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Brisbane Catholic Bushwalking Club Inc  
PO Box 151 Brisbane  
ALBERT ST QLD 4002

**JILALAN**

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# **JILALAN**

MONTHLY CIRCULAR  
OF THE

**BRISBANE CATHOLIC  
BUSHWALKING CLUB Inc.**

UNDER THE GUIDANCE OF OUR LADY OF THE WAY



**JULY 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 *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 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

15	Meeting			
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 5	Alice Creek and Murphy's Creek	Barry Ellerington	3886 3451	D/W
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
13	Slide and Photo Night	John Carter	3290 3955	40 <sup>TH</sup> Anniversary
18-19	First Aid Barney Lodge	Greg Endicott	3351 4092	FMR
20	Meeting			
25	Mt Greville	Nathan Tobin	3282 8904	D/W
Aug 1	Ipswich Heritage Walk	Gabriel Romaguera	3369 7330	SOC
2	Logan Ridge 170th	John Carter	3290 3621	D/W
7-9	Queen Mary Falls	Maxine Brophy Elizabeth Richards	3203 4699 3393 5545	B/C
12	Mt Barney Mass	Trevor Kelly	3269 4795	O/N
16	Table Top	Kerri Mulligan	3279 4490	D/W
15-16	Ballow Ranges	Jon Brunott	3209 9598	T/W
17	Meeting			
22-23	Emu Creek			B/C
29-30	Acacia Plateau	Greg Endicott		T/W
30	Wilson Peak	Richard Kolarski		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
6	Yum Cha			SOC
11-12	Pilgrimage	Christine Harrison	3378 0264	B/C
19	Tichi Tamba	Maxine Brophy	3203 4699	Clean-up
20	Straddie Island Bike Ride			Bike Ride
21	Meeting			
26-27	Club Hut			B/C
26	Mt Ernest	Con Vink		D/W
27	Isolated Peak			D/W
Oct 3	Progressive Dinner	Gabriel Romaguera	3369 7330	SOC
4	White Rock or Araucaria Cct			D/W
9-11	Girraween	John Carter	3290 3621	B/C 40 <sup>th</sup> Anniv.
17	Kangaroo Point	Greg Endicott	3351 4092	FMR
18	Minnages	Pat Lawton	3366 1956	D/W
19	Meeting			
23-25	Harry's Hut			B/C
23-25	Coolooloa Way	Patricia Kolarski	3341 7509	T/W
23-25	Coolooloa Way	Christine Harrison	3378 0264	T/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 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 Graded or open terrain. No scrub.	1-3 Easy. Suitable for beginners
Medium 10-15 km per day	4-7 Bush Minor scrub, rainforest, rock, creek, rock hopping, scrambling	4-7 Medium. Reasonable fitness required
Long 15-20 km per day	8-10 Bush As Above + thick scrub, major rock scrambling using hands, technical	8-10 Hard. Strenuous, fit walkers only
EXtra Over 20 km per day		
Long		

## REPORTS

## President's Report

The last general meeting was held at St Brigid's Parish Hall, Red Hill. The hall is an excellent facility with ample space, good kitchen and superb views of Brisbane. As with our previous venue we have to leave the hall as we find it. The car park can be accessed from the rear side street, as well as from Musgrave Road.

At the meeting, members endorsed the committee's decision to accept the new insurance policy by Jardines Insurance. The fee of \$3.07 per member is for public liability and personal injury insurance. Federation president, Ken Fraser, advised that 20 out of 22 Queensland clubs have accepted the policy. The policy is also being accepted by clubs in NSW and Victoria. If members have any queries please see me.

This coming month we have two daywalks to Mt Barney (Logan's anniversary and the Barney Mass) as well as a throughwalk along the Ballow Ranges. The basecamp at Queen Mary Falls is a great place to stay, high on the Acacia Plateau. Mt Tabletop near Toowoomba is an easy walk in an area we seldom visit.

John

## Treasurer's Report

Balance as per 18/5/98	1 276.31
+ Receipts	389.00
	1 665.31
- Payments	182.17
Balance as per 15/6/98	1 483.14
Term Deposit	1 441.89

## Outing's News

Remember, if you are interested in leading a walk please contact Christine. (3378 0264) Leaders are reminded to contact Christine re the costing of walks and the emergency officer for their particular walk.

## MEETING LOCATION

Remember we now meet  
at  
**ST BRIGID'S  
PARISH HALL  
Musgrave Rd  
RED HILL**

Hale St travellers - it's the Musgrave Rd exit - far left lane after Lang Park - turn left. Entrance to the car park is before the walk light. If you go past just take the next left and keep turning left until you are back on Musgrave Rd.

Bus travellers - it is Bus Stop 5A. You can catch the 126 (The Gap) leaving from Adelaide St (Red bus stop) at 7:06pm; or the 18B, leaving from Edward St (Grey bus stop) at 7:15pm.

## COMING WALKS

**Mt Greville  
Saturday 25 July 1998  
Day Walk**

**Leader:** Nathan Tobin (3282 8904)  
**Time:** 7:00am  
**Meet at:** TBA  
**Grade:** S44  
**Cost:** \$10:00  
**Emerg Off:** Veronica Tobin  
(3282 8904)

Mt Greville is one of the isolated peaks of the Moogerah region outside Aratula. It is noted for its gorges and views of the Main Range and most of the mountains across to Boonah. The walk is capable of most walkers with a little fitness, although care is needed in some areas of the gorge. We will be visiting both Palm Gorge and Waterfall Gorge, going up one and down the other.

A cool, green retreat and worth seeing. Nominate at the meeting or phone.



**Logan's Ridge  
170th Anniversary  
Saturday/Sunday 1 - 2 August  
Overnighter**

**Leader:** John Carter (3290 3621)  
**Time:** 7:15pm Saturday  
**Meet at:** Sullivan & Nicolaides  
**Grade:** M87  
**Cost:** \$12:00  
**Emerg Off:** Dolans (3843 4116)  
**Location:** Mt Barney, near Rathdowney

As indicated, this walk celebrates the 170th Anniversary of the climb by Captain Logan of Mt Barney via the ridge that bears his name (3/8/1828). He was accompanied for part of the climb by Alan Cunningham and Charles Fraser. (see article at end of the magazine - An Extract from Charles Fraser's Diary) The walk also remembers the club's walk on this date, twenty years ago.

The walk will leave early from Yellow Pinch (7am) to allow plenty of time to reach East Peak. So while it will be a challenge, we should not be pressed for time. Many members will remember the great views from Mt Barney and the special feeling of being on the summit. Our descent will be via South East or Peasant's Ridge. Logan's does involve a lot of rock scrambling.

At this stage we will leave on Saturday evening, however some may want to leave Brisbane very early on Sunday. We can discuss this at the meeting. So nominate and enjoy a special day on Mt Barney.

A NOTE OF INTEREST (from Maxine)...

**Ipswich Heritage and Logan's Ridge  
Walks**

*If anybody would like to do the Ipswich Heritage Walk and Logan's Ridge the following day, you may like to make a weekend of it and relax at Barney Lodge in the Forresters Hut. A huge log fire and comfortable beds to lay your sleeping bag on to prepare us for the climb up Barney on Sunday.*

*We could enjoy a good hot meal at the Dugenden Pub on our way over to the Lodge early Saturday evening.*

*Hope to hear from you.*

Maxine

**Queen Mary Falls  
Saturday 8 - Sunday 9 August  
Base Camp**

**Leaders:** Maxine Brophy (3203 4699)  
Elizabeth Richards (3393 5545)  
**Time:** 9am  
**Meet at:** Little Kings, Buranda  
**Grade:** S44  
**Cost:** \$12:00  
**Emerg Off:** Dolans (3843 4116)

Come away and enjoy a winter weekend up in the mountains at Queen Mary Falls. This promises to be a weekend you will not forget in one of the most picturesque areas of South East Queensland. Situated just out of Killarney our camp site at Queen Mary Caravan Park has excellent facilities including a Kiosk/Coffee Shop where we will enjoy hot coffee and cakes after walks to the falls on Saturday afternoon. While relaxing on the verandah we can watch the King Parrots and Crimson Rosellas being fed. We will also visit Browns Falls and Daggs Falls in the area. After breakfast on Sunday, we will travel down to Carrs Lookout where you will see breathtaking views out over the Head Valley where the Condamine River rises (the longest river system in Australia). Our journey through this valley to Teviot Gap will be filled with clear views of the Main Range. Our walk for the day is to Kinnanes Falls down below Teviot Gap.

There is a short steep climb up to the Verandah, (experienced walkers only may cross the Verandah) and the alternative walk goes around behind the ridge for a short distance to meet the track down to the Falls. The walk is up high with great views of Wilson's Peak and, weather permitting, we can follow the narrow gorge down for a closer look over Kinnanes Falls and the valley below. This walk only takes a couple of hours and we will complete the day with a stop at the "Cheesy Grin" before heading home.

Come and join us for a memorable weekend.

**Mt Barney Mass  
Wednesday 12 August 1998  
Overnighter**

**Leaders:** Trevor Kelly (3269 4795)  
South Ridge (Peasants)

**Anthony Dolan  
(3843 4116)  
North Ridge**

**Time:** 7:00pm  
**Meet at:** Sullivan and Nicolaides  
**Cost:** TBA  
**Emerg Off:** TBA  
**Contact:** Trevor Kelly (3269 4795)  
We will be camping at  
Yellow Pinch Camping  
Ground.

**South (Peasant's) Ridge (Trevor Kelly)**

On Wednesday 12th August, the annual pilgrimage up Mt Barney to celebrate Mass with fellow walkers, takes place. I invite all members to jot this date down in their diary and make the pilgrimage to the top of Mr Barney with us.

At this stage the availability of a priest is up in the air, however there will be more details at the meeting.

I will be taking Peasant's Ridge route up the mountain. This is the easier of the ways up Mt Barney and anyone with reasonable physical fitness should be able to attempt it without too much difficulty. So come along and enjoy the day.

**North Ridge (Anthony Dolan)**

One of your options this year for the Mt Barney Mass is the ascent via North Ridge. As the South Ridge group head up the road past the camp site, we'll head back around for the frontal assault. Across the cleared paddocks towards Logan's Ridge.

We'll reach North Peak staying on the ridge if the rocks are dry or alongside the ridge if not. From North Peak its down and then up to East Peak. Great views available from many vantage points and with due care, this route should be accessible for most reasonably fit people. Join me for an enjoyable day.

**Picnic Point to Table Top  
Sunday 16 August 1998  
Day Walk**

**Leader:** Kerry Mulligan (3)  
**Time:** 7:30am  
**Meet at:** 289 Horizon Dve, Westlake  
**Grade:** S32  
**Cost:** \$12:00  
**Emerg Off:** Denis Mulligan (3870 8564)

Mt Tabletop is a flat-topped hill of volcanic origin which stands off to the east of Picnic Point in Toowoomba. We will commence our walk from Picnic Point and descend the Range escarpment along a gently graded Council walking track. We cross a rocky outcrop called Camels Hump and make a diagonal ascent of Tabletop's western face. Care may be required on this part of the track as it crosses a basalt scree slope.

From the top of Mt Tabletop there are great views of Mt Davidson in the southeast, Mt Perseverance in the northeast and Redwood Park and Katoomba Point as you look across the Warrego Highway and back towards Toowoomba. In keeping with the name of this walk we will have a combined picnic lunch on a very large table top! - so please when you nominate decide what dish you'll bring to share with everyone for our picnic lunch. We will return to Picnic Point by an alternative track on the escarpment. At the end of the walk there is a very nice coffee shop which we can go to at Picnic Point and sit and admire the view.

At the time of writing I have not done a pre-outing. The walk itself is approximately 10kms which should just about balance out the calories consumed. If time permits we may also take a look at Redwood Park which is the escarpment on your right as you ascend the Toowoomba Range.

**Ballow Ranges  
Friday 14 - Sunday 16 August  
(departing Friday night)  
Throughwalk**

**Leader:** John Brunott (3209 9598)  
**Time:** 7:00pm  
**Meet at:** 7 Roselea St  
Shailer Park 4128  
**Grade:** L99  
**Cost:** \$ 15:00  
**Emerg Off:** Nathan Brunott (3209 9598)

Just a short note on the Ballow Ranges, this is the throughwalk of the year. So if you're fit, eager and willing to follow me through the most beautiful mountains, rain forests, creeks and majestic views of the Scenic Rim, come along. I guarantee you the best rainforest camp site in South-East Queensland, there is a limited number on this walk of six people.



## North Queensland Extended Outing September 1998

Looking for something exciting to do this September? An extended trip to North Queensland is being organised - anyone interested in coming along can contact John Brunott or Richard Kolarski.

## SAFETY AND TRAINING

### Leaders Night Friday 24th July

**Leader:** Greg Endicott (3351 4092)  
**Time:** 7.30pm  
**Location:** 12 Mingaletta Cr, Ferny Hills  
**Cost:** Nil, but bring a plate

ATTENTION: all potential and new LEADERS. This is your night.

If you have been around the club for a time, and you feel it is time you might lead a walk, or if you have lead a walk or two, this is the event for YOU.

I will show you the methodology of arranging your trips, what to do step by step.

You can debate why. You can query the steps. You can add your ideas. It is not a be all to end all type of lecture.

You might think leading is simple, or you might think it is horrendous - depends on how you have observed others leading. Make up your own mind. But, once you have a method, it will certainly be easier when you do it.

Leading is a frame of mind. You do not have to be the best walker. You do not need to know map and compass. You do not have to be authoritative. You do not have to be the most popular person in the Club. You do have to know why you are there. Understanding the principals will get you there.

Someone 12 months in the Club can be ready to lead, someone only after 3 years may feel themselves to be ready. Even if you are No1 but think you are No2, still come along. A little insight may make you feel you are ready to be No1.

Bring pen and paper to take notes. We won't have you leading a trip tomorrow.

Knowing the effort involved makes you appreciate your leader better.

Once you have lead a trip, all your following outings seem better.  
NOMINATE NOW.

## SOCIALS

### Ipswich Heritage Walk Saturday 1st August

**Contact:** Gabriel Romaguera  
(3369 7330)  
**Meeting:** Brisbane : TBA (10:30am)  
Ipswich: Cnr Milford St and Goleby Ave.  
(11:15-11:30am)  
**Cost:** \$6:00 per person for the Guided Heritage Walk

This is Stage 1 of our "Jewels of the West Weekend" being organised by Maxine Brophy, taking in some of the scenic and cultural highlights west of Brisbane. (Stage 2 is dinner at the Dugandan Hotel in Boonah, Stage 3 is a relaxing overnight stay at Barney Lodge, and Stage 4 is an energetic walk up Mt Barney along Logan's Ridge). The complete weekend away package makes for an excellent break from the hectic Brisbane lifestyle, but if you are only free to come along on part of it such as our Ipswich picnic/Heritage Walk, please come along and have a great time.

Stage 1 commences with a picnic or barbecue lunch at the historic Queen's Park. First established in 1864, the park includes a zoo, bush chapel, bush house, maze of beautiful garden parks and a lookout with views over the city. There are electric barbecues, toilets and picnic facilities. You can either start out from Brisbane with us or meet at the gardens in Ipswich. Winter time is an excellent time for a picnic out in the warm sun without those blistering UV rays.

For those of you interested, we are then going on a guided walk of historic Ipswich at 2:30pm. This should go for about 1.5 hours. Maybe you've never given Ipswich much thought. Did you realise that in the 1850's Ipswich aspired to become the capital of Queensland? Although it lost this honour to Brisbane, it was a prosperous and confident city and this is reflected in its buildings which include imposing public offices, several of the oldest churches in Queensland,

## PAST OUTINGS

### Mt Ngungun Sunday 24 May 1998 John Carter

numerous fine mansions, and a large number of historic houses and cottages, not to mention attractive urban parks and open spaces. Come along for an interesting walk where you will see great sights, and hear the background behind what you are seeing. A great way to learn more about beautiful Queensland, enjoy the winter sun and digest that picnic lunch. See you all there.

### Coffee Crawl Saturday 15th August

**Leader:** Liz Little (3356 4874)

Join us for a day of walking and coffee-ing or meet us along the way at a place and time that suits you. Here is the approximate itinerary. (If you are meeting for breakfast please phone me because we will have to book)

- 9:00: Meet for breakfast at the Coffee Club, Boundary Street, West End. (Bookings necessary - phone Liz)
- 10:30: Drive to the West End Ferry terminal to begin our walk along the river to South Bank.
- 12:00: Meet for coffee/lunch at San Marco Coffee Shop at South Bank.
- 1:30: Walk under the Kangaroo Point Cliffs and on to Docksides.
- 2:00: Meet for coffee at Docksides Coffee Shop.
- 2:30: Walk to Mowbray Park ferry and catch the City Cat to West End.

### Coffee Night

Wednesday 29 July  
7:30pm  
Coffee Club  
Stones Corner

For further details contact Gabe (3369 7330)

### Movie Night

As the regular night for the movies coincides with the Barney Mass overnigher, there will be no official movie night organised for this month.

A perfect winter's day unfolded as I drove to Roma St to catch the 7:54am train. A number of walkers were catching the train here. The guard knew we were coming (thanks to Vince Arthur) as we settled into the rear carriage. Our numbers increased as more walkers jumped on at other stations. Soon there was a constant hum in the carriage as past and current members and visitors got to know each other and snacked on goodies. After Caboolture it wasn't long before we were passing the familiar shapes of the Glasshouse peaks.

We trooped off at Glasshouse township and had morning tea in the park, beside the Bowls Club. Two elected to act as our basecamp in town. Our route followed a bitumen road westwards towards Mt Ngungun. We were joined by the Brack and Nally families. At the mountain's base we climbed a track past the cave to a lookout, which was to be our lunch site. Most then climbed to the summit for glorious 360 degree views of the area and soaked up the sunshine. After a relaxing lunch we followed a firebreak to the park's northern boundary, which is beside a new estate.

The walk back provided views of the surrounding area. There was time in town to have a snack before the 3:06pm train arrived. It was then we experienced a drawn out return home. We changed trains at Caboolture after missing our connection. At Zillmere we caught a bus to Northgate due to rail works. Then finally another train to Roma St, but this did not spoil a really enjoyable day's outing. Thanks to the thirty-nine adults and six children who came along. This included about a dozen past members and several visitors. A similar train trip/walk could be organised next year to another Glasshouse peak.

### Mt Walsh Base Camp 5 - 8 June 1998 Christine Harrison

With two cars and eight people, we met at Gympie before heading to private property another 120kms north west. On reaching our destination at 10:30pm with a welcoming campfire, marquee



communal area with table and chairs and a very hospitable farmer - Allan, we set up our tents and off to bed.

7am rise on Saturday morning, a short drive to our walk for the day to Mt Walsh (645m). Even though we had cool nights, the sun's heat was hot enough all day. Working our way up the ridge, through rock boulders and a little scrambling and a few drink stops, all eight reached the top with no worries. Lunch was from a magnificent panoramic outlook over Biggenden and surrounding areas. Having realised we would run out of time going down the gorge, instead we circumnavigated Mt Walsh with its amazing landscaped vegetation - cyclads, grasstrees and eucalyptus mixed among rocks everywhere. Back to our cars by 3:30pm after a relaxing stroll downhill.

Sunday - traverse of Bluff Mt (703m) - six people began to walk along a very gradual ridge, past an old copper mine, and this is where Michael decided it best to return to camp due to his back and knee pains, so only five continued. Climbing straight up to the northern knoll was a little tricky, but well within all capabilities. Then it was up, down, across rocky slopes all day, with magic perfect cloudless skies, views forever, peace and enjoyment. After lunch we crossed to the Southern Peak and took a long horseshoe shaped spur descending to a waterfall. Amazingly we saw a few wildflowers including coastal Banksia, Heath, Fringed Violet (Liliaceae) and lovely Hoya. From here it was a gentle wander down a rolling slope, across the grassy paddocks to camp by 5pm.

After a refreshing hot shower, it was cheese, chips and biscuits, a light dinner and coffee with biscuits by the campfire with discussion with Allan and everyone's snoring, disturbances, nasal interferences etc etc.

The nearly full moon kept the light on nearly all night, did manage to see the brilliant starry sky.

Monday 6:30am, Matthew, Michael, June and I went to a nearby dam-like lake, to watch the bird life. Matthew, our guide and the most knowledgeable, gave us much information to assist our bird watching morning. Four black swans were proudly nesting and keeping guard. Lots of ducks including the Black Headed Duck, Australasian Bittern, Cormorant, Jacana, Singing Bushlark, Quails, Cockatiel etc.

After breakfast Matthew drove us - Barry, Iain and I to Congarra Rock. Temperature 9.4 in the shade and a cold south wind gently blowing. Managed to be on top of the rock in 1.5 hours to 360 views,

morning tea, photos and a quick scramble down and walk back to the car. At camp for lunch and pack up to head back home. Left at 2pm, home at 7:30pm all due to walking pace traffic along the highway from near the Glasshouse Mts to Barry's home. Sorry Matthew and Kerry your car hiccupped! However excellent 3 days and still lots to see and explore, only thing, maybe basecamp have a standard now - hot shower, flushing loo, communal area and campfire. Big thanks to Allan and bushwalkers - Barry & Janet, Kerry & Matthew, Michael, Iain and June for all your excellent help, driving and company. A successful time for all.

### **Savages Ridge 13 - 14 June 1998 Iain Renton**

If you're climbing Savages Ridge, you must be doing it for the challenge. It's hardly the most direct route. You start out east of Mt Barney, walk around to the south west and then take a ridge that slowly arcs around West Barney - not seeming to get much closer as you climb. Only near the end do you change direction and head straight for the peak. And there are a few obstacles along the way, you'll hear about those later.

Even the pre-outing wasn't a straight forward affair. Two pre-outings were cancelled due to inclement weather. When we finally got onto the ridge it became apparent that John Carter wasn't at all well, walking at a fraction of his usual pace. Three-quarters of the way up the ridge we stopped for lunch (though John didn't eat much) and turned around for home.

At least I now had a clearer idea of the walk and didn't need any convincing about having to start the walk at six. When two old hands pulled out of the walk I realised I'd have the added challenge of finding my way up and down West Peak.

In the end we had just enough for a walk, myself, Majella and Gabe brought along his nephew Christopher. We left Brisbane on Saturday afternoon arriving at Yellow Pinch with enough daylight to pitch tents and settle in. We cooked and ate tea under one of the shelter sheds by lamp light. We were stunned to hear from the radio of an adjoining camper that One Nation was getting 24% of the vote. Apart from that snippet of information all the drama and hype of election night could have been a million miles away. We soon settled down for an early night.

We woke at five, broke camp by the light of a three-quarter moon and ate breakfast. We left a little late (but not too bad) at 6:15am and after an hour of road walking reached the start of Savages Ridge. We had one morning tea on the way up and another at 10:20 on Savages Knoll. It had been a bit steep in spots and though the regrowth had been rather thick in places it wasn't as bad as I'd been expecting. Our spot on the knoll was excellent. A sunny, comfortable slab of rock with a hedge of vegetation to screen off a cool breeze coming over the ridge. Best of all was the view over the amphitheatre around Egans Creek, of the cliff of West Barney and the mass of East Peak. From this angle you get a feel for the sheer massive bulk of Mt Barney and it looked dark and sombre in dull light filtering through high cloud. Walking along the knoll you also get views across all the peaks of the Ballow Massif and beyond to the distant Main Range - wonderful stuff, wild and open. After negotiating a tricky little razorback we could start up the ridge of West Peak itself. Now we found out about the thick regrowth everybody was talking about. The very faint track was lost and found several times. When you lost it you were floundering around waist deep in grass, dead vegetation and fallen branches, feeling for solid ground underneath. When you found the track it was a matter of doing breaststroke folding back the vegetation forming a tunnel that joined overhead. Chris had injured his groin earlier in the week and this was beginning to trouble him, so there was some stopping and starting.

Eventually we reached the chimney up between the western cliffs and we were now back out in the open. Savages Knoll was now a long way below. What a view, but we were looking more at handholds and footholds as we worked our way up the chimney.

Majella got stuck in a rather awkward spot but thankfully kept her cool and hung on till a secure hand was available to grab. She was then able to haul herself up to a safer spot to everybody's relief. There were no other dramas though we used a rope to haul Chris' heavy and bulky pack up one bit. We got to the top of West Peak at one o'clock (so much for my estimate of 11:30, made at Savages Knoll). We ate lunch, drank tea and regathered our wits for the descent. Then it was down to Rum Jungle, I didn't find the main track down so it was probably trickier than it need have been. With a little back-tracking from ledges with no way down and lots of zig-zagging we found a way.

When we reached the less vertical stuff, it was quite impressive looking back up the series of broken cliff lines we'd just worked our way down. We had a short break at Rum Jungle and could relax a bit knowing that the rest would be pretty straight forward. Since it was past three o'clock Peasants Ridge was the only way home, and even then we'd have to keep moving to get out by dark. On the way down we passed a large school group (23) headed for the saddle. If they were lucky they'd have got there by dark. I kept moving the group along, even getting Chris to unload much of his pack (he had a lot in it) which we shared between us. We reached the road at 5:15 and had to use torches for the last half of the road walk. We got back to the car at six. It had been a long day walking in the dark and walking through sunrise and sunset. We freshened up, changed and headed for a greatly anticipated food at Beaudesert. When we got there the usual cafe was closed but a pizza and pasta place was open and we attacked the wonderful food with gusto. We got home by ten o'clock weary, but with a considerable sense of achievement.

Many thanks to John for doing the pre-outing, instead of having a much needed quiet day at home. Thanks to Gabe for saying back with his nephew and keeping things moving, to Christopher for valiantly completing a long walk with a slight injury and to Majella for always coming back for more after tackling each scary bit of rock scrambling.

### **Bushrangers Cave The Boutique Walk of the Year 14 June 1998 Russ Nelson**

This walk began on the morning after ... the Queensland election which for all election junkies was a big event. We departed Coles at Ashgrove shortly after 7:00am which gave us a great start to the day.

At the border gate the leader had a quick talk to the Tick Gate Inspector and so commenced and completed the pre-outing. By following the border fence on its western side we began the walk by steadily gaining height. We soon had good views of the upper Numinbah Valley in the north and in the south we could see Mt Warning, the Tweed coast and the Tweed Range.

Twenty minutes after leaving the Tick Gate we reached the major objective of the walk - Bushranger's Cave which is actually a large



overhang. The time was 9:20am - embarrassingly early thought the leader. So with quick re-focussing of the day's objectives the walk became a leaders' training day in rainforest navigation. Therefore, we climbed up the ridge behind the Cave to pick up the Graded Track system. This took about an hour.

On reaching the Graded Track system we travelled east onto a ridge, which overlooked the start of the walk. This gave us the unusual perspective of seeing our whole previous journey. Also, we were able to look on the eastern edge of the Lamington Plateau.

Now we retraced our steps and this is where the leaders' training day began in earnest as the leader became tail-end Charlie and prayed. Initially it was easy - just follow the Graded Track, and where it ran out we stopped for lunch. After lunch began the big test, namely to find our way back to Bushranger's Cave. Fortunately there were only a couple of false turns and we made it back to the Cave. Before we knew it, we were back at the Tick Gate.

On our homeward journey we checked out Natural Arch National Park and saw the departure point for the famous Numinbah to Point Danger throughwalk.

We returned to our starting point, Coles at Ashgrove, by 4:30pm. Why is this *The Boutique Walk of the Year*? Because it was only available to a select few, accomplished its objective in record time, trained some future leaders and threw in an additional National Park as a bonus.

My thanks to Terry and Dale ... Two future leaders.

**Coffee Night at Bagelo's  
(also known as Coffee Club)  
West End  
24 June 1998  
Gabe Romaguera**

First of all I must apologise for the organisational stuff up for this night. Unfortunately, the week we were going the cafe reduced its opening hours and commenced closing at 7:00pm. Needless to say there were many lost bushwalkers on the night, and we decided to meet at the Coffee Club over the road, failing to find out what Bagelo's was like.

Sorry to anyone who come on the night and couldn't find us. We did look out for you but we may have missed you. Luckily a dozen or so got

together for the night including a visitor to the club. Hopefully, Stewart will try out one of our walks soon.

It was a convivial night with all our coffee regulars. Maria is another new person to the club who is coming along on these nights. I hope we keep getting more new faces to our nights. The night went quickly discussing state politics, club news, good walks, life in Brisbane and so on. This month we have quite a different coffee get together. Look for Liz Little's report in this magazine and pencil it into your diary now!!

## OTHER ITEMS OF INTEREST

### THE EFFECTS OF COLD

Despite your body's ability to withstand considerable variation in temperature, if you're going into the outdoors you must be prepared for temperature extremes and have the correct clothing, equipment or supplies to handle it. Low temperatures can sneak up on you. If you're wet (perhaps from rain but also from perspiration) and the wind comes up, like we are experiencing now in June, you can quickly become chilled and suffer serious consequences.

A condition known as HYPOTHERMIA can occur when our body's core temperature is lowered following the severe chilling of our body's surface. Given sufficiently bad conditions, anyone can get hypothermia. The very dangerous combination is wet, wind, cold and exhaustion. It is important that leaders of groups be familiar with current first aid practices. Register for a 1st Aid Course. Victims of hypothermia rely on their companions help. Keep an eye open, since when one person suffers, the chances are that others are on the verge. In such situations sound leadership implies good planning, which in turn suggests that hypothermia is unlikely within a fit, well-equipped and well prepared group.

- > Wear warm clothing - 1 or 2 woollen jumpers or wind stopper, not tracksuit top or windcheaters as cotton garments have no insulating properties when wet.
- > Wear adequate protection from rain and wind - don't forget the 30+ chap stick.
- > Take adequate food - normal meals plus

chocolate, nuts and fruit.

> Drink plenty of fluids - at least 2 to 3 litres per day, even a warm sweet drink or cuppa soup.

> Look after yourselves and enjoy our great outdoor in these extreme weather conditions.

THIS IS WINTER - TAKE THE 1st AID COURSE  
AT BARNEY LODGE IN JULY.

Christine.

## A note from Fr Ed ... An Alternative Lifestyle

As I write I am nearing the end of a ten day stay at a health resort in the Border Ranges some 30km north of Kyogle.

The approach of traditional medicine to many diseases especially the many forms of cancer, has been described as surgery, radiation or chemotherapy or all three. In a word - cut, burn or poison. I have had all three treatments.

An alternative approach believes that with appropriate assistance our bodies can heal themselves of many illnesses. The course I am taking begins with a seven day juice fast to help purify the body of toxins accumulated over the years. Toxins abound in our modern western style living - in the air we breathe, in the food we eat and in the water we drink.

This fast is followed by an introduction to eating foods that are at least close to the way in which nature provides them.

Thus there is an emphasis on raw fruit and vegetables, ideally grown without the use of pesticides or chemical fertilisers. Cooking food, it is believed, destroys many of its nutritional properties. In practice, it is suggested, one should aim at a mix of eighty percent uncooked food and no more than twenty percent cooked food. Meat, especially red meat, and dairy products, should not be on the menu.

There are no great mystery pills or potions in this course. The claim is also made by such courses that they are endeavouring to treat the cause of illnesses, not merely the symptoms or effects as is often the case in traditional medicine. It is maintained that a radical change of diet from the highly processed foods of our western style of eating, enables the body to heal itself and maintain health.

I have enjoyed the course so far and have not found the juice fasting difficult. Some feel hunger, most do not. Some choose to juice fast

for periods of two and three weeks.

I am sorry that I did not know some years ago what I know now, but I guess that is life.

The cost at this resort for a single room with ensuite is seventy dollars a day with a 10% discount for people on a pension.

The address of the resort is:

The Retreat  
Terrace Creek Road,  
Grevillia, NSW 2474  
Ph/Fax: 02 6636 4275

You are welcome to contact me, if you think I can be of any assistance to you (3350 3955)

## From the pages of history...

In the forming of our club, the early members desired that the club be placed under the protection of Our Lady. She was named the club's patroness, under the title of Our Lady of the Way, to guard over our members on their journeys. The following is a brief account of the title of Our Lady.

A picture of the Blessed Virgin and Child, known for centuries as Our Lady of the Way is enshrined in the Church of the Gesu in Rome. No one is certain of its age, but it dates back many centuries. Prior to the 16th Century, the painting was located in a little wayside shrine along an ancient highway of Rome. Hence the title originated due to its location.

In the first half of that century, a Roman family, the Astalli constructed a building to shelter the painting from the elements. This became known as the Church of Santa Maria degli Astalli. This was later demolished to make way for the Gesu Church.

During the reign of Pope Paul III (1534-48), the painting was acquired by the Jesuits and it was transferred to the Church of St Mark. It is known that the founder, Ignatius Loyola had a great devotion to Our Lady. In 1575 the Order completed the Church of the Gesu as a shrine to the Virgin Mary.

At the present time, Our Lady of the Highway is patroness of travellers. This modern version of the ancient title originated in 1987 in New Jersey. This title is appropriate for Our Lady, in virtue of the many journeys she made in her life - the Visitation to Elizabeth, from Nazareth to Bethlehem, the Flight into Egypt, journeys to Jerusalem and following Our Lord to Calvary.



"Our Lady of the Way be with us on our journey;  
for all your ways are beautiful and all your paths  
are peace."

John Carter

### A plea from the social coordinator...

As you would all be aware the Annual  
Progressive Dinner come Red Faces Night is not  
to far off. Your ideas are urgently sought!!

### A moment of reflection...

I hunger and I thirst Lord  
I feel an emptiness  
That never really stops Lord  
Although you often bless.

Despite the overwhelming  
Plethora of good food  
Within my kitchen cupboards  
Disconsolate I brood.

I hunger and I thirst Lord  
My spirit yearns to know  
The peace your presence offers  
To feel your power flow.

I only feel a yearning  
Will be unfulfilled  
Until I cross the border  
At last to have it stilled?

Lord, pity my impatience  
Command me if you will  
To cease my seething yearnings  
And hear the words "be still".

Sybil J. Kimmins

### BABIES...BABIES...BABIES!!!

Cecilia and Paul McDonald  
Baby Jack  
Born 6:20pm Sunday 5th July, 1998  
8 pound 11ozs

Justin and Susan Tobin  
Mary Veronica  
Born 5:17pm Thursday 2nd July, 1998  
3006 grams

Ken and Monica McCarron  
Bridget Miriam  
Born 8:00pm Wednesday 3rd June, 1998  
7 pounds 4 oz

### CONGRATULATIONS AND BEST WISHES FROM ALL.

### An important note from the editor...

I have discovered (thanks to Greg) that I can  
convert your disks to my computer if you save  
your work in Rich Text Format (RTF). I know, I  
know, I can hear all you computer buffs out there  
saying yes... Some of us I guess, just take a little  
bit longer to discover these things!  
So next month if you are able to save your  
magazine articles on disk in RTF, do so and give  
me the disk as well as your hard copy and I think I  
will be able to save myself hours and hours of  
typing!!  
Thank you in anticipation of all that free time I am  
going to have this month.

### A note of thanks...

Thank you to all who contributed to this month's  
magazine. A special thank you to those who were  
able to get articles to me in plenty of time!!  
Happy reading!

## First European Ascent of Mt Barney

Extract from Charles Fraser's Diary, 1828. (Fraser was a colonial botanist.)

'August 3rd. Morning cold and frosty. At day-break, Captain Logan, Mr Cunningham, two men and I began the ascent of the mountain. On attaining the summit of the ridge, over the lower part of which we had passed yesterday, we found that it conducted to the centre of the mountain's northern front, at an elevation, assuredly, of 2,000 feet from the Logan, which flows at its base. Here that front presents a really terrific appearance, being a perpendicular mass of rock, unvaried by even the smallest trace of vegetation, except a few straggling lichens. From the abovementioned ridge, we scrambled, with considerable difficulty and some risk, over masses of detached rock, lightly studded with trees and shrubs, by which our progress was much aided for about 1,000 feet farther, till we reached the summit of one of the defiles, where, for a while, all further advance seemed to be forbidden. Hence we saw Mount Warning bearing east by south, and about twenty-five miles distant.

'On a careful scrutiny of the fearful precipices which overhung us, Captain Logan detected a path by which it appeared possible to ascend; so, putting off our shoes and stockings, and leaving the rest of the party behind, he and I began

scrambling on hands and knees to the first peak, a height of about 300 feet, with great difficulty, but having once attained a certain elevation, we had no alternative but to proceed, any attempt at returning in this direction appearing totally impractical. To cast a glance downwards was most perilous, for a dreadful chasm, 1,600 feet deep, yawned below us; while to the right extended a trackless labyrinth of detached rocks: to look forward was enough to quell the firmest courage, by displaying the dangers and difficulties that beset our path; so that all we could do was, by clinging fast with our toes, to trust ourselves to small nodules on the surface of the crags, and thus to effect an advance by suspending our weight on slender twigs of casuarina and metrosideros, whose appearance scarcely warranted them strong enough to support a goat. When the summit of this peak was gained, my nerves were so much agitated that I was forced to lie down on a rock, resting myself against a bush till I recovered.

'Captain Logan now proceeded towards the next peak, and, as soon as I possibly could, I followed him, leaving my shoes and collecting-bags behind. From the size of the detached portions of rock, and the stunted nature of the shrubs of casuarina, eucalyptus, and banksia, which started up here and there between the fissures, our progress was both

difficult and dangerous; and finding it hopeless to climb far on such ground without shoes, I returned for them, and was thus thrown considerably in the rear. I hallooed continually to Captain Logan, who always answered me while within hearing, but the number of echoes, at least five, which repeated backwards and forwards the different sounds, had such an effect in confusing me, that I knew not whence the voice came; and it would have required the speed and agility of an antelope to overtake him. I continued scrambling onwards till half-past eleven, when I perceived Captain Logan near the summit, and then relinquished all hope of joining him; I also struck into a brushwood... From the dampness of the earth, I hoped to obtain here some water wherewith to allay my parching thirst, but I was disappointed. Through this brush I at length penetrated, and advanced about 500 feet higher still, when my strength became so exhausted, and the day so far advanced, that after waiting an hour in expectation of seeing Captain Logan, I commenced my descent, the summit of the mountain rearing its gigantic head a full 800 feet above me.

'The descent proved a more difficult task than the climbing had been, from the narrowness of the ridges, in many places not exceeding six feet, with huge precipices on each side, and the danger of slipping between these masses when leaping from one to another, many of them

being slippery as a piece of ice, in which case an instantaneous death must have been my portion. After prodigious exertions, I succeeded in regaining the point where I had left my collecting-bags and shoes, and now I was still more puzzled how to descend thus encumbered; but, mustering all my courage and caution, I began sliding gently from bush to bush, often narrowly escaping being dashed to atoms, and by carefully lowering my boxes and shoes before me from one point to another, I at length got within sight of Mr Cunningham and the rest of the party, by whose assistance I was lowered down the rocks, having almost all my clothes torn off my back.'







#### **BBW CELEBRATES 50 YEARS OF WALKING**

The Brisbane Bushwalkers is 50 years old. As part of the celebrations we are having Golden Boots Party to which all club members are invited.

*WHEN:* Wednesday 19<sup>th</sup> August 1998 at 7.30pm

*WHERE:* Newmarket Memorial Hall, cnr Enoggera Road and Ashgrove Avenue, Newmarket.

*DONATION:* \$5.00 minimum

*FEATURING:*

- ❖ Launch of BBW Commemorative Book
- ❖ Launch of Bushwalkers in the Gorge 1950 by Graham Jurrott
- ❖ Presentation to BBW from Family Bushwalkers

Prizes for wearers of the best Golden Boots.

Wine, cheese and supper included

ALL PROCEEDS FOR THE NIGHT AND PART OF THE PROCEEDS OF SALE FROM  
BUSHWALKERS IN THE GORGE 1950 TO BE DONATED TO  
CAREFLIGHT HELICOPTER SERVICE