



## January 2015

### Next Club Meeting

Wednesday, 14 January 2015

Indigiscapes Centre, Runnymede Rd, Capalaba  
Demonstration of club gear.

7:00pm for 7:30pm start

### President's Report



I trust this report finds you all well and rested. Christmas and the New Year has come and gone. Let us hope that this year is as fruitful a one as last year for RBWC.

Our Fraser Island jaunt last November proved very successful. The first week mainly involved hiking the Great Walk to the wonderful inland lakes. Some lakes were crystal clear with azure blue waters, while others were dark and gloomy stained with tea trees with reeds around the edges and beautiful forests as a backdrop. The second week spent at Orchid Beach was a more laid back affair with day trips to nearby beauty spots. Fishing proved popular, however we had to catch the worms first. Lynn and I tried our hardest to teach the others how to catch sand worms, with entertaining results. We had people bashing the worms over the head with the pippies and Jill praying (see David's DVD) to Mecca to try and get some divine help! Anyway all had a good time and caught enough worms to go around. For the record, the worm count - Geoff caught 3, Carmel caught 1, the rest 0!

Our end of the year Christmas celebration camp at Spring Gully Stays was a hoot. The ladies Beatrice, Laurel, Rhonda and Marika laid on one of the best end of year camps that you could ever hope for. A wonderful job ladies and thanks for providing such an entertaining night for all. To organise such an event involved coordinating quite a few people and tasks. The dancing and activities were good exercise and I must say very entertaining. Top effort ladies!

Whilst at the Christmas camp, we commenced our camp programming for 2015. This activity was ably conducted by Rod. After much encouragement from Rod, many people submitted their plans for future walks for 2015. As a result we have quite a healthy start for our walking program for 2015. Thanks Rod for standing in and promoting walks for this year.

The 'Haggis' was formally delivered by Malcolm at the Christmas camp with his customary beautiful poetry. Malcolm you should have been a poet! Jacob and Beatrice scooped the prize pool winning awards for best dressed tent and best dressed male costume. Jacob is very impressed with his prize of a blow up racing seat and is having a great deal of summer fun in his pool with his family.

Our last group function for the year was at Mambo Cafe. Despite the early storm and subsequent black-out, a good time was had by all. Helen the 'Greek lady' certainly knows how to provide genuine delicious Greek food. Despite having her

power supply severed by the storm, Helen and her staff soldiered on with dozens of tea light candles to keep her customers satisfied with yummy treats. Thanks to Lynn, Helen and her staff for a wonderful night.

It is currently so very hot for hiking and most of our club members are in hibernation. Hopefully the weather will relent, so that we can move forward into 2015 full of energy to tackle many of the club's planned walks for 2015. Thanks to Rod and our leaders for the new walks' calendar.

See you on the track!

Peter Endacott



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## New Members

No new members since the last Newsletter, This is fairly typical for the end of the year and the summer months.

Our total club membership to 109.

Reminder: Annual membership fees of \$40 can now be paid to our brilliant treasurer, Betty.



'Editor hiking with the friend'.



## Activity Reports

**Where:** Tingalpa Creek Paddle

**When:** 23 Nov 2014 -

**Leader:** Rod & Karen Edwards

A group of 14 enthusiastic paddlers joined us for our paddle up Tingalpa Creek - a total distance of about 16km. On arrival at our launch point at the end of Chadwell Street Ransome, we found that the Council had kindly started doing road works right where we had planned to park. But not to worry, we just had to carry our kayaks a bit further than anticipated. The smell of smoke from a bush fire did not deter us as we knew we would be safe in the creek and we were glad to be on the water and not walking on this very hot and humid day.



We set off right on time at 8.30am and with the help of an incoming tide it was a very leisurely paddle up stream. We hadn't gone far at all and we realised that we didn't have the creek all to ourselves, with another group of over 20 paddlers bearing down on us. We let them overtake us at one stage to prevent intergroup fraternising, but we came to realise they were taking it pretty easy as well and we ran into them a few times along the way. This group did not really know each other very well and on a couple of occasions we gained new members to our group (I nearly had to ask them to pay \$5 for insurance). Eventually we got rid of them when we ducked into a little side creek (Coolnwynpin Creek) to stretch our legs just over an hour into the paddle.

A bit further upstream we came to John Fredericks Park and some of us stopped off there for morning tea while the majority were keen to make it to the dam wall, which was another 1.5km upstream. This was a first time for most in the group and they were happy they went the extra distance to see it. While at the wall some of the group witnessed a White-bellied Sea Eagle swoop down and pick up an eel right at the edge of the wall which was an awesome sight.

A quick paddle back to the park and it was a short break for morning tea and a good leg stretch. Due to Rod's very precise timing, we headed back down stream after turn of the tide and made it back to our starting point for lunch, about 4.5 hours all up. On what was



quite a hot day, most paddlers still stayed around for lunch & a chat in the shade next to the creek.

Overall it was an extremely enjoyable half day paddle - we could have been in the middle of no where for all we knew. Thanks for your great company. Stay tuned for another paddle date next year.



**Where:** Girraween National Park

**Leader:** Trevor Davern

**When:** Labour Day Long Weekend 3-6 Oct. 14

Close to twenty happy Redland bushwalkers spent the Labour Day long weekend at Girraween National Park, camping at the Sommerville Valley Tourist Park on Storm King Dam. A wonderful spot by the lake with members bringing copious amounts of firewood for merry times by the campfire at night.



Walk leader Trevor took us out on the Saturday from Castle Rock campground car park to The Sphinx and Turtle Rock and we explored some nearby caves and crevices. The variety and spectacular show of wild flowers delighted us all. We returned home off-track via the River Cave with Trevor providing some navigational exercises, as we bashed our way back through the bush to the Castle Rock car park.

On Sunday morning a few showers of rain had cleared as we ventured out from the Mt Norman car park near Wallangarra, following the marked track towards Mt Norman, and then off-track towards the Mallee Ridge. We climbed to a lookout beside the Valley of the

Winds (1243m) and as we descended from there to explore the valley below, a new adventure unfolded. We walked across wide slabs of bare granite upon which oval and round balls of rock balanced. Enhancing this rocky landscape were many wondrous ponds and pools filled with all manner of tiny, interesting botanical specimens along with tadpoles, insects and larvae. At one point a few lucky hikers spied a lyrebird flying off from beside a creek. From the summits we had spectacular views out to townships, the Pyramids and Mt Norman. We explored around the base of the Valley of the Winds to find the entrance to that Valley, before branching off around the opposite side and returning to the car park the way we had come.

A great adventure and an amazing landscape!!!

Write up jointly composed by Lynn & Leah (Leah also the supplier of the great photo)



Lizard Point, Cornwall, England, UK  
Summer 2014  
Walked by Libby & Kev Westacott

This is a most scenic walk - on a sunny day, spectacular - mostly along the dramatic cliff face looking out to the English Channel, or glancing west to the Atlantic. Moderate fitness is required : depending how far one walks. Helston is a main town of the area with an hourly bus service to both ends of the route.



It is an 11k walk from Mullion Cove, a starting point, to Lizard village. A shorter option is to leave the car at Kynance Cove, walking along grassy headlands, wild cliffs, and above small sheltered beaches (yes, with sand) to Lizard Point. This has foaming waves on 3 sides and sports a 1930s type cafe where we partook of Cornish pasties and coffee, all the while minding that our chairs did not tip over the cliff. Large seabirds circle, including the Cornish chough, and nearby is an interesting lighthouse and Heritage Centre.

The district is very proud of the fact that The Lizard is further south than Land's End, the southern-most part of the U.K. This is but one of many lovely walks there: Googling Lizard Point gives more comprehensive information.

Libby Westacott



## WALK GRADINGS:

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

<b>AB</b>	Abseiling	<b>DW</b>	Day Walk	<b>TW</b>	Through Walk
<b>BC</b>	Base Camp	<b>SOC</b>	Social	<b>XT</b>	Extended Trip
<b>R</b>	Bike Ride	<b>TR</b>	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 for a stop soon after the start of the day's walking remove pullovers, adjust packs.  soon after leaving that everyone is there. It is a good idea to call (about 5-10 mins) to provide an opportunity to adjust shoelaces,
- 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 ....