



March 2015

Next Club Meeting

Wednesday, 11 March 2015

Indigiscapes Centre, Runnymede Rd, Capalaba

7:00pm for 7:30pm start

President's Report

Lynn, I and others have recently returned from our Tassie adventure led by our intrepid leader Dave Rae. Dave provided us with an exciting itinerary that included kayaking in Freycinet National Park, exploring Maria Island and camping on high cliffs overlooking beautiful views across the Tasman Peninsula. We are all looking forward to Dave playing another of his short film gems, namely our Tassie adventures, at the next meeting. Thanks Dave for organising such a great trip and thanks as well to all members who covered for me at the club and committee meetings in my absence.

In my last report I referred to the use of a dehydrator for food prep for through walks. Under Alison's guidance Lynn had a go at preparing some dehydrated meals for our Tassie trip - dried fresh fruits and savoury mince meals. They were light to carry, plus the proof was in the pudding with the home prepared dehydrated foods far exceeding the traditional alternatives such as 'Back Country' meals, in both quality and flavour. If you think you might like to experiment with dehydrated food prep, I am sure both Alison and Lynn can assist you.

Positions on the committee will be up for nomination at our Club's AGM in April. Several positions will be vacated including Secretary and my position as President. As club secretary Malcolm has performed a great service to all of us for a number of years. As President, I would like to personally thank Malcolm for his support, congenial spirits and assistance in my role on the committee. As well Fiona will be vacating her position as new members' officer. Thanks Fiona for stepping up to this position last year, for your moral support and your contribution to the club. I hope at a lesser level Malcolm, Fiona and I can continue to assist in the club's activities. I have decided to step down from my position for a number of reasons, in particular work commitments. Perhaps in the future when and if the club wants me, I may rejoin the committee at the appropriate juncture. I will of course be happy to continue to assist others within the club in their various roles if and when required. Nominations for at least these three positions and perhaps others will be required, so please consider your availability. Feel free to ask me or any of the committee members what is required.

Our club is a mighty club and the reason that it functions so well is due to the ongoing commitment and efforts of all committee members behind the scenes; and as well to those beneficial random actions of so many members throughout the year. Together this team effort at every level keeps driving our club forward in a positive direction. So even if you feel you might not be quite ready to have a formal position on the committee, please consider how you might be able to give back to the club in any way e.g. by offering to lead or co-lead a walk, by assisting with car-pooling, by planning a 'one off' social activity, by relieving various committee members when they are not available for their duties (e.g. when they are travelling), or by offering to assist in any way you see fit as the need arises.

Be sure to keep checking the calendar for upcoming events. In the near future Denise has organised something a little different - an activity in conjunction with Redland City Council's Healthy Waterways programme - 'Connect To Your

Creek Week'. It is much appreciated to see members willing to put their hands up to organise such functions thereby extending and enriching our club's activities. If you would like to become involved, please contact Denise directly.

Stephen Poppelwell was recently admitted to hospital. We send our best wishes to you Stephen for a speedy recovery. Rest up and we hope to see you back walking in the not too distant future.

See you on the track!

Peter Endacott



New Members

Welcome to: Peter Harris -This new member now brings our total club membership to 135.

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



Ta Ta Sunnies

If only I'd peed in the bush, I'd still have my sunnies right now.
Instead I went to the drop loo and it gobbled my glasses right down.
I'd merely bent over to do, as the sign on the loo told me to:
"PLEASE CLOSE THE LID AFTER USE"
So as I bent over to do it, my glasses fell forward off my face
And into the faecal abyss, to be lost without a trace.
My mouth had fallen right open, as I watched this tumble unfold.
"OH SHIT!" was all I could utter; true words indeed were told.
So I enlisted the help of my husband, who armed with a torch and a stick,
Marched up the hill to the dunny, to view my latest trick.
He entered the ill-fated cubicle and shone his torch down the tube,
But all that was staring back at him, were bits that were formerly chewed!
No sign of my sunnies was in there; they must have bounced off the top,
Rolled down the side of the poo pan and settled amongst the rot!



Lynn Endacott 20/02/2015

Activity Reports

Where: Hilliards Creek/Moreton Bay Paddle

When: 1st February 2015

Leader: Rod & Karen Edwards

The conditions were perfect on the water for our paddle - warm, no wind and glassy surface. There was a slight hic-up when I fell off the boat ramp and into the water while trying to get Kevin to sign on - but I saved the sign on sheet (I was glad no one was quick enough with their cameras).

Eight of us launched from the boat ramp in Sleath Street, Ormiston and headed north on the bay towards the entrance to Hilliards Creek. The tide was nice and high so we were able to circumnavigate the loop in the creek which takes you over to Wellington Point. We stretched our legs at Geoff Skinner Reserve before heading back to the mouth of the creek.



From here we paddled through the Mangroves where our skills were put to the test negotiating tight turns and overhanging/submerged branches. We eventually came to a white sandy beach comparable to Whitehaven (not) where we stopped for morning tea. Rod & I sat on our stools and boiled up the Jet Boil.

After a short break we got back on the water and it was a leisurely paddle back to our starting point. An enjoyable way to spend 3 hours on a Sunday morning, and home before the kids were out of bed.

Regards

Rod & Karen Edwards



Where: Social Full Moon walk

When: Wed. 4th Feb, 2015

Leader: Denise Kolcze

There was a fabulous roll up to what was a great night. We all walked up to Harbourside where we met a couple more ladies. Kevin came along with us on his bike.

On our return to Cleveland Point we nearly all ordered fish and chips and came back under the cover to enjoy the talents of the drummers who had come down to entertain us. The drummers left and we were very appreciative of their entertainment, then John turned on the music and we danced. Also there were chin up exercises for those who could do them.



Thank you to all who took part.



Where: Wynnum North Foreshore

When: 8 February 2015

Leader: Joan Arnell

Hi, hi, hi, beautiful Sunday
My, my, my, beautiful day

The weather was perfect for our walk along the foreshore and through the mangrove boardwalk. Well – maybe a little hot, so we kept to the shade wherever possible.

Eight of us headed off on the train from Cleveland, two joined us at Wellington Point, and two more met us at Wynnum. The walk went according to plan, taking about two hours - in time for the RSL coffee shop to be open when we arrived. We resisted the temptation of a nice cold glass of wine from the bar, and settled for coffee, iced coffee and soft drinks.

Thanks everyone for supporting the walk. Also we must have made Cathy feel welcome, as she is interested in joining the club.



Joan



Where: Illinbah Circuit, Binna Burra

When: Sunday 8 February 2015

Leader: Julie Cummings

On Sunday 8 February 2015 eight avid walkers entrusted themselves into Julie's care for her first walk as leader with the Club. The forecast was for light showers and by 9am we could already feel the heat so we knew we were in for a hot and sunny day. We descended down through rainforest and open forest to the Coomera River and reached the first river crossing in just over two hours where we stopped for morning tea. This was the first of twelve river crossings and four creek crossings. We successfully negotiated all river crossing without inci-



dent (some electing to have a swim on the way to keep cool). At river crossing number nine we needed some energy and had lunch by the side of the river before we started the ascent up the hill to the Gwongoorool Pool.

After having a much earned and refreshing swim at Gwongoorool Pool (swimming with the friendly "eel") it was time to make the climb up the very steep track back to our cars. Half way up we encountered a land mullet and everyone enjoyed the break from the steep slog (there were probably a few comments "do we have to keep going...") and shortly after this we encountered a red belly black which thankfully slithered away.

Thank you to all the walkers for making Julie's first guided walk enjoyable and memorable - Mats, Marika, Michael, Helen, Marilyn, Mike, Leah and Jillian. Photos by Leah.



Where: Dave's Amazing Tassie Adventure

When: 7 - 22 February 2015

Leader: Dave Rae

Fun times were had and special memories were made, as Dave's adventure tour unfolded. The itinerary was largely dependent on the weather and as it turned out we were mostly fortunate in this regard.

Hobart:

Beers at the ale house; seafood dinner at Constitution Dock; the amazing sights of the wooden boat festival and the fly over by the Roulettes; excursion to Dave's childhood home, his local beach, nearby historic Shot Tower and up to Mt Wellington for spectacular views of the city.



Freycinet National Park:

Kayaking on the beautiful bays around the Hazards while camping out for three nights at Cooks Beach and Hazards Bay; followed by an overnight through walk to Wineglass Bay.

Bicheno:

Explored Diamond Island & surrounds, the penguins and the Blow Hole.

Maria Island:

Wow! A magical four day experience. This place had it all:

Abundant wildlife - wombats, Cape Barren geese, potoroos, Eastern grey roos and Tassie Devils

Geological gems - The Fossil Cliffs, The Painted Cliffs, Mt Maria (yes, we climbed it).

Steeped in history from its early days as a convict settlement, then cement plant, farming community and holiday destination, many of the original buildings remain, as well as the ruins of many others.

Tasman Peninsula:

Two night through walk from Devil's Kitchen, camping at Waterfall Bay, Bivouac Bay and on through to Fortescue Bay, followed by a walk from Fortescue Bay on the newly renovated track (a remarkable feat at great expense) out to Cape Hauy. The Tasman Peninsula provided spectacular views from the cliffs high above the ocean and beautiful forests.

Port Arthur, Eaglehawk Neck:

Sobering and interesting to stroll around these historic sites and imagine a day in the life of a convict at Port Arthur and a night in the life of a half-starved dog on the dog line at Eaglehawk Neck.



Thanks Dave from all the team for a wonderful trip - Carmel, Jill, Alison, Lynn, Peter, Stephen & Greg. And thanks to all the team for your great company.

Lynn Endacott



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