



# JILALAN

JUL 1981

MONTHLY CIRCULAR OF THE BRISBANE

CATHOLIC BUSHWALKING CLUB

UNDER THE GUIDANCE OF OUR LADY OF THE WAY



Registered for Posting as a Publication — Category B

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Monthly meetings are held on the third Monday of the month at the Catholic Centre, Edward St, City, beginning at 7.30p.m. Enter the grounds of St. Stephens Cathedral from Charlotte Street. Cars may be parked in the grounds behind the Cathedral. If the door of the Centre which faces the Cathedral (the one to use, not the Edward St. entrance) is locked, ring the bell and wait for someone to come down.

Our Committee is:

CHAPLAIN

PRESIDENT

ALICE PRESIDENT

OUTLINGS SECRETARY

SECRETARY GENERAL

THE SOUTHERN

SOCIETY SECRETARY

NOTES

GENERAL COMMITTEE

SAFETY AND TRAINING

SAFETY AND TRAINING OFFICER: -Mike Wood

42 CUMEN 7

NOTED BY: [REDACTED]

SECRET

DELEGATION

E. M. R. DELBEGAL

EMERGENCY OFFICER

Where a party is overdue, parents are to telephone THE EMERGENCY OFFICER. The Emergency Officer is listed under each trip. Please do not ring before 9.00p.m. at the earliest.



JILALANCLUB CALANDERJUNE

28 Mt. Zahel DW

JULY

5 Social: GrassSking & B.B.Q.  
10/12 Main Range: Mike Wood & John Hood TW/BC  
17/19 F.M.R.: - Training  
20 Monthly Meeting  
24 Visitors Night - Come along and meet us.  
25/26 Edinborough Castle: Therese Lacey ON  
27 Slide Night: Wendy Wubbens place

AUGUST

2 Panorama Point: John Carter DW  
8 Social: Rural Youth Ball  
11/12 Annual Mt. Barney Mass - John Hood ON  
17 Monthly Meeting  
21/23 Mt. Barney - John Carter & Mike Wood TW/BC

SEPT

4/6 Pilgrimage - Get Together of all  
Bush Walking Clubs BC  
12 Social: Progressive Tea  
13 Training Day - Bush Craft & Survival  
21 Monthly Meeting  
25/27 Moreton Island - Greg Endicott TW

OCT

9/11 Binna Burra - Shipstern Lookout - Jim Besgrove TW  
17 Social: Rainbow Masquerade  
20 Monthly Meeting  
24/25 Blackfellow Falls - John Hood ON

LEGEND

DW DAYWALK ON OVERNIGHT  
BC BASECAMP TW THROUGHWALK

Remember: If you cannot attend a walk for which you  
nominated, please contact the leader as soon as possible.



JILALANCOMING: OUTINGSEdinburgh Castle : Overnighter

DATE: 25/26 July  
LEADER: Therese Lacey (H) 379 6606 (W) 224 2310  
EMERGENCY OFFICER: Jim Besgrove (H) 349 2468  
COST: \$7.50  
LOCATION: South of the border, via Mt. Lindsay Highway.

MEETING TIME: 7.15pm., Saturday 25th July

MEETING PLACE: In the grounds of the Catholic Centre near the statue of St. Stephen, enter from Charlotte St., Vigil Mass is at the Cathedral at 6.30pm. After Mass we'll leave town via Calamvale along the Mt. Lindsay Highway. Coffee break will again be Lindsay Diners. Soon after we cross the border we'll turn left off the highway into a rest area where we'll rest for the night. Next morning will be a short drive to the foot of Edinburgh Castle.

After a one hour stroll along an old road we'll commence a little climbing. One face of Edinburgh Castle is rock face and looks like an exciting challenge. The way we'll be going up is a grassy slope and rates as a very easy daywalk. I recommend this to all new walkers as a first overnighter. Nominate to me at July meeting. Anyquiries on what to bring, what to wear, just ask me then,

PANARAMA POINT : Daywalk

DATE: 2nd August  
LEADER: John Carter (H) 356 4931 (W) 224 8041  
EMERGENCY OFFICER: Christine Carter (H) 356 4931  
COST: \$5.50  
LOCATION: South of Boonah  
MEETING TIME: 7.30 ~~7.45~~am. Sunday 2nd August  
MEETING PLACE: In Charlotte Street near the second gate to the Grounds.

This is an area dear to John's Heart. Since this is so, he is always willing to talk about it. It is a long flat ridge



jutting out from the main range between Moogerah Dam and Mt. Barney. Once on the flat bit, you get excellent views north and south of the main range, checking the rise and fall of the various Peaks which make it up. Spectacular views of the bumps on the coastal plain are also assured:- Mts. Greville, Moon, May, Maroon, Edwards, Alford, Flinders, Knappa and Minto Graigs. Come along John assures a good day for all.

MT. BARNEY - Annual Mass : Overnighter

DATE: 11/12 August  
LEADER: John Hood (H) 30 4190 (W) 224 5236  
EMERGENCY OFFICER: Christine Carter  
COST: \$6.00  
LOCATION: South of Rathdowney  
MEETING TIME: 7.15pm. Tuesday 11th August  
MEETING PLACE: Near the Statue inside the Cathedral Grounds.

This is an Annual Event of the Club. We drive down on Tuesday night and Camp at Yellow Pinch for the night. On Wednesday we will make our way up to the Mass site by a number of routes, from very easy to hard. We will celebrate Mass at the normal site, then head down to an old Hut side for Lunch. John will give more details on this trip at the meeting. Come along as this is a traditional walk of the club.

PAST OUTINGS

On Sunday 28th June, 21 of us members and visitors headed off towards Laidley. After a short goodie stop, we travelled out to the base of Mt. Zahel, which is at the edge of the Mistake Range. After saying Hello to the farmer we headed up through the grazing paddocks, then up the SLIGHT rise to the top of the ridge. This part of walk was slow, as it was quite steep in places and it took a while for everyone to get to the top. After morning tea, we spread out and made our way up to the top, along the ridge. Everyone had reached the top by 1.15pm. The top gave good views both



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north and south including Mts. Castle and Mistake and Beau Brummel. At 2.00pm., we headed back down the mountain. Back at the steep part the fun started. The trick was to get to the bottom of the ridge the simplest way. Most of the guys just ran down VERY QUICKLY, so that they could hear the screams and laughter as the girl's slid, rolled, crashed, ran, walked and fell down the mountain. Boy what entertainment!!! We then walked back out to the cars, with everyone being out by 4.45pm. We then headed back to Brisbane arriving back around 7.00pm. that night. Thanks to everyone for coming and making it such a good trip.

#### A Word from the President

Looking at the Club calendar during the next month, I can see one of our favourite trips coming up. It is the Mt. Barney Overnighter, where we celebrate Mass near the summit. It is one of our oldest traditions dating back to 1960, and has always been a popular trip. In the last couple of years over 30 members attend the walk. After mass at the usual site and signing the Log Book, a mini feast begins. As usual we will climb Barney by several different routes of various degrees of difficulty. So see you there!

Last month I mentioned that we should practice our bush cooking, for example making dampers on trips. For those who are too lazy to find out what you need to make a damper it is given below. Basically it is very simple:

2 cups of self raising flour

1 pinch of salt

1 cup of milk (fresh or powdered)

Of course to make it tastier you could add other ingredients. If someone has another recipe put it in the magazine. The real fun comes when trying to cook it in the embers of a fire. Ask Jan.



Remember; It is difficult to win an argument, when your opponent is unencumbered with a knowledge of the facts.

Before the advent of Women's Lib, man dreamed of wine, women and song. Now he is just a rowdy boozier.

### PAST SOCIALS

Since the last Magazine, we have had two successful socials. The first was the Theatre night at Hoyt's Entertainment Centre, where we saw the Movie "9 to 5" with a number of well known actors. We were seated as a group, and I think everyone enjoyed the Movie. 25 members and visitors attended as well as 5 others who saw other movies in the complex. After the movie was over we wandered around town trying to find a Coffee shop that could handle our number. Unfortunately after much walking, everyone ended up going their own way. Next time we will make arrangements for somewhere to cater for us. Our second social was the Grass Ski-ing & B.B.Q., on Sunday 5th July. 20 People attended this social. We met just after 9.00am., at the Ferny Grove Tavern car park and headed off to the Samford Grass Park. Sixteen of us went Grass Skiing while the other four watched at the bottom of the mountain. There was a number of falls and injuries to pride and bodies. After the Ski-ing was over we headed off to the Park for the B.B.Q. to find it was packed with people. We then headed back to the park at Ferny Grove where we had our B.B.Q., Lunch. After Lunch we had a light game of touch before heading off home. Thanks to everyone for coming along on these two Socials.

### COMING SOCIAL - RURAL YOUTH BALL

Well People it's here again, The Formal Event of the Year. The place where you get to show off your Best Glad Rags and the time we air the class and distinction that this club has. We again will be attending the Rural Youth Ball at the Greek Community Centre, Edmonston St., South Brisbane. There will



be a Buffet style Supper, Dancing, Prizes and cheap Drinks from the Bar. We will meet outside the Centre at 7.30pm., where you will be given your Tickets. When the Ball winds down around 2.00am., we will head off to Mike and Tony Woods Mansion., at 1 Pavo St., Whites Hill for a post Ball Feast. There will be heaps of Food, Coffeeto finish the night off just right. The cost of this will be \$13.00 which includes the Ticket to the Ball, cost of Supper and nomination to the Club. With the social I will need everyone to pay at this MONTHS MEETING As we will have to pay for the Tickets beforehand, and to get them at the cheaper price,--Thus ensuring us a place at the ball. Hope to see everyone at this social with their friends as a great night is ensured for all.

EDITORS BLURB

Greetings from Hinchinbrook. The day you receive this magazine I'm probably sunbaking on a sheltered secluded beach situated in the tropical North.

I've left the publishing of this months magazine to my faithful and devoted assistant Jim Besgrove whose hard working efforts over immeasurable hours has made this publication possible (crawl, crawl ... please don't print all those nasty things about me in M.B.S. Jim!)

This month's quiz is a toughie. Just over 12 months ago a preouting was done by two people. The trip had its predictable results (ie. came home quite a few hours late). I wrote a trip report for the two walkers, but one of them decided my descriptions of the trip might damage his reputation of being a strong, courageous, fearless bushie. Therefore the report never made the pages of the Jilalan. The question is can you pick the bushwalkers involved and the pre-outing they were on? (Warning - beware of red herrings!) Next month with the answr, I'll list all the hints in the report that makes the quiz really quite simple.



PRE-OUTING REPORT

This is just a warning message to all conscientious walkers on how an exciting week-end can be quickly ruined.

My brother and I were dropped miles from anywhere early Saturday morning and had the intention of making a 2 day adventurous walk and picked up elsewhere the following night. Well this was our first big mistake. If anything went wrong we couldn't head back; we had to keep plugging on. The day was cool and overcast, constant light showers for some of the day. As we headed up on the ridge we realized we'd be in the clouds all day. That suited us fine, a nice cool day. We gave ourselves plenty of time to pitch camp that night and cook a healthy meal. None of that muncho-cruncho-junko for me anymore! is what I was saying; a good walker doesn't need it! (Actually I gave it up for lent!)

Early to rise on Sunday and the day was looking good. Still very low clouds but we were sure it would be cool that way. Now the time came that we were to drop off this ridge. Clouds were low and since I've never been an advocate for compass use along with my invaluable map I didn't know quite where I was.

Down the ridge we came... no can't make it this way ... up. - . we went again ... down the ridge we ploughed ... no can't make it this way ... up we climbed ... down the ridge we stomped ... let's try this another way ... up the ridge we puffed ... down the ridge we crawled ... oh! ---- up we go again. How I wanted some muncho cruncho junko to put me into the happy bushie mood. We brooded on the top for a while thinking sweet thoughts ... Darrell Lea, chocolate milk shakes ... CHOCOLATE MILKSHAKES! Now that really got me going! Off we went full speed, we barely saw the cliff faces this time; we had victory and shortly we were out of clouds and down on a river bed. Night was soon to fall and my brother offered to pitch tent while I studies my map closely (the right one this time too!) I was so tired that



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tent couldn't have looked more inviting; why I didn't even spare a thought for anyone who might have been waiting to pick me up! (Sorry mates.)

That night a wild storm blew up. I won't go into details --- just like to point a few things out. Single pegs pull out of the soft soil; some flat pieces of ground that look like comfy floors can turn into the natural drainage channel for the surrounding paddocks; rivers can rise so fast that only your heavy boots don't float; the bull ants and centipedes whose nests may have been under the corner of your tent can take a fancy to your bed; when the big dead branch on the tree overhead sees eye to eye to old man gravity, cooking gear can get rearranged. If you think that's enough amusement for one night ever seen a wind roar through your tent making it a candidate for a wind tunnel test establishment.

Dawn finally broke. Since my brother and I spent the night eating whatever food remained we had already resolved ourselves to the steady diet of ...

As we ploughed our way through forest heading to a closer exit that previously planned I put my poetry genius to "Ode to M.-C.-J.-"

I'm sure you don't want to hear it now as you've all realized the motto of this story. Always pack in stacks of goodies!!

Signed,

@%\$ &\*()+.

P.S. Hope to see you on my next walk.



THINKING CATHOLIC

Extract from PSALMS/NOW --- Brandt/Corita (Pelligrini)  
101.

O God, I love those hymns  
that speak of loyalty and justice,  
those prayers for the deprived and oppressed --  
even while I deprive and oppress my fellowmen  
through my apathy and egocentricity.

I embrace the old creeds that tell of Your love  
and the commandments that instruct me  
to reflect that love to others --  
even while I turn inward  
and allow bigotry and prejudice  
to colour my relationships  
to those outside my private little club.

I treasure those promises I made in the sanctuary,  
those vows and solemn pledges before the alter --  
even while I flirt with this world's gods  
and bow before man-made shrines.

I decry the distortions of our world,  
the poverty and pain and the indignities  
suffered by multitudes  
of this world's citizens --  
even while I stand aloof  
and wait for man's sorry needs  
to be met by others,  
and brazenly oppose those remedies  
which may result in personal deprivation.

I avoid the sinner,  
and belittle the proud,  
and stand clear of cheaters and liars,  
and choose as my companions the qualified and respected  
members of my society.

And all the while I claim to be Your son  
and to walk in your ways.

Have mercy upon me, O God,  
for I am a selfish and self-centred creature!



MOTION

At our June Meeting the following Motion was voted on:-

"I move the motion that from 1/9/81 Section 7 Clause 2 of this Clubs Constitution be altered in the number 16 be replaced by 18. Moved by Greg Endicott, seconded Russ Nelson."

The Motion was passed by secret ballot 24 to 9 and shall now take effect on the 1/9/81. People under this age may still join the Club before this date with the normal Membership rules applying.

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ACTING EDITORS REPORT!

Well this month has been pretty quite down here. A large contingent of members has been away holidaying up north. Pleased to receive a long letter from you Chris, sorry we just don't have the room to publish the whole letter, Thanks also from the three Therese's. Congratulations on guessing the correct answer to the Brain Teaser:- 7 Cows \$70, 72 Pigs \$9 and 21 Sheep at \$21. Gee even you could get it. See how good you are this month. Any one who wants to write to Chris can address it C/- C.B.A. Bank, P.O. Box 4021, Darwin N.T. 5790. He assures he will reply to it. Tessy, it is with much regret that I haven't published the scandal about you I have learnt. But I don't want to end up in Court for defamation, but are all the things I heard about you on Cape York true? Next time find another sucker to write the magazine for you. P.S. Thanks Mum for all your help with the magazine, (crawl, crawl if I want Tea tonight).

---

M.B.S.

Jackie going to Herberton to Teach.

John Palmer has gone to Melbourne and joined the Navy.

Who paid for the 10' x 12' advert on the Cape York Trip in the Sunday Mail, though couldn't you have paid for better models.



ANNIVERSARIES

It is interesting to note that the Melbourne Catholic Bushwalking Club celebrate their 30th Anniversary this year. Congratulations!

Not to be out done our 25th Anniversary is at the end of 1982. Also the Club Hut "Yalburu" is 15 years old next March.

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Supercompensation or Long Trip Preparations

From Newsletter of the Bushwalkers of N.S.W. Nov. '80

Prior to a race, marathon runners go through a series of preparations, one of which may be some use to bushwalkers, especially just before a long hard trip. This is called 'Carbohydrate Loading'.

Researchers have discovered that if the body is deprived of carbohydrates for a few days, then fed large amounts, the energy producing glycogen in muscles can be increased by as much as 300%.

The process takes exactly one week to prepare. On the first day take a long exhaustive run (why not a long hard walk for bushwalkers). Then for the next three days eat a diet extremely low in carbohydrates and high in protein.

During the last three days you eat more carbohydrates than usual (it doesn't mean stuffing yourself) - Bread, spaghetti, cake and cut down on the protein. Thus, nourished, the muscles soak up all the glycogen they can hold. The result is that you have more energy.

This process ideally would be good for say a person planning an extended trip. The energy thus provided would be available when one's pack is at its heaviest. So too would be the participants in rogaining (orienteering and marathons).



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## FINANCIAL REPORT

- JUNE 1981

C/fwd Balance 323.92 Cr.

GENERAL A/cReceipts

|                    |       |       |
|--------------------|-------|-------|
| Subs               | 35.00 |       |
| Sale of Song Books | 2.00  |       |
| Equip hire         | 11.50 | 48.50 |

Payments

|            |       |                      |
|------------|-------|----------------------|
| Stationery | 48.88 |                      |
| Postage    | 11.10 |                      |
| Petty cash | 19.03 | 79.01                |
|            |       | 30.51 Dr. 293.41 Cr. |

OUTINGS A/c

C/fwd Balance 36.49 Cr.

Receipts

|                 |        |        |
|-----------------|--------|--------|
| Bunya Mts. B.C. | 110.00 | 110.00 |
|-----------------|--------|--------|

Payments

|                 |        |                     |
|-----------------|--------|---------------------|
| Bunya Mts. B.C. | 110.00 |                     |
| Main Range P.O. | 10.00  |                     |
| Mt. Zahel P.O.  | 13.00  | 133.00              |
|                 |        | 23.00 Dr. 13.49 Cr. |

SOCIALS A/c

C/fwd Balance 112.22 Cr.

Receipts

|            |       |       |
|------------|-------|-------|
| Car Rally  | 10.00 |       |
| Film Night | 25.00 | 35.00 |

Payments

|     |     |                      |
|-----|-----|----------------------|
| nil | nil | 35.00 Cr. 147.22 Cr. |
|-----|-----|----------------------|

S. & T. A/c

C/fwd Balance Nil

Receipts

|     |     |
|-----|-----|
| Nil | nil |
|-----|-----|

Payments

|     |     |         |
|-----|-----|---------|
| Nil | nil | nil Nil |
|-----|-----|---------|

Petty cash 20.00

S.G.I.O. A/c 471.06

Bal. Cheque A/c 588.99

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 \$1080.05
 

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Financial Members

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EVERYONE WELCOME TO OUR  
VISITORS NIGHT

24-7-81  
AT THE WOOD'S MANSION

1 PAVO ST CAMP HILL

COME ALONG AND LEARN

ALL ABOUT THE CLUB!



SLIDE NIGHT



27-7-81

WENDY WUBBEN'S PLACE

235 DEWAR ICE CORINDA

BRING A PLATE (NOT EMPTY) 7.30 P.M

SEE JOHN'S SLIDES

ON NEPAL (Wow Wow)