

JILALAN



GIRRAWEE BASECAMP 25/27TH JUNE

MONTHLY MAGAZINE OF THE

BRISBANE CATHOLIC

BUSHWALKING CLUB INC

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UNDER THE GUIDANCE OF OUR LADY OF THE WAY

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JUNE 2010

May 21	Kate Quinlan Society – The Tank	Russ	3374 3534	Soc	
22	Tour of Parliament House	Antonia	3857 1387	Soc	
22	Annual Mass and Dinner	Liz	3356 4874	Soc	
23	Cubberla Ck to Enoggera Ck	Trevor	3269 4795	DW	M43
25	East's Leagues Club for Dinner	Antonia	3857 1387	Soc	
27	BWQ Meeting	Desley	3369 5530	Meet	
29	Boondall Wetlands	Cheryl	3263 8393	SW	
29	Active Outdoors Expo	QORF			
30	Minnages	Pat	3366 1956	DW	M55
Jun 4/6	Emu Creek Circuit	Michael	3351 3810	TW	L56
5	Caloundra Beaches	Graham	3371 9623	DW	M23
13	Knapps Peak	Michael	3351 3810	SW	S44
18	Friday After Work @ the Irish Club	Phil	5522 9702		
19	FMR – Mezzanine Ridge	Barbara M	0422 804 768	DW	L77
20	Rochedale to Burbank	Phil	5522 9702	DW	M33
20	World Refugee Day Rally		3336 9173		
21	BCBC Meeting	Desley	3369 5530	Meet	
22	BWQ Meeting	Desley	3369 5530	Meet	
25/27	Girraween NP	Joe	3848 4642	BC	L45
28	Shroud of Turin Talk		3878 6655	Lecture	
Jul 3	Mt Alexander	Paul	0412 339311	DW	S44
4	Hale St Bridge Market Day	Greg	3351 4092	Soc	
7/10	Pray 2010	http://www.pray2010.org.au/pray.php/about			
9/11	Barney Basecamp/Savages	Justin	3366 3193	BC	L78/M44
10	Bullocky Rest	Cheryl	3263 8393	SW	
11	The Medieval Tournament	Antonia	3857 1387	Soc	S12
11	Hornibrook Bridge Opening	Greg	3351 4092	Soc	
16	Week's Windown @ Theodore's	Phil	5522 9702	Soc	
17	Shepherd's Walk	Terry	3355 9765	DW	S34
18	Yum Cha	Antonia	3857 1387	Soc	
19	BCBC Meeting	Desley	3369 5530	Meet	
20	FMR Meeting	Desley	3369 5530	Meet	
24	Toohy Forest Wildflowers	Phil	5522 9702	DW	
24	Colonial Ball	Matthew	3407 4179		
25	Collins Gap to Nothofagas	Matthew	3407 4179	DW	
31/1	Junction View to Glen Rock	Michael	3351 3810	TW	L55
31/1	Glen Rock Recreation Park	Needed		BC	
31	Mt Michael	Needed		DW	
Aug 1	Quinzeh Rocks Wildflowers	Phil	5522 9702	DW	
7/8	Traverse of Mt Warning	Phil B	4638 593	FMR	
7	Noosa Trails	Terry	3355 9765	DW	
10	North Ridge	Justin	3366 3193	DW	L77
11	Barney Mass	Greg	3351 4092	Soc	
12/15	The Drumley Walk	Desley	3369 5530	TW	
14	Mt Tamborine	Desley	3369 5530	DW	
20/22	Pilgrimage	Justin	3366 3193	BC	
27/29	The Marathon	Phil	5522 9702	TW	
28	Mt Tibrogargan	Richard	3353 2822	DW	
28	Tibrogargan & Trachyte Circuits	Needed		DW	
29	Bridge to Brisbane	Greg	3351 4092	Soc	
Sep 4	Bramble Bay to Cabbage Tree Ck	Maxine	3490 4001	DW	
5	Mt Mathieson	Greg	3351 4092	DW	S33
11	Shipstern	Peggy		DW	
18/19	Border Fence near Stanthorpe	Pat	3366 1956	TW	
19	Coolangatta to Burleigh	Phil	5522 9702	DW	
25	Bicentennial Tracks & White Patch	Graham	3371 9623	SW	
24/26	Lost World	Needed		BC	

The Calendar is subject to change without notice

WARNING: All persons, adult or child, member or visitor, undertakes 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.

KEY – Walk Types

D/W	Day Walk	½ D/W	Half Day Walk
O/N	Over Nighter	B/C	Base Camp
T/W	Through Walk	C/W	City Walk
TRN	Training	S&T	Safety & Training
FMR	Federation Mountain Rescue	SOC/SW	Social/Social Walk

KEY – Walk Gradings

Distance	Terrain	Fitness/Endurance
Short Under 10km per day	1 - Smooth reasonably flat path	1 - Basic - Suitable for beginners. Up to 4 hours walking. Flat
	2 - Graded path/track with minor obstacles	2 - Basic - Suitable for beginners. Up to 4 hours walking. Minor Hills
Medium 10-15km per day	3 - Graded track with obstacles such as rock, roots, fallen debris or creek crossings	3 - Easy - Suitable for beginners. Up to 5 hours walking. Undulating terrain
	4 - Rough unformed track or open terrain with obstacles such as rock, roots, fallen debris or creek crossings	4 - Easy - Suitable for beginners. Up to 5 hours walking. Up to 300m gain/loss per day
Long 15-20 km per day	5 - Rough or rocky terrain with small climbs using hands or rock hopping	5 - Moderate - Up to 6 hours walking. Up to 450m gain/loss per day. Agility required
	6 - Steep, rough or rocky terrain with large climbs using hands or rock hopping	6 - Moderate - Up to 6 hours walking. Up to 600m gain/loss per day. Agility required
Extra Long Over 20 km per day	7 - Climb/descend steep rock using hands or footholds. May be some exposure. Good upper body strength	7 - High - Up to 8 hours walking. Up to 750m gain/loss per day. High fitness. Endurance and agility required
	8 - Climb/descend near vertical rock with exposure. Climbing skills may be required	8 - High - Up to 8 hours walking. Up to 1000m gain/loss per day. High fitness. Endurance and agility required
	9 - Sustained climbing or descending of vertical or near vertical rock with exposure. Advanced climbing skills required. Good upper body strength	9 - Challenging - Up to 12 hours walking. Over 1000m gain/loss per day. Very high fitness. Endurance and agility required

Example: M48 is a medium walk 10 to 15kms long, over unformed rough ground with obstacles, in which the trip is hard or strenuous for fit walkers requiring agility and endurance.

PRAYER OF THE MONTH

Let us live in such a way
That when we die
Our love will survive
And continue to grow.
Amen (Leunig 1990)

PRESIDENT'S REPORT

We are getting close to August 11th, Exhibition Wednesday – our 50th Barney Mass.

This “walk” is the essence of our Club – talking with our Lord in the bush that we all love so much, surrounded by our friends in the Club. This is what “catholic bushwalking club” means.

The Annual Mass and Dinner is just not the same; without the open atmosphere, the mountains

surrounding us, the glorious scenery, the smell of the bush, the fresh air on our cheeks. Nope, the outside church is far better than the one with the four walls – looking at God’s creation rather than at man’s.

Though the Mass is a Catholic celebration, it is still a prayer to God and as such is open to all.

Do not think it is something you cannot do – we all can this year. The only walking is from the car to the altar. Not really all that far. And most of us have a public holiday.

The Mass and lunch will be at the Larkin’s Mt Barney Lodge on the banks of the not so mighty Logan River, near the foot of the mighty Logan’s Ridge.

The nuts and bolts of the day are:
Leave Red Hill at 8am

Drive to My Barney Lodge and arrive at 10am
Mass said by Archbishop Bathurst commences
at 10.30am
Lunch at 12 noon.
Leave about 2.30pm
Arrive back at Red Hill at 4.30pm to pick up your
car.

We have organised a bus, mainly to take our
older past & older present members. It won't take
much to fill the bus. Thus, most of us will be car
pooling as is normal on an outing. I am expecting
a large number, so will need a lot of members
who are willing to drive their car as transport.
Only the last kilometre or so is dirt road, and
mostly good road at that.

Larkin's is well situated for an outdoors Mass,
with superlative views of Mt Barney's eastern and
southern sides: so close you can almost touch the
rock. If the weather is inclement, we will move
indoors.

Bring all the normal bushwalking things – warm
clothing, be prepared for the wet, hat, sun screen,
water, morning tea, lunch, dessert to share, chair,
mug, spare clothes, camera, sense of history.
The Lodge has boiling and tap water and 50
chairs and mugs – though it is preferable to bring
your own so others less fortunate can use what is
there, and there is less work for the few “workers”
amongst us.

If you have any photos of past Mt Barney Masses
(or of any Mt Barney trip), bring them along for us
all to see – and put them on a CD so Michael can
include them in the Club archives.

This will be the Archbishop's third Barney Mass –
one as a young whipper snapper when he was a
mere priest, and still came back in 2008 to
celebrate one when Archbishop – he has also
said a Mass and Dinner Mass for us; apart from
our chaplains he is the one to say the most
Masses for us.

We want all our members, member's families,
past members, spouses & family of deceased
past members, BCBC friends from over the years,
and members of other clubs there. Spread the
word now to all and sundry to set the date aside,
and make that phone call to nominate.

I hope to see all of you there – 50 years in the life
of any club is a long time, and to keep doing the
same thing for that long is exceptional.

Marian has volunteered to take your names – call
her on Ph: 3855 1363. There will be a \$2
donation to the Club from all attending– the
Lodge does not come for nothing, as well as
transport charge for those using Club transport.

SOCIAL SECRETARY'S REPORT

Tuesday, 25th May saw 13 members (plus my
mother whose presence helped keep numbers
even) for 'Two for Tuesday' at East's Rugby
League Club. About half of us joined the club for
\$2 in order to be eligible for the half price meals
which included main courses and desserts.
Afterwards, all agreed that a return visit was a
distinct possibility.

Present were Greg & Michele & Lucy, James,
Graham, Russ & Jan, Mike & Cathy, Tracey L,
Terry, Jess, and Monica & Antonia.

See Coming Events for our next two socials both
in July – Abbey Medieval Festival and Yum Cha
in The Valley.

TREASURER'S REPORT

Congratulations to James and Peter B who were
the lucky winners of first and second prizes
respectively of our first raffle of the year. I am
already selling tickets in our next raffle which has
three prizes with the first being a 250 gram box of
Cadbury Roses chocolates, the second a 150
gram box of Cadbury Roses chocolates and the
third a one kilogram jar of fruit flavoured hard
boiled lollies. Winter is a great time for eating
chocolate and the tickets are only a dollar each.
By buying a ticket you are supporting your club
and are also in the running to win a prize. I
strongly recommend that you do not delay buying
your first or even second club t- shirt and badge
to avoid missing out. Terry.

ABOUT PEOPLE

It is with sadness that I announce that Marie
Drynan died over the weekend at age 100. Our
hut is on her land, and with her late husband, let
us build. An era in Rathdowney has closed.

Michele F, Mervyn, Jess, Susan L, Ivan and Ted
are celebrating their birthdays in June.

Congratulations to our latest new members: -
Nampech, Suzanne and Jess.

Heather clocked up her second walk as a visitor
by joining Jan on her Sunshine Coast Great Walk.
Franko was a first time walker on Russ's Triple
Falls walk. Other first time walkers were Tom,
Matthew D and Marion H who did Maxine's
Yellow Pinch Circuit, Trevor's Cubberla
Creek and Graham's Caloundra Beaches walks
respectively. Chris R also clocked up his second
walk with us by joining Michael's on his Emu

Creek Circuit. Wendy has done her first two walks with us by being a visitor on Trevor's Cubberla Creek walk and Graham's Caloundra Beaches. Jim H and Barry C were welcome visitors on Cheryl's wet Boondall Wetlands walk. Barry was a member in the early years of the club. Matthew was an interested visitor at our May Meeting. Visitors are always most welcome to join us in any of our activities.

We had Brian P and Barry C return for the Mass & Dinner. Tina V, Keith C and Deborah have all made enquiries about the club over the month. Hope to see you on a walk soon.

Our Brazilians Simone & Sergio are on their way back – they have residency visas and will be back in Nov.

E-MAIL WARNING

The Club appears to be selling cheap Viagra again, at 70% off, according to our own e-mail "In Box". We have received 3 offers in 5 days!!!!!!

When you get an e-mail, be satisfied it is from who they say they are before opening it.

COMING EVENTS

TRIPS still leave from St Brigid's car park at Musgrave Rd, Red Hill.

The "**Leaders Guide**" is on the web at:
<http://www.bcbc.bwq.org.au/LeadersGuideV5-02-06.html>

18th JUNE, FRIDAY FRIDAY AFTER WORK DRINKS AND DINNER IRISH CLUB

Contact: Phil the Elder Ph: 5522 9702
Address 175 Elizabeth St, City – opposite the Hilton
Time: From 4.30pm till 9ish.
What For: For a chat, a drink and a meal
Web: <http://www.queenslandirish.com/>

Come along to wind down after a hard week at work and enjoy our traditional gathering at the Queensland Irish Association which is usually known as simply the Irish Club.

We normally sit in the seating area just behind the front door, behind the sign-in desk. Spread yourself around to look like 15 people. There is real food – reasonably prices up in the cafeteria area at the back which you can bring down to our table. If the bar is not too crowded, the drinks serving area is around the other side – you will know what I mean once you are there. It can be a

bit crowded while us workers are still relaxing, but thins out after 7pm.

You need the company of friends to calm down after all that mental stimulation of a week at work. Talk about your last bushwalking outing, your next holiday, football, the kids, your other hobby, perhaps bring along some photos to pass around. The whole evening is free and easy. Just relax.

And if you did not work this day, still come along to tell us – we all would like to hear what you did on the day. It is not restricted to workers – teachers can come as well, and retirees, and students.

This is a nice little pub to relax in, not too noisy, comfortable and not "elbow bumping" crowded.

Come along for a great night for a drink of water or wine or a beer or a Guinness and a meal.

19th JUNE, SATURDAY MEZZANINE RIDGE AND GORGE DESCENT

**Rock Climbing and Scrambling Adventure
FMR**

Leader: [Barbara Makepeace](#).
Meet at: Yellowpinch carpark
Time: 7am
Cost: \$20 petrol
Grading: L77 Intermediate
Location: Southwest of Brisbane, just above the border
Web: <http://www.derm.qld.gov.au/parks/mount-barney/about.html>

The party will climb Mezzanine ridge, and descend via a gorge. This will require average bushwalking skills, fitness, and basic rock climbing. The party will be climbing right over Mt Barney from south to north.

Mezzanine is rocky, with a razor back. There are some rock slabs to negotiate and some climbing. Coming off it can be a bit tricky.

The Gorge is mostly water worn rock. There should be water coming down it with all the rain we have had recently – probably not a flowing creek but enough wet to concern the feint hearted. At least there is not much bush to fight your way through. There could be some small cliffs to work your way around.

And there is the walk around the base in order to get back to the cars at Yellowpinch.

Contact Barbara at least 14 days prior to the event.

Supply your own bushwalking equipment, food etc.

Organise your own transport unless otherwise advised. A cost-recovery fee may apply.

MBS: Which BCBC Deacon lost his sole - with Victoria?

**20th JUNE, SUNDAY
ROCHEDALE TO BURBANK
DAYWALK**

Leader: Phil Ph: 5522 9702
Meet at: St Brigid's carpark, Red Hill
Southsiders can negotiate with Phil to meet closer to home.
Time: 7.30am
Cost: \$5
Grading: M33
Location: On the southern edge of Brisbane
Web: <http://indigiscapes.redland.qld.gov.au/wildlife/koala/Pages/default.aspx>
Emerg Off: Susan Ph: 5522 9702

Want to see a cute cuddly furry creature – come on this walk and look at Phil!



Then walk with him along the trails in the reserves linking all the land set aside as habitat for the koala to live in. These reserves stretch from Daisy Hill to the southern bay. They zig zag across the countryside, cross major roads and meander through the acreage suburbs on the city's outer limits. It meanders up & down the eucalypt covered hills and ridges of Redlands.

This is a normal daywalk so you need to take all the normal day walk things – incl water, food, goodies, snacks, food for the leader, hat etc.

**20th JUNE, SUNDAY
WORLD REFUGEE DAY
"Freedom From Fear"**

Contact: Catholic Justice and Peace Commission Ph: 3336 9173
Time: 1pm
Location: Brisbane Square – in front of the Casino at the head of the Victoria Bridge
Web: <http://bne.catholic.net.au/asp/index.asp?pgid=11651>
And <http://cjcpcbrisbane.wordpress.com/>

Seeking asylum is not a crime, it is a human right.
Let's come together for world refugee day! Rally and march for refugee rights.

End the freeze on asylum claims.
End mandatory detention.
Say no to another Tampa election.

Many Australians resisted the demonizing of

refugees in political campaigning during the 2001 Tampa incident. With recent government decisions to freeze claims of asylum seekers from Sri Lanka and Afghanistan, and re-open the Curtin detention center, the Brisbane World Refugee Day rally seeks to ensure voices supporting humane policies are heard in this election year. Speakers at the Brisbane Rally will include Andrew Bartlett.

Refugees should be welcomed to this country, not vilified, victimised, and used as political footballs to secure electoral advantage. Seeking asylum is not a crime, it is a human right. Many Australians were involved in the campaign to resist the demonization of refugees before and after the infamous "Tampa election" in 2001. We need to make our voices heard again. It must not be just those who are promoting intolerance and inhumanity whose voices are heard this election.

Here in Brisbane we have decided to hold a rally and march on Sunday 20 June for this purpose. We invite all individuals and groups concerned with refugee rights to come together to organise a united action to mark World Refugee Day and demonstrate our solidarity with refugees.

**21st JUNE, MONDAY
MONTHLY MEETING**

Contact: Desley Ph: 3369 5530
Time: 7.30pm – Doors open & meeting starts soon after
Where: St Michael's Parish Hall, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether come on the walk. Nominate for a walk. Nominate to lead an outing.

Stay for supper. Bring those recent bushwalking snaps.

**25th to 27th June FRI to SUN
GIRRAWEE NATIONAL PARK
BASECAMP**

Leader: Joe Ph: 3848 4642
Meet at: St Brigid's Carpark, Red Hill
Time: 7:00pm
Cost: \$30.00 (excluding camping fees of approx \$5 per night)
Grading: M45
Location: South of Stanthorpe

Web:http://www.rymich.com/girraween/index.php?page=gi_camping

Emerg Off: Greg Ph: 3351 4092

Girraween in summer – hot horrible and hard dry walking – that is how I have experienced it. But winter – that is another story, a mixed story. It can have the most beautiful days and crisp clear nights – occasionally a scattering of snow. However, with cloud cover and a southerly blowing, it may leave a little bit to be desired – at least in a tent. Mostly it is cloudless skies and crisp nights and beautiful days.

There will be two starts to Saturday: one early, before the sun has risen over the hills and melted the myriad of ice crystals covering the grasses; all sparkling with colours of the rainbow. It is a beautiful walk. Rug up and bring a day pack to carry the fleeces, gloves, thermals as you shed them. Once the sun hits a likely and convenient rise we'll fire up the Trangia and have a cuppa before wandering back to camp for breakfast with those who chose the other option; sleeping in.

After breakfast activity may depend who is on the walk and how many places that they have already walked in Girraween but I am thinking Castle Rock, on to Mt Norman, then over the back to see some of the large blocks that have sheared off and then at some of the formations up on Mallee Ridge.

And now for the off-track bit (there is no track like an off-track). Across the saddle and up to 1229 on the Girraween map. From here is a steady ridge leading NNE up to the Turtle Rock and then the Sphinx. Now for the track to hot showers and clean up for the meal and the warmth of Ballandean Pub.

Next morning positions are swapped: those who slept in on day one have to get up early and do the ice crystal walk while I at least sleep-in – wake me when breakfast is cooked – two, sunny side up, crisp bacon, dry toast, and fresh brewed coffee black no sugar, thank-you.

Well fed, then off, over and up we go to the Pyramids. It is about 45 minutes from the carpark to the top. If you haven't done it, it's worth doing. If you'll probably be happy to do it again – this too is a nice spot for a cuppa. Time permitting, it is into the cars and off to Underground Creek and then off track again to see if we can find Aztec Temple. Back to the cars again then we should be home before sunset – maybe.

It is a nice spot – particularly this time of year.

From the Web Site:
<http://www.australiannationalparks.com/queensland/girraween/default.htm>

Base Camps The two camping areas in Girraween have good facilities including hot showers.

Graded Track Day Walks:

The Pyramids The climb up the first Pyramid is relatively easy, and sometimes steep in places. The granite rock offers good grip only in dry weather and is extremely slippery in wet conditions.

The Junction: A good creek walk with good swimming.

The Mt Norman track From Castle Rock camping area, the track passes various features such as Castle rock (good views), Sphinx and Turtle Rocks, the granite boulders of the Eye of the Needle, and Mt Norman. The Eye of the Needle requires some climbing experience, while Mt Norman has a 20 foot chimney to climb up. Both are not too dangerous to experienced walkers and care should be taken for inexperienced people.

Underground Creek track On the track to Underground Ck you pass the turn off to Dr. Roberts Waterhole, a series of small lakes. Underground Ck was formed when overhanging rock collapsed into the creek forming a series of little caves. Inside the caves water has created interesting weathering patterns in the rock. The whole area is worth exploring especially on top of the falls.

Aztec Temple The Temple has many interesting rock formations with good views of Girraween. The wildflowers and orchids make the trip rewarding. From Underground Ck, follow the ridge line from the top of Underground Ck up to the top of Aztec Temple.

Wallangarra Ridge The start of Wallangarra Ridge is marked by the Sphinx and Turtle Rock. The ridge has many interesting rock features and has good views over the southern part of Girraween. Once you past Turtle Rock, keep basically to the top of the ridge and start exploring. Two interesting features are a cube of rock the size of a small house balanced on its corner, and the other is a rock weathered in such a way, you can stand up inside it. Joe

**28th JUNE 2010, MONDAY
SHROUD OF TURIN:
IS IT REAL OR A FAKE?**

Where: Our Lady of the Rosary, Kenmore
cnr Moggill and Kenmore Roads,
Contact: The Office Ph: 3878 6655
Time: 7:30pm
Cost: \$2

Ian Wilson's new book ignites debate. He will speak about his work and what he believes is the compelling case for the Shroud authenticity

Ian is a prolific author of religious and scientific books. He graduated in Modern History from Magdalen College, Oxford and has studied art at Oxford's Ruskin School of Art. He lived in Bristol, England for twenty-six years and now resides in Buderim with his wife Judith after many years in Kenmore Parish.

In 1978 his first book, the international best-seller *Turin Shroud*, ignited worldwide public debate with his compelling case endorsing the shroud's authenticity. Now, 30 years later, and with the Shroud having been on public display recently, Ian has completely rewritten and updated his earlier book. It provides fresh evidence to support his original argument. He challenges the post-carbon dating view that the Shroud is a fake. Ian's new book is titled *The Shroud: The 2,000 Year Old Mystery Solved*.

3rd JULY, SUNDAY
MT ALEXANDER
DAYWALK

Leader: Paul Ph: 0412 339 311
Meet at: St Brigid's Car Park, Red Hill
Time: 7.00am
Cost: \$15:00
Grading: S44
Location: Off the western side of Lamington, in the Kerry Valley

Google Eth: 28 10' 50.42S, 153 03' 08.18E
Emerg Off: Carolyn Ph: 0412 339322
Dist: 5.0km **Ascent:** 464m **Descent:** 464m

Mt Alexander is a small 624m mountain 25kms south of Beaudesert. It is sandwiched between Duck Creek Road and the Kerry Valley Road and provides great views of the Lost World Valley as well as the McPherson Range including Mt Barney and the Ballows.

The easiest route to climb the mountain is from the west. We will start climbing from Darlington Park following an obvious ridge to a point just north of the summit. It is a straightforward climb and should present little problems for the majority of club members.

So come and join me for a delightful way to spend a Sunday in the middle of winter. Paul.

4th JULY, SUNDAY
HALE STREET BRIDGE OPENING
SOCIAL

Contact: Greg Ph: 3351 4092

Time: 10am
Meet at: Roma St Station Tunnel outside the steps to the Bus Platforms – near the Ticket Machines and Travel Office

Location: Up stream from the Grey St (William Jolly) and Merivale railway Bridges

Web: http://en.wikipedia.org/wiki/The_Go_Betweens

Explore the Go Between Bridge at a free Community Market Day on Sunday 4 July.

All are encouraged to explore their new link, enjoying food, drink and other market stalls from some of their favourite icons. Bridge junkies are invited to take in information about the bridge construction and its many features, including dedicated pedestrian and cyclist paths.

Those with an interest in history can check out the latest [Museum of Brisbane](#) exhibition chronicling the history of the city's road bridges, of which Go Between is the most recent.

Arts and crafts markets, roving entertainment, food and drink stalls bringing local flavours from both sides of the river. Make the free Community Market Day part of a day for your family and friends at South Bank, West End, Park Road or Caxton Street – discovering the newly-connected communities.

We will meet at Roma St Station at 10am, and make our way to the River and then follow the bikeway up to the Bridge. We will come back via South Brisbane and the Kurilpa Pedestrian Bridge.



Rocks at Girraween



7th/10th JULY, WED to SAT
PRAY2010

Contact: The Office Ph: 3336 9339
Time: Six sessions per day 9am to 9.15pm
Where: The venue for Pray 2010 is a complex within St Bernard's parish Upper Mt. Gravatt, and St Bernard's parish church and the adjoining parish facility, the Aspinall Centre, and Clairvaux MacKillop Secondary

College, and St Bernard's Primary School. All at Cnr Logan & Klumpp Rds Upper Mt Gravatt – 10kms south from Brisbane city via the M1 freeway - see Goggle map

[View Larger Map](#) 

Cost: \$209 for the lot, \$85 for one day or \$39 for one session

Web:<http://www.pray2010.org.au/pray.php/about>

http://www.youtube.com/watch?v=nMYi_fdEnr4&feature=player_embedded#

There is a place for everyone - come and play your part. Whether you struggle with how to pray, desire to understand the Eucharist more, want to learn about a new form of prayer or go deeper in a prayer style with which you are familiar, Pray 2010 offers 13 streams of workshops that seek to draw us closer into God's presence. ..[Video Transcript](#) » [Read More About Pray 2010](#) »

About Pray 2010: It will be a major gathering of people from across Australia and beyond seeking to:

- Encourage participants to deepen their relationship with Jesus through prayer.
- Provide practical teaching and experiences of different prayer forms.
- Offer experiences of communal prayer, especially praying the liturgy, that strengthen the bonds of communion.
- Highlight the power of prayer in equipping Catholics for their mission to bring Christ into our world.

What are the three key Pray 2010 activities?

1. A rich variety of prayer experiences drawing upon the riches of our Catholic tradition at the beginning and end of each day.
2. A range of keynote addresses in both the morning and the evening which break open key messages about prayer.
3. A series of over 270 prayer workshops that provide formation and experience of a particular style of prayer.

Pray 2010 provides a depth and breadth unparalleled because it offers over 40 keynote presentations, more than 270 prayer workshops and numerous opportunities for praying in a rich diversity of styles, drawing upon the wisdom and experience of over 130 international, national and local presenters.

**9-11th JULY, FRI to SUN
M^t BARNEY BASECAMP/
OVERNIGHTER/DAYWALK**

Contact: Justin Ph 3366 3193

Meet at: St Brigid's Car Park, Red Hill
Time: Basecamp: 5:00pm
Daywalk: 5:00am Saturday
And 6.00am Sunday

Grade: Savages L78
And Gillies M44

Cost: \$50.00 Accommodation & \$20.00 Petrol.

Location: just this side of the border west of Rathdowney & south of Boonah

Web:http://www.derm.qld.gov.au/parks/mount-barney/about.html#things_to_do

Emerg Off: Susan Ph: 33663193

Larkin's is booked once again, Barney is waiting and we're ready to go. Friday night at Barney Lodge and Foresters in the shadows of Barney for two days of great walking. The Barney week-end for everyone.

The Saturday walk is Savages Ridge which takes us to Savages Knoll then through the chimney and onto West Peak, There is nothing too difficult on the ridge itself, just up and up and more up, there is a bit of a scramble to get onto and off West Peak and into Rum Jungle. The descent route will be Egan's Creek, unknown and a mystery to most of us, but it will take us to the road and home.

The Sunday walk is Mt Gillies The rocky peak behind Larkin's, with great views across to Barney, and over to Earnest and Campbell's Folly. A peak well worth exploring.

The week-end is for everyone so if climbing Barney is not for you., you can sit on the veranda, read a book and watch Barney change throughout the day or start early with the Savages walkers and join them as far as the ridge turn off before heading back along Cronans Creek. Grab the camera and head up to the Yellow Pinch Knoll for those great views of Barney. A great photo opportunity, little effort, great reward. Lunch and relax at base camp

Sunday finish the book, spend the day on Gillies with the day walkers or wander around Yellow Pinch and the Logan River.

Saturday night will be a BYOE BBQ, bring dessert to share and we'll tell more of our Barney stories around the fire. Join us for a great week-end base camp.

**10th JULY, SATURDAY
BULLOCKY REST
SOCIAL WALK**

Leader: Cheryl Ph: 3263 8393
Meet at: Bullocky Rest, (Lake Samsonvale),
Forgan Road, Joyner
Time: 9am

Cost: \$3
Grading: S12
Location: Out beyond Strathpine
Web: <http://www.bikemap.net/route/40421>

Please join us for this very pleasant stroll from Bullocky Rest out to Forgan Cove and back again – 8.5km in total. The entire walk skirts pretty Lake Samsonvale which is almost brimming over at the moment! The bird life is abundant with everything from kookaburras, honeyeaters and brightly coloured finches to our trusty friends, the pelicans.

Only a light backpack will be needed for your water bottle, camera and morning tea, which we will have over at Forgan Cove. (Perhaps bring the insect repellent just in case there is a mozzie or two and also a plastic “sit-upon” because the grass will still be wet at this early part of the day when we stop for morning tea.)

You can leave your picnic lunch in the car to have when we return to Bullocky Rest where there are ample sheltered picnic tables and barbeques. Stay just a little while if other commitments beckon or as long as you like, if the clock is not your master on this particular day. Hope you can join us as we relax and leisurely socialize with our bushwalking mates.

Special note: Bullocky Rest is only a 25 minute drive from the Aspley Hypermarket out through Albany Creek and Warner. Drive right into the Bullocky Rest reserve and park in the upper circular drive carparks as this is where we will commence our walk. Please do not drive out onto the peninsula area as it will be too difficult to locate everyone.

MBS: Who ordered Sole at East's at the May Social? Was it a bit tough?

11th JULY, SUNDAY ABBAY MEDIEVAL FESTIVAL SOCIAL

Leader: Antonia Ph: 3857 1387
Meet at: Abbey Museum Information stall or FOTAM (Friends of the Abbey Museum Information stall. They should be side by side. Check the Festival map or ask at the gate when entering.
Meet Time: 11.00am (You may arrive earlier and look around first)
Transport: 9.03am train from Roma St, and take the free bus to The Abbey
Grading: S11

Cost: Adults \$25 Pensioners \$15 (See below for other pricing)
Location: Abbey Museum, off Bribe Island Road at Caboolture
Web: www.abbeytournament.com

Come along and meet me on Sunday 11th July for a truly colourful and very authentic medieval day as the Museum is strict about the authenticity of the re-enactment groups taking part. I will be wearing the Abbey Museum medieval “uniform” of a long red and blue dress and I will be working some of the day at the stalls mentioned above.

Photographers among you can have an especially good time as the Festival grounds abound in medieval sights – encampments, knight, their ladies and other damsels, squires, beggars, troubadours, horses in full jousting regalia and this year “Full Flight Birds of Prey” will be displaying the skills of the raptors. To secure a seat or a place to stand to see the jousting, find the ticket stall for this very early in the day. It's \$2 to sit or \$1 to stand. This is to avoid overcrowding and is a safety measure.

Food for sale is plentiful and there is a licensed tavern. For those not enamoured of tourneys, jousting or oil wrestling, there is music, dancing, lecture, displays and sales of crafts including Celtic jewellery.

Tickets are available online at www.abbeytournament.com OR at the gate on the day. To get there other than driving, take a train to Caboolture station and take the free bus. These buses meet trains every hour on both days until 8pm (Sat and Sun). There are large fields for parking if you do drive and the parking is very well supervised by various community groups, e.g. SES.

Prices are as above plus Children \$10 and Family \$65 (i.e. 2 adults and up to 4 children). Prices for both days are just \$5 extra except for Family which is \$10 extra.

11th JULY, SUNDAY HORNIBROOK BRIDGE OPENING SOCIAL

Leader: Greg Ph: 3351 4092
Meet at: The 21st Ave Bus Stop on the Houghton H'way/Beaconsfield Tce, opposite Eventide Home
Meet time: 9.45am
Transport: The 8.52am Shorncliffe Train from Roma St, which is the 8.57am from Bowen Hills. The 9.28am Bus “Route 310” from Sandgate Station, arriving 21st Ave at 9.43am.

Use **Translink**
<http://www.translink.com.au/timetables.php> to find your intermediate stops, and to confirm they have not put on “specials”

Car – park somewhere in the vicinity of 20, 21, 22 23rd Ave at Brighton and wait at the Bus Stop for us. Watch out for road closures.

Cost: Transport Tickets about \$8 return.

Location: On the northern Bay where the Pine River enters the Bay. On the other side is Clontarf on the Redcliffe Peninsula.

Web: <http://www.tmr.qld.gov.au/About-us/Events/Ted-Smout-Bridge-Opening-Celebrations.aspx> Check this site to find out about special transport arrangements, road closures, parking etc.

This is the third of our Bridge trilogy. And this one is the longest.

We will walk over the new Ted Smout Bridge from Brighton to Clontarf and come back on the original wooden Hornibrook Bridge. I have already booked the tickets, so we are away! Our allocated time is 10am.

You all know the drill – meet away from the crowds, walk for 10mins to the start and then off we go. I’m sure there will be engineering details and displays to read – how they surveyed the route, drove the piles, made the concrete, did the pour, laid the reinforcing, made up the boxing, lowered the deck, did the drainage, installed the wiring and painted the lines. Or, you can just walk across and look at the calming water and the pelicans.

Once at Clontarf, have a walk over to the new lookout, and come back (for your last chance before demolition) on the old original wooden 80-year old Hornibrook Viaduct – once the longest bridge in the land of Oz. Make it a circuit.

Experience the local history, live music (I do not know what dead music is – perhaps Babylonian?), community entertainment, food, drink and Bemerrie.

Bring: water, hat, sunscreen, snack, umbrella, camera, Jilalan, sense of adventure, stories of driving across the old bridge.

What not to bring: explosives, guns, drugs, alcohol, glass, pets, lasers, tasers, frasers, maces, spray cans, any sort of blade, and more.

So we all can co-ordinate, bring my mobile number and ring me if you cannot find me at the beginning.

Come with me for a gentle stroll over to Redcliffe.

16th JULY, FRIDAY
WORKING WEEK WINDOW
Theodore’s Club
SOCIAL OCCASION

Contact: Phil the Elder Ph: 5522 9702
Where: Level 1, 333 Adelaide St (Almost opposite Workcover)
Time: 4.30pm or later
Web/Map: <http://www.ourbrisbane.com/businesses/615539.the-theodore-club-inc>

Another of our “I’m over work now, the weekend is here” social events. Not only city workers can come, but also suburban ones as well as the non-workers and retired.

Our plan is to sit around and talk our weekday stresses away, have a few social ales and wines, some hot chips and maybe dinner. It is a relaxing evening for all. Come at 4.30pm, come at 6pm, come in between, come later. It is up to you. We could go home at 8pm, or perhaps at 10pm – it just depends on the mood and the conversation. Leave for home whenever you like.

Theodore’s is a quite not so crowded place with basic architecture. There is nothing fancy, but they do serve you rather quickly. And prices are reasonable.

This is something that should suite most people. Visitors are welcome to “examine” us in a social atmosphere away from our meetings and on a less strenuous occasion than a walk. We will be the quite ones in the middle along the windows.

17th JULY, SATURDAY
SHEPHERD’S WALK
DAYWALK

Leader: Terry Ph 3355 9765
Meet at: St. Brigid’s car park Red Hill
Time: 6.45 am
Cost: \$8.00 + \$15.00
Grading: M34
Location: In the Kerry Valley near Beaudesert

Web: <http://beaudesertmuseum.org.au/main/images/stories/pdfs/flyershepherdswalk2pp-2010.pdf>

Emerg Off: Carol Ph 3269 4795

Good news, the Historical Shepherd’s Walk is on once again for the twenty-third time, and there is even more good news, for the first time in five years the walk will return to its original format of walking from the Christmas Creek Valley over the Jinbroken Range to the Kerry Valley.

I believe that all our members are capable of doing this half-day walk and it is my wish that all our members do it at least once. As usual you should not delay doing this walk as I do not know how many more years it will be staged, particularly as the majority of volunteers are becoming quite elderly. Even though this is a relatively short walk it is mainly off track with some long grass and uneven ground and a bit of a climb followed by a descent. Just before the end of the walk there is a creek crossing where it is rare for anyone to get wet feet.

The Beaudesert Historical Society does an excellent job of running the day. They provide the Walk Leader and Tail End Charlie. There are usually over a hundred walkers on this event and the pace is determined by that of the slowest walker as there is a great range of fitness and ability. Numerous rest breaks are taken and we have morning tea, (which you need to bring), on the saddle of The Jinbroken Range before we commence our descent to the famous Sausage Sizzle Lunch which The Historical Society provides. During the walk excellent views can be had of the surrounding countryside. A number of areas which we walk in can be seen. After good rain earlier in the year the countryside is at its best.

The Sausage Sizzle Lunch is supported by the famous damper and syrup washed down with Billy Tea, Coffee, Cordial or water. There is usually plenty of food. Let us hope that this year we have more time to enjoy it and the friendliness of the local volunteers.

The Historical Society provides busses to take us from their complex in Beaudesert to a monument in the Christmas Creek Valley where a short informative address is given on the significance of the Shepherd's Walk and the era of Chinese shepherds in this area. Then the busses will take us a little way down the valley to where the walk will start. After lunch the busses return to Beaudesert, thus allowing us to return to Brisbane before dark.

I highly recommend this walk as the Historical Society is famous for their country hospitality, the views are quite spectacular and the food is most enjoyable. What more could you want? The Historical Society charges \$15.00 for the day all up. Our club charges \$8.00 for car pooling. There is no charge for children who must be accompanied by an adult. Non walkers are also welcome as they can wait at the lunch spot. You will need to bring your own morning tea and water. I am sure that you will enjoy interacting with walkers from other clubs and other areas.

You need to nominate ASAP as bookings close on the 14th July for catering purposes. I look forward to your company on the day which I am sure you will enjoy. Regards, Terry.

MBS: Good view on Knaps Peak, especially when Michael bent over to attend his stove

18th JULY, SUNDAY KING OF KINGS RESTAURANT YUM CHA SOCIAL

Leader: Antonia Ph: 3857 1387

Meet at: Foyer.

Meet Time: 10am

Cost: Per plate and per group –
Depends on how much is eaten

Location: 175 Wickham St, Fortitude Valley
(cnr of Chinatown Mall)

Web: http://www.yourrestaurants.com.au/guide/king_of_kings_fortitude_valley/

Yum Cha is different from other forms of dining. It has been described as “the closest to dining in China” as can be found in Australia. Serving staff come around the tables every five or ten minutes with a trolley which may contain two or three different dishes all of which are explained if diners enquire. Diners can choose to take a plate or wait for the next trolley (especially if everyone is still enjoying the dishes from the previous trolley. There is something for everyone.

Payment is by dishes chosen. The bill is divided by the number of diners at the table. It is not possible to say “Well, I had that one and that one so I’ll only pay \$6.50”. That might sound like a problem for those of you who have never tried Yum Cha before but I can reassure you that Yum cha is a delicious and interesting experience and really quite cheap.

However, we must have a **booking done by the previous Monday (i.e. 12th July)**. To make sure of your place, please ring me or email by Sunday.

19th July, MONDAY MONTHLY MEETING

Contact: Desley Ph: 3369 5530

Time: 7.30pm – Doors open & meeting starts soon after

Where: St Michael’s Parish Hall, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming

events, so that you can make up your mind as to whether come on the walk.
Come pay your 2010 subs.
Nominate to lead an outing.
Stay for supper. Bring those holiday snaps.

25th JULY, SATURDAY TOOHEY FOREST WILDFLOWERS DAYWALK

Leader: Phil Ph: 5522 9702
Meet at: Toohey Forest Carpark, on Toohey Rd at Nathan. UBD Map 200 at D1
Time: 9.00am
Grade: S22
Cost: \$3.00
Location: In southern Brisbane near Tarragindi
Web: http://www.brisbane.qld.gov.au/bccwr/environment/documents/track_map_toohey.pdf

Toohey Forest is a remnant patch of bushland in the middle of suburbia just 10kms from the Brisbane GPO. We will start the walk on the western side of the forest and walk through to the eastern side. There are several patches of forest where we are totally cut-off from views of suburbia so it does have a sense of remoteness from the city. We will also have a quick look at the Griffith University grounds. We then zip up to Mt Gravatt to enjoy the views over Brisbane. The highlight of the day is to have a leisurely brunch at the new coffee shop called Echidna Magic. So bring some cash for a coffee and a bite to eat.

The main purpose of the day is to look for and identify the wildflowers. In particular we should see the many pea flowers, several wattles and a few orchids. More details about what wildflowers we will see including plant names next month.

Although it is an easy wildflower walk we will have a few hills and gullies to wander up and down to see these treasures of the bush. The expected finish time is just before 2pm. For the purist this walk qualifies as a bush walk not a social-walk as it at least 10 kilometres long and has a hill and is in the bush. Make sure you bring the usual day-walk stuff including water but no need to bring lunch.

The wildflowers last year were excellent and hopefully they will be out again. I should mention another reason I asked to have the walk on again is that the only time I get a chance to use my knowledge of the wildflowers is when we do walks like this. As they say; if you don't use it you lose it and I am already getting hazy on the names. Phil

1st AUGUST, SATURDAY QUINZEH ROCK WILDFLOWERS DAYWALK

Leader: Phil Ph: 5522 9702
Meet at: Northsiders - Red Hill at 8.00am
Southsiders - Eight Mile Plains Bus Station at 8.30am
Grade: M 33
Cost: \$8:00 if in car pool cars from city
\$7.00 if in car pool cars from southside
\$3.00 if in private cars
Location: Near Logan Village and Cedar Creek, just to the south west of Brisbane
Web: <http://www.logan.qld.gov.au/LCC/logan/history/suburbanhistories/Yarrabilba.htm>
Emerg Off: Susan Ph: 5522 9702

I have led this trip twice previously. The last time was probably 10 years ago. The wildflowers were excellent on both walks. The walk is through a remnant patch of bushland south of Logan Village. Some of the walk is through the Plunkett Conservation Park.

It starts on Quinze Creek Road (UBD Ref 303 Ref P10.) The walk is along a dry sandstone ridge with views to the west over the Scenic Rim. The locality is known as Yarrabilba, which means 'place of song' in Wanggerriburra/Bundjalung language.

The main purpose of the day is to look for and identify the wildflowers. In particular we should see the many pea flowers, several wattles and a few orchids. Plus there is usually a profusion of Calytrix and heaths. More details about what wildflowers we will see including plant names next month.

Although it is an easy wildflower walk we will be doing a little bit of bush bashing to see these treasures and we will have a few hills and gullies to wander up and down.

In late May 2010 the Queensland Government announced that they were planning three new satellite cities - they were the Ripley Valley, Flagstone and Yarrabilba. The Delfin group has already announced a project for the area of 2,014-hectares and it is proposed to be home to over 50,000 people. History will record if it is just another idle plan.

Make sure you bring the usual day-walk stuff including water and lunch. Phil

2010 BRIDGE TO BRISBANE Sunday 29th August

Team,

'Tis this time of year again.

If you have been in the B2B in any of the 2007, 2008 or 2009 years, you can register as a past entrant - the machine has retained your details and links straight to you.

Otherwise, you are a new entrant.

Remember to show the Team Name as "The Also Rans" (Team Number 48383).

The team is for the 10km event. (You can do the shorter 5km if you want, but the Team is only registered for the 10km).

It is best to buy the Bus Ticket either at the start from Herston to Murarrie OR at the end from the Ekka Grounds back to Murarrie - depends on where you live - North Side or South Side.

No need for a meal ticket as we will be organising our own in The Valley Mall.

"Yes" to having your Kit posted out to you (Kit is your number, booklet and electronic tag).

Write down your Password so you can use it next year.

I am doing the "Gray" run (er, I mean walk).

Registration Steps:

Enter <http://www.bridgetobrisbane.com.au/> online at Click on "Enter Now".

Either "Join Now" or "Returning User" and tick the 2007, 2008, 2009 participant Box.

"Join Now" if you were not in 2007/08/09, OR "Returning User" if you were.

Now you are a "Competitor Registration". I have already registered the Team, so no need for you to do it.

Just tick the "Team" box and put in the Team Number 48383 in the box at the end of the line. This will automatically fill in later boxes on another page & put you in the 10km event. Do not tick the "10km" box.

Order a Bus Ticket for whichever direction you need.

Check your details on the next screen and Tick the "Post the Race Kit Out" Box and And choose your Start Zone - wheelies, run, jog or walk. (We all do not need to be in the same Zone).

Answer the other questions (Red Asterisks). For "Team", show "Brisbane Catholic Bushwalking Club".

Next page tick the 2 "Liability" boxes.

Then Pay by Credit Card.

You will get an e-mail confirmation, And I will get an e-mail as well as Team Captain.

A NEW Entrant - not been in 2007/08/09 - "Join Now"

You then enter your details.

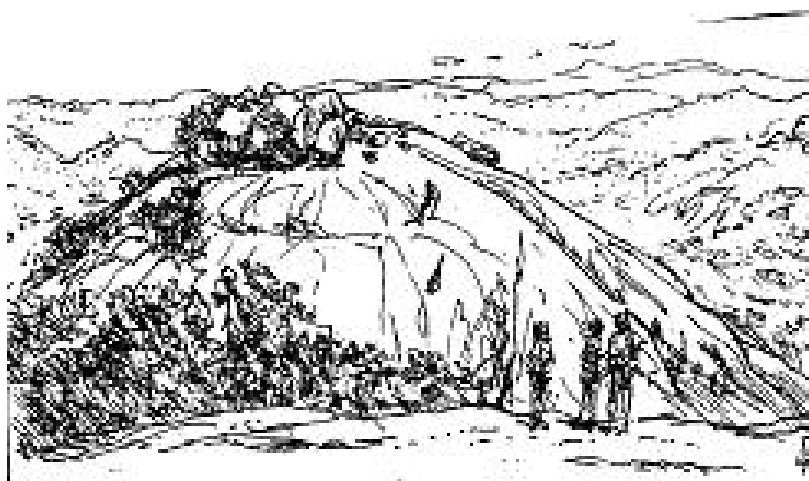
Continue

And use the Team Number when required.

Any problems, let me know.

Regards, Greg

Brisbane Catholic Bushwalkers B2B Coordinator



FIRST PYRAMID IS FROM THE SECOND PYRAMID (GIRRAWEE N.E.)

First Pyramid From The Second, Girraween

QUEENSLAND COLONIAL DANCERS



25TH ANNUAL COLONIAL/HERITAGE BALL 24TH July 2010

“Theme - Silver Anniversary” Make something silver for decoration.

Morningside School of Arts \$35 (\$25 before 10 July)

Arrive at 7pm; come in Colonial/Period/National Dress/Formal

Have your photo taken; fill up your Dance Card; Grand March 7:30pm

Dance the night away to the music of the Champion Moreton Bay Band

Bring a plate/drink to share; tea/coffee provided.

Dances are walked through **once** and called where necessary.

PRACTICES 10, 17 July (Sat afternoons 1:00pm - 4:00pm)

Stephens Uniting Church Hall, cnr Kadumba St & Kingsley Pde, Yeronga

Dances are taught and etiquette explained. Costume suggestions/hire

Further details: **Website** - <http://members.optusnet.com.au/colonialdance>

Email - colonialdance@optusnet.com.au

Send Payment by cheque to Queensland Colonial Dancers PO BOX 3011 Yeronga 4104 or bring along to practice on July 10.

The Queensland Colonial Ball has long been supported by BCBC. It is a fantastic evening of fun and entertainment. With this year celebrating the 25th Anniversary let's see how many BCBC members who have been in the past of newer member who have never been before can make it along. Kerry and I will be attending this year, if we get enough people we can have our own BCBC set. Matt

PILGRIMAGE FRI 20TH TO SUN 22ND AUGUST

<http://www.bushwalkingqueensland.org.au/pilgrimage.html>

The Pilgrimage is an annual bushwalking and social event of clubs from throughout the south-east corner of the state.

On the Saturday you can join one of many daywalks through the surrounding areas.

A Bush Dance and other social activities are organised throughout the weekend and it is an ideal time to meet and renew friendships with fellow bushwalkers.

This year the pilgrimage is hosted by the [Toowoomba Bushwalkers Club Inc.](#) at the Crows Nest Show Grounds (see [How To Get There](#) for more details).

Registration: All attendees must be members of their respective clubs and therefore insured. Cost will be \$25 per adult with an early bird special of \$20 (if paid by 8-Aug-2010). Children under 18 - free. Fees will need to be mailed in with the appropriate registration form.

Friday 20th	
12pm on	Registration of arrivals and setting up camp.

7:30pm - late	Walks sign on sheets available. Click here for walk details.
8:30pm - late	Supper - soup, coffee, tea etc (BYO Mug and Chair).
8:30pm	Presidents Meeting
Saturday 21st	
6am onwards	Registration of arrivals.
7am onwards	Staggered walk departure times. Click here for walk details.
Throughout the day	Coffee & Tea available. Self-guided orienteering course available. Non-walkers may like to visit some of the local scenic spots.
7:30pm	Bush Dance at the Crows Nest RSL. Supper provided. (BYO cups)
Sunday 22nd	
7:00am	Sausage sizzle
7:00am	Buy and sell your wanted/unwanted bushwalking/camping gear (please have all items clearly marked with price and your name)
9 am - 11am	Bush Olympics
11:00am	Announcements
12:00 noon	Pilgrimage close.

Graham is one ahead on the Leaders Score, as he ended a trip with one less than he started with.

GUIDED NZ SELF CARRY WALKING

Rotary Club of Milton Tramping Club Inc.

Some of the trips are nearly full. We do operate a Waiting List so we can replace cancelations. Full details about the trips, costs, and application forms can be obtained on our web site: www.otagorotarytrusttramps.org.nz . Contacts for the various trips are on the Application form on our Web Site

2011 SEASON DATES BELOW.

November 20 - 23, 2010	Sat - Tue	-	Milford Standard X
January 6 -10, 2011	Thur- Mon	-	Aspiring
January 12 - 15	Wed – Sat	-	Milford Standard
January 14 - 18	Fri-Tues	-	Huxley Lodge
January 20-24	Thur - Mon	-	Catlins
January 21 - 26	Fri – Wed	-	Routeburn/Greenstone X
January 27 – 30	Thu _ Sun	-	Cycle Trail
January 30 - Feb 3	Sun - Thu	-	Berwick Lodge
Jan 28 – Feb 1	Fri-Tues	-	Kepler Track X
February 4 - 9	Fri – Wed	-	Routeburn/GreenstoneX
February 10 - 14	Thur-Mon	-	Aspiring X
February 11- 15	Fri – Tues	-	Borland Lodge
February 16 - 20	Wed – Sun	-	Milford Special
Feb 18 - 23	Fri - Wed	-	Routeburn/GreenstoneX
Feb 22 - 26	Tue - Sat	-	Borland Lodge
February 23 – 26	Wed - Sat	-	Cycle Trail
March 3– 7	Thur – Mon	-	Milford Special
March 9 - 13 ;	Wed – Sun	-	Cycle Trail Special
March 15 – 18	Tues - Fri	-	Hump Track
March 17-21	Thurs – Mon	-;	Milford Special
March 18 – 23	Fri _ Wed	-	Routeburn/GreenstoneX
March 24 - 27	Thurs– Sun	-	Cycle trail

March 25 - 30	Fri - Wed	-	Routeburn/GreenstoneX
April 1 - 4	Fri- Mon	-	Milford Standard
April 22-26 (Easter)	Fri-Tues	-	Aspiring
April 23 – 27 (Easter)	Sat – Wed	-	Huxley Lodge

Trips marked X are full, or nearly full. We do operate "Waiting Lists"

Primary Contact: Peter Vollweiler, PH (03) 417 7190,
email peter.vollweiler@xtra.co.nz PO Box 15014, Waiholo, 9243

NEEDED

A Secretary or a Minutes Secretary

Jan is stepping down from the Secretary's position at the start of July.

The Club cannot function without someone taking the minutes and answering our correspondence.

So, anyone can step forward to take on the role.

What is required: attend the regular monthly General Meeting and the monthly Committee Meeting.

Sit at the front and take the minutes – brief jottings of what is being said at these meetings. Typing them up and e-mailing them to the other Committee Members.

Answer our correspondence after discussion at the meetings.

Talk to Jan before she goes: Ph: 3374 3534

PAST EVENTS

BARE ROCK EVENING "STROLL" SATURDAY 8th MAY

When I thought about the starting time of this walk I feared that that it would not be a stroll. As it turned out my fears were well founded and this walk developed into "A Race Against Time", a.k.a. "The Race To Beat The Sunset". Nature won, but I do not think that my hearty walkers were too disappointed. A third of the climb to Bare Rock was indeed a stroll as we spent time visiting the lookouts and checking out the various points of interest. Most of my group had not done this walk before, let alone at this most beautiful time of the day.

Thankfully, everyone arrived at Red Hill on time and we wasted little time loading up the cars. As we exited the car park we had to negotiate the incoming wedding traffic. (We did not see the bride.) After fighting our way through the Saturday afternoon traffic we made good time to our regroup at Aratula where we rendezvoused with Robyn who had driven across from the Gold Coast.

Without too much delay we managed to start walking at 3.25pm and I was fairly certain that the sun would set before we made it to Bare Rock. Our first stop was at the Allan Cunningham Memorial which was erected in 1927. Our next stop was at the Fassifern Valley Lookout here we spent some time enjoying the view of the afternoon light and shadows on the distant mountains. Next, we checked out the old gold

mine shaft and the views from this point, particularly of Mount Mitchell. In the rainforest the well formed track passed numerous large trees, thus making it quite pleasant walking. Anyway, our next stop was the short detour to the Mount Cordeaux Lookout for more spectacular views in the late afternoon light. We observed that a mass of cloud was building to the south-east. There are plenty of spear lilies along this part of the track but it was the wrong time of the year to see them in flower although a few with flowers were seen on the walk.(Perhaps our recent temperatures had confused mother nature.)

The sun had set by the time we reached the turn-off to Morgan's Lookout. (No relation to Margaret.) As the daytime views from it are somewhat limited it was decided not to waste time going out to it. We pushed on the final 650 metres to Bare Rock where we were in time to enjoy the beautiful post sunset red glow. To the north we could see a bushfire and to the east the lights of Brisbane and Ipswich. In between you could see patches of lights some of which marked highway intersections. We could also see the lights of vehicles moving along the highway. Above us the stars were beginning their aerial light display.

Surrounded by the breathtaking views we proceeded to find a "comfortable" rock to sit on so that we could enjoy some food before we commenced our downward return to the cars. After spending forty minutes enjoying the views and food at Bare Rock we commenced our descent at 6.25 just as a bank of mist descended on us. We were able to enjoy more night-time

views during our descent and we even detoured to the Mount Cordeaux Lookout again to check out the evening views. As we continued down through the rainforest I was pleased to see that the glow worms were staging a spectacular light display. We made it safely to the cars arriving at 8.35. After a brief delay we made our way to Aratula for a coffee stop before our dash back to Brisbane where we arrived at 11.00pm. One thing that did surprise us was the number of semi trailers on the road for a Saturday night.

Thank you to my fellow walkers who joined me to enjoy the brilliant light display. They were Greg, Robyn R, Therese, Nampech, Margaret and Peter C. It was great to finally meet and walk with Margaret who is one of our new members from last year. Thank you to Peter for being my "Tail End Charlie" as well as a driver. It sure felt strange being out in front of the group which I guess is what leaders are supposed to do. There certainly wasn't any rush to be in the lead for the descent as it was decided that I should stay in the front to break through the cobwebs, (of which I found a few), and to alert people of any obstacles like low branches and roots across the track. Consequently, we kept together for our descent. Finally, I managed to lead a dry Bare Rock night walk. (Much preferred to the alternative.)

Regards, Terry

GATEWAY BRIDGE OPENING SUNDAY 16th MAY

Another lovely autumn day, with the sun shining and the birds singing. We must have gone at the right time as we glided easily along the bridge, threading our way through the other groups. The only bottleneck was at the stage when the Bridge was officially opened. It still has good views of the airport from the top

There were two groups of us that met up in the middle – the southsiders and the northsiders. A coffee was enjoyed near the fish & chip stalls. Then we went our own ways – most opting for the round trip by getting the train home from Murarrie to complete the circuit around the River.

Thanks to: Michele E, Jan & Russ, Carmel, Marian, Antonia and Cathy E for accompanying me from the north, and Suzanne, Ray, Eliz R Thea & Laurie for starting from the south and meeting up for coffee.

KATE QUINLAN SOCIETY The REBEL Tour – 21st May

The "rebels" met at *The Tank* in Queen Street, which is one of the quieter locations to meet on a Friday afternoon. This seems to be a bit of a gem which the crowds haven't yet discovered. Even a platter of hot nibbles was brought around to the patrons. Future holidays, past holidays, payroll systems, "why I need to borrow a cockatiel" and many other subjects were explored throughout the evening. The "rebels" were Tracy, Suzanne, Desley, Greg, Graham, Elizabeth, Russ & Jan.

PARLIAMENT HOUSE OPEN DAY SATURDAY 22nd MAY

What a lovely fine day to be going through the grand old lady. And we were not the only ones – surprisingly, there were queues!

We let the crowds die down by attacking the sausage sizzle first. Then off to the gallery to view the historic photos and posters on display. There were personnel along the one-way route to explain some of the "history" of what went on in the place in the past. We went up to the third floor library – some very old books there, and not all about laws and hansom. Sadly, we were not allowed up the towers, or to sit in those good leather seats. Did you know that Anna is such a god mother that she still has her kiddies' kindergarten finger paintings hanging in her office?

The morning finished with another sausage or two at Crown expense. Thanks to Ray, Terry and Pat M for coming with me to the old girl.

MASS & DINNER 22nd MAY

What an event! We filled the chapel to overflowing. There were 50 of us at the Franciscan Sister's chapel in Kedron. It was really a warm experience with so many there, and felt uplifting with so many friends around us. We had foundation members come back to be with us, long time members, and our newest member. The hymns fitted our bushwalking ethos, the homily was in-tune with our sport, and those present participated in earnest, thanks to some small encouragement from Michele E who found willing "volunteers" for a number of liturgy "jobs" just before Mass began. We thank the Franciscan Sisters for the use of their chapel again this year, Fr Dave Pascoe for celebrating the Mass with us, our resident Deacon, Russ, for delivering the homily and Peggy for providing the music. We thank Liz for all the work she did in preparing the liturgy and organising the Mass

booklets in advance, knowing all the time that she would be on holidays in WA on the actual date of the Mass.

After the Mass, 38 continued on to the Stafford Tavern to share a meal with their friends and members. We were inside this year at 3 tables, in the same corner as last year. We were wiser and went up to order our meals at different times, so that they came out all at different times – easier to claim the right meal.

Great conversation was made, stories shared, places swapped as we moved about to catch up with someone different. It was great to see so many faces at both the Mass and the Tavern. And most of us had left by 10pm and tucked up in bed soon after, so we could do Trevor's walk the next morning fully refreshed.

CUBBERLA CREEK TO ENOGGERA RESERVOIR 23rd MAY

Nine walkers met at Roma Street Station to catch the bus to Beilby Rise at Kenmore to the start of our walk. Paddy hopped on the bus at Indooroopilly. We lucked out on the weather with a perfect day, and the congenial bus driver drove past the bus stop to drop us right at the start of the walk. We met Jan & Maria, and following a quick introduction for the benefit of the new comers, we set off towards Gap Creek Reserve picnic ground, following the Bellbird Trail.

We stopped for a short break, then crossed the newly sealed Gap Creek Road, and followed the Goanna Trail which headed north westerly direction. We passed the Curlew Trail, and the Iron Bark Trail, both of which headed in the direction of Brookfield Rd. Where we hit the intersection of the Ironbark Trail we headed north to the intersection of Coucal Trail. Then we turned left where the Goanna Trail took us to the intersection of the Gold Creek Trail, where we turned left, and heading in a westerly direction, passed the Boscombe Road Trail. It was a long this section we stopped for a much needed smoko. Mike was setting a cracking pace up front.

After smoko the party continued on the Gold Creek Trail, which eventually headed north towards Boundary Road; we took a right hand turn to the Tunnel Track, so named because a water main went through the tunnel, which was probably laid somewhere in the late 1920s, under the high bank of Boundary Road. There was an old disused hydrant which came straight off the old water main. Terry was taking a close look at

the water main going through the tunnel when he gashed himself above the eye. Not too serious, and he was able to soldier on.

We headed straight up the embankment to Boundary Rd and then headed toward the western end of the reservoir, then turned off to the right towards Enoggera Creek, where the track meandered around the western end of the reservoir. We arrived at The Enoggera Creek crossing, where we stopped for lunch. It was quite a picturesque setting and very peaceful. Pat & Jonas caught up to the rest of us, joining the walk late. Michael was trying to tell the leader on several sections of the walk where we should go. I'm sure his wife tells him where to go, just to get him out of the house.

We headed off again with Enoggera Creek on our right hand side, heading back towards the dam where until we came to the Araucaria Circuit, following the contours of the reservoir. The dam wall was now clearly visible, the day was perfect, the reservoir was a post card, and the company was great, what more could you ask for? We headed back to Brisbane Forest Park HQ for a coffee; it was about 2.30 when we completed the walk.

Thanks to all who came on the walk and enjoyed the day with me. Trevor, Richard, Michele, Desley, Greg, Michael, Terry, Jan, Maria, Wendy, Mathew, Paddy, Jonas and Pat. Thanks also to Justin for his assistance and to Pat for helping with the pre outing. Pat also showed me how to ride concession on the bus. Trev K

BOONDALL WETLANDS SATURDAY 29th MAY

Congratulations to the eleven bright and cheery walkers who joined me on such a wet and miserable morning for our walk through the Boondall Wetlands. We donned raincoats, flung open umbrellas and set off at a relaxed pace in the direction of Kedron Brook. The wetlands looked magical as the heavy droplets glistened on the feathery foliage of the she-oaks.

After a couple of kilometres, we abandoned our umbrellas as the rain had eased and were then able to view, unhindered, the beauty of this amazing landscape right on Brisbane's doorstep. We made a small deviation up to a lookout where we had wonderful views right out to the bay. After arriving at a picnic shelter at Kedron Brook, we enjoyed morning tea and a chat. The rain returned and began to pelt down which just meant that we stayed longer for more morning tea and chatter. Soon we were on track again

and by 11am we were back at the carpark. It was a very enjoyable morning with only a few mozzies and minimal cycle traffic. Sharing this pleasant morning with me were – Brigid, Peter C, Peter B, Andrea, Graham, Liz, Mervyn, Terry, Greg and visitors, Jim and Barry.

Hope to see you all (and many more) on my next social walk in July. Cheerio from Cheryl.

MINNAGES MOUNTAIN DAYWALK 30th MAY

Saturday was a rather wet day, however “fine” was the forecast for Sunday – and so it was. There were nine of us on the walk. 8 meet at Red Hill with Jonas being picked up at Goodna. As we headed south there was a thick band of rather dark clouds hovering over the border ranges – the remains of the system from the previous day. On the way Iain realized that he had left his lunch at home so when we regrouped at Goodna, Iain rushed off to the shops to buy some sustenance.

We headed down the Burnett Creek Valley and wonderful views of Maroon Dam appeared on the right. I don't think I have ever seen so much water in the dam. It must be years since the water extended so far up in to the valley. It was indeed a great sight.

We left Michele's car where the walk was to finish and then Karen drove on the extra 5kms to the start. Camped nearby on the creek was a group of SES/Police carrying out a mock rescue nearby. Michele spoke to one of the group who was rather concerned about us venturing into untracked territory. Michele was asked that gear we were carrying and how well equipped we were. They mentioned that only the previous weekend they were called out to rescue somebody from a peak near Boonah. Michele assured them that we were in the hands of a capable person and we had no need for modern technology. No doubt they were expecting another rescue later than day!!

We headed up the ridge covered in rocks and long grass and before long we were into the steepest section of the walk. We encountered more long grass and rocky slabs/rocks but we soon gained height and the great views unfolded before us. Wilson's Peak and Mt. Clunie were the most prominent mountains on the skyline. Once we joined the main ridge the going was more gradual and we could begin to enjoy the walk.

Staghorns, elkhorns and ferns began to appear on the rocks. We stopped for morning tea at about 11am and then continued on until we

entered the rainforest. The walking stick palms dominated the vegetation and the red berries made a great contrast to the dark green foliage.

After half an hour in the rainforest we came out into the open eucalypt forest and were on top of Minnages Mt. (1029m). It was 12pm. We discussed many topics during our lunch break. Michele produced some yummy homemade Anzac biscuits and in her attempt to share them around, nearly fell for Jonas a couple of times. Jonas thought for a minute that he was going to be scalded by his cup of hot tea. The temperature began to drop somewhat and all were keen to move on – which we did after the health conscious Iain cleared his teeth!

The descent via a different ridge was steep in parts with long grass and many small rocks were hidden underneath. Care was required. Paddy took a tumble and seemed to enjoy rolling around in the grass – so much so that she did not want to get up. Karen and Maria also took a tumble. Karen and Tracey took off down the ridge like mountain goats, while the rest of us took our time negotiating the difficult terrain. A cold wind was blowing and so our stops were rather short. All wanted to be on the move to keep warm. As we neared the end of the ridge we crossed over to another one and finally arrived at Burnett Creek – the end of the walk. We were able to cross this without getting wet feet. Terry was pleased about that.

After collecting Karen's vehicle we were soon all on our way to Boonah for coffee etc. 3 people ordered a large plate of chips, while Iain ordered a small plate – so we were inundated with chips. With the comradeship etc. it was a lovely finish to a great walk.

Karen took the Redbank Plains turnoff to drop off Jonas. As there were road works on the Goodna off-ramps, we had to take a huge detour which brought us out near Mt. Ommaney. I thought that we were badly done by until I heard that Michele and her passengers were held up on the Ipswich Motorway for almost half an hour because of the road works – should have had Jonas in the car!

I enjoyed the day, the great scenery and the great company. I would like to thank those who made the day possible:- Karen, Iain, Jonas, Tracey, Michele J, Terry, Maria, Paddy and myself.

I would like to thank our two drivers, Karen and Michele and also a thank you to Terry who unofficially acted as the “Tail” It was also great to see Paddy attempting a walk a little on the harder side. Pat L

MBS: Andres is one real red blooded girl.

EMU CREEK CIRCUIT FRIDAY 4th TO SUNDAY 6th JUNE THROUGHWALK

A reasonable start to the day saw the small band of walkers heading up the old road to the Asplenium-Guymer ridge by 10am. The road in was quite damp so I was glad we had Karen's 4WD instead of my trusty Terios and I fear we may have some road bashing to do otherwise. The weather was quite unsettled and whilst not raining it was an overcast and quite cool day.

We dropped our packs at the top of the road and headed up a number of ridges to Mt Guymer. There was an old road to follow which took us to a small knoll (1096m) just before Guymer and it was from here we could see most of the surrounding mountains through the trees. The actual summit of Guymer is a fair distance along the plateau and it was just before 12.30pm when the party finally reached the summit and, surprise surprise, the views from here were the same as from many a mountain in this area - Nothing. It was a much quicker trip back to our packs. Now we headed up the ridge towards Asplenium. After finding a suitable camping spot we pitched tents and settled in for the night.

It rained for a lot of the night and I wondered what the day ahead would be like, but I need not have worried. There was mist to welcome us at dawn and I knew we were in for a beautiful day. At 8am the group headed up looking for the ridge which would take us down to Barney Creek, a tributary of Emu Creek. It wasn't long before we were at the creek and topping up our water supplies before the climb to the Sentinel-Huntley ridge. We arrived at the saddle just on 11am. The forest we walked through on the climb. It was delightful in places with lovely glades and beautiful rainforest but it turned nasty near the top with heavy scunge.

The views from here are great: you could see Spicers to the north and Guymer and the Steamers to our south. After a short break we headed up the ridge to Huntley and 'Justin's Drop'. We arrived at 'Justin's Drop' surprisingly quickly considering the terrain. The constant rain recently had left the cliff break wet and slippery and I wondered how we would make our way up safely. But miraculously a rope appeared and in no time we were on Huntley proper. Now for the long trudge up the slope to the campsite. As we neared the summit the number of tracks seemed to increase exponentially. Which one should I

take? But it didn't matter as they all led to the campsite. As it was only 2pm it seemed a bit early to setup camp but the next established campsite was over 3hrs away, so after a general discussion we decided to push on. It was just after 3pm when we decided to give up for the day and setup camp in the saddle between Huntley and Asplenium. It was actually a great little spot with views from Mt Castle and beyond to Lizard's Point and beyond and the entire Fassifern Valley below us. We could also see Asplenium and Panorama Point quite clearly from here. We were in bed early as we hoped to get an early start the next day.

The next day greeted us with the same perfect weather and we were up by dawn, packed and on our way by 7.30am. After some backtracking as we tried to find our way over or around several rocky knolls we found ourselves at the cliff line of Asplenium and then the cliff break. A short time later we were on the summit. Mt Asplenium is a very rocky mountain and some effort would be needed to clear out suitable campsites even though the summit is very flat. We were welcomed with the same views as we had had on Guymer and so after a short break we headed off to Panorama Point. What an apt name. The campsite here may be small but the views are incredible. We stopped here for morning tea just to enjoy the panorama.

As we headed down through the several cliff lines which were wet and slippery I was pleased we weren't going the other way. The route to Lower Panorama was steep and slippery and so it was near 12pm when we reached Lower Panorama where we stopped for an extended lunch. It was only 30mins but for us on this trip this was quite a long break. This is a great campsite where a cast of thousands could camp and quite good views. It was now down the well trodden route to Davies Ridge before cutting the corner and onto the ridge proper before heading down. But not before stopping at the Steamers lookout for those postcard views of the Prow, Mast and Funnel. It was not long before we were at 'Pat's Road' and back to our waiting car just before 2.30pm. It was now time for a cold drink and some chips and nuts which we found at Yangan before heading back to Brisbane and the end of another great through walk.

I would like to thank those on the walk: Paul E, Karen, Joe F and second time visitor Chris R, and I know they enjoyed the walk as much as I did. I would also like to thank Karen for driving as I know it is quite arduous after a long hard walk. Michael.

KNAPP'S PEAK SUNDAY 13th JUNE DAYWALK

Fourteen walkers gathered at St Brigid's at 7am on a cloudy Sunday morning to tackle a small mountain south east of Boonah. After regrouping at Boonah and collecting two more walkers we set out for 'Green Hills', the property lucky enough to count Knapp's Peak as one of its assets.

We approached 'Green Hills' by a different route than the last time. I was here in 2006 and was surprised by the amazing views of the Barney/Ballow massifs from this road. Terry even commented he should come back one day and get some photos. This scenic route provided a different aspect of Knapp's Peak revealing the razorback on the northern side which ends at a ridge that connects Knapp's Peak with Ben Lomond, a small mountain to the north. We parked our cars just inside the gate on the main track to the farm and commenced walking. I guess it was a little after 9am when we set off down the track to the farm where we had a chat with the owners before heading to our ascent point. I had chosen a different ridge to use this time and we were lucky to find an old road which quickly carried us up. It seemed no time before we were in sight of the rocky outcrops protecting the summit where the grade suddenly steepened. The top was covered in regrowth and it was a little difficult to find an easy way to the top. But by 11am we were up and settled down for a late morning tea.

Unfortunately there was little to see on the summit, being scrub covered, except for the trig point and the old wooden trig post now used as a seat/table so we returned to our morning tea spot for a well earned rest. The billy was boiled and assorted lollies passed around and after a suitable break we packed up and started down. But not before we visited a rocky outcrop which provided great views of the eastern side of the peak and the above mentioned panoramic ridge. Not long after heading down the way we ascended I decided to contour westerly to a cleared ridge I had espied on our arrival as I believed we would get tremendous views.

However before getting to this ridge hunger called and we stopped for a short lunch. I wonder who the walker was who tried twice to boil the billy but only succeeded in burning some grass and spilling all the hot water? The break was short and we soon on the open ridge and we weren't disappointed. We could see the Main

Range from Mt Mitchell to Wilson's Peak and then along the McPherson Range to the Barney massif with most of the isolated peaks clearly visible as well. It was well worth the detour. We were back at the cars a little before 2.30pm and headed into Boonah for coffee. I decided to return to Boonah via a different scenic route which provided views of Ben Lomond as well as a great view of Sugarloaf, a mountain we must climb one day.

I had forgotten what a great little mountain this is and we really must climb it more often. My thanks to the fifteen walkers who joined me – James, Terry, Greg, Desley, Pat, Jonas, Paddy, Jenny, Mary, Jess, Nampech, Maria, Richard and Michele and a visitor Heather B – who I hope enjoyed the day as much as I did. I would also like to thank the drivers, Richard, Greg and Maria for their time. Michael.

FROM THE VAULTS

The Club Badge has been with us since almost the birth of the club and the following is an excerpt from the first Annual Report describing its origins.

During 1958 the General Committee called for designs to be submitted by members for the club badge. Several designs were received and the one chosen to be the official badge appears on back of every Annual Report.

The symbolism of this badge has been taken from a characteristic bushwalking setting: a campfire at evening with tents behind it and in the distance a mountain rearing its three-peaked mass against the sky with the evening star shining over all.

The evening star has been taken to represent Our Lady. (It's interesting to note that the 'Morning star' is one of Mary's titles in the litany. The morning star is also of course the evening star.) Her guidance is shown by the three balls of light which descend to the summits of the mountain peaks, and the two tents have been placed so that they are in line with the two outer beams, while the central fire is in line with the middle beam.

This fire symbolises the enthusiasm of the Club and it rises from two pieces of wood in the form of a cross.

The Latin Motto "DUCE MARIA", which means "Mary, Our Leader", is a constant plea to Our Lady of the Way, the Club's patroness, for guidance.

Until next month good walking and I hope to see you in the bush. Michael

MINUTES OF THE GENERAL MEETING 17th May

- Magazines from Gold Coast Bushwalkers, BOSQ, Brisbane Bushwalkers, National Parks Assoc of Qld, Sydney Catholic Bushwalking Club
- QORF Newsletter
- Email from QORF – re ‘Spirit of Adventure: Towards a Better World’ Forum on 7/6/10
- Emails from BWQ – Minutes of BWQ Meeting; re participation in Active Outdoors Expo; re walks program organised by Rotary Club of Milton Tramping Club in NZ; re invitation from Gail Cibilic re joining her on a trip to Sth West China
- Fax sent to Eric O’Sullivan to confirm booking for Barney Mass
- Get Well Card for Dave M
- Sympathy card to Richard & Michele
- Birthday card to Marie Drynan

FMR REPORT: Nil

BWQ: Nil

GENERAL BUSINESS:

- Michael S mentioned there are a few walks still needing leaders;
- Greg is compiling a list of past members for sending invitations to the Barney Mass;
- Greg is wanting to borrow a copy of Ross Buchanan’s ‘100 Must Do Walks’;
- Articles for the Jilalan are needed on time to Greg;
- Jan taking leave from the beginning of July so a replacement Secretary needed.

FMR

FEDERATION MOUNTAIN RESCUE

Reports

Equipment: Nil

Training: Nil

BWQ: has been asked to provide training for school teachers involved in bushwalks. FMR might help provide this.

The QORF active outdoors expo is at Southbank on 29th May

Incidents/Alerts/Call-outs/Watching *brief:*
Glasshouse SES helped a party in difficulty to descend Mt Tibrogargan. A member of the

rescued party was hit by rockfall and evacuated by helicopter.

General Business

Some thoughts from those present:

Navigation training: Some training days need to be posted on the calendar, because the clubs need time to publicise them. FMR could run a course after Pilgrimage, and then every quarter. To do to ask Toowoomba BWC if there is free time at Pilgrimage for an FMR training session. But Training should be progressive. To do: draft curriculum

The regional clubs will be in Toowoomba for Pilgrimage. They might be able to attend FMR training before or after it.

We could do a Pilgrimage event at Mt Barney. Show them something they don't have at home. Rockhampton and Bundaberg would be interested.

FMR could do a navigation theory seminar on the Friday night of Pilgrimage, FMR needs to do navigation training for the small clubs. The big ones do it themselves

All training needs a syllabus

Next year's calendar is needed anyway

To do: arrange date for FMR training with university clubs.

BWQ is starting a blog, this will be a way to publicise things on short notice.

Mt COOT-THA FUTURE PLAN

our shared vision
MT COOT-THA 2030

Our Shared Vision

Brisbane City Council has prepared a draft vision for Mt Coot-tha called "Our Shared Vision Mt Coot-tha 2030" and is now seeking community feedback on this draft document.

The draft Vision and Feedback form is available on-line at **Mt Coot-tha 2030**. The closing date for feedback is Friday 11 June 2010.

<http://www.brisbane.qld.gov.au/BCC:BASE::p c=PC 5426>

THEOLOGY CORNER

The key reading is from Matthew 7.1-5 and it is about judgements and how we make them. For Plato, immorality was a form of blindness. Once truth was seen, we would become good people and our societies, good societies. Christianity only slightly modifies this judgement. Sin is a form of blindness, but it is at root a deliberate

blindness. We try hard not to see and even when we do see, we can still choose the bad. Satan and the fallen angels saw the truth and rejected it. The first act virtue then is to accept what you see. We prefer to see what is standing in the way of full vision in other people, rather than in ourselves. Acknowledge what you already see, and you will see further. Source – Euan Marley O.P.

CHINA TREK

Gail, member of QBW, has booked a camping/homestay supported trek in Sth West China and would like to see if any bushwalkers may like to join her. It starts at Lijiang in Yunnan Province on 15th August and finishes in Chengdu on 31st August.

The Trek is called Lugu Lake to Yading Nature Reserve, and is with www.shepherdplanet.com. Gail has trekked with them before, and found them an excellent, reliable, safe company with experienced mountain guide.

If anyone is interested they can check out the website and mail or phone me on 5546 8189 for costs.

Many thanks, and please ask if you have any queries. Regards, Gail

MBS: Which Leader of a recent Daywalk refused to re-brand his trip as a "Social Walk" when they got to the top in 90 minutes!

FOR SALE WALKING BOOTS

'Scarpa' Italian made walking boots men's size 9, very little use in excellent condition only \$80. Ian Harper 38994465

K2 ODYSSEY TRAVEL

We at K2 Base Camp have been helping adventurers experience, explore and succeed for over 20 years now with K2 Odyssey Travel, backing up with a passionate team to help travelers get the right gear for their trip.

The K2 team is the only genuine outdoor and travel enthusiasts people who live it, breathe it, talk it, and know it inside out. Some of our team are part time leaders in Nepal, NZ, Tasmania so offer insightful experience to any outdoor adventurer.

I would like to extend an invitation to you and your club members to attend an evening here at K2. The evening functions as a getting to know

you night, with slides, product talks, refreshments and lot of a chatting!

Please feel free to phone or email with any questions you may have. I will phone you again within the next fortnight to follow up.

Please feel free to visit our website in the meantime should you wish: www.k2.com.au

Kind regards, Shayle Owen Ph: 3854 1340 info@k2.com.au

IPSWICH M'WAY AT WARWICK & T'WMBA TURNOFFS

Two major temporary traffic switches will occur on the Ipswich Motorway at Riverview between early June 2010 and early July 2010. These traffic switches will allow for construction of the new eastbound bridge at the Endeavour Road connection and the new Warrego Highway Bridge at Dinmore and will be in place for approximately 14 months.

Traffic switch one – early June 2010

To Cunningham Highway and Brisbane Road, To Warrego Highway Ipswich bound

Traffic on the Ipswich Motorway (Ipswich bound) will be realigned to the west of the Tessman Street Bridge at Riverview.

The most significant aspect of this switch is that the exit to the Warrego Highway will temporarily change from a left hand exit to a right hand exit. Access to Brisbane Road (Ipswich bound) and the Cunningham Highway will remain the same.

Traffic switch two – early July 2010

Brisbane bound

Traffic on the Ipswich Motorway (Brisbane bound) will be realigned to the west of the Tessman Street Bridge at Riverview.

All works are subject to weather and construction conditions.

We thank you for your cooperation and patience during these important works.

The Community Engagement Team is available to answer any questions you may have on 1800 465 682.

Contact us: Phone 1800 465 682 *Freecall Australia wide. Higher rates apply from mobile phones and pay phones.*

Post Ipswich Motorway Upgrade: Dinmore to Goodna, PO Box 505, Booval Business Centre QLD 4304

Email dinmore2goodna@tmr.qld.gov.au,

Website

www.mainroads.qld.gov.au/dinmore2goodna

SMS www.westerncorridorsms.qld.gov.au Visit the website to receive free project updates direct to your mobile phone.

10 TIPS FOR STAYING HYDRATED

Rejuvenate With Water:

Are you too busy to notice whether you are thirsty or not? Or perhaps you drink lots of fluids throughout your day, but none of which, hydrate your mind and body.

Your Brain Loses Water First

One of the most important roles of water is to keep your brain hydrated. Dehydrated brain equals poor concentration and fuzzy thinking. Research shows that children learn and understand new information far more easily when their brains are hydrated.

10 Tips for staying hydrated:

1 Eat your water: Fruit is 90% water. Grapes and oranges can be as high as 98% water content.

2 Natures Sports Drinks: Watermelon, cucumber, honeydew and cantaloupe are an excellent source of water, sugar and electrolytes.

3 Add a slice of lemon: In case you get bored with the taste of water add a slice of lemon. Studies have shown that children drink 45% more water when flavoured.

4 Hot Water Or Ginger Tea: In Winter when it's not so easy to drink water, enjoy sipping on plain hot water or spice it up with a slice of ginger. Hot water removes toxins, has a hormone balancing effect and warms your digestive organs according to Ayurvedic Medicine.

5 Check in with your body: If you are too busy living "in your head" you can easily forget about the basic needs of your body. Stop, take a few deep breaths and ask your body if it's thirsty.

6 Dehydration facts: A mere 2% drop in body water can trigger fuzzy thinking. Lack of water is the number one reason for day time fatigue.

7 Water know how: Muscles are 75% water, blood around 83% water, and bones 22% water. Water is essential for carrying waste material out of the body. It's involved in nearly every body

process including digestion, absorption, circulation and excretion. It's vital in transporting nutrients throughout the body.

8 How much water: Deepak Chopra's formula for water intake is to divide your body weight in pounds, by 2, and that gives you the amount of fluid ounces you need to drink each day. This may vary of course during hot weather and for athletes.

9 Stay hydrated at night: Keep water beside your bed.

10 Carry a water bottle: One of the simplest ways to keep a fresh supply of water flowing throughout your muscles, blood, brain and bones is to carry a water bottle everywhere with you.

Source: Carole Fogarty, Editor, Rejuvenation Lounge and facilitator of Women's Rejuvenation Retreats.

Australian Catholic University RESOURCES MATTERS – VOLUME 12
ISSUE 20 28 May 2010

EDITOR'S REPORT

ARTICLES: Please have all Jilalan articles to Greg by Saturday 3rd July. Articles should be e-mailed to me. Please follow the "Jilalan Style Guide", which is on the Club web site <http://www.bcbc.bwq.org.au/JilalanStyleGuide.html> . If you have any queries, you should phone me on 3351 4092.

As Editor, I reserve the right to alter, amend, move, shorten or not print articles.

The views expressed in Jilalan are not necessarily those of the Editor or of the Management Committee of the Brisbane Catholic Bushwalking Club.

If you "borrow" any words or image from another source, please acknowledge that source – author, publication, issue, date, publisher.

I need your articles on time – it makes it hard to still get articles when I should be formatting.

Articles from this publication may be reproduced provided the source is acknowledged.

Look at last month's Jilalan and copy that format – especially the "headings" in Comings

Type your article as a Word document, then attach it to the e-mail. A4 please, not in Columns.

Type Face is "Arial", Font Size is "12", though Date, Name of Event & Type are "14"

HOW WE ORGANISE OURSELVES

VISITORS – for general enquiries contact Greg on Ph: 3351 4092.

GENERAL MEETINGS: Meetings are held on the 3rd Monday of every month, at 7:30pm. The location is St Michael's Parish Hall, Banks St, Dorrington. The hall is on the terrace below the church, out of sight – drive down to the lower carpark.

VISITORS are always welcome.

OUTINGS

- (a) Always read the Jilalan article to check the departure point, date and time.
- (b) Walk departures are usually from Red Hill Parish Hall, 78 Musgrave Rd. Check "Jilalan" to determine the location to be sure.
- (c) 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 Wednesday night prior to the activity 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.
- (d) Walkers are responsible for their own transport to and from the departure point.
- (e) Walks are rarely cancelled – if they are, all nominees will be notified. Do not presume that outings are cancelled – ie, because of bad weather.
- (f) Should you change your mind and decide not to come to a Club event, please notify the leader as soon as possible.
- (g) If you are running late for the departure point, ring the Emergency Officer, or if the leader shows a mobile phone number, phone the leader.
- (h) All visitors must sign an Assumption of Risk form for insurance purposes.

EMERGENCY OFFICER: If you have not returned from an outing by 9:00pm, your family may ring the Emergency Officer (Or "EO" or "Emerg Off") for that outing – but please they are not to panic. If the EO is not mentioned, ring either the President or Vice President. IF any action is to occur, the Club will arrange it.

<http://www.bcbc.bwq.org.au/EmergOffSyst.html>

PERSONAL EQUIPMENT: The Club requires that all walkers on all trips should carry certain minimal basic equipment. This should comprise the following – a first aid kit, a torch, a parka/raincoat, hat, shirt, 30+ sunscreen and at least 2 litres of water. Leaders may require that walkers carry other equipment. Advice of this will be given in Jilalan and/or by the leader.

MEMBERSHIP FEES - Membership Subscription fees are:

Ordinary Members: \$35; Associate Members: \$26; Spouse Members: \$9.00; Country: \$26.00.

Fees cover the period 1st January to 31st December, and renewals are due and payable by end of February each year. Payment of fees can be made to the Treasurer.

Pro-rata amounts apply to new members if you join during the year.

WARNING: All persons, adult or child, member or visitor, undertakes 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.

CONTACTS

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Federation Mountain Rescue FMR	http://fmrqld.bwg.org.au/
Archdioceses Web Site	http://bne.catholic.net.au/asp/index.asp
Parishes	http://bne.catholic.net.au/asp/index.asp?pgid=11463
Jilalan Printer: Printabout City - Lower Gr Floor, Boeing House, E-Mail: printabout@cplqld.org.au Cnr Adelaide & Wharf Streets, Brisbane. Ph: 3831 6644, Fax: 3831 6650,	

For specific enquiries, contact the committee member (from above) concerned.

For Outings or Socials, contact the leader shown in the calendar or article.

Photos: Cover: www.panoramio.com/photo/592204

