



January 2016

Next Club Meeting

Wednesday, 13th Jan. 2016

Indigiscapes Centre, Runnymede Rd, Capalaba

7:00pm for 7:30pm start

President's Report

I hope you all had a very good Christmas and New Year.

Now is the time to start planning how to get those extra inches off your waistline, no use fretting over that box of chocolates that you ate almost by yourself and blamed the kids for. Now is the time to lace your boots up and get walking!

The club Christmas party was a great success, a huge thanks to the organising committee and all the helpers that volunteered on the day. It was great to see all the members joining in on the games and activities. It will be a hard act to follow for this year's committee, but I am sure that's what we said the year before as well. There are rumours of a Christmas photo/video showing planned for club meeting not too far away and I think all club members will be looking forward to that.

I am writing this on the 10th of January and I have just come back from the first bushwalk of the year, it seems like I am starting the walking season earlier and earlier. I remember a few years ago I never contemplated any walking before late February, too hot!! But the walking addiction seems to get stronger and stronger. Maybe there is some cure for it that does not involve blisters, ticks or leeches.

At the January meeting we will request the members to sign a document where we acknowledge that we are aware that we partake in club activities at our own risk. This is a requirement for our insurance and we ask all members to sign it. Please do so at your earliest convenience, as it would be much appreciated.

The club has a very varied and interesting walks programme, however we really (desperately) do need new leaders that are willing to lead track walks and social walks. These walks are by far the easiest to lead as no navigation skills are required, just follow the signs. So, all you people that enjoy this type of walk please step up and volunteer to lead!

Walks just don't happen, they are the result of individuals deciding to do their bit for the other club members to enjoy.

See You on a Track Somewhere,
Mats



New Members

Welcome to: Zoe Falson and Catherine Thompson- This now brings our total club membership to 109.

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



Important Reminder

Attention leaders: paperwork needed

This is a reminder that the Club keeps its sign on/sign off paperwork, visitor waivers etc for two years for insurance purposes. If any activity leaders have any at home, could you please bring them to the next Club meeting and either give them to Outings Officer Tracy Ryan or put them in the box on the table with the walks sheets. Tracy files them, and she also enters the information in a spreadsheet so we can get a yearly overview of our activities. The latter isn't legally necessary but it makes for interesting reading.

If you have any other paperwork that you don't know what to do with, bring it along and talk to Tracy as she also looks after the Club's archives.

Club archives: records wanted

While we're on the subject of paperwork, if anybody has hard copies of our newsletter *Ramble On* from November 2009 to the present and doesn't want them any more, could we please have them for the archives. And come to think of it, that goes for any Club paperwork you might have that you don't know what to do with: bring it along, or talk to Tracy to see if it needs to be kept. Her email is prestonhome@iinet.net.au



Quote of the Month

Was watching The Antique Roadshow (ABC1 TV 6pm, Monday - Friday) last week which is what "antique" people do to fill in time before dinner and the maid is being recalcitrant and there was some bloke with a comprehensive set of "The Sheffield Ramblers" - walking guides for mostly the Peaks District in the UK.

I noticed that the reference on the cover was a quote from G.H.B. Ward (1876-1957):

"...A rambler made is a man improved".

Malcolm

Ed: obviously in Mr Ward's day it was thought only men rambled, or possibly that only men needed improving!

PS

I also noticed in the paper today (Sunday Mail, 8/11/15) that some survey in Australia has decided that being "OLD" means one has to be at least 68!

Anne is feeling (briefly) smug but I hark back to the problem I had when knocked back for being too old for a short walk in the jungle in Thailand!

"Handle this one carefully as it may divide the Club!", says Malcolm.



Save the date

The Brisbane Bushwalkers Club will be hosting the Pilgrimage in 2016.

*The venue will be the **BP Scouts Facility in Samford** which I know is a change from the usual. We wanted to have somewhere near Mt Glorious and the bushwalking opportunities in that region and hopefully show some of the Clubs, who may not usually venture out that way, some new walks and sights. We have booked it for the period **29th July to 31st July 2016**.*

Format will be the traditional one - viz. soup and registrations on Friday night, walks Saturday and a bush dance Saturday night with 'Stone the Crows', bush band and we haven't yet worked out what we're doing Sunday.



Activity Reports

Where: Back Creek Abseil
When: 7 November 2015
Leader: Ted Wassenberg.

With all the rain and storms the previous few days, it was touch or go for this activity to go ahead. I had been watching the forecasts and events closely and on the Friday evening decided it was on, with the proviso that we could bail out at any time.

We all met up at Canungra and after some refreshments set off at 0800 for the head of the gorge at Beechmont. I quick phone call to Bob confirmed that there had been little rain in the area the previous evening, so all augured well. After donning packs, we set off for the short walk to the head of Denham falls. Roger and Bea each carried the 50m ropes, Trevor the 40 and I had a 60m rope in reserve. The first abseil is 35m and required the two 50m ropes. First down, were Trevor and Hilary, who were to go ahead and set up the abseil on Cave Falls (15m).



Next down was Judy, who would belay the next few less experienced people. Leisa received abseil training only a couple of weeks ago. This was her first outing, in harness, into the wild. Julie had not been abseiling for about 6 months so was a bit rusty, Geoff was next followed by Bea, Roger and then Ted. We pulled down the two ropes and set off after Trevor and Hilary. The first 100m section of the descent down the creek is awkward to traverse owing to the enormous boulders and the level of the water. Once past this, the going was easy on flat rock slabs until we reach Lip Falls (4m). We skirted these falls and proceeded along to Cave Falls where we caught up with Trevor and Hilary.



Trevor set up the rope and we cleared some of the tree fall away from the edge. A tree and buttress had slipped off the side of the gorge and partly obscured the rock ledge which made for a difficult entry over the edge. The abseil was further complicated by being overhung and with a landing in the water. This was a good test for the novices. We had a short morning tea break at the foot of these falls. Soon we were on the way to Rainbow falls (20m). These falls have a large rock pool at its base. A single 50m rope doubled up only just reached the water, so two 50m ropes were set up which also reached the opposite edge of the rock pool. These enabled all to abseil down and use the rope to cross the pool. Roger went down first and took the rope ends across the pool and kept hold of the end so non swimmers could get across easily. This activity stretched the comfort zone but everyone excelled at it. The raised water levels forced us to deviate out of the river bed into the rainforest to negotiate some awkward spots and then back into the river to scramble down some fig-tree roots to arrive at the top of Twin Falls (10m). This abseil is usually wet and very slippery with overhangs. Ted went down first and belayed everyone down.

As this was our last abseil for the day, we decided to have lunch before climbing back out of the gorge. While we had lunch, we noted an increase in the cloud cover and a change in density. The forecast storm was approaching so we quickly climbed out of the gorge. By the time we had reached the beginning of a track, it started to sprinkle and we could hear thunder. A phone call to Bob gave us another 30 min to get out to the cars. Just as we arrived at the cars the rain began in earnest, so we packed up and drove a short distance to Bob's place and changed into clean clothes in his garage.

We then had a very sociable hour where we were treated to hot drinks and some very tasty treats. Thank you Jen and Bob for your hospitality. Thanks to all for making this activity a safe and enjoyable outing.



Where: Warrie Circuit, Springbrook National Park

When: 15th November 2015

Leader: Rod & Karen Edwards

We had a very manageable group of 10 on this walk which was threatened by some severe weather the night before, however we were lucky the next day was calm and there were no reports of downed trees.

This would have to be one of the most beautiful walks in Springbrook National Park, if not in SE Qld. We started the walk from the Tallanbana Picnic area and followed the 17 km circuit in an anti-clockwise direction. We passed by 8 waterfalls on the circuit and all were flowing nicely and made for great photos and cooling mist spray.

The walk along the southern part of the track provided great views across the valley and out towards the Gold Coast. We stopped at the entrance to The Pinnacle walk



and made note that we would do this extra part of the walk on another occasion. After a brief morning tea break we continued on towards 'Meeting of the Waters' which is a pretty spot to take a break, but was a little early for lunch. We decided to get the zig zagging ascent out of the way before we took another break, and had lunch at Poonyahra Falls, which is the first of 3 falls making up the 180m drop of the Blackfellow Falls sequence. After lunch a bit more of an ascent took us to Poondahra Falls and passed the junction of the Twin Falls circuit. We decided to take the higher track along the top of the ridge so turned right and walked behind Blackfellow Falls. This is always a bit of fun and a good photo shot. Another good photo stop and great views are directly above at the top of the falls where we all sat

and took in the vista. Our path back to the carpark took us passed the Canyon Lookout which provided another great viewing platform.

This is definitely a walk that is moderately easy and does not disappoint. A great walk to take visitors and those new to bush walking. As usual we enjoyed a coffee and a good chat after the walk at “Rosella’s” café which is located right on Canyon Lookout.

Another great day out with a great bunch of walkers, including 1 new member and 1 keen new comer. Thanks to Zoe, Russell, Julie C, Sharon, Steve, Leah, Fiona and Geoff for your company.

Karen & Rod



Important Information

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**

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