



February 2015

Next Club Meeting

Wednesday, 11 February 2015

Indigiscapes Centre, Runnymede Rd, Capalaba
Second hand table

7:00pm for 7:30pm start

President's Report

Next month we will be going away again, so unfortunately we will miss the general meeting, so I apologise in advance for not being available to conduct February's meeting. My excuse is a good one though - we are off on Dave Rae's adventure tour to Tassie! Dave has organised a wonderful tour including kayaking at Freycinet combined with some through walking experiences. The lucky club members involved are bursting with excitement for our forthcoming adventure, departing on Saturday with Dave. It is members like Dave who make our club such a wonderful one, through providing enjoyable walks and activities of such a variable nature. Dave will have a group on tour who are generally moderate walkers, but Dave will carefully push their boundaries. We are in for a treat, I just know it!

Ted will be discussing some basic navigation skills at our next general meeting. This is a topic I highly endorse, as it is important for all to have some basic skills in the advent of some unforeseen calamity. Even the simplest understanding of basic navigation may prove valuable one day. The knowledge of navigation also provides confidence and interest in the walks that we participate in. I'm sure Ted will provide an informative and interesting presentation. Thanks Ted.

The use of dehydration machines for preparation of food for through walks and the like has recently been the topic of conversation for many of our members. Whilst my knowledge of such matters is severely limited, it would appear drying your own food for meals and snacks, backed up by Carmel's special homemade cereal pack for breakfast, would be a great delicious alternative to "Back Country" meals and supermarket prepared foods. Perhaps some members could post their recipes, tips and know how in the next newsletter. I know I will be up for the purchase of a dehydration machine very soon. For further information I know Alison can provide some tips on this subject.

Recently Lynn, Carmel, Fiona and I walked around the Council's nature footpaths in behind the Alexandra Hills water reserve tanks' area. Lynn and I have often walked this area and have found it quite an interesting scenery with some old tree growth vegetation. We noticed that the Council has installed more signage so that people can navigate their way around the area more easily. These walking and cycle tracks run from Capalaba through Alexandra Hills and onto Cleveland via bushland. For those members wanting to train or lead a semi social walk, this avenue may provide an easy way to become a walk's leader. I am pleased that the Council has recently provided the footpath and signage in this area to help promote healthy walking in this nature reserve area. Hopefully the Council will further their activities in promoting walking in the local bush.

See you on the track!

Peter Endacott



New Members

Welcome to: Julie Geldard, Denise Lee, Soraya Soukieh, Roger Williams -These wonderful new members now brings our total club membership to 134 including our three new members.

We hope you enjoy your membership with us and we look forward to meeting you on the track sometime.



To All the Hoarders in the Club

Do you have any bushwalking gear (in reasonable condition) that you'd like to sell?

Bring it along to the 11th February meeting, labelled with your name and suggested price, and with a bit of luck you might find someone who is willing to buy it.

We'll have a table at the back of the room available but just so we know we have enough space, please email Hilary Martyn: westovermartyn@bigpond.com if you plan to take advantage of this wonderful opportunity!



clancy@theoverflow

I had written him a text... *Near the Central Coast town of Wyee are hand-made signs saying simply 'Shearer' and giving a mobile phone number. Great for the hobby farmers, of course, but does the shearer dream of the big mobs out West? And what would Banjo Patterson (to whom I apologise) have made of it:*

I had written him a text
Which I'd sent, hoping the next
Time he came in mobile coverage
He'd have time to say hello.
But I'd heard he'd lost his iPhone,
So I emailed him from my phone,
Just addressed, on spec, as follows:
clancy@theoverflow

And the answer – redirected –
Wasn't quite what I'd expected
And it wasn't from the shearing mate
Who'd answered once before.
His ISP provider wrote it
And verbatim I will quote it:
'This account has been suspended:
You won't hear from him no more.'

In my wild erratic fancy
Visions come to me of Clancy:
Out of reach of mobile coverage
Where the Western rivers flow.
Instead of tapping on the small screen,
He'd be camping by the tall green
River gums – a pleasure
That the town folk never know.

Well, the bush has friends to meet him
But the rest of us can't greet him:
Out there, even Telstra's network
Doesn't give you any bars.
He can't blog the vision splendid
Of the sunlit plains extended
Or tweet the wondrous glory
Of the everlasting stars.

I am sitting at the keyboard
And I'm too stressed out to be bored
As I answer all the emails
By the deadlines they contain
While my screen fills with promotions
For 'V1aggra' and strange potions
And announcements of the million-dollar
Prizes I can claim.

But the looming deadlines haunt me
And their harrying senders taunt me
That they need response this evening
For tomorrow is too late!
But their texts, too quickly ended,
Often can't be comprehended
For their writers have no time to think –
They have no time to wait.

And I sometimes rather fancy
That I'd like to trade with Clancy:
Just set up an email bouncer
Saying 'Sorry, had to go.'
While he faced in an inbox jamming
Up with deadlines and with spamming
As he signed off every message:
clancy@theoverflow

[Joe Wolfe](#), with apologies to [Banjo Patterson](#)
and his [Clancy of the Overflow](#).

If you would like to read more poetry by Joe have a look at this link:

<http://newt.phys.unsw.edu.au/~jw/clancy-at-the-overflow.html>

Thanks Malcolm for sharing this with us.



Activity Reports

Where: Palm Falls
When: 18 January 2015
Leader: Ted Wassenberg

What walks do you do when the temperatures are over 30° C and the humidity has you wet as soon as you start walking? Well I always try to do some river walks so that you can swim or just lay down in the running water. Palm Falls (>100m) is hidden in a side creek flowing into the Coomera River and to get to it you must travel up the river from the pool below Binna Burra.

We met up in Canungra just before 0800h and after some refreshments set off and collected Bob on the way to Binna Burra. The day was perfect with a clear sunny sky and on descent to the river we were mostly in the shade. We reached the river about 0930h and stopped for a short break. There is no point trying to stay dry as you cross the river numerous times and in many cases wade upstream. We were fortunate on this trip that the water level was surprisingly low despite the rain over recent times.

From here we had about 2.4km of rock-hopping and wading to the side creek that led to the base of Palm Falls. There were numerous large trees across the river that had to be negotiated, but generally the going was easy. Morning tea was taken on a large rock slab. About 1100h we arrived at the side creek where we had a short rest before climbing up and contouring on the true RHS to bypass an 18m waterfall. Shortly afterwards we were at the base of Palm Falls. We were unfortunate in that the falls were only a trickle. This was a good spot to have lunch. Dark clouds were beginning to fill the southern sky so after lunch we headed back down stream.



On the way Chrissy and I took every opportunity to swim or wade through every pool. Eventually the rest of the group decided to join us in a particular pool in order to cool down. There was a minor injury when one of our members grazed the top of her head while crawling under a fallen tree resulting in a red streak in her blond hair. When we reached the spot where we had to leave the river, we had another short rest and nearly everyone took the opportunity to get wet before the climb back up to the road. Thanks to Tracy, Betty, Hilary, Julie, Chrissy, Bob, Roger, Mats and Steve for joining in the fun and to Jenny and Bob for spoiling us with a lovely afternoon tea.

Ted



Where: Kangaroo Pt Abseil training

When: 31 Jan 2015

Leader: Ted Wassenberg



The day promised to be hot so an early start was warranted.

Hilary was already there and had her ropes set up when I arrived at 0630. We set up three other ropes and at 0700 Ken Doy arrived. He was taken under the wing by Hilary, who gave Ken the rudiments of abseiling. Not long afterwards the others arrived, Geoff, Julie, Tracy, Alison, Beatrice, Jacob and Marika and Mats. There were four abseil ropes set up, enough for us to spread out. People paired off for the first few abseils to cross check each other as there were only Hilary and I to supervise. Soon Jacob and Bea and Alison were also supervising.

Hilary made sure Ken was put through the right procedure to experience the different ropes and drops. I guided Tracy through the procedure for prussicking which set everyone off to have a go. So for the next hour or so Tracy, Bea, Julie and Geoff climbed up the

10m using prussic slings while others climbed about half way up to get some feel for the technique. Meanwhile Hilary was teaching knots to others in the group. Once the sun reached the bottom of the cliff it was time to pack up. We finished up about 1040h and all stated they enjoyed the training.



The photos are of Marika and Geoff using prussick loops to climb the ropes.



Where: Mt Cotton Moon Rise Walk

When: 5th January 2015

Leader: Alison Short

10 of us met at the farm to walk the two-hour circuit up Mt Cotton which was the Club's first outing for 2015. As we returned to the top, swotting the odd mosquito, most of us sat and chatted as we had something to eat and drink. No moon appeared due to cloud but everyone was pleased to have made the effort at this very pleasant time of day. Thanks to all for your lively chatter and great company.



Where: Back Creek Abseils.

When: 1 Feb 2015

Leader: Ted Wassenberg

What a fabulous day we were offered to abseil the five waterfalls on Back Ck.

We all met up at Canungra and after some suitable refreshments set off for the top of Denham Falls. As we were putting on our packs etc, a group of five YHA people arrived with the same intent on abseiling the falls. As there were only five and I new three of them, I suggested that they abseil first down our ropes as we, with a group of twelve, would be a lot slower. That did not quite work out as I had thought. Soon two more groups of people arrived but they went down a different way to us. Eventually we all arrived at the bottom of the 35m drop and proceeded to clamber over very large boulders for about 200m then we were on rock slabs above Lip Falls. Here were a group of locals swimming in the large pool and most of us soon followed suit. The recent rain had added to the flow of water and it was the highest I had seen for several years.



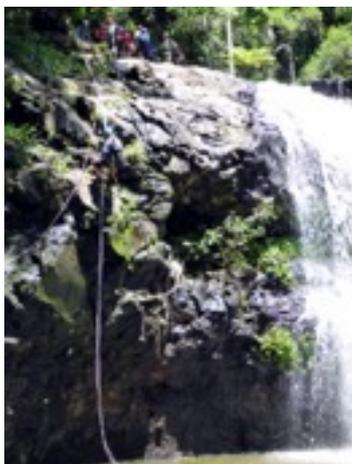
Descending the creek we soon caught up with the YHA group and used their ropes to abseil Cavern Falls. We stopped here for morning tea. Further down the creek we again overtook the YHA group and arrived at Rainbow Falls together. We descended these falls first as we were continuing on to Twin Falls while YHA were terminating their trip here. There is a large pool at the base of Rainbow falls that we abseiled into and then swam across. We had lunch while watching the YHA group abseiling into the pool. After negotiating some very large boulders we arrived at Twin Falls. They were flowing quite strong. We descended at a spot between the two flows where there is a rocky spur at the base of the falls allowing a safe exit.

After removing and packing away our harnesses and preparing for the climb out, we followed a rough trail up a spur to the base of a cliff line. This was followed for about 200m. At the end of the cliff there is gully that we normally cross and then ascend a short spur onto a track. However, there was a new route very well marked with pink tape heading up the gully. I decided to follow this route to see where it would end. The route led to a very steep slope of about 100m with ropes attached to trees to aid the climb. Once at the top I soon realised we were on the northern side of a creek adjacent to the track along the top of Back Ck. I will not be using this route again, it was too tricky with loose stones and would be dangerous if it was wet. Once everyone was safely at the top we crossed this side creek and walked back to the cars. We all enjoyed a refreshing drink at Canungra and after bidding each other farewell drove home.

18 Jan

Participants on this trip were, Gerry, Tracy, Julie, Bea, Marika, Alison, Hilary, Judy, Geoff, Mats, Jacob.

Thanks to all who helped with carrying ropes and spare equipment and making it a safe and enjoyable outing.





Where: Mystery Champagne Walk
When: 18th January, 2015
Leader: Carmel Cash

The HEAT was ON...! Temperature rising...!! as 30 members and guests meet at Norman Park Railway Station to commence an afternoon of Fun!! Constant squirt of cooling sprayed water helped to relieve the heat as we headed for the Brisbane River. The driver of the small ferry hadn't had so many passengers in one crossing of the river on a Sunday afternoon. Due to the heat and it was a mystery walk we headed towards Teneriffe along the river walkway, passing the Powerhouse, Inner city developments, informative signs depicting life and stories of former years along this section of the river. This was an insight into the area, where many members had not walked previously... Cooling breezes from the river added to the happy atmosphere of the group as they talked, gawked and walked.



Once at the City Cat Terminal at Teneriffe we boarded the City cat back to Riverside, Pier Terminal where we disembarked to board another small ferry to arrive at our destination....Captain Burke Park, under the Story Bridge. Lots of stories were told as champagne flowed with lots of laughter too! An opportunity to meet old and new acquaintances while having fun! A perfect area to “celebrate” the start of hopefully another exciting year with the Redland Bushwalking Club of friends. As the day drew to a close, many decided to linger longer over a Pizza before returning home. I believe the staff of Qld. Rail have booked to work late shift on the third Sunday of 2016 as they had a very memorable ride as one carriage s had impromptu singing all the way back to Cleveland.

Big Thank You to all for making the afternoon another happy start to 2015. Cheers, Carmel



Where: Kinnanes Falls Abseil

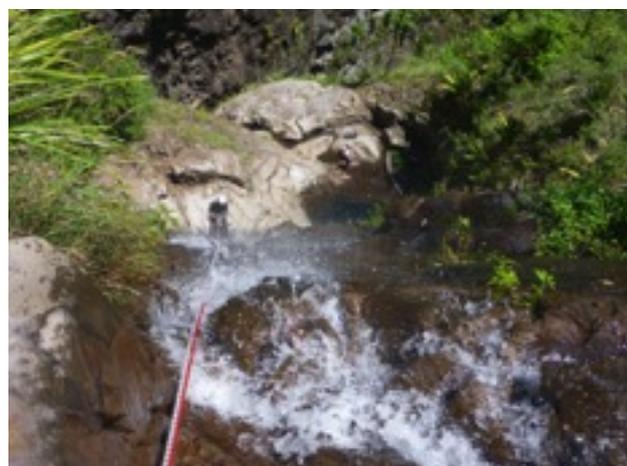
When: 17 Jan, 2014

Leaders: Judy & Betty

Six of us met at Boonah – one supervisor, two apprentices and three willing (?) participants.

While the rest of SE Qld was sweltering, we donned wetsuits and thermals for a day in and out of the water.

There are three abseil pitches on Kinnanes Falls, the first being the shortest and then two much longer. At each pitch we collaborated on the set up, trying to remember our practice from two weeks previous.



Julie, Jacob and Roger were very understanding while we took our time to set up and all abseiled with great style – which is more than can be said for Judy’s rope throwing technique.



Despite the apprentices taking a wee bit longer than experienced leaders might, we were all out safely in good time.

A huge thank you to Chrissy for all her patient instruction and suggestions and also to Jacob, Roger and Julie for braving the apprentices.

Judy & Betty Photos by Chrissy



Where: Basket Swamp got Swamped

When: 24-26 Jan, 2015

Leader: Mats Andersson

After weeks of planning, days of packing all the ‘Basket Cases’ in the club were ready to go, however Mother Nature was in one of her moods again. No amount of pleading would move her. –How about a thunderstorm on the Sunshine Coast, I tried (cunning, I thought), NOOOOO she roared, nothing shy of a torrential rain front drenching all of Queensland! OK, OK I said, but please stop at the NSW border, to no avail of course. The yellow banner on the Bureau of Meteorology NSW web site said it all, flood warning for all rivers near the Queensland border.

So there we were, Friday night all packed, nowhere to go. Dave has a brainstorm, lets go to the Catholic Bushwalkers Hut (Or Rae’s Retreat as it is commonly known) at the Lower Portals, we (almost) all agree. It is a poor substitute but it is a damned sight better than sitting at home watching TV. Just as we were finished sorting out



our transport, Beatrice drops a bombshell, the Lower Portals track is closed! Dave does not let such trifles come between him and a walk, rings the ranger, gets permission, we are on again!

Saturday morning is HOT and HUMID, we take the long cut around Rocky Creek Portals, it is fantastic to see the normally dry Rocky Creek in flood, rushing through the portals. On we go in the increasing heat until we come to the hut and put up our tents around it. Then quickly, on second thought maybe not so quickly, sedately more like it, we walk up to the crossing of Barney Creek. The creek is an absolute torrent and we have a dip, some of us get swept along for a bit cooler we retire to the hut for late afternoon snacks

with a lot of squealing and laughter. Dripping wet but much and a camp fire.

Sunday morning it was decided that after all we are a bushwalking club, so let us walk up the nearest hill to check out the view, Marika rebels and refuses to move more than 5m from the creek, so the rest of us starts valiantly up the hill next to the portals. It takes about 30 minutes for the second Andersson to overheat, so our mountain expedition quickly turns into a let us check out the creek kind of an outing instead. The creek has dropped a fair bit but is still very powerful, everybody jumps in, some people shoot through the rapids, we all cool off and have fun. The rest of the day is spent finding excuses for hopping into the creek and lazing about.



In the afternoon we hop in the creek for the last time, shoulder our bags dripping wet and walk back to the car park whilst amusing ourselves with the time honoured argument over how many ridges you have to pass on the way, - six or seven? The answer is of course seven.

Expeditioners were: Beatrice, Jacob, Karen, Rod, Margie, David, Tracy, Alison, Marika, Mats.



WALK GRADINGS:

Distance		Terrain		Fitness	
S	Short Under 10k, per day	1-3	Graded track or open terrain, no scrub	1-3	Easy. Suitable for beginners
M	Medium 10-15k, per day	4-5	Off track, bush, minor scrub, rainforest, rock hopping, minor scrambling	4-5	Medium, reasonable fitness required
L	Long 15-20km per day	6-7	As above + thick scrub. Major rock scrambling using hands.	6-7	As above + agility required
X	Extra Long 20km+ per day	8-9	As above + rope and technical ability required	8-9	Hard strenuous, fit walkers only

AB	Abseiling	DW	Day Walk	TW	Through Walk
BC	Base Camp	SOC	Social	XT	Extended Trip
R	Bike Ride	TR	Training		

EXAMPLE:

The Albert River Circuit at O'Reilly's is 22km long all on graded track, it would be graded as: **DW X 3 5**



Important Information

Guidelines for Club ethics:

- When nominating for a walk, members and visitors have an obligation to write legibly on the nomination form.
- Please contact walk leaders at least early in the week before a walk. If you leave it till Thursday or Friday night you may be disappointed to find that the walk has been cancelled, due to apparent lack of interest. Also dates, details etc. can & do change. Leaders give their time to organise walks and need to know if they are committed to lead a walk. The leader may assign you to a car for the trip.
- Read the walk description and note the rating. If you are unsure of your abilities, please discuss this with the leader before nominating. Neither you nor other walkers will have a good day if your fitness is not of a suitable standard.
- The leader of a walk has the final say on whether a person can come on a walk. Members and newcomers should be aware of this and accept it.
- Do you have a health problem that may affect your performance on a walk? It is important that you inform the leader of this and discuss the matter.
- If you have commitments after a walk please discuss this with the leader before commencing a walk. Leaders cannot guarantee the time of return, due to weather, terrain & the expertise of walkers.
- Arrive at the agreed meeting point before the set time. We try to be punctual. Late walkers can be left behind!
- It is a normal practise to share the costs of transport to and from a walk. This may vary between car owners and may be as simple as sharing the cost of the fuel among the passengers or a fixed amount for example: (10-20kms - \$5/person; 20-50kms - \$8/person; 50-100kms - \$10/person; 100-200kms - 15/person; 200-250kms - \$20/person; 250-300kms - \$25/person) Discuss this with your driver.
- Please have a change of clothes and shoes available in the car for the return journey as a courtesy to your companions and the car owner.

DAY WALK CHECKLIST:

Please ensure you have the following items so you are prepared for any eventuality whilst on a day walk.

ABSOLUTE ESSENTIALS:

- Boots (must be fully enclosed – no sandals. Boots are preferable although joggers are suitable for most social walks).
- Gaiters or long pants (unless otherwise specified).

- Daypack of sufficient capacity to carry all your needs.
- Water – Minimum of 2 litres – (bladder or two separate containers).
- Torch/headlamp with spare batteries. (Lithium batteries are lighter and last longer than alkaline batteries).
- Raincoat or Poncho.
- First-aid kit
- Whistle
- Lunch and snacks.

RECOMMENDED:

- Light fleece or Thermal top.
- Pack liner and pack cover. (protects pack contents in case of rain)
- Sunscreen and insect repellent.
- Rubbish bag (we take out what we take in; also for wet muddy gear).
- Map and compass (ideally the leader is not the only one with these items).
- Toilet paper and trowel.
- Spare change of clothes in a bag to be left in the car for the return journey – be considerate of fellow passengers and those who provide the transport.

OPTIONAL ITEMS:

- Camera or binoculars.
- Walking poles.
- Gardening gloves or similar for off track walks.

IMPORTANT:

1. Trip leaders can choose to leave you behind if you are not properly equipped.
2. Keep to walks within the bounds of the walk grading as shown on the walk calendar.



RBI Walk Leaders Guidelines

Just Before the Walk Starts:

- Arrange cars and passengers before the walk starts. Make sure everyone knows what is happening and can put changes of clothing etc into the appropriate cars.
- Check that people have sufficient water and appropriate clothing for the trip.
- Make absolutely sure you know how many people are on the walk, count people and check against names on the list. Call out names and tick the boxes. This sounds trivial, but mistakes have occurred.
- Make sure all members of the party are fully aware of what is planned. The leader using a map could show the planned route.
- Explain the significance of the route (e.g. "We go up this steep hill shown here.") to any inexperienced walkers.
- Make sure everyone meets each other. Normal tradition is to stand in a circle and introduce yourself in turn. This is a good chance to count heads and make sure everyone is ready to go.
- Nominate a 'tail-end-Charlie' to be at the rear of the group. This is even more important on walks off-track where there may be thick vegetation with poor visibility. Explain the role of 't.e. Charlie' to keep stragglers with the group and note if anyone needs to duck off for a moment.
- Explain any rules you would like group to adhere to e.g.: toilet stops, keep person behind you in sight, people in the lead to stop every 15-30 minutes for tail to catch up, and stop at any track junctions to regroup, Do not separate the party.
- Do not start until everyone is ready to leave, and check soon after leaving that everyone is there. It is a good idea to call for a stop soon after the start of the day's walking (about 5-10 mins) to provide an opportunity to adjust shoelaces, remove pullovers, adjust packs.
- At the end of the walk, before leaving the carpark, have everyone sign off on the walk nomination sheet to ensure everyone is accounted for.
- Return completed trip sheets to the outings officer.
- And last but not least; Enjoy your walk

Ted Wassenberg