



March 2016

Next Club Meeting

Wednesday, 13th April 2016

Indigiscapes Centre, Runnymede Rd, Capalaba

7:00pm for 7:30pm start

President's Report

It is Election time again.

Spare me!! I hear you shout, but calm down. This will not be about Donald Trump or any of the champion mudslingers in the U.S. nor will it be about the merits or lack thereof of retaining Karen Williams. It is a fair bit more mundane than that, the Redland Bushwalkers will have our AGM at the April club meeting. If you want to nominate for a committee position you will have to do so in writing before the AGM. All you need is a document with your name, the position you want to nominate for, a nominator (another member, not yourself) and a seconder (another member, not yourself). Please forward this to the Club Secretary.

The hot and steamy season is starting to draw to a close, but even so, we need to be sure that we carry and drink plenty of water on our walks. It is also a good idea to get rehydration salts from the chemist, they come under a range of brand names, Hydralyte, Gastrolyte etc. These are a better choice than Powerade, Gatorade and other such drinks, which contains copious amounts of sugar.

I was up at Binna Burra and did Coomera Circuit on Saturday, it had been raining the night before so the creek was high, the tracks were muddy and the rocks slippery. We came upon three ladies at the first creek crossing, they were worried about jumping across, scared of slipping and falling. When Marika and I waded across through the water they were astonished, it had never occurred to them that you could do that. Many people worry too much about keeping their feet dry rather than safe, please keep this in mind next time you cross a creek. It is also a good idea to bring at least one hiking pole to assist, even if you keep it folded up for the rest of the walk.

See you on a track,

MATS



New Members

Welcome to: Shirley Aird, Jennifer Colston, Patricia Luskie, Shane Luskie, Mark Percy, Tricia Percy :
We hope you enjoy your membership with us and we look forward to meeting you on the track sometime.



Important Reminder

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: Full Moon Walk – A Balmy Brisbane River Evening Walk

When: Tuesday 23rd February '16

Leader: Judith Campbell

Monday afternoon – the day before the walk - Riding my bike home from work on Monday into a strong and gusty headwind – courtesy of remnant Cyclone Winston, I console myself with the thought that if this keeps up, which it is forecast to do, we will have a lovely cooling breeze tomorrow night as we walk under a full moon along Brisbane River . . .

Fast Forward to Tuesday Evening - Everyone arrives on the right train at the right platform – a good start. This is tempered a little as the railway attendant makes sure we know that the last train to Cleveland is at 9.30 (due to work on the track) and I realise that as a leader you really do have to take all possibilities into consideration. Luckily this is not a problem as the walk is scheduled to finish at 8.00pm giving plenty of time to catch the 8.25pm train – phew!

We introduce ourselves to new walkers to the club – with a joking threat that if they don't remember all our names it will be their shout at the pub. We head off to Dutton Park and get to a viewing platform just in time to see the sun set. It was a different perspective watching the sun set behind the University of Queensland between the uprights of the Eleanor Schonell Bridge.



We took the opportunity to have a bite to eat and watch a personal trainer put some people through their paces. A few of us felt that the personal trainer would have been well served to join in – he wasn't the fittest looking trainer I had ever seen!

We head off over the Eleanor Schonell bridge to the UQ ferry terminal with walkers noticing the new 'flood proof' ferry terminals. I explained how they are designed to rise with flood waters and when reaching a certain height the gangway to the platform will disconnect, reducing the amount of damage done to the ferry terminals in floods. A cool but far too short ferry ride, and we disembarked at West End ferry terminal to commence our walk – we couldn't wait to get around the bend in the river and get some of that cooling breeze . . .

We passed families having bar-b-ques, people walking, fishing, rowing and a group of people training with twirling lighted batons – they looked quite impressive. All of the walkers passed on the opportunity to get in some extra exercise on the gymnasium equipment in the parks – perhaps because there was no cooling breeze as I had kept referring to.

We walked on past the Pauls factory. I tell people around me the Pauls factory has been here for years – it's a landmark, a local icon – amazing really when you consider what land around here must cost. Ironically since then and between writing this article, it has been announced that they want to build another 'Boondall' type centre and move Pauls elsewhere. Another little bit of Brisbane I grew up with disappearing.

We cut through GOMA and past the State Library to get back to South Brisbane by 8.00. Most walkers left for the station, but a handful of us went in to the pub for a cooling beer – sorely needed as the cooling breeze did not eventuate. A couple of the more adventurous walkers managed to have their beer and still make the 8.25 train – well done I say. A few others then went off to their favourite Southbank place for a meal and I was happy to catch my bus home, grateful that despite the failure of a cooling breeze along the river, all the walkers thanked me for the walk and insisted they really enjoyed the walk.

Thank you to all who came along and thank you for letting me know that you enjoyed the walk. You all gave me the confidence to perhaps organise another full moon walk at some time in the future.



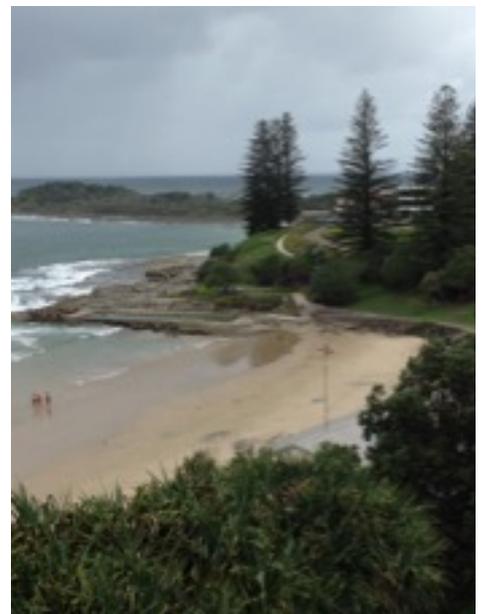
Where: Yamba Base Camp

When: 5th to 7th Feb '15

Leader: Steve Tolcher

We arrived at the Calypso Caravan Park & Camp Grounds on the banks of the Clarence River at Yamba in dribs and drabs on Friday and pitched our tents etc. between the showers of rain which were fairly frequent over the afternoon.

On Saturday morning eleven walkers and three drivers led my Steve set off in the drizzle to the start point in the Yuraygir NP at Angourie for an 18km walk south to Brooms Head. The rain held off for us to get organised at the start and not 5 mins in the showers started and didn't really stop for very long during the 5.5 hour trek. This rain wasn't too bad as it was much cooler than it would have been if the sun had of been out in it's full summer heat. This hiking track takes you through a variety of coastal ecosystems - over Mara Creek where it flows out at Back Beach and to the shores of beautiful Lake Aragon, and past caves on the southern side of Shelley headland. We lunched at Red Cliff Lookout before the rain came down relentlessly and moved us on quickly. With boots full of water and raincoats tightly closed we again took to the beach and battled the southerly wind in our faces, making quick time to the finish at Brooms Head.



After walking through the camping ground we found a coffee shop and relaxed while we waited for our trusty drivers to arrive to take us back to Yamba, taking a detour through lovely Maclean with it's power poles painted in Scottish clan tartan.

Walkers: Steve, Steven, Geoff, Alison, Carmel, Jenny, Cathy, Suzanna, Russell, Peter & Jennifer

Drivers: Ros, Sharon & Joan



The ladies who didn't choose to walk on Saturday had a nice day discovering beautiful Yamba.

That evening we went to the Yamba Bowls Club for a nice meal before heading back to camp on foot, and in the rain, again!

Next day we rose to much better weather and after a nice walk/swim in the sunshine we all either headed home or stayed for another night.

Thanks to Steve and his family for making this a very memorable weekend.



Where: Araycarua Lookout

When: 21 Feb 2016

Leader: Mats Andersson

Over the years I have walked the track systems in Lamington National Park hundreds of times, but there has been one that has eluded me, Araucaria Lookout. Many times have I walked past the signpost at the turnoff from the Border track and thought: – I should do that one, some day. However, I have never got around to it, until now that is.

In the time between the club meeting and the walk date the numbers shrank down to six, a good number for a walk party that has the added bonus of making the car pooling easy. There was the possibility of rain forecast and the clouds looked a bit iffy as we were heading down the highway, but we were lucky as the day stayed dry. We all tramped along the Border track with the normal banter and chatting going on, scaring away the wildlife in the process. That was a lie, we spotted a little marsupial mouse hiding under a log right next to the path and a later a wallaby scampering around in the undergrowth. After the turnoff the track became much rougher, you could clearly see that it does not get the same level of use and upkeep as the well trodden Border track. About two thirds of the way is the lookout called Orchid Bower, lucky there is a sturdy tree branch to hold on to as there is a huge vertical drop right at your feet. Araucaria Lookout itself is reached after a fair bit of zigzagging around the knoll it is located on. The views are fabulous down towards Mt. Warning and across to Springbrook. After a well earned lunch we took off on the return trip with Geoff in the lead, the rest of us struggling to keep up. The afternoon coffee at the café was enjoyed by all, a great way to finish a lovely day with friends.

Walkers: Karen, Marilyn, Julie, Shirley, Geoff and Mats.

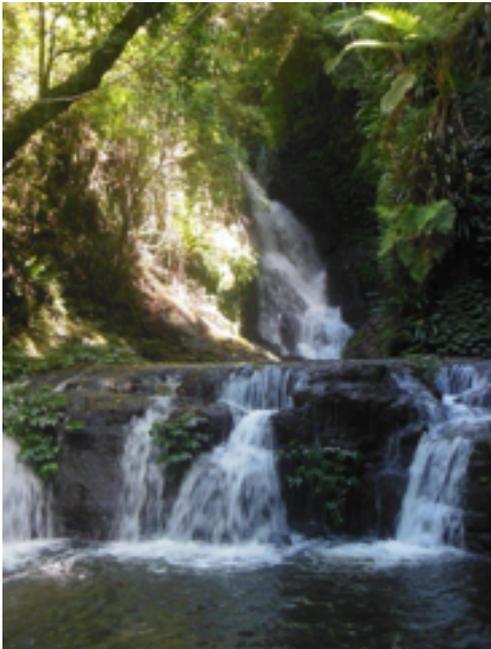


Where: West Canungra circuit

When: 14 Feb 2016

Leader: Julie Cummings

On 14 February, set out in brilliant sunshine to walk the West Canungra circuit. What a wonderful day to be out walking. We set off from O'Reilly's and walked a short distance on the Boarder Track to the start of the West Canungra circuit. A short distance along the track we encountered a brown snake sunning itself. Lucky for us it decided to slither off the track for us to continue on our way. We meandered down the track to the Blue Pool where we had morning tea. Here we spotted a rather large eel swimming around the water hole. It enjoyed the food we shared with it.

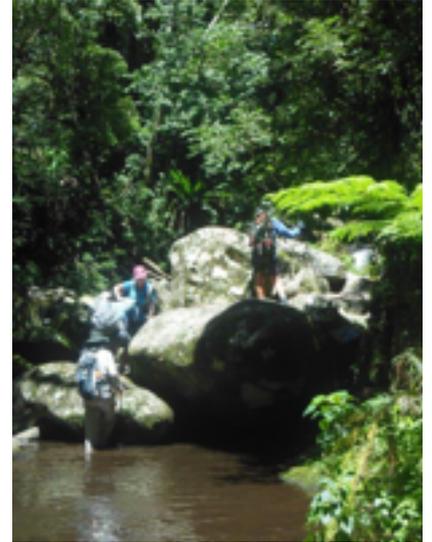


The track was relatively dry and easy to walk with only a couple of boggy patches. The river levels were quite reasonable and we were able to cross the nine river crossing using the rock pads.

There were plentiful small waterfalls and stream beds along the way. Betty and Hillary had new shoes and just had to get them wet so we decided to walk up the river to a lovely area that was beside a small waterfall.

We eventually met up with the Box Forest Circuit and made our way back via the Boarder Track to our cars.

At the end of the walk we celebrated with coffee and chocolates. What a great way to end the afternoon. Thanks to Betty, Hilary, Tracy, Geoff and Julie to a great day.





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