



# Ramble On

Newsletter of Redland Bushwalkers Incorporated

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## October 2010

### Next Club Meeting

4<sup>th</sup> Wednesday in January 2011

7:00 for 7:30 start

Indigiscapes Centre Runnymede Street Capalaba

### President's Report

Our calendar year is almost over and I hope that you have all had a wonderful year and achieved what you wanted to. Whether you led a walk for the first time, or did a harder walk than before, or went on a base camp or even did a through walk, I am sure that it would have some wonderful memories for you. When doing these activities do not forget to take your camera and you may just capture that one photo that the judges will be looking for in August next year.

There are still a few activities left for the year and a few major ones at that. On **17 November** at Indigiscapes we need as many people as possible to come along and speak up for the walks they want to do in 2011 and also to put their hands up to assist. There are personal rewards for leading and the chance to pass on skills and knowledge to others. We can ask an experienced walker to act as a helper or mentor on your first trip.

If more people participated in organizing walks, a lot more could be achieved.

Being a walk leader imparts many skills and so has many benefits for the leader. They learn to speak in public, navigate, organise transport, plan a trip, survey the trip and organise somebody to write a report afterwards for the benefit of those in the future who may profit from their experience.

The greater number and variety of walks, the more vibrant our club program will be.

And don't forget our Christmas party on **19-21 November** at Spring Gully Stays, Canungra. This will be an excellent weekend of fun and laughter.

The website committee is moving along at a great pace in creating a new website for us all to use. Thank you to that hardworking committee in Russell, Laurel, Tracy, Hilary R and Mike.

Thank you to you all for making Redland Bushwalking Club the success that it has been in 2010.

Happy walking  
Denise - President



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## Stop press!

Last December the Club got a Federal Government grant to buy more powerful radios. We've now done so, and they are available for members to borrow. They are ideal for bigger groups: no more wondering how far apart the head and the tail are! And even better, with the change we bought an eTrek GPS, which is also available for members to borrow. Contact Tracy ([prestonhome@inet.net.au](mailto:prestonhome@inet.net.au)) for details.



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## Upcoming Activities

### Where would you like to walk next year?

Our planning meeting to put together a walks calendar for Jan-June 2011 is on at **7pm, Wednesday 17 November** at Indigiscapes.

**Everybody** is encouraged to contribute ideas so our calendar offers something for everyone. You don't have to know the walk or the area either, as we are always looking for new ideas for the calendar.

To get the process moving, you will soon receive an email with a link to a list of walks in south east Queensland that can be included. Have a look at the list and if any take your fancy, come along and tell us.

If you can't come to the meeting, please email your suggestions to any of the committee members or any of the leaders. If all else fails, email them to Denise Kolcze: [dkolcze@bigpond.com](mailto:dkolcze@bigpond.com).

As our president says in her report, the more people who contribute ideas, the better our calendar will be!

**What:** Christmas camp  
**Where:** Spring Gully Stays, Canungra  
**When:** Fri 19 – Sun 21 November  
**Leader:** Kerrie Coulter

Last chance to register for our Christmas camp! There are a limited number of on-site safari tents, so get in quick to secure one. Other options are your own tent or camper.

Cost: \$20 per person (see what you get below), and \$10/person/night for a camp site or \$20/person/night for a safari tent.

We have games, walks, swimming, lots of activities and also live band *Snake Bite Cure* to entertain us on Saturday night. So pack your dancing shoes (grass friendly) and bring your fun party hat!!

**Friday:** bring your own evening meal and drinks, and nibbles to share for happy hour.

**Saturday:** walks around Lamington. If you've never walked this area before, this is a golden opportunity.

**Saturday night:** bring your own meat/fish/drinks. The Club provides salad, rolls and dessert.

**Sunday morning:** the Club provides pancakes and toast for breakfast.

**All weekend:** the Club provides coffee, tea and biscuits.

For registration, bookings and more information contact Kerrie on 3822 7259 or [coulterk@netspace.net.au](mailto:coulterk@netspace.net.au).

To pay via the internet, the details are Westpac Bank, account name: Redland Bushwalkers Inc, bsb: 034070, account number: 220127. **Make sure you write your name and "xmas party" in the relevant fields.**

If you don't use internet banking, contact Kerrie.

**Where:** Back Creek, between Canungra and Beechmont

**Day walk/abseil:** medium-hard

**When:** 28 November

**Leader:** Ted Wassenberg, 3286 2817

This should be heaps of fun at this time of year. Contact Ted for details.



## Website news

Our new website is coming along, and shortly we will be calling for more volunteers to be trained to help keep it going. The idea is to take the load off one or two people as this has been a problem in the past; the more people who can be called on to help update content etc, the better our website will be. If you have web access you will be able to do it from home, so it won't be onerous.

So if there are any members out there who are interested, please contact Mike Vose ([sew@baystitch.com.au](mailto:sew@baystitch.com.au)), Laurel Santry ([laurelandrob.santry@gmail.com](mailto:laurelandrob.santry@gmail.com)), or Russell McKenzie ([russellmm@gmail.com](mailto:russellmm@gmail.com)).

Also we are looking for spectacular photos to go on the website. The idea is that they highlight the beautiful areas we walk in, so if you have photos you think might be suitable, please contact Tracy ([prestonhome@iinet.net.au](mailto:prestonhome@iinet.net.au)) or Hilary ([hilaryriley2@hotmail.com](mailto:hilaryriley2@hotmail.com)). NB: if they are not your own photos, you will need the photographer's permission. And if people are recognizable, they also need to give permission before we can send their images off into web fairyland for all the world to see.

# Walk reports

## Mt Barney survey



*Ted goes up the creek . . .*

The scheduled Goomburra base camp was not to be as we had only three people sign up for the weekend, hence not enough for a club walk.

Given that, we were not going to be sitting at home and we three set off on Friday night for Mt Barney Lodge. We had a glorious night camping under the stars, listening to the babbling of the Logan River as it flowed past the campsite.

Early next morning we headed up Yellowpinch gorge, past deep pools of clear water and many small rapids. Eventually we reached a junction of a side creek which we followed up towards Mt Barney. I doubt that many, if anyone, has ventured up this creek. It showed all the signs of having had a lot of water down it recently, although it was dry as we ascended.

After a couple of hours we reached a series of fabulous waterfalls. The first one caused us to venture along a ledge half way up the cliff under and through the water. This was followed by a narrow gorge and numerous small cascades until we reached a second and later a third waterfall. The falls ranged in height from 8 to 15m and there was promise of more higher up the mountain.

We had run out of time and given there were only we three, we turned back after lunch. My rope came in handy to assist us descend one of the more tricky water falls and after a bit of a bush bash we entered onto the road and walked back over Yellowpinch to Barney Lodge. Here we had a dip in the creek and then a warm shower before heading home. The cafe at the olive grove was closed, so iced coffees were consumed at Rathdowney.

A very satisfying Saturday exploring some new ground, with potential for a more exciting club trip in the future.



*. . . with Hilary and Judy*

## Ted, Hilary and Judy



## For sale

Welcome to our buy and sell column. If you have anything you want to sell, send a small photo and text to Sue: see last page for contact details.



Tarp/hoochie/fly: plastic, army disposal version. Ideal for through walks or as a temporary shelter. Sleeps one person comfortably. Good condition. \$20. Tracy: [prestonhome@iinet.net.au](mailto:prestonhome@iinet.net.au)

Hiking pants with zip off legs, Royal Robbins brand, medium size suit male or female, perfect condition. Contact Vivien Carlsson, [carlvoo@hotmail.com](mailto:carlvoo@hotmail.com)



Three size 10 wicking polyester tee shirts from Kathmandu (the shop, not the city). Two worn about twice, the third, never. \$5 each. Tracy: [prestonhome@iinet.net.au](mailto:prestonhome@iinet.net.au)

# On navigation

On 6-7 November the Federation Mountain Rescue (FMR) organized a navigation training weekend at Karingal, Mt Cotton. Seven RBW members attended, along with another 20 or so from other clubs. The instructors were Ted Wassenberg (pres of FMR plus one of the founding members of our own Club), Phil Box, all-round expert in all matters outdoor, and Prof Frank Cowling (neurobiologist at UQ as well as bushwalking aficionado), helped and supported by a team of others, including our own Kevin Blain, surveyor and bushman extraordinaire.

We spent Saturday morning learning the basics of maps and compasses, including how to read contour lines, how to measure distances, how to get a bearing, and so on. For the more experienced it was a useful refresher and for the beginners it added sense to the whole business. Even if walkers only intend to walk on graded, signed tracks, this was a very useful exercise, since even the easiest signed tracks can have tricky intersections.

The Saturday afternoon was spent practicing following a bearing for distances from 100m to 400m. Here we learnt that while it is fine to map a course on paper, matching map to terrain adds a whole new dimension. However, we all managed to find the treasure at the end, so we were all cheered by our success.

Sunday morning began with a talk from Frank intriguingly titled *sex and navigation*. And it turned out that that was indeed a major theme of his talk. Frank is a neurobiologist and ran through how the brain works and how this relates to navigation. Some of his key points were:

- Every animal, including human beings, is hard wired to navigate, otherwise we wouldn't survive.
- Obviously some of us are out of practice; people who grew up outside are usually better navigators than ones who grew up inside.
- Brains can be trained to learn new things, so if you think you can't navigate, that's not true.
- Tiredness may affect your ability to learn new things but it doesn't affect your ability to do the things you already know.
- Drugs and alcohol do kill brain cells.
- There is indeed a difference in men's and women's brains, but neither is better than the other at navigating. In a nutshell, men have a preference for experiential learning, women for conceptual.
- If you are lost, Frank said the smartest thing to do was to make sure the map and compass were in the hands of a woman. (Obviously there is a lot more to it than that, but he was making the point that women were generally better at sitting down and working through mapping exercises than men. Keep an eye out for upcoming articles about what to do if you are lost.)

And finally our weekend ended with us putting it all into effect over a much longer distance and more diverse terrain. I'm sad to say we weren't quite so successful in practice, but the theory was certainly there!

As our questionnaire earlier this year highlighted many members' interests in learning navigation, this was a golden opportunity to do just that. If it is offered again, we'll actively promote it to members as very worthwhile, and extremely good value for money.



# How do you plan a walk?

As we are about to plan our next six-month calendar, the following information might be very useful for any member teetering on the edge of putting their hand up to lead a walk. It's also one of the issues respondents raised in our questionnaire earlier this year. Read on:

First of all, there are a couple of immovable givens when planning a club walk.

- The first is that every *Club* walk must be approved by the committee for safety reasons (obviously members are free to do what they like outside the Club).
- The second is that certain paperwork must be completed, and handed in to the outings officer (Phil) after the walk is finished.

So it's strongly recommended that you talk to the outings officer (Phil) before you plan too far; by all means do all your research into a potential walk, but before you do your paperwork or put the word out to other members, talk to Phil, or another committee member if he's not available.

## 1. Research the activity.

Obviously the amount of research depends on the activity.

A social walk requires knowledge of where you're walking, especially start and finish points, and the time it takes to walk it. It's a good idea to do the walk beforehand if you aren't sure, to make sure you can describe it accurately to your fellow walkers.

A day walk along a well marked track, eg at Binna Burra or O'Reillys, needs:

- Knowledge of the track, including intersections, likely spots where you could go wrong, rest spots, lunch spots etc. Check relevant websites, eg DERM, for track maps: [http://www.derm.qld.gov.au/parks\\_and\\_forests/index.html](http://www.derm.qld.gov.au/parks_and_forests/index.html). NB: it's also recommended you take a proper topographical map.
- Check out your local library for books on walks in south east Queensland.
- Talk to people who have done the walk recently, especially the leaders.
- Make sure the track hasn't been closed; the recent rain has seen several tracks closed recently. Keep an eye on the DERM website for warnings etc, or ring the park ranger.
- **Talk to the Club outings officer or a committee member before proceeding.**

For a through walk (overnight) along a well marked track do as above, and:

- Check where you will camp the night, and if required book it, either online (eg DERM site above) or by ringing the ranger. NB: many campsites require payment up front.
- Remember that you will walk slower and less far when you carry a pack, so make sure the distance you plan to cover is achievable.

For an off track walk (day or overnight) :

- **Talk to the Club outings officer or a committee member before proceeding.**

## 2. Plan the route.

Regardless of the type of walk, the leader should consider:

- Features, eg road/track junctions, ridges, creek crossings
- Rest points, stopping points
- Escape routes if the planned route isn't passable
- Alternative campsites if you are delayed
- Distances: make sure they are achievable by all members of the party
- Expected weather conditions
- Get all relevant permits, eg camping, vehicle etc. Check DERM site above or contact relevant ranger.
- Think about the size of your party for safety reasons, environmental reasons, etc.

## 3. Prepare all the paperwork

If you haven't got one already, contact either the outings officer or the leader liaison officer (Tracy) for a leader's kit as this will give you all your paperwork, and the other information you need as a leader!



**Committee contact details:**

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Secretary:	MATS ANDERSSON	<a href="mailto:matsmarika@gmail.com">matsmarika@gmail.com</a>
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VP, leader liaison:	TRACY RYAN	<a href="mailto:prestonhome@iinet.net.au">prestonhome@iinet.net.au</a>
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