musgrave Rd  
RED HILL

Meeting dates and times  
will stay the same as they  
are at present.

## COMING WALKS

Mt Ngungun and Train Ride  
Sunday 24 May 1998  
Day Walk

**Leader:** John Carter (3290 3621)  
**Time:** 7:54 am  
**Meet at:** Platform 6  
Roma St Railway Station  
(LAST CARRIAGE)  
**Grade:** S33  
**Cost:** \$2:00 plus train fares  
(about \$10:00)  
**Emerg Off:** Dolans (3843 4116)  
**Location:** Glasshouse Mountains

Mt Ngungun is one of the lower peaks within the Glasshouses and lies about three kilometres from the train station. There is a track which leads to the rocky summit, which provides good views of the surrounding peaks. This walk is within the capability of most members with the approach following a level road. As indicated, departure time from Roma St Station will be at 7:54am. Should you wish to catch the train along the way the following times may be useful:

Train departs: Central ---- 7:56am  
Brunswick St --- 8:00am  
Bowen Hills --- 8:02am  
Northgate --- 8:09am  
Petrie --- 8:24am *8.24*

We will be returning on the 3:04pm train from the Glasshouse Mountains.

This trip is part of the 40th anniversary celebrations so will be attended by past members as well. It provides an opportunity for members to enjoy the comforts of an electric train and to remember that many club walks were planned this way. We plan to be in the same carriage, so it will be a great opportunity to mix. Further information will be provided at the meeting.

Neglected Mountain  
Sunday 31 May 1998  
Day Walk

**Leader:** John Brunott (3209 9598)  
**Time:** 7:00am  
**Meet at:** The Little King's Centre  
33 O'Keefe Street,  
Buranda

**Grade:** Medium - grade five  
**Cost:** \$12:00  
**Emerg Off:** Nathan Brunott  
(3209 9598)

NEGLECTED MOUNTAIN is situated in the foothills of Lamington Plateau in the vicinity of Christmas Creek (785m). The beginning of the walk can be accessed from Gap Creek Road. Our walk will start at the Stinson Memorial Park, from where we will follow the old Gap Creek Track. The track meets the famous Old Stretcher Track on the ridge. The terrain is mostly open forestry with grassy ridges thinning out towards the summit where we will leave the Stretcher Track and turn towards Neglected Mountain. The Christmas Creek valley is very picturesque. We are very fortunate to be able to absorb this spectacular view from Neglected Mountain. Buchanans Forte, Mt Widgee, and Mt Razor Back, are the prominent features of this landscape. To the west we can view Mt Maroon, Mt Barney, and the Main Range. So come for a great Sunday walk with me.

Mt Walsh National Park  
Friday 5 - Monday 8 June 1998  
Base Camp

**Leader:** Christine Harrison  
(3378 0264)  
**Time:** 6pm Friday  
**Meet at:** Sullivan & Nicolaides  
**Grade:** M44  
**Cost:** TBA  
**Emerg Off:** Dolans (3843 4116)

Mt Walsh National Park is an undeveloped park on rugged peaks north-west of Gympie. Eucalypt forest on the slopes with dense vine and palm-filled valleys. The base camp is on PRIVATE PROPERTY - please bring WATER and GARBAGE BAG to "pack in - pack out" back home.

Saturday we shall climb the western slopes of Mt Bluff approximately 700m and Mt Walsh 645m, on Sunday, each with different perspectives, fauna (the odd porcupine) and flora. If there is a 4wheel drive amongst the group we can visit another area.

However, if all this is too much, too far or not enough, I am willing to lead the alternative base camp at Goomburra S.F. with walks to Sylvester's



Lookout to Mt Castle, Blackfellows Falls, Ridge and Cascades Tracks. All on the western foothills of the Great Dividing Range beside the Dalrymple Creek. There is water, toilets and ideal camping sites.

So select the wilderness and grandeur of Mt Walsh or Goomburra on the Scenic Rim for an enjoyable and relaxing long weekend away from work and the city.

### **Mt Zahel Sunday 7 June 1998 Day Walk**

**Leader:** Geoffrey Egert (3356 2163)  
**Time:** 7:00am  
**Meet at:** Sullivan & Nicolaides  
**Grade:** S57  
**Cost:** \$10:00  
**Emerg Off:** J Egert (3848 4918)

Mt Zahel is located in the Laidley Valley and is accessed by turning off the Toowoomba highway at Plainlands and heading inland. We'll be stopping for a short stop and re-group at Laidley and then take the Mulgowie Townsland Road into Laidley Valley. Camp Creek Road then takes us to Mt Cooper, Mt Zahel and the Laidley Gap area. Our ascent up Mt Zahel is quite steep in some places, so reasonable fitness is required. Some extra care will need to be taken at the final point of ascent because of the steepness and long grass. During the day there are wonderful views of the surrounding mountains.

Please refer to page one of the Jilalan for personal equipment needed on the walk. I will be unable to attend the May meeting due to work commitments, if you are interested in coming on the walk, please nominate to Christine on the night.

### **Savages Ridge/Mt Barney 13 - 14 June 1998 Overnighter**

**Leader:** Iain Renton (3395 7665)  
**Time:** Saturday 2:30pm  
**Meet at:** Sullivan & Nicolaides  
**Grade:** L66  
**Cost:** \$12:00  
**Emerg Off:** Dolans (3843 4116)

This walk will give you a chance to traverse Mt Barney from west to east and climb its two main peaks on the way (which is pretty good value for one day's walking). There will be an interesting variety of terrain and walking conditions and plenty of spectacular views. We will be camping overnight at Yellow Pinch then walking up Savages Ridge (which I gather can get quite scrubby). On the way up we will get to see Barney's peaks from unusual angles. After admiring the views from West Peak it'll be down to the saddle and across to East Peak. The route down South East Ridge gives you good views of the East Cliff Face of Mt Barney. This is a wonderful way to get a really good look at Mt Barney. It's a longish day, with some rock scrambling, but will be well worth the effort.

### **Bushrangers Cave Sunday 14 June 1998 Day Walk**

**Leader:** Russ Nelson (3378 5200)

More details available at the meeting.

## **FMR NEWS**

### **First Aid Weekend Certificate Course July 17 - 19**

**Contact:** Cliff Harrison (3378 0264)  
**Place:** Mt Barney Lodge Country Retreat

The First Aid certificate will cost you \$90:00 for this weekend course which includes Q.A.S. instructor. manual, bandages, resus mask. (Certificate is 3 years first aid, 1 year resuscitation as standard senior first aid.)

- > classes 8am - 5pm Saturday
- 8am - 4pm Sunday
- > payment in full .. \$90:00 First Aid, plus accommodation, by **MAY 30** .. Cheques payable .. Federation Mountain Rescue.
- > all bookings and inquiries to Cliff Harrison (3378 0264)
- 19 Dumbarton Drive, Kenmore. 4069
- > accommodation and camping extra ...

from Friday afternoon 17 July ... self catered Lodge & Homestead accommodation available on a first come basis ... \$20:00/person/night (\$40:00/weekend/person) camping ... \$6:00/person/night (\$12:00/weekend/person) plenty available  
> BBQ's, open fires, picnic tables, showers, toilets and water are provided ... all weather lecture facility  
> BYO all camping gear, pens and note paper, chair etc.  
> bookings filling fast ... limit of 25

## **SAFETY and TRAINING**

### **REMINDER!!**

### **Safety and Training Saturday 16 May**

**Contact:** Greg Endicott (3351 4092)  
**Time:** 10:30am  
**Place:** Camping World  
25 Ipswich Rd, W'gabba  
(Between the ANZ bank and the five ways. Parking is next door at No. 21)

This is the opportunity for visitors and newer members (and the "old" regulars) to see what type of equipment is available, without the pressure of buying. Even though we are going to a store, the owner is a member of another club and is happy for us to have a look around. We will browse and I will describe the benefits of various types of equipment.

Before you kit yourself up, it is worthwhile talking to the experienced. Never go out and buy equipment "cold". This sport is too expensive to buy something inappropriate, or to buy something above your level. You will feel more comfortable with the correct gear.

So, if you are a visitor, come along and see what is available.

If you are a newer member, come along to see what you will need.

If you have been around for some time, come along and see what you will need as you upgrade your skills to the more adventurous trips.

And, if you are an old foot at this sport, come along and criticise my descriptions. Phone me, or see me at the meeting as I wish to tell the store how many will be invading. (PS... Rod gives discounts to club members.)

## **SOCIALS**

### **Games Night Saturday 30 May 1988**

**Contact:** Gabriel Romaguera (3369 7330) after 7:30pm  
**Time:** 7:30pm  
**Venue:** Chez Majella  
10/100 Leckie Rd  
KEDRON  
(the unit is at the back of the complex on the top floor)

Come along for a fun night at Majella's where we will try our hand at various board games, cards, or whatever else?!, and create our own fun. If you have a favourite game (games), please bring it along. All ideas welcome, and only limited by the enthusiasm of the night. Please bring along your drinks, some nibbles to share, and a sense of fun.

### **Coffee Night (with a difference!!)**

Wednesday 27 May  
7:00pm  
Kangaroo Point Cliffs (Bottom Level)

This is our classy, but cheapie, coffee night so all can come. Enjoy the beautiful views over Brisbane River and the city illuminated at night. We will meet at the barbecue area below the cliffs. There is parking here or above the cliffs. Bring your own drinks and nibbles and enjoy the company on a balmy evening by the river. For further details contact Gabe (3369 7330)

### **Movie Night Tuesday 9 June**

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



**WARNING! WARNING!**

**Christmas in July**  
**Saturday/Sunday 20-21 June**  
**Beerwah Field Study Centre**

**Contact: Gabriel Romaguera**  
**(3369 7330)**

Just an early warning that we will be reviving our "Christmas in July" celebration ..... in June!!! The celebrations will be held on the weekend of 20-21 June, when it's crisp and cold, the way Christmas should be celebrated. Please keep this weekend free.

Our plan is to head to Beerwah Field Study Centre, where we can camp overnight and celebrate Christmas dinner (Saturday evening) as a group. All members, visitors and families are welcome, we are planning a big hot meal, with lots of Christmas sweets afterwards. (You will enjoy it all so much more in June than December when there are so many parties to go to and goodies to eat)

Start baking and making your treats now (cakes, rum balls etc) or think about what you could supply for the main meal. We will arrange stove facilities for reheating or basic cooking on the night. Pull out those Christmas outfits, table clothes, bon bons etc to make the night special. The more we all put into it, the more fun it will be. Sunday should be a relaxing day to recover with some games and/or walking in the surrounding area. In the June Magazine we will give you further details. Don't forget to keep this weekend free, and let me know if you are planning to come.

**Colonial Ball**

**Date: 4th JULY**  
**Time: 6:45pm**  
**Contact: Greg Endicott (3351 4092)**  
**Cost: \$30 (\$40 after June 2 )**  
**Payment: To organisers by June 2**  
**for discount - cheques**  
**made out to Q'ld Colonial**  
**Dancers**  
**Tickets must be pre-**  
**purchased (not available**  
**on the night)**

**Practices: Tuesday, June 2,9,16,23,**  
**& 30 at 7:30pm**  
**Morningside School of Arts**  
**Cnr Wynnum & Thynne Rds**  
**Morningside**

This is an old worldly ball in the 19th century style. Come in Colonial costume, anything from Governor and Lady, soldier, sailor, squatter, convict or anything else which remotely resembles 1870's to 1899's in Australian dress. Obtain costumes from Vinnies Boutique, your own wardrobe or from grannies, hire, or use your imagination. Do not be scared or turned off by the requirement of a costume.

Come along and do waltzes, schottisches, varsoviennes, polkas and quadrilles and dance the night away. You will learn the steps at the practices, so do try to make it to Morningside on a few occasions. It makes everyone's night better if you have a basic understanding of the steps. And you will have a sense of accomplishment when you do it properly on the night with the music live and everyone in costume. None of us could do these steps until our first practice nights and we're no Fred and Gingers.

You do not need a partner to nominate. You will make friends at the practices and will acquire several partners by the night. The ball rules state it is improper to dance with the same person more than twice (you do not want the town folk sitting around scandalising about you, do you). To help, when you arrive, the Ball Committee hand you a Dance Card which lists all the dances. You then have to find partners to dance with (be on time at the actual ball on July 4th as you do not want to arrive when everyone else has a full card). Therefore, there will be partners enough on the night. However, for our group to be self contained, it would be nice to have equal numbers of females/males. We do socialise and dance with other groups.

Think about it, make a decision to come along, and phone me. All are welcome. This is a good opportunity for non-members to meet us in a good social setting.

**PAST OUTINGS**

**Mt Samson**  
**Monday April 13**  
**Day Walk**  
**Pat Lawton**

"The weather will be cooler in April so the climb should present no problems for any fit person". This is what I wrote in the trip report. How wrong I was - rather the weather was wrong! Anyway it was a very hot day - extremely hot and humid - just ask anybody who was there. June Greenaway summed it up when she said it was a very sweaty walk.

After meeting at Ashgrove at 7:30am we set off, stopping en route at Samford to meet up with Rusty and Louise. Thermos flasks came out and cups of tea were enjoyed before starting on the rather steep walk up Basin Road. We had 23 in the group - the majority from BCBC, with a few from Bushwalkers of Southern Queensland (previously Binna Burra Bushwalkers).

The humidity was high and it was not long before all were wet with perspiration. We had several stops before arriving at the top of the ridge - some to rest, some to recover and some just to admire the lovely views down the Samsonvale valley. The property owner lives on the ridge and we dropped in to say hello. Morning tea was had on a rocky outcrop at about 11am. There was some concern that morning tea may have been called off. I did hear the odd remark " Well it is a Pat Lawton walk - lunch at 3pm" The views were great. Some people even said they saw all the activity on the Brisbane wharf. It was interesting hearing people spot parts of Brisbane they knew - the Gateway Bridge, the airport, Albion Hill etc. Stephen Daraday said the airport was over Jonas' head.

A drop into a small saddle came next and then the final climb to the top of Mt Samson. It was hot work and we arrived there at 12:30pm. Cheryl Smith, on her first walk and feeling the heat like everybody else, gave me dagger looks, however when the walk was over she remarked "Next time I come etc" - she really did enjoy the day when it was over.

Louise Jones produced a lovely cake - it was a bit crumbly so instead of having a slice all had a handful! After lunch it was back via the same route - all down hill. Along the ridge Jonas thought he saw a white cross - somebody told him he had his wires crossed - maybe his eyes

were crossed! We called in on the property owner again and spent some time talking with her. Then it was 2.5km down Basin Road to the cars. Cold drinks etc were enjoyed at Samford to end the day. Despite the humid conditions it was a good walk and I think everybody enjoyed it - said they did anyway.

I would like to thank Justin for being "tail" and encouraging those who thought they would not make the top. Justin always had an endless supply of jokes to cheer new comers along. Those on the walk - Christine Harrison (thanks also for your help) Eric Steeden, June Greenaway, Louise Rae, Nev Yun, Terry Silk, Russell and Louise, Iain Renton, Jonas, Liz Little, John Bigg, Mary Nolan, Don Keating and Robyn Boreham (both of whom did very well on the day), Stephen Daraday (who wore his bright orange shirt in case he got lost), Justin Tobin, Majella Robertson and Cheryl Smith.

**Bribie Beach Barbecue**  
**Saturday 11 April 1998**

A beautiful sunny day with a cool nip in the air enticed us from our beds on Easter Saturday, and lured us to Bribie for our beach barbecue. We found a nice setting on the surfside under cover with a BBQ, yet high enough for views out over the bay. Good food was shared by all including Easter goodies of buns and eggs. After eating more than should be possible, we headed off up the beach to the patrolled area for a walk, and a swim for some. It was a lovely day for all, and we all returned home around lunchtime. Thanks to those who came and helped make it a very enjoyable day.

**ANZAC Day**  
**Saturday 25 April**

There were a couple of very keen people who attended the Dawn Service and found it to be a very worthwhile experience.

The rest of us rolled up in time for breakfast at Kangaroo Point Cliffs and enjoyed a pleasant breakfast, good company and a nice slow start to the day.

After eating, talking and enjoying the pleasant surroundings we headed off at around 10 'ish.



## OTHER ITEMS OF INTEREST

### First Aid Hints

#### HYPOTHERMIA

Hypothermia is the physical and mental collapse that accompanies chilling of the body's inner core. It is caused by exposure to cold, and is intensified by wet and windy conditions. Most cases develop when air temperatures are between -1 and 10 C. It is the most common killer of walkers in wilderness areas.

#### Prevention

To avoid hypothermia, dress to stay warm and dry and beware of the chilling effect of wind. Always keep your sleeping bag and a spare set of clothes dry (in a tough plastic bag inside your pack) - they are essential for treating hypothermia. Symptoms: Early signs of hypothermia are persistent shivering, frequent stumbling and exhaustion. Get the victim out of the wind and rain and into dry clothes. Give warm sugary drinks and place them in a dry sleeping bag.

In advanced cases, shivering stops, the patient becomes irrational and, if untreated, will lapse into coma. Death soon follows. Treatment is the same as for milder cases but have someone get into the sleeping bag with the person to transfer body heat via skin to skin contact. If breathing stops give mouth to mouth resuscitation. Aim to slowly and gently rewarm the victim. Even if the patient appears to have recovered it's necessary to treat them as a stretcher case. Get medical assistance to the patient as soon as possible.

**Do Not:** rub the victim's skin, give them alcohol, apply direct heat to any part of their body or give them stimulants (including coffee or chocolate). These "treatments" cause heat to be lost from the body's core and lead to a worsening of the condition. A gentle, evenly distributed warmth is required.

*(from Tasmania Parks, Wildlife and Heritage)*

### From the pages of history ...

The following is an excerpt from the first issue of Jilalan (September 1970).

*This is Jilalan*

... The new cover, and new name, "Jilalan", are

steps in its growth towards an entertaining, as well as informative, news flash from around the ridges. The general articles in the heart of the circular will, I hope, be as refreshing for you as I know the new cover is.

"Jilalan", although it sounds English is an Aboriginal word which translated literally means "I am going on a journey". For a Catholic bushwalking club, this is doubly apt because our weekend trips are segments in a longer journey - through life itself to our eternal home.

The cover sketch is one of the most well known mountains scenes in South-east Queensland.

The two bushwalkers are looking towards Mt Lindsay and Ernest from one of the south-eastern ridges on Mt Barney. The sketch was done by Raoul Mellish for the club's annual magazine Barrani, of the 1960's.

Do you remember receiving your first magazine in the post? Reading about those exciting trips, socials and mad carrying ons for the first time?

Since its foundation in 1957, the club has had a newsletter to keep us informed and up to date on what's happening within the club.

In the beginning it was a one page newsletter until the early sixties when Pat changed it into the monthly circular and added a few more pages, then in 1970 the Jilalan was born.

Over the years its recorded what's been happening in the club and what the members have been up to month by month and provides a record in print back to 1957. Some interesting reading I'm sure!

The Jilalans from 1971 are now bound and waiting to be read. Borrow them now. (See Sue at the meeting)

### A note of thanks...

Thank you to all who contributed articles, thoughts and ideas to this month's magazine. Thanks also for getting them to me in plenty of time.

Remember if you have trouble posting them to me on time you can always ring them through and dictate over the phone!

Happy reading!