



Ramble On

Newsletter of Redland Bushwalkers Incorporated

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PO Box 101 Cleveland 4163

July 2011

Next Club Meeting

Wednesday 10 August 2011

7:00 for 7:30 start

Indigiscapes Centre Runnymede Rd Capalaba

President's report

It is already August and what a wonderful year but also sad we have had so far. Ted has been very busy with FMR (Federation Mountain Rescue) with rescues, one with not a good outcome and others successful. Some of our own members have been there assisting Ted. Thank you to Ted and also those members who have helped. FMR does a wonderful job for all bushwalkers.

The Club has many activities going at the moment so please do not hesitate to join in, they are there for us all to enjoy. Our Safety and Training Officer, Ken, is offering training to walkers most Wednesdays and has managed to take people out of their comfort zones and move them forward, leaving everybody happy. Thank you Ken.

The Photographic competition is almost here and they need more entries from you all. The major prize is a gift voucher that entitles two adults to one night's accommodation with full buffet breakfast in a Casuarina Cabin at Binna Burra Mountain Lodge mid-week only. It includes guided rainforest walks, morning and afternoon tea, evening presentation and Australian cheese platter served in the library at sunset. Please get your mounts from Laurel, Betty or Leah; they are only \$2 for 10 with the categories marked on them ready for you to mount your pictures. You have to be in it to win it and it is also fun and good for the club to view. There is also a large canvas as a prize for you to mount your favourite photo.

The Pilgrimage is always a wonderful weekend with all the bushwalking clubs gathering together and walking together then afterwards having a social drink and a chat. Thank you to Hilary Riley for co-ordinating this for us this year. If you would like to go to the Pilgrimage at Kenilworth then please see, phone or email Hilary Riley and she can help you.

Thanks to all the great walk leaders that we have, without you there is no RBW. We would love to see some more nominate as well.

Keep up the great walking everybody. Have a great month.

Happy walking
Denise - President

Members' tips

1. A number of members have reported not getting club emails. Our advice is to check your spam box. Because we send emails to multiple addresses at once, some systems think our emails are spam, and into the spam box they go. Work email addresses are particularly prone to this. So if you aren't receiving emails, check your spam box. If they aren't in there, let one of the committee know (email contacts at the end of this newsletter) and we will check the gremlins haven't got into our club email contacts list.
2. Unless you don't mind being bowled over by runners, us walkers have been advised to avoid the border track at Lamington on the weekend of 22-23 October as there is a big running race on: the Lamington Classic. On the other hand, if you can't beat them . . .

Big thanks from FMR

On the recent search and recovery at Mt Greville, several of our members were in the search parties. I would like to express my thanks to those members on behalf of FMR. They are Betty, Hilary, Judy and Rob.

Thanks for your help.
Ted (FMR Director)



Upcoming Activities

Click here for our complete calendar: www.redlandbushwalkers.org.au. Keep an eye out for the signup sheets at the club meeting, or contact the leaders if you have any questions or can't make it to the meeting.

Here's a summary of upcoming activities for August.

Mon 1 Aug: day walk, Mt Gravatt lookout circuit. Contact Marnie 3829 3270 or Sue 3822 1802, 0407133240.

Sun 7 Aug: day walk, Pages Pinnacle, Nerang/Numinbah. Contact Mats, 0438 984090, matsmarika@gmail.com

W/E 12-15 Aug (Ekka long weekend): base camp, Sundown National Park, Stanthorpe region. Contact Sue or Dudley, 0407 133 240, suz_reid@hotmail.com.

W/E 12-15 Aug: through walk, Sundown to Mt Donaldson. Contact Ted, 3286 2817.

Sat 20 Aug: social walk, Seventeen Mile Rocks. Contact Marnie, 3829 3270.

Sun 21 Aug: Redlands Classic Ride. Contact Sue, 0407 133 240. suz_reid@hotmail.com

Sun 21 Aug: day walk, Coomera Circuit, Binna Burra. Denise, 3286 1266 or Narelle, 3286 5880.

21-27 Aug: Fraser Island. Contact Wayne, 3286 7380, 0402 734 900.

W/E 26-28 Aug: the Pilgrimage, Kenilworth Showgrounds. Contact Hilary, hilaryriley2@hotmail.com.



Pilgrimage soon

The Pilgrimage is an annual bushwalking and social event attracting members of affiliated clubs from throughout the south-east corner of the state and sometimes further afield. It is usually held at a campground venue and on the Saturday you can join one of many day walks through the surrounding areas. A bush dance and other social activities are organised throughout the weekend and it is an ideal time to meet or renew friendships with fellow bushwalkers. The activity is run on a non-profit basis.

This year the Pilgrimage is at Kenilworth Showgrounds from 26-28 August. There are a variety of walks available with various sections of the Conondale Great Walk and Sunshine Coast Hinterland Great Walk, plus other walks in the now declared Mapleton National Park and in the Kenilworth area.

More details at <http://www.sunshinecoastbushwalkingclub.com/pilgrimage/>.

If you would like to attend, please contact Hilary Riley (hilaryriley2@hotmail.com), who is coordinating our Club's attendance. It is much easier for the organisers if we make one group booking rather than lots of individual bookings.

Also don't forget the Festival of the Walks being held at Maleny and Blackall Ranges from 19-28 August 2011. More details <http://www.festivalofthewalks.com.au/>.



Activity reports

Where: Mt Maroon

When: 26 June

Leader: Carmel

7.50am: Krazy Karmel (leader in training) and Konfident Ken (Safety and Training Officer), eight members and two guests left the comfort of their warm cars at Drynan's Hut to ascend Mt Maroon. Five minutes later we were removing our boots and socks and rolling up the bottoms of our trousers to cross knee-high water in Barney Creek. The slippery rocky bottom and bone-chilling water were the first of many steps out of our comfort zone this day. Except for Natural Nathalie, who has spent many years trekking in New Zealand. Nathalie quickly accessed the creek and was on the other side in a flash. Yes!! - without removing her boots. We learnt this was the only way to walk in NZ as there are many creek crossings and it would take forever to remove one's boots at each crossing. Our group had a lot to learn!!

We quickly warmed up as we went straight into a steep climb from the creek. The off track walking was enjoyable, as we made our way up. The undergrowth was lush, glowing in various shades of green. Konfident Ken showed us the remains of a logging platform with some unused logs still on the top. We thought that they may have been for power poles, given their length.



Morning tea was in a grand little area where we were able to enjoy our first view of Mt Barney and Mt Lindsay (the cupcake) and surrounding district. For the next few hours we slowly climbed towards our goal. Alas, we were well over half way when we encountered very slippery rocks and ledges and a turn back was mentioned. NO WAY!! What unfolded over the next couple of hours was an experience never to be forgotten. Extreme care for each other's safety, helping, sharing, scrambling, advising as we worked our way towards the summit. What wonderful comradeship! Konfident Ken, with rope well anchored, helped most of us up a 0.75m ledge, what we'd thought was an impossible task. Once over this obstacle the rock hopping and scrambling was easy to the summit. Further than imagined, but easy.

At the summit lunches were consumed and views enjoyed along with lots of photos. It was time to return via the gorge. Walking was easy under the lush canopy, over and under several fallen logs, walking on a well defined foot pad. We had this bagged! The next new experience was descending down the bed of a waterfall. Not much water but lots of opportunities to slip, slide, fall and hurt on the slippery surface. Again, Konfident Ken gave us wonderful tips and advice on how to avoid the traps (mossy and slippery). Again, we were out of our comfort zone for a while.

Back through Paddy's Plains campsite, along the forestry road. A brief stop at the Golden Stair Case Falls as well as a last photo opportunity of the mountain that we conquered. The last challenge was boots off again as we waded across the extremely cold creek to arrive back at our cars just on dark. All in all, an absolutely fabulous day, slow and safe as we conquered our fears and Mt Maroon. It was a very special day, as each of us helped and encouraged each other and enjoyed each other's company and day. A special thank you to Konfident Ken for your wonderful guidance and encouragement.

Report: Carmel



Where: Sunshine Coast Hinterland Great Walk (Obi Obi section)

When: 3 July

Leaders: Sue and Dudley Reid



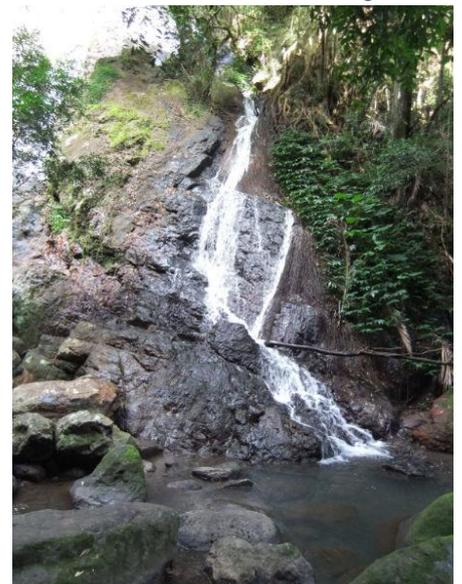
With some of the newer members unsure of the area for the walk start, we travelled from the bayside in (almost) a convoy. After organising the car shuffle, 10 walkers set off from Baroon Pocket Dam at about 9am. We had clear skies with no sign of the forecast showers.

After detouring down the various side tracks to see the creek and waterfall, we stopped at Baroon Lookout for morning tea. Continuing on, parts of the track were quite muddy after recent rain.

It was decided to take an early lunch break at Flat Rock, before continuing on to Kondalilla Falls. The falls were flowing well and the sight was appreciated by all, especially some in the group who had not previously been there.

Then it was out to the car park and the reverse car shuffle, followed by a detour into Montville for the obligatory post walk coffee, with views to the coast.

A pretty walk, enjoyed by all who went.





Where: Dave's Creek

When: 17 July

Leaders: Sue and Dudley Reid

Our group for this walk comprised 11 walkers, including a former member visiting from Canberra with her partner, two new members and a visitor from Switzerland. As this is not a very long walk, we had a leisurely 9am start.



Our Swiss visitor was very interested in the rainforest and said that the forests at home were much drier. She was also pleased to see a few of the birds, although the potaroos etc that are often seen in Laminton NP were not around this day.

We stopped off at Molongolee Cave for morning tea, then headed to Numinbah lookout. Parts of the track were still showing the effects of the recent rains. After enjoying the view from the lookout, it was off to Surprise Rock, where we had lunch.

The clouds were turning grey, so we decided not to stop for too long, and set off for the car park. We were almost there when light drizzle began, though not much penetrated the treetop canopy. We reached the cover of the gazebo at the car park as the rain got heavier. It was then a dash to the cars, a quick change of shirt and footwear, and into the tea-rooms for refreshments.

Another nice short walk, one that is good for beginners to start out on.

Reports: Dudley and Sue

Where: Mt Coot-tha

When: 24 July

Leader: Kerrie Coulter

Four lovely ladies joined me on the Mt Coot-tha walk on a beautiful sunny July morning. We started from Silky Oaks picnic grounds then travelled up to Channel 9 on the Powerful Owl Trail. We then headed on down the Kokoda Track to the Gap Creek Picnic area and added on the Curlew Circuit before morning tea. We enjoyed snacks and stories in the glorious sun.

We then followed the Cockatoo Trail and Jacksonia track back up past Channel 9 then on the Simpson Falls track to the picnic area then walked back to the cars for a lunch on the grass.

Thank you ladies for your wonderful company; we had a beaut day.

Report: Kerrie

Where: Montserrat, Mt Barney National Park

When: July

Leaders: Judy and Tracy (but mostly Judy)

It was with some trepidation that I drove through the freezing morning on our way to face the giant rodents of Mt Barney National Park, armed only with a couple of hiking poles and a Swiss army knife. As we got closer to the ominously named town of Rat..hdowney, an insufferable sense of gloom pervaded my spirit, as Edgar Alan Poe would have put it.

On arrival, the gloom was quickly dispelled by our chirpy companions in the other car. It was just a spelling mistake, they said, it is Montserrat, not Monster Rat! What a difference a T makes, to paraphrase Sir Thomas Lipton.

The spirit got even higher when we reached Mt May reserve, where we were met by Barbara and Frank, who, apart from good company, also provided a second 4WD, saving Betty the chore of driving up to Cleared Ridge twice. We quickly split the group in two, with the Mushroom Pickers squeezing into Frank & Barb's Beemer, while the Mango Pickers bounced up the hills in Betty's Navara.



We quickly got going along the 4WD road steeply down to Yamahra Creek, where the grass was still frozen. In crossing the creek through the very high tussock grass, we were worried for a while as our two vertically challenged leaders disappeared completely, the only thing indicating their position was a rustling in the grass, and the sound of constant argument about where we were.

Next to Yamahra Creek: the white stuff is frost

We started up the ridge first along a road, then a footpad through a most beautiful forest. We almost did not notice how hard it was up the hill, but only almost. At the top of Montserrat we were met by a spectacular view of the Barney massif, from this angle almost all the ridges are clearly visible.



Frank and Barbara patiently explained the correct names of the Squiggly Bit, the Thumb, the Lump and many more. They also had us checking our compasses, as the mountain interferes with the magnetic field. There was also a fair bit of reminiscing from the survivors of the Mt Barney death march a few years ago. The path down the ridge was just as nice as the way up, only much steeper.

Barney looking massif from the top of Montserrat

While we had lunch at the junction of Yamahra and Barney Creeks, we were approached by a worried couple who were looking for a lost scout group, and we promised to keep a lookout. After lunch, the bare buttocks of a couple of teenage boys skinny dipping in the creek had the ladies in a tiz that propelled them all the way up the steep ridge above the Upper Portals. Frank and I had to make do with muscle power.

At the top of the ridge we heard some youngish sounding voices from below, could it be the missing scouts? After a few feeble "Hey Bobs" and "cooes" from the group, Marika made her Viking ancestor (Thor, the god of thunder) proud, with a booming "**ARE YOU ALRIGHT?**" at a volume that stripped the foliage from a couple of unsuspecting Scribbly Gums nearby. We got an affirmative answer from the creek, and walked on, only to be met by a couple of 4WDs and a police van, and a number of kids milling around, parts of the scout group, and a couple of parents. There were still a few people down below, one with an injured knee, so Tracy, Judy, Betty, Frank and Barbara went down to assist, and returned shortly with the rest of the party.



As we walked back to the cars, we looked back on an eventful and pleasant walk, at least it was pleasant until Betty and Frank got driven away in the Paddy Wagon.....

Walkers: Tracy, Judy, Betty, Alison, Jillian, Laurel, Denise M, Frank, Barbara, Marika & Mats.

Report: Mats

Where: Glen Rock, Lockyer Valley

When: July

Leader: Mats

When we drove into the Casuarina camping area at 9PM on Friday, we were greeted by Rob, the only person awake in the freezing evening, and with his kind assistance we were set up in less than 45 minutes.

If the night had been freezing, it was nothing compared to the Saturday morning, when the grass was full of frost and the cars were covered in thick ice. However, it only took a short while for the sun to thaw it all away.

Shortly after eight, the cars started rolling in and at 8:45am nine keen walkers started into the valley behind the information shack. As we got further into the valley it became apparent that it was going to be hard work scaling the 400m of steep road to the top of the ridge.

When we were trying to get past a particularly boggy section, courtesy of the omnipresent cows, Nigel managed to get across all dry. He then decided to show that chivalry was not dead by fetching a log to lay across the quagmire. But instead of praise, he copped an earful as he managed to splatter half the party with mud and unspeakable substances in the process, so chivalry probably died there on the spot, time will tell.

At the top, we encountered the first of the fabulous views that were going to be our constant companions throughout the walk. The views were so good that we had to ration the superlatives in case we ran out during the day. A quick morning tea and then onwards to another steep uphill to the cliff break. As we were catching our breath on top of the cliffs, the conversation ended up on the subject of an appropriate botanical nickname for each walker. A quick vote decided that ladies should be named after lovely flowers, while men should be named after noxious, prickly and poisonous plants. This vote was as you might have gathered split along gender lines, - where were you blokes in the hour of need?

We then walked on along the escarpment and through the high grass to the most spectacular lunch spot near the highest point of the walk, at 1005m. No one even moved a finger when I suggested that we press on after half an hour of lazing in the sun, the mutiny lasted for another 15 minutes, until Fletcher Christian et al were promised downhill. We then headed for Glen Rock itself, the big climbs now over and done with. The walk now ran along narrow ridges and razorbacks, with superb views most of the time. When we were close to Glen Rock, we could see almost the whole walk behind us from a couple of vantage points.

After a brief lookout from the top of the rock, we started down the very steep ridge towards the road we walked in on. Unfortunately, Nigel had injured his knee in a fall earlier and was in considerable pain during the descent. You could tell, because the normal flow of jokes and chit chat had stopped completely.

At 4PM, after 7.5 hours of fantastic walking, we were back at the campsite. Four people had to drive back to civilisation, the rest of us gathered around the campfire (thanks again Rob) for an enjoyable if chilly evening.

On Sunday morning, five of us took a short walk along the 4WD tracks up on the western side of the Blackfellow Creek valley, enjoying the fine views towards Glen Rock, and up and down the valley, before packing up around lunchtime.

Campers: Laurel, Rob, Luca & Micah.

Walkers: Tulip, Daffodil, Violet, Rose, Petunia, Lawyer Vine, Wait-a-while, Lantana and Oleander (at least it wasn't Stinkweed!).



Bits and pieces

Coal seam gas:

We've been hearing a lot about coal seam gas activities on the Darling Downs and elsewhere, but what many outdoor enthusiasts such as bushwalkers may not realize is that it isn't just farmers who are affected. There are proposals to develop major infrastructure projects right in the areas where we love to walk!

So if you care about these companies getting up far too close and personal with our favourite bushland, get involved! For more information, see here: <http://www.couriermail.com.au/business/miners-snap-up-prime-farming-land/story-e6fregmx-1226086674502>

Hendra virus:

A member of BBW with some professional experience with the issue has provided some advice about Hendra virus and how to avoid it when out bushwalking:

The temptation for people to pat horses etc is high and I would be encouraging people not to go anywhere near **any** horses (five metres is recommended for sick horses), whilst we still have new reports of Hendra being found. Whilst we shouldn't alarm people I think it wise to simply ensure that members keep clear of these animals and minimise any risk. Leaders could do this simply by advising people of this risk, if horses are noted nearby.

This is simply an FYI and I've provided a link to more information if you require it - <http://www.health.qld.gov.au/communicablediseases/hendra.asp>



Scrub itch (a bushwalker's tale)

Or, More reasons to never get out of bed

I once went on a conducted reef walk on Lady Elliott Island. Also in the group were a number of overseas visitors. The marine biologist guide, like most of her ilk, had no sense of humour. Her opening lines were ...*"Hi, my name is Julie. Welcome to Australia where everything you touch will KILL you."*

Did you know that Australia has 140 species of land snakes, 32 species of sea snakes, 2800 named spiders, 100 named leeches, 74 species of ticks, 2620 types of mites and hundreds of different hairy caterpillars?

Well, we do.

Did you also know that lurking in our countryside right here in South East Queensland is a tiny little mite, just 0.2 of a millimetre long, called the scrub mite or Chigger?

Well, there is.

Did you also know that these mean little orange-red things (*Trombiculid* larvae) are very much attracted to me when I am bushwalking?

Well, they are.

They have bitten me while on the Ship Stern circuit and on Mt Maroon so far this year and they always attack me below the belt. I first notice them when an itch starts and then an angry big welt appears.

Unlike leech bites, these little sods do not just take a quick sip and then drop off. Oh no, they spit on you with something akin to battery acid, drink up the dissolved juices and then repeat the whole disgusting process! They do this for several days and they may even move to a fresh spot if they get bored, leaving behind a hole full of itching excreta.

So if you encounter them you have to first kill them and then do something about that itch.

A visit to your local apothecary is recommended to get something that contains Benzyl benzoate 25% which kills them and then any of a number of anti-itch lotions to do the rest. Kerosene, petrol and alcohol (rubbing) also kill but can have unwanted side effects.

There are a number of old wives' remedies for the itch such as calamine lotion, resorcinol, antihistamine pills etc. One old wife I know swears by undiluted Pinetarsol, a treatment once favoured for children with measles or chicken pox.



This is what the little spitters look like

But whatever you do you must kill the chiggers first.

I don't like to bitch
About the irascible itch
Caused by the bite of a chigger
But I do praise the Lord
That the beasties abhorred
Do not come in any size bigger.

By Malcolm



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