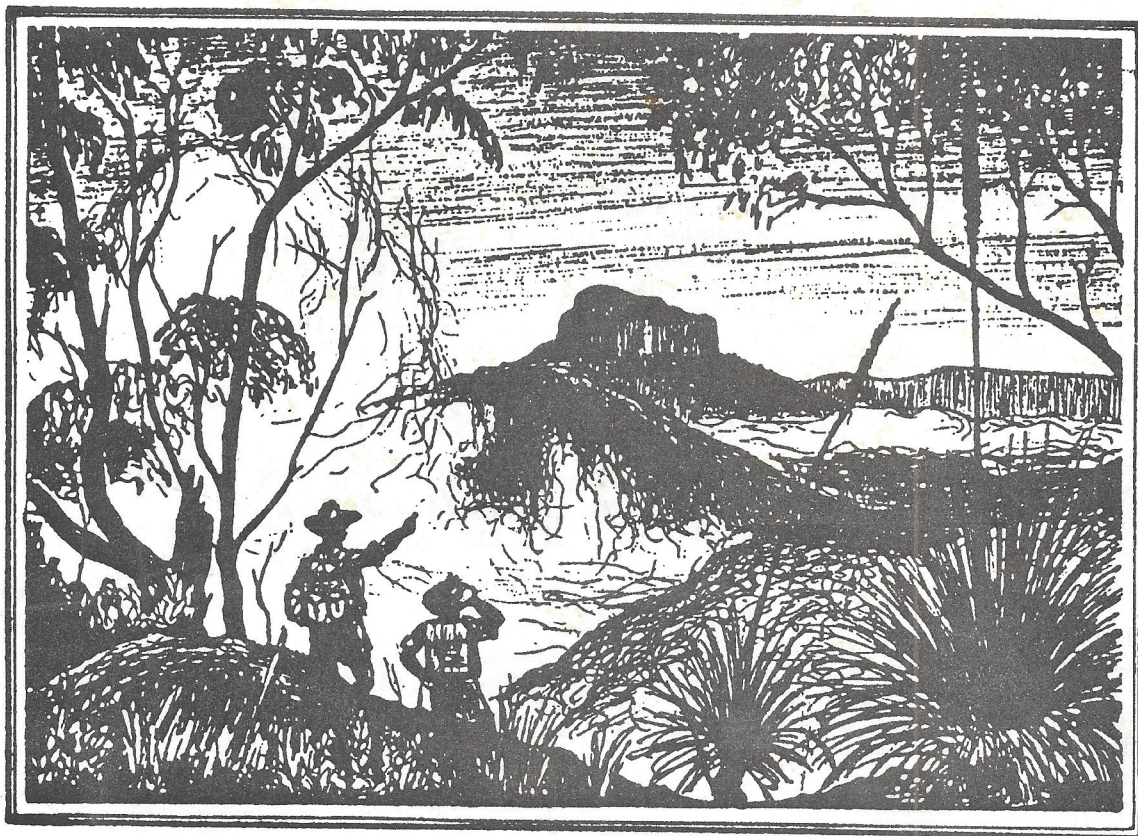




JILALAN

MONTHLY CIRCULAR OF THE BRISBANE
CATHOLIC BUSHWALKING CLUB
UNDER THE GUIDANCE OF OUR LADY OF THE WAY

Registered by Australia Post

Publication No. QBH 2328



JULY 1990

GENERAL COMMITTEE

PRESIDENT	Paul Mc Donald	288 5179 (H)
VICE-PRESIDENT	Monica Mc Carron	846 4150 (H)
GENERAL SECRETARY	Christine Walker	378 0264 (H)
TREASURER	Anthony Dolan	350 2034 (H)
OUTINGS SECRETARY	Phil Murray	208 3687 (H)
SAFETY & TRAINING	Graham Walters	396 3131 (H)
GENERAL COMMITTEE	John Brack	260 5518 (H)
	Bernadette Kent	398 1982 (H)
	Ken Niemeyer	397 5447 (H)
EDITOR	Paul Mc Donald	288 5179 (H)
EQUIPMENT HIRE	Anthony Dolan	350 2034 (H)

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.

MEETINGS

Meetings are held on the third Monday of the month, top floor (3rd) of the Catholic Centre. Enter through the car park, off Charlotte St. Entry is via the backdoor, near the white statue. Doors open at 7.30pm. If the door is locked please ring the bell, wait about 5 mins for one of us to let you in. Visitors are always welcome.

OUTINGS

All walks leave from the Catholic Centre, unless otherwise notified. The club will organise transport, but you must nominate to the trip leader in advance. Walkers are responsible for their own travel to and from the Catholic Center. Due to transport considerations, numbers may be limited - then it is a case of "First in, first served".

EQUIPMENT

All persons are to bring on all walks:-
A first aid kit,
A torch,
A parka / raincoat
And at least 2 litres of water.

GENERAL INFORMATION

Phone the President, General Secretary, or any Committee member for general information.

EMERGENCY OFFICER

If, within the hour prior to an outing's departure, you can't make it, or are running late - phone the number shown for the Emergency Officer. If a trip is delayed getting home, your family etc. may ring this number after 9pm.

EQUIPMENT HIRE

The club has some packs and tents for hire to visitors and newer members. The cost of hire is \$10 per weekend, with a \$20 deposit. A late fee of \$10 per week is also charged. Borrowers are responsible for collecting and returning equipment, as well as making good any damage. Contact the Equipment Hire Officer for details.

MT ALEXANDER - DAY WALK
JULY 22nd - Sunday

TIME - 7.30 am
CONTACT - Ken Niemeyer - 397 5447 (H)
PLACE - Charlotte St, behind the Cathedral.
EMERGENCY OFFICER - Phil Murray - 208 3687 (H)
COST - \$11.00

Mt Alexander is a lone peak some 612m high, situated near the Kerry Road, south of Beaudesert. This is an easy off-track walk, the only steep part being the final ascent to the peak, taking about half an hour.

The remainder of the walk is a gentle, uphill ridge walk, starting in semi-cleared pastoral country, an leading into open eucalypt forest. Walkers will be treated to uninterrupted views for the duration of the climb.

One side of the ridge overlooks the Albert River Valley, and the other offers views to Lamington National Park. Wild-life abounds, with wallabies and a wide variety of bird-life evident on the pre-outing.

There will be plenty of time to complete this walk, and ample time for a leisurely lunch or siesta on the mountain top.

Ken

CLUB HUT - BASE CAMP
JULY 27th (Fri) to 29th (Sun)

TIME - 7.30pm
CONTACT - Paul Mc Donald - 288 5179 (H)
PLACE - Indooroopilly Railway Station
EMERGENCY OFFICER - Phil Murray - 208 3687 (H)
COST - \$11.00

On the Friday night we will leave Brisbane, and walk into the Club hut. Saturday will be an easy day consisting mostly of training on map reading and navigation.

After a pleasant evening around the fire, Sunday morning we will put our newly acquired skills to good use by doing a walk to Isolated Peak (Led By Graham Walters), while an easier walk will follow Barney Creek past the Lower Portals to Barney Falls (led by Paul Mc Donald).

This is a chance to see the club hut if you are a new member, and, if not so new, a chance to gain some use out of your home away from home.

Nominations to Graham or Paul at the July meeting.

Graham

RICHMOND GAP to MT LINDSAY - THROUGH WALK
AUGUST 3rd (Fri) to 5th (Sun)

TIME - 7.30pm
CONTACT - Pat Lawton - 366 1956 (H)
PLACE - Charlotte St, behind the Cathedral.
EMERGENCY OFFICER - Phil Murray - 208 3687 (H)
COST - \$25.00

On Friday we will travel via Beaudesert to Border Loop on the Lions Road to Kyogle. The walk will start at the Tick Gate and will follow the Border Fence west. The interstate rail line passes through a tunnel near the Loop and we will cross over this tunnel. With a bit of luck we might even see a train! The walk is up and down (with some big ups!!) passing through open forest and rain forest. Good views along the way.

Long Creek Falls will be passed on Saturday morning and if time permits we may drop down for a closer view of the Falls. Hopefully our lunch spot will be at a clearing, from which one obtains one of the best views of South East Qld. (Could be a late lunch!) Camp will be either along the fence or at the old Rabbit Board Hut near Mt. Tanna.

On Sunday we will continue along the fence. As we near Mt. Lindesay we will head across country to another Rabbit Board hut at the base of Mt. Lindesay, where we will have lunch. From there it is an hour's walk back to the Mt. Lindesay Highway where our bus will pick us up for our return back to Brisbane.

The walk is relatively long, however it is moderate with excellent views. Water will need to be carried, however there is a possibility that it can be obtained at several points along the way.

Pat

WINERIES TRIP - SOCIAL
AUGUST 11th (Sat) to 12th (Sun)

TIME - 7.30 am SHARP
CONTACT - Cathy Egan - 868 1038 (H)
PLACE - Indooroopilly Railway Station
COST - \$50.00 (Transport & Accommodation Only)

Yes, it's on again, except this time the bus will not run out of fuel. For those who missed last year's event, just ask anyone who was there.

Unfortunately the house rented last year is no longer available, but a motel has been arranged, on a share basis (4 per room). Numbers will be limited, and allocated on a first come first served basis. A deposit of \$10.00 will secure your spot.

Note that we will be leaving at 7.30AM SHARP, so please be on time, or you may be left behind.

This is a good opportunity to visit the wineries to taste the various products, without worrying about driving. Nominate to Cathy at the meeting.

Paul

BARNEY MASS - OVER NIGHTER
AUGUST 14th (Tues) to 15th (Wed)

TIME - 7.30pm Tues Night
CONTACT - Monica Mc Carron - 846 4151 (H)
PLACE - Charlotte St, behind the Cathedral.
EMERGENCY OFFICER - Sue Murray - 208 3687 (H)
COST - \$11.00

Yes, it's on again on Exhibition Wednesday. Every year the club celebrates Mass on Mt Barney (in the 'saddle' actually). If you've never been before, why not come and see a unique event, if you've been before, you know of the marvel of Mass amidst the magnificence of God's Creation. This year there will be three routes:-

North Ridge led by Phil Murray
South-East Ridge led by Anthony Dolan
Peasants Ridge led by Monica Mc Carron.

We will drive to Yellow Pinch and camp the night, with an early rise. Those who want to make their own way down on Wednesday morning are more than welcome to join us.

Paul

CONONDALES - FMR
AUGUST 17th (Fri) to 19th (Sun)

TIME - 7.30 am
CONTACT - Christine Walker - 378 0264 (H)
PLACE - Charlotte St, behind the Cathedral.
EMERGENCY OFFICER - Phil Murray - 208 3687 (H)
COST - \$12.00

Unfortunately, at time of writing, no further details were available on this trip. See Christine at the meeting, or phone her for further information.

PREVIEW
CHRISTMAS PARTY 7 DECEMBER

CONTACT - Graham Walters - 369 3131 (H)
PLACE - Australian Woolshed
COST - \$25.00

For this years Christmas Party, it's the Australian Woolshed. Due to the need for advance bookings, please nominate to Graham ASAP. The \$25 must be PAID by the September meeting

IMPORTANT
LATE CHANGE TO CALENDAR
Minto Crags Cancelled

MINTO CRAGS (Day walk led by Pat Lawton) which was scheduled for 26th August has had to be cancelled, due to refusal of land owners to give permission for access. It has been replaced by a day walk to Mt Walker to be led by Russell Code.

PAST WALKCOOLOOLA BASE CAMP

After weeks of heavy rain, the weekend was forecast to be fine and dry. Sure enough Saturday morning arrived sunny and hot. People started arriving even before seven. Can't they sleep? Eventually everyone arrived, and the meeting place for morning tea was Eumundi.

Normally a small sleepy town, however, on arrival, every man, woman, and child for a hundred square kilometres must have been there for the markets. Finding a car park proved tricky, however, all soon assembled outside the cafe come souvenir shop. After a quick browse and munch, it was off to Elanda Point for the start of a through walk in base camp or was that through camp base walk? Ten intrepid (foolish) souls set off on a 16km walk through rainforest and dare I say it, 'swamp'!!!! Well I warned everyone.

Meanwhile Yvonne and I drove to Harry's Hut with the through packs and the canoe. After unloading said items and inflating a two man boat kindly loaned by Beryl, the ferrying of the packs took about four trips.

About 3.45 pm a "hey Bob" was heard and ten mud covered bodies appeared. Bathing suddenly became fashionable, various forms taking place. Some preferred the total immersion method, while others were happy just to wash their legs.

Crossing presented no problems, all persons and gear were soon across. All that remained was to walk up to campsite one, which took about 30 minutes. Campsites were chosen and tents erected in record time. Then our thoughts turned to the big question - a swim before or after tea. Stoves began to appear with various concoctions bubbling within their pots.

After dinner it was time to turn our minds to spiritual food as Father Ed said Mass for all. After Mass it was time for marshmallow toasting by the fire. Stories about nuns were produced and various members of the troop read them aloud.

Then someone suggested a sing-along. Various tunes were tried before Cathy presented an Ann Murray version of "You've got what it takes". Neil Diamond also put in a guest appearance with "What a Beautiful Noise". Well almost.

This was the signal for most people to retire, slowly more and more people drifted off to their tents, except for a couple of night owls, that took the canoe for a moonlight paddle.

Next morning was fairly crisp and some members had to be coaxed from their nice warm sleeping bags, myself included. During the night an eel had committed suicide on Barry's hand line. The afore mentioned was prepared and eaten by most of the team. There were more conventional breakfasts being prepared as well.

Soon our thoughts and actions turned towards the days activity, 'The Sand Patch'. Having not been there before, I had visions of an ocean of sand without a tree in sight. Packs in order, it was off to the campsite three, where we took a short break, to regroup, and chat with some teachers that were leading school groups down the Noosa River.

The troops were getting restless so it was back on the trail. We followed the four wheel drive track for about half a kilometre, then turned right onto the walking trail to the 'Sand Patch'.

The track winds its way, for about 8km, up a long sandy ridge till the large naturally formed sand blow appears. Like a scene from 'Beau Geste' people began making their way down the large dunes heading for water. After a half hour slog through the loose sand, the shade of pandanus forest was most welcome. A further twenty minutes and the ocean was sighted.

The hardest part was crossing the beach to enter the water. Four wheel vehicles being driven with varying amounts of skill and speed made this a nerve racking experience.

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COOLOOLA BASE CAMP (Cont)

Lunch was taken back under some shade. After an hour or so it was back to the 'Sand Patch' which was now quite warm as well as uphill. After a short rest it was back to campsite three, where most of our number enjoyed a refreshing dip to wash off the salt water and the days toil.

All that remained next was to wander back to camp at a leisurely pace and ready the evening meal and cups of billy tea.

The canoe became popular after dinner, the full moon making a truly magical experience. Just silently gliding down the Noosa River - what a great way to end day 2.

Day 3 began much like the other two, perfect. Bodies in various stages on consciousness began appearing. A few braved the water for a quick invigorating dip. Breakfast followed, then the realisation this was almost the end of another special weekend. Good weather, good company and a very beautiful spot.

Thanks to all who shared this experience, Ray, Beryl, Barry, Yvonne, Christine, Cathy, Graham, Father Nally, John and Denis.

PS. Special thanks for John and Denis for driving and Father Nally for Mass.

Brett Martin

PAST DAYWALKCASTLE CRAG

On the pre-outing, we had a beautiful hot summer's day. Alas the weather on the day wasn't as kind. The weather the day before had been cold, bleak, and overcast, and started to rain at 5pm, and didn't stop all night. At least I had a roof over my head, unlike the people who went up to O'Reilly's for dinner.

As I was getting ready, I had a succession of phone calls to say "sorry, I'd rather not walk in the rain". Unfortunately, as leader, that option wasn't open to me, and besides, we had booked a bus and we couldn't cancel yet another bus; and there were 25 eager walkers up at O'Reilly's waiting for us to join them.

In town, I was pleasantly surprised to find 6 eager members determined to go bushwalking, despite wind and rain and sleet.

On the drive up we were passed by several members returning to Brisbane. Names will be withheld to protect the WIMPS (or were they the sensible ones??). It was nice to stop and see familiar friendly faces and have a chat, but our destination beckoned.

Up at O'Reilly's only 6 of the overnighers were left, and only Paul Mc Donald was keen for a walk, but the rest of his carload were keen to get back to Brisbane. Well, it WAS advertised as a social, I suppose.

Anyway, a quick cup of tea at the O'Reilly's kiosk, from where we could see our destination in the valley below, and it was time to hit the road. Ray Williams and Carmel Harvey were in their new boots, but Liz Little left hers at home because she didn't want them ruined before she went overseas.

Down the graded track to Moran's Falls, which looked splendid with a good volume of water going over. It was then up the hill and on up to Balancing Rock. The weather had improved somewhat, the rain was just a drizzle, but the wind was still blustery.

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CASTLE CRAG (Cont)

Things were a bit cool and people's hands were getting cold and then we had a contest to see who had the coldest hands. Liz and Carmel's hands were very cold, but Anthony's were simply freezing, while Ray's hands were warm as toast. (Yes, bushwalkers ARE a friendly bunch!!!!)

The track was a bit treacherous, so we cautiously made our way out along the ridge top to Castle Crag. It was a wonderful spot, with views for miles around being so high above the valley below.

We retraced our steps back to Balancing Rock and took cover under the overhang for lunch. Remarkably, we all managed to fit. We again played 'Who has the coldest hands?' This time it was Carmel hands down.

We decided to leave Moonlight Crag and Lyrebird Lookout for another day and headed back to O'Reilly's for a cup of tea, and an early return to Brisbane.

Special thanks to Anthony Dolan for driving and thanks to those who came:- Ray Willians, Liz Little, Carmel Harvey, Phil Crupi, and Annette Rimes.

Phil Murray

PAST FMRMT ELPHINSTONE

Sun 17th June

Foggy, cool morning, 8.30am, twenty-five people met at the Rafting Picnic Grounds, regrouped into cars and onto our destination, a few kilometres down Pullenvale Road. Parked in the farm paddocks, some people patted the donkeys, then we all put packs on for the short climb up through the farm; passing horses, a Clydesdale, geese and a huge porker pig.

On reaching the summit, with a smoggy view of the city, our FMR leader for the day RAY HAMBRO, with much time and patience, put the beginners through the paces starting with various knots, ropes, tapes and harnesses before commencing our abseiling down firstly the beginners drop. Two others drops with varying difficulty were also arranged for the more advanced.

Some people had no worries, including 1 crane man whose speed left the figure 8 burning hot, however others found today was not the day, perhaps another day. Certainly an enjoyable day and the weather was perfect until everyone left at 3pm for home before the rain poured down.

Many thanks, Cathy Egan, Bernadette Kent, John Brack, Dennis O'Connor, Carmel Harvey, Wayne Talbot, Andy Pitkin, Barry Green, Phil & Alf Crupi, Leonie Zaccari, Cathy Ed, Lisa & Michael Thistlewaite, Graham Walters, Falina Dilucchio, Kerry Mulligan, Mark Tyqum, John & Catherine Porter, and my three daughters Sharon, Tanya and Amanda Walker.

Christine Walker

PAST THROUGH WALKMAIN RANGE

8th to 11th June

At Indooroopilly Railway Station we managed to put six through walkers, their packs, one toddler, and a mother into one Tarago. We left the toddler at his grandparents in Ipswich, and arrived at Cunningham's Gap around ten, where we had the benefit of a full moon.

Waking up at 5am we commenced walking on Saturday at 6am. On top of Mt Mitchell we had breakfast. After breakfast we descended and were nearly blown off by gale force winds. After bypassing cliffs, we reached Governor's Chair at 11.30am, after visiting an old Timber Jinker on the way.

An early lunch was called, and history repeated itself when Ed decided he did not feel sufficiently well to continue. After farewelling Ed, the remaining walkers engaged low gear, and commenced the climb to the top of Spicers Peak.

On top of Spicers Peak, the weather was decidedly cool, and therefore afternoon tea was brief. While eating our biscuits, we met two walkers who intend setting up a business guiding people in National Parks. They joined us in the descent of Spicers Peak.

On the way down, most of the cliffs were dripping water, which allowed Ray to provide each of us with a cup of mountain water. When the descent was complete, time was running out, and we put in an effort to make the top of Doubletop by sunset. With the benefit of hindsight, one would not choose Doubletop as a desirable campsite.

The sun went down after 5.30pm and found us struggling up Doubletop, in particular its cliffs, in the dark. After a mix-up, we all managed to be on top by 6.30pm and eventually found sufficient flat ground for a campsite.

After a cold night, we were woken at 5.00am on Sunday, and walking at 6.40am. We traversed the hilltops to arrive at the base of Mt Huntley and enjoyed a water stop. The climb to the cliff line was not too difficult. We contoured to the west, where a crack in the cliff line allowed us to climb. The rope was needed to pull the packs up.

Just south of Mt Huntley, four of us descended to Fern Tree Gully to fill water bottles. On our return, Christine had a billy of boiling water for us. While enjoying our tea, we met six walkers from BBW doing a south-north trip. After this enjoyable break, we pressed on to Panorama Point for lunch.

Lunch finished at 3pm, and we descended to Lower Panorama Point and commenced the climb to Davies Ridge. Just below Davies Ridge, we found an excellent campsite which was level, and protected us from the wind. This was 5.00pm, which allowed us to put up tents in relative daylight.

The campsite lived up to expectations by allowing us all to have a good sleep. We were walking at 6.30am, on Monday, heading towards Mt Steamer. Mike kept us on track when we made the occasional unplanned detour. On top of Mt Steamer, we met 20+ scouts, where one small scout confessed to us that their leaders were lost.

On Mt Steamer one of the principal goals of this trip, Lizard's Point, was finally coming up close, so onwards. At 10.30am, we all arrived at Lizard Point where we enjoyed a long morning tea. Had we camped the night there, it would have been crowded, in cloud until 9.00am, and damp.

From Lizard Point, we went over Mt Roberts and a very quick ascent to Mt Superbus. After suitable entries in the Log Book, we descended down Teviot Gap to be met by many four-wheel drives, and our transport home driven by Jan, with navigator Ed.

We drove down to the valley floor and met Michele and her God-daughter, Kate. After coffee and cake, we headed home.

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MAIN RANGE (Cont)

For those interested, our average age on the trip was 37 years; much older than any other group on the Main Range. We were the only ones to walk from Cunningham's Gap to Teviot Gap. The rest walked a shorter distance. Although not fast walkers, the members of the party applied themselves by starting very early, and steady walking.

The success of the trip would not have been possible if the wives of trip members had not supplied transport. The trip members were Christine Walker, Ray Williams, Greg Endicott, Mike Wood, Ed Thistlewaite, and Russ Nelson.

Drivers were Cathy Wood, Michele Endicott, and Jan Nelson. The toddlers and God-daughter were Nicholas Wood and Kate Nelson.

In summary, an enjoyable trip, which achieved its objectives, and was a pleasure to lead. Russ Nelson.

PAST DAYWALK

MT EDWARDS

After a somewhat delayed start (weather perfect), we departed for Moggerra Dam. At the Aratula stop (Restricted to only 30 mins), much (well a little) debate was held as to whether the nearby mountain was, in fact, Edwards (Yes, it was)

Leaving the bus at the picnic ground, it was a leisurely stroll across the dam. My nephew was fascinated by the turtles below, but unfortunately (???) they were not of the Teenage Mutant Ninja variety.

Breaks on the way up were expertly timed by the rows on Carmel's knitting, along with 'selected' passages from Liz's book.

At the top, the views were superb, with several entranced by the various rain storms in the distance. After a while, the cold became too much for some, so it was time for a leisurely stroll back to the bus. On arrival, we wished a happy birthday to John Brack (Just how OLD was that John??).

This is definitely an under-rated walk, for with fine weather, the views are certainly worth the small effort.

Thanks to all who came, with special thanks to Andy for driving.

Paul

EDITORIAL

Deadlines for the August magazine are as follows, with all material to be in the hands of the Editor prior to these dates:-

Monday 23/07 for non-typed material.

Monday 06/08 for TYPED material

Paul

PREVIEW
FEDERATION PILGRIMAGE
7th - 9th September

What is it? The Federation Pilgrimage is a big base camp attended by the Bushwalking Clubs in South-East Queensland. Some of the Clubs that attend are Brisbane Bush Walking Club, "YHA", Binna Burra Bush Walking Club, Gold Coast Bush Walking Club, Toowoomba Bush Walking Club, Ipswich Catholic Bush Walking Club, Caboolture Bush Walking Club, and of course, our own.

This year the Pilgrimage is being organised by Binna Burra Bushwalking Club. They have chosen Maroon Dam as the site for the camp. The usual program is that you drive down on Friday night and then on Saturday do a day walk. On Sunday there are abseiling exercises and a Bushwalkin Olympics.

Make sure that you note your diary now, to ensure that you don't miss this event.

Phil

Safety & Training
Hypothermia

The following articles on Hypothermia & Frostbite are reproduced from the July 1979 issue of IT & were prepared by Dawn Martin

HYPOTHERMIA

The presence of any of a combination of the following indicate that hypothermia is developing:

1. Complaint of cold, tiredness or cramp only at early stages
2. Fits of violent uncontrollable shivering
3. Odd or uncharacteristic actions or speech
 - sudden display of temper or aggression in normally quiet person
 - careless actions in a normally careful person
 - irrational actions
 - slowed reactions and loss of perception
 - frequent stumbling and lurching "drunk" gait
 - slurred speech, difficulty in pronouncing long words
3. Numbness, loss of sense of touch and pain in extremities
 - immobile, fumbling hands
 - inability to perform fine or co-ordinated movements
 - poor sense of touch
 - lips and hands swollen
4. Apparent exhaustion
 - inability to get up after a rest
 - lack of drive - content to sit
 - drowsiness
5. Increasing confusion/lethargy
 - memory lapses
 - incoherence
 - loss of contact with environment and reality

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Hypothermia (Cont)TREATMENT**BELIEVE THE SYMPTOMS NOT THE VICTIM**

Stop. Do not attempt to reach shelter/destination as exertion exacerbates the condition. If shelter is very close, wrap victim and carry horizontally with head slightly downward.

Prevent further heat loss.

- insulate from ground
- remove victim's wet clothing and replace with dry
- erect tent/fly/makeshift shelter over patient

Warm the patient.

(A) Where a sleeping bag is available

- prewarm sleeping bag (victim is incapable of generating heat and will freeze to death in any number of clothes/sleeping bags unless external heat source supplied)
- strip patient and place in sleeping bag with at least one fit naked person (skin-to-skin contact transfers heat readily)
- place the casualty's hands under fit person's armpits and feet between thighs to accelerate warming
- remember to swop warming persons as contact with victim will chill them and can precipitate further cases of hypothermia

(B) Where a sleeping bag is not available/practicable

- dress victim in all available dry clothing
- ensure that head, hands and feet are covered and all buttons, zip and drawstrings are done up to reduce air loss
- get victim to curl up and others to huddle closely to reduce heat loss from group and to transfer heat to the casualty

(C) In both cases give victim warm, sweet drinks and quickly digestible, high energy foods in small doses.

Keep an eye on the remainder of the party, especially persons who are:

- injured (a person in shock is highly susceptible to hypothermia)
- the weakest or strongest member (the strongest member may have lowest blood sugar)

Maintain contact with the victim - KEEP HIM AWAKE - to sleep is to die as temperature is lowered further

- reassess regularly victim's condition: in particular monitor heart and respiration. Be prepared to apply emergency resuscitation and external heart compression
- if patient loses consciousness, place in coma position, maintain body heat-transferring contact and keep regular watch on condition.

Allow patient plenty of time to recover as temperature increases by only 2°C per hour under good conditions

- do not move until fully recovered and patient has consumed high energy foods and warm drinks

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Hypothermia (Cont)SOME DON'TS

Do not give alcohol. Alcohol causes a sudden rush of cold blood from the outer shell to the inner core which can be fatal. Also dilates the skin capillaries increasing heat loss through skin.

Do not massage or chafe the skin as this also stimulates a potentially fatal rush of cold blood to the heart. Can also damage underlying tissue.

Do not rub snow into skin. Practice of this old wives' tale will damage tissue.

Do not give hot drinks as this stimulates the blood circulation in a potentially fatal manner - encourage casualty to drink warm, sweet fluid.

Do not attempt to restore heat by warming patient by the fire or by the use of hot water bottles or by immersion in hot water as these cause a flow of cold blood from the shell into the core - use body-to-body contact to warm casualty gradually.

Do not make the victim walk. His condition can easily and rapidly deteriorate to death.

Do not underestimate the seriousness of hypothermia. A person can slip into hypothermia in minutes and die in less than 2 hours since the first signs. Remember to look after the rest of the party and yourself.

Stages of Hypothermia summarised

Stage 1 Controllable shivering
Feel uncomfortably cold
Concentration difficult
Movements awkward
Skin temperature 33°C

Stage 2 Uncontrollable, violent shivering
Movement uncoordinated
Disregard for situation
Fatigue
Skin temperature 30°C - core temperature 35.5°C

Stage 3 Violent shivering
Irrational out-of-character behaviour
Loss of control of movements
Confusion
Amnesia begins to appear
Slurred speaking
Sluggish thinking
Below 35.5°C core temperature

Stage 4 Shivering ceases
Rate of cooling increases
Loss of contact with environment
Amnesia, incoherence, disorientation, hallucinations, irrationality
Muscular rigidity
Pulse and respiration slowed
Consciousness impaired
Below 34°C core temperature - skin temperature 29°C

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Hypothermia (Cont)

Stage 5 Unconsciousness

- Cessation of reflexes
- Decreased heart and respiration rates
- Blue skin, dilated pupils
- Death at core temperatures below 30°C

Safety & Training Frostbite

FROSTBITE

Frostbite occurs when the skin temperature is lowered below 10°C, the blood circulation has almost completely ceases and the water in the cells between the skin and blood capillaries freezes. There are two stages of frostbite which must be treated differently.

Superficial frostbite.

Skin is a pale greyish-white, looks waxy, and feels hard, cold and numb. The area does not become red when pressure is applied and appears frozen although deeper tissues are soft and resilient. Pain may be felt in the early stages although the condition is painless in the later stages.

Treatment consists of warming and protecting the affected parts. Do not chafe as this greatly increases the risk of tissue death (gangrene). Place affected parts in warm part of body (under armpits, between thighs or immerse in water slightly warmer than body temperature (not excessive heat). Cover with dry, insulating windproof material. Give warm drinks and sweet foods. Exercise fingers and toes. Lightly cover blisters - do not disturb blisters as this increases the risk of infection.

Deep frostbite.

This is a serious injury as both the surface and underlying tissue are frozen. All pain and feeling are absent. The area is white and feels hard to touch.

Do not attempt to thaw the part out unless under medical supervision as the thawing must be slow and controlled to minimise damage to cells. Delays of up to 24 hours make relatively little difference to the outcome: more damage is caused by incorrect thawing or by allowing partially thawed tissue to refreeze. Keep the casualty dry and cool (not hot). Protect the damaged area from further trauma and maintain sterile conditions. Do not forcibly remove frozen mittens or boots.

M.B.S.

(More Beaut Scandal)

Congratulations to Brett and Yvonne on their recent engagement.

Just what were all those bodies doing in the one tent on a recent throughwalk??

Now we all know why Mike and Cathy bought the 8 seater, another addition(s?) to the family on the way. Congratulations.

THINKING CATHOLIC

... one makes a covenant or acts on the basis of the already existing covenant. If everything that comes under the term of covenant were dissolved, existence would fall to pieces because no soul can live an isolated life.

It not only means that it cannot get along without the assistance of others; it is in direct conflict with its essence to be something apart. It can only exist as a link of a whole, and it cannot work and act without working in connection with other souls and through them.

Therefore the annihilation of the covenant would not only be the ruin of society, but the dissolution of each individual soul.

The covenant of the land is conditional upon a certain relation to God. The land must be kept holy. It is not to be defiled or polluted by the breaking of the divine commandments which spell out the covenant between God and Israel.

As the promise of the land is a part of the fulfillment of the covenant with God, so the threat of expulsion from the land can be the judgmental side of a warning not to break the commandments. For there is an intimate relationship between the nature of the land and the people who dwell in it, a relation made possible because the land it self is alive.

We know that the Israelites did not acknowledge the distinction between the psychic and the material world. Earth and stones are alive! The relation between the land and its owner is not that of a dead mass to a living mass -- an impossible thought! It is a covenant-relation, a community, and the owner does not solely prevail in the relation. The land has its own nature which demands respect.

Freudenberger

DATE	EVENT	LEADER/CONTACT	PHONE	TYPE
JUNE				
24	Beau Brummel	Geoff Egert	848 4918	D/W
29/01	Acacia Plateau	Anthony Dolan	350 2034	T/W
JULY				
01	Karawatha Orienteering	Phil Murray	208 3687	S&T
07	Colonial Ball	Greg Endicott	351 4092	SOC
08	Ngun Ngun - Training Day	Graham Walters	396 3131	FMR
14/15	Mt Barney (Savages Ridge)	Mike Wood	398 8228	O/N
16	Monthly Meeting	Paul Mc Donald	288 5179	MTN
22	Mt Alexander	Ken Niemeyer	397 5447	D/W
27/29	Club Hut (Mt Barney)	Paul Mc Donald	288 5179	B/C
AUGUST				
03/05	Richmond Gap to Mt Lindesay	Pat Lawton	366 1956	T/W
10/12	Wineries Trip	Cathy Egan	868 1038	SOC
14/15	Barney Mass (North Ridge)	Phil Murray	208 3687	O/N
	(South-East)	Anthony Dolan	350 2034	O/N
	(Peasants)	Monica Mc Carron	846 4151	O/N
17/19	Conondales - FMR Weekend	Christine Walker	378 0264	FMR
20	Monthly Meeting	Paul Mc Donald	288 5179	MTN
26	Mt Walker	Russell Code	245 4803	D/W
31/02	Numinbah Gap - Coolangatta	Christine Walker	378 0264	T/W
SEPTEMBER				
01	Toohey's Forest - Native Flowers	Phil Murray	208 3687	Half D/W
07/09	Federation Pilgrimage	Greg Endicott	351 4092	B/C SOC
15/16	Club Hut to Midgets Peak	Barry Ellerington	205 6507	O/N
17	Monthly Meeting	Paul Mc Donald	288 5179	MTN
23	Dave's Creek (Binna Burra)	Paul Mc Donald	288 5179	D/W
28/30	Double Island Point	Brett Martin	201 8742	T/W
OCTOBER				
07	Blackwall FMR Training Day	Greg Endicott	351 4092	FMR
13	Progressive Dinner	Greg Endicott	351 4092	SOC
14	Toohey Forest Orienteering	Phil Murray	208 3687	S&T
15	Monthly Meeting	Paul Mc Donald	288 5179	MTN
21	Mt Zahel	Paul Russell	369 9120	D/W
23	Kangaroo Pt (Night Abseiling)	Ken Mc Carron	846 4150	FMR
27/28	Coomera Crevice	Phil Murray	208 3687	O/N
NOVEMBER				
02/04	O'Reilly's - Pt Lookout	Paul Mc Donald	288 5179	T/W
11	Mt Greville	Bernadette Kent	398 1982	D/W
18	Yalburru Games	Monica Mc Carron	846 4150	SOC
19	Monthly Meeting	Paul Mc Donald	288 5179	MTN
25	Blue Pool	Barry Ellerington	205 6507	D/W
DECEMBER				
01/02	Nightcap National Park	Christine Walker	378 0264	B/C
07	Christmas Party	Graham Walters	396 3131	SOC
15/16	Club Hut - T-Junction (Barney Crk)	Anthony Dolan	350 2034	T/W
17	Monthly Meeting	Paul Mc Donald	288 5179	MTN
21	Pizza Hut	Greg Endicott	351 4092	SOC
22/23	Running Creek Falls	Graham Walters	396 3131	O/N
26	Boxing Day - Kondalilla Falls	Paul Mc Donald	288 5179	D/W

D/W - Day Walk O/N - Over Nighter B/C - Base Camp T/W - Through Walk
 MTN - Meeting SOC - Social S&T - Safety & Training
 FMR - Federated Mountain Rescue