

*The*  
**BRISBANE BUSHWALKER**  
*April 2014*



---

**BRISBANE BUSHWALKERS MONTHLY NEWS**

---



**BRISBANE BUSHWALKERS CLUB INC (EST. 1948)**  
**GPO BOX 1949, BRISBANE 4001**

**[www.bbwwalkers.org.au](http://www bbw.org.au)**

**MEETINGS:** The Brisbane Bushwalkers Club meets every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month at 7.30pm at the Newmarket Memorial Hall, cnr Enoggera Rd. & Ashgrove Ave., Newmarket. Except for December when the only meeting is on the 2<sup>nd</sup> Wednesday. All welcome.

**COMMITTEE MEETINGS:** The next committee meeting, to be held at 7.30pm on **Wednesday 2nd April**, is at Tom Cowlshaw's at 47 Samford Road, Alderley. Ph: 3856 4050. All members are welcome to attend.

**MAGAZINE:** Pre-trip descriptions are submitted via the leaders page on the web site. Any articles from members, especially post-trip reports, are welcome. The editor reserves the right to edit articles to fit available space. The preferred method for article submission is email; for other methods please discuss with editor.

**Deadline for the May magazine is the Open Meeting on Wednesday 9th April.**

### MEMBERSHIP FEES

Fees include magazine subscription.

**Full Members:** Singles \$40 per annum  
Couples \$60 per annum

Annual membership falls due 31st January.

**Probationary Members:**  
Singles \$25 per 6month  
Couples \$40 per 6 month

### COVER PHOTOGRAPH

Mount Greville "The Slabs" by Night  
Photographic walk, March 2014

Photo: Shaun Johnston



### EQUIPMENT HIRE

The following equipment is available **for club activities**. The charge *between meetings* per item is:

Foam mat..... \$2.00  
Self inflating mat..... \$5.00  
Stove..... \$5.00  
Tent or Pack ..... \$10.00

There is a \$20 per item deposit. Refundable upon return of equipment in good condition.

*All equipment may be booked for hire by phoning the Equipment Officer.*

*Pre-booking will ensure availability.*

**PLB:** The Club has several PLBs which Leaders may borrow, at no cost, for approved club activities only. Extended loan periods will need to be arranged with the Equipment Officer.

### LIBRARY

Available on the library table at all meetings:

- For sale: Long sleeve shirts \$25, Short sleeve shirts \$20, Fleece Jackets \$35, Fleece Vests \$30, Hats \$13, Caps \$10. These articles have the club logo embroidered on them.
- Car stickers and cloth badges: all \$3.00
- Long, wide bandages to be used in the unlikely event of a snake bite \$10.00
- Maps and Rasters: free loan to leaders
- Free loan to members:- Books, Magazines, DVDs and CDs. Come and browse the selection.

### FIRST AID CERTIFICATES

To encourage members to maintain a current First Aid certificate, the Club will organise courses for Full members (not Probationary members) for half price for those who attend.

## Club Officials

President	David Sydes	0419 871 100
Vice President	Steve Cockburn	3260 5787
Secretary	Tom Cowlshaw	0427 226 006
Treasurer	John Andresen	
Outings	Arthur Walton	0418 730 541 email: outings@bbw.org.au
Safety & Training	Marge Henry	3856 5757
Membership	Marion Darveniza	3378 4031 email: membership@bbw.org.au
Librarian	Graham Olive	3277 5279
Equipment	Julie Moore	3353 5641 email: equipment@bbw.org.au
Photographic	Shaun Johnston	0478 124 075

Social	Kay Byrne	3264 3960
Abseil Co-ordinator	John Granat	0409 620 047
Members Registrar	Marge Henry	3856 5757 email: registrar@bbw.org.au
Website Admin	Shaun Johnston	email: webadmin@bbw.org.au
Editors	Eugene Hedemann	3359 3114
	Jenny Zohn	3272 2732 email: editor@bbw.org.au

Contact Officers  
0431 691 773 or 0423 095 580 or 0434 194 996  
*These are VOICE ONLY numbers (ie. no SMS)*

## ABBREVIATIONS & GRADING

**DISTANCE** Short — Under 10 km per day  
Medium — 10 to 15 km per day  
Long — 15 to 20 km per day  
**EX**tra Long — Over 20 km per day



Example -- **FSDW-3B**  
Family (**F**)  
Short Day Walk (**SDW**)  
Graded track with obstacles (**3**)  
Easy (**B**)

**ACTIVITY** **ABS**eil; **B**ase **C**amp; **D**ay **W**alk; **T**hrough **W**alk; **E**asy **T**hrough **W**alk; **N**ight **W**alk; **S**O**C**ial Activity; **KaYaK**;  
**CY**Cle; **S**afety & **T**raining; **F**ederation **M**ountain **R**escue; **RO**Gaine.

**FAMILY** Family — Family Group conditions; contact Leader

**Note for Leaders when grading a walk:** *The brief descriptions below are to help members match their ability to an activity. To grade your walk consult the Standard List of Graded Walks.*

### TERRAIN GRADING - 1 to 9

- 1 Path with smooth surface and low gradient.
- 2 Well-formed path or graded track with some minor obstacles.
- 3 Graded track, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.
- 4 Rough, unformed track or open terrain, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.
- 5 Rough or rocky terrain that may require use of hands, and/or creek rock hopping that requires small to moderate steps. Fallen debris possible.
- 6 Steep, rough or rocky terrain requiring use of hands, and/or creek rock hopping requiring moderate to large steps or jumps. Fallen debris possible.
- 7 Climb or descend steep rock, using hand or foot holds. May be some exposure. Good upper body strength required.
- 8 Climb or descend near vertical rock with exposure, using widely spaced or small hand or foot holds. Climbing skills may be required. Good upper body strength required.
- 9 Sustained climbing or descent of vertical or near vertical rock with exposure, using widely spaced or small hand or foot holds. Advanced climbing skills may be required. Good upper body strength required.

### FITNESS & ENDURANCE GRADING - A to E (Note: Walking times do not include breaks.)

- A** Basic - Generally suitable for new bushwalkers. Up to four hours of walking and possibly minor hills. Slower pace with frequent breaks.
- B** Easy - About five hours of walking and up to 300m of elevation gain/loss per day.
- C** Moderate - About six hours of walking and up to 600m of elevation gain/loss per day. Agility required.
- D** High - High fitness, endurance and agility required. Up to eight hours of walking and about 1000m of elevation gain/loss per day.
- E** Challenging - Very high fitness, endurance and agility required. Up to or more than twelve hours of walking and greater than 1000m of elevation gain/loss per day.

## INFORMATION FOR WALKERS

The Members Handbook has a complete list of Club Guidelines (also available from the library or from the BBW website).

- Nominate for an activity via the club website, or by phoning or emailing the leader. (Some leaders only accept phone or email nominations.) Walkers must be financial at the time of nominating.
- Walkers are responsible for ensuring they are capable of doing the activity for which they nominate. Read the Grading descriptions on this page. If you are uncertain, consult the walk leader.
- If you are unable to attend the activity you must contact the leader to cancel so that others on the waiting list may go.
- Concerned relatives can ring the Contact Officer for information if the activity is exceptionally late.

**TRANSPORT COSTS:** Passengers are asked to pay a contribution to the driver for their share of car expenses. Each passenger should expect to contribute 10-15 cents per km. Large cars and 4WDs obviously cost more to run than small cars. If there are 3 or more passengers then 10c/km is probably a reasonable contribution. If you are unhappy with the contribution amount, you are always free to take your own vehicle.

**CAMPING FEES:** National Park or State Forest camping fees are \$5.60 per person per night. (The leader will provide details.) Many NSW National Parks also charge \$7 per vehicle per day.

**ALWAYS TAKE:** Lunch, snacks, spare food; water (at least 2 or 3 litres); first aid kit; hat & sunscreen; torch; whistle; pencil & paper; warm clothing (fleecy jacket minimum, thermals if you have them); raincoat. Don't forget a change of clothing & shoes for after the walk and money for car pooling & coffee.

## PROGRAM

*Refer to Page 3 for a list of the minimum items required to take on a Day Walk*

### March

24	SNW-2A	Toohey Forest Monday night walk	Graham Olive
25	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
<b>26</b>	<b>Meeting</b>	<b>MEETING</b>	
27	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
27	TRNG	Thursday Kangaroo Point - Core Training	Pete Watson
28	SOCIAL	Evening of Jazz and Pub Food- Southbank	Kay Byrne
28-30	MTW-4C	Double Island Point, Cooloola and Rainbow Beach	Greg Kuss
29	ABS-8B	Kangaroo Point Nursery Cliffs	John Granat
29	MDW-3B	Mt Coot-tha from The Gap	Christine & Tony Everett
29	SDW-4B	Cainbale Falls (O'Reillys)	Peter Hunt
29	LDW - 3B	Illinbah Circuit from the bottom	Glenis Bradley
29-30	MTW-3B	Echo Point	Mary Comer
30	SDW-5B	Mount Warning (Wollumbin) The Cloud Catcher	Karen Ryan
30	ABS-8B	Kangaroo Point Nursery Cliffs	John Granat
30	MDW-6D	Around Mt Bangalora	Lou & Marion Darveniza
30	MDW-7C	Slow Barney-Isolated Peak	Kelvin Taylor
30	MDW-3A	Jolly's Lookout	Mark Houghton
31	SNW-2A	Toohey Forest Monday night walk	Graham Olive

### April

1	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
1	TRNG	West End Hills	Joan Davey
3	TRNG	Thursday Kangaroo Point - Core Training	Pete Watson
4-6	MTW-6D	Mt Doubletop, Mt Huntley	David Sydes
5	MINIMAXS4A	Mt Coot-tha for New members	Lou & Marion Darveniza
5	MABS-6C	Back Creek Abseil	Anne Kemp
5	LDW-3B	Coomera Circuit - Binna Burra	Jenny Campbell
6	XDW-3C	Sunshine Coast Hinterland Great Walk Stage 3 - Gheerulla Circuit	Bernie Ryan
6	MDW-7D	Mt Maroon - South Ridge	Lou & Marion Darveniza
6	LDW-3B	Toolona Creek Circuit	Greg Long
8	S&T	First Aid Course - recertification	Marge Henry
<b>9</b>	<b>Meeting</b>	<b>Rhea Phelan, Springbrook Area Regeneration Project - AILA KETO's work</b>	
11-13	See below	Mt Glorious Barracks	Steve Cockburn and Ray Glancy
11-18	LTW -5C	Carnarvon Great Walk.	Chris Hall
12	ABS	Abseil Experience Day - Kangaroo Pt Cliffs	Chrissy Dott
13	SURVEY	Mount Goolman SURVEY	Bernie Ryan
15	SOCIAL	Total Luna Eclipse Seafood Dinner	Kay Byrne
17-22	XLTW-5C	Overland Track Tasmania	Barry Culley
18-21	MTW-4C	Conondale Great Walk	Burgi Wagner
18-21	MTW-7D	Sundown Circuit	Lou & Marion Darveniza
18-21	MTW-5C	Oxley Wild Rivers NP	Jenny Zohn
18-21	MTW-5C	Girraween National Park	Cath Carkeet & Alan Pryor
<b>23</b>	<b>Meeting</b>	<b>Peter McMahon, Catholic Bushwalkers Club - Trails in Enoggera Creek Area</b>	
24-27	MTW-6D	Teviot Gap to Spicers Gap	David Sydes
24-27	MTW-6D	Spicers Gap to Teviot Gap	Jarrah Gard
25-28	MTW-4C	Moreton Island Southern Tip	Greg Kuss
26	MDW-8D	Logans Ridge Mt Barney	Annette Miller
26	MINIMAXS- 3A	Chermside Hills Reserve - New Members	Steve Cockburn
26	LDW-3B	Toolona Creek Circuit	Diana Norkaitis
27	MDW-6D	Mt Barney - (West Peak) via South Ridge	Arthur Walton

### May

2-4	SBC-4B	Ankida	Peter Hunt
-----	--------	--------	------------

3	MDW-8D	Mezzanine Ridge (Mt Barney)	Annette Miller
3-4	S&T	First Aid Course-2 days	Marge Henry
4	LDW-4C	Lake Manchester and the knoll	Bernie Ryan
10	MDW-6D	Mt Barney - South Ridge	Nick Brooking
10-11	METW-3B	Echo Point, Lamington NP	Elaine Beller
10-11	ETW-3B	Bithongabel Campsite	Ray Glancy
11	CYC/Social	Ipswich City Cycle	Kay Byrne
<b>14</b>	<b>Meeting</b>	<b>Paul Feeney &amp; Mary Comer - Project at Pungalina</b>	
16-18	MTW-5C	Mt May to Mt Maroon	David Sydes
17	MINIMAXS4A	Mt Coot-tha for New members	Lou & Marion Darveniza
18	MDW-5D	Mt Bangalora	Lou & Marion Darveniza
23-25	MTW-6D	Point Pure	Annette Miller
23-25	MTW-5C	The Steamers	David Sydes
24	ABS-8B	Kangaroo Point Nursery Cliffs	John Granat
24	MINIMAXS- 3A	Chermside Hills Reserve - New Members	Steve Cockburn
24-25	STW-8D	Logans Ridge, Mt Barney Through Walk	Lou & Marion Darveniza
25	SURVEY	Teviot Range - Southern Section SURVEY	Bernie Ryan
25	ABS-8B	Kangaroo Point Nursery Cliffs	John Granat
30-1	METW-3B	Cononadales NP	Elaine Beller
30-1	LBC-7D	Mt Ernest via organ pipes	Glenis Bradley, Ryan Langley
31	S&T	First Aid Course - recertification	Marge Henry

## June

1	LDW-4C	Jubilee Park and Redwood Park from the bottom	Bernie Ryan
1-21	XLTW-6C	Larapinta Trail - Central Australia	Marge Henry
6-10	MTW-4C	Fraser Island via Hervey Bay	Greg Kuss
7	MDW-6C	Mt Maroon via the Caves Route	Lynsey Moore
13-15	MBC-4A	S&T Navigation and Leader Training Base Camp Mt Glorious Barracks	Marion Darveniza
20-22	MBC-5C	Goomburra - Mt Castle	David Sydes
21	MINIMAXS4A	White Rock for New Members	Lou & Marion Darveniza
22	MDW-7D	Mt Barney via South East Ridge	Arthur Walton
22	MDW-7D	Mt Maroon - Southern Waterfall route	Lou & Marion Darveniza
28-29	MTW-7D	Three Peaks of Mt Barney TW	Lou & Marion Darveniza
29	MDW-4C	Mount Zahel	Bernie Ryan

## July

5-6	METW-4C	Rat-a-tat, Lamington NP	Elaine Beller
11-13	MBC-3B	Byron Bay Base Camp	Bernie Ryan

## August

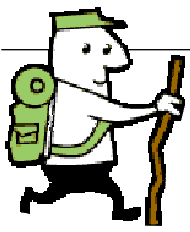
5-11	Expedition - 4C	Cape Melville Expedition	Kendall Rubie
9-10	STW-5C	Black Snake Ridge, Lamington NP	Elaine Beller

Members can choose not to have their monthly copy of the club magazine posted. Just follow these steps:

- Log in to BW website
- Go to the "My Details" section
- Click "Edit"
- Scroll down to the "Protected" subsection
- Where it says "Magazine", untick the box.
- Click "Save"
- Logout

Colour versions of magazines are available in the "Magazine" section of the website as PDF files for downloading.





# .....Coming Trips.....



## **TOOHEY FOREST MONDAY NIGHT WALK**

Night Walk Mon 24 Mar  
LEADER: Graham Olive 0455 539 999  
GRADE: SNW-2A  
LIMIT: 10+  
BRING: Page 3 items Torch, water.  
MEET: Car park behind McDONALDS Salisbury. Cnr Toohey Rd, Orange Grove Rd & Evans Rd

DEPART: 6:30pm  
MAP: BCC Toohey Forest track map  
Toohey Forest is located just 10km south of Brisbane's CBD. There are extensive walking tracks through open eucalypt forest and heath. We start this two hour night walk from the car park behind the McDonalds restaurant in Salisbury. This walk will be on both sealed and dirt tracks with some short hills. There are lots of tracks so a different route each time. No need to book for these walks, just turn up. Members wanting to walk should be at the start point ready to go at 6.30 PM sharp. This activity does not count toward full membership.

## **TUESDAY KANGAROO POINT - PACK TRAINING**

Training Tue 25 Mar  
LEADER: Chris Hall 0498 051 811  
GRADE: TRNG  
BRING: Jogging gear plus weighted backpack (normal walking gear isn't necessary as there are toilets and water fountains throughout)

COST: Nil  
MEET: Rotunda on River Terrace (southern end of KP cliffs opp the fancy marble church)

DEPART: 6pm  
This session is for those walkers looking to improve their pack carrying fitness - not a free replacement for gym training. Whilst we do walk along the beautiful Brisbane River, the primary aim is a fitness session for walking. The session includes a weighted back pack (between 5-15 kilos), stairs, bridging, lunges, stretching etc.. Car parking is available in the streets opposite and give yourself a little extra travel time given that this starts around peak hour.

## **MT COOT-THA THURSDAY NIGHT WALK**

Night Walk Thu 27 Mar  
LEADER: Graham Olive 0455 539 999  
GRADE: SNW-3B

LIMIT: 20+  
BRING: page 3 plus torch and water  
MEET: angle carpark west of Kuta Cafe Mt Coot-tha

DEPART: 6:30pm  
MAP: BCC Mt Coot-tha track map  
MUST: Read trip description

The Mt Coot-tha Thursday night walks are exercise walks to assist people with improving their bushwalking fitness and to learn techniques for night-time walking. The walks will commence at 6.30pm from the angle parking car park on the approach to the lookout on Mt Coot-tha. The walks will be approximately 2 hours in duration, on fire trails and marked tracks, with obstacles such as rock or root intrusions, fallen debris, and some, usually dry, creek crossings on some of the tracks. The walks will also involve the descent and ascent of the mountain at a reasonable walking pace with up to 520 metres gained and lost over the length of the walk. In places the terrain of the walk will involve walking on loose surfaces with moderate and in some places, steep inclines. Participants will need a moderate level of fitness suitable for hill walking. Participants will need the Page 3 items as well as the appropriate hiking footwear, torch and drinking water. Bookings will not be taken for these walks so people intending to walk need to arrive at the start point in sufficient time to register their name for the walk commencement at 6.30 sharp. For further information please contact the walk leaders. By the way, these walks don't count toward full membership.

## **THURSDAY KANGAROO POINT - CORE TRAINING**

Training Thu 27 Mar  
LEADER: Pete Watson 0400 706 493  
GRADE: TRNG  
BRING: joggers, towel  
MEET: Adjacent to 'Cliffs' Cafe, S end of clifftops

DEPART: 6pm  
This is an interval training session with a variety of exercises for those wishing to improve their general fitness. Core and strength fitness is essential for us to be comfortable in carrying packs and negotiating some of our tougher walks enjoyably.

## **DOUBLE ISLAND POINT, COOLOOLA AND RAINBOW BEACH**

Through Walk Fri 28 -- Sun 30 Mar  
LEADER: Greg Kuss 0408 806 310  
GRADE: MTW-4C  
LIMIT: 8

BRING: Lightweight through pack, togs  
 COST: \$11.20 camp fees, \$50 petrol  
 MEET: Transport prearranged  
 DEPART: 5:30pm  
 MAP: Cooloola Great Walk

Double Island Point and the northern end of Cooloola National Park is a great fun through walk. There is plenty of swimming opportunity. Most of the first day is along the beach and we pass 2 freshwater lakes. Last time I did it, we were walking only in our bikinis and speedos. Every time we felt hot we dropped our packs and boots and went in for a splash. Friday: We depart Brisbane after work and travel to the Caltex Truckers Roadhouse Gympie for dinner. We then travel through Rainbow Beach to camp at Inskip Peninsula Camping area in M. V. Sarawak campground. Arriving 10pm. Saturday: Arise 5am. Long day. Depart Inskip 6:30am and drive to the northern entrance of the Cooloola Great Walk at Rainbow Beach where we park our cars. 7am. 24.7km. Cooloola Sand blow, tall timbers then out onto the northern beach. Double Island Point and the lighthouse, then onto Teewah Beach. Camping at Freshwater Campground. Showers. Sunday: 17.3k. We hike back to the Cooloola Great Walk northern entrance via Freshwater Lake and Lake Poona for yet another swim, and cross the Carlo Sandblow again. Once at the cars we change into fresh clothes, then have afternoon tea at Cafe Rainbow Beach BYO. Finally we travel back to Brisbane and our respective drop offs. Once I have approved your nomination you are liable for the \$11.20 fees and if you cancel for any reason the money is refundable at the absolute discretion of the leader. Upon nomination, if I don't know you email me with 1. your fitness, 2. through walk experience and 3. ability to participate socially in one of my activities. Committed nominees only please. See you all there for a full on weekend.

**KANGAROO POINT NURSERY CLIFFS**

Abseil Training Sat 29 Mar  
 LEADER: John Granat 0409 620 047  
 This activity is full.

**MT COOT-THA FROM THE GAP**

Day Walk Sat 29 Mar  
 LEADER: Christine & Tony Everett 3300 2947  
 This activity is full.

**CAINBABLE FALLS (O'REILLYS)**

Day Walk Sat 29 Mar  
 LEADER: Peter Hunt 0431 652 083  
 GRADE: SDW-4B  
 LIMIT: 12  
 BRING: See page 3

COST: \$20 fuel contribution  
 MEET: Fairfield Gardens  
 DEPART: 8:00am  
 MAP: Lamington National Park

8.00am DEPARTURE This walk is suitable for your first walk as it is short, with gentle ups and downs which are low in altitude and the pace will be slow. It also provides opportunity to those who wish to experience a walk that is at a lower grade which is on a track worn through the forest rather than a maintained, graded track. If you do not mind walking on uneven ground this walk is suitable for you. Being a shorter walk there will also be sufficient time to look at the scenery and take advantage of the photo opportunities that are available. We follow the worn track through rainforest visiting a small attractive waterfall along the way. Plus there are all of the other attractions of a rainforest just waiting for your enjoyment. As we come into open forest, near the top of Cainbale Falls, we experience excellent views down the valley. Views will be there as we follow the escarpment. The finish will be along a four wheel drive track with another good view of Lamington Plateau.

**ILLINBAH CIRCUIT FROM THE BOTTOM**

Day Walk Sat 29 Mar  
 LEADER: Glenis Bradley 0412 618 607  
 GRADE: LDW - 3B  
 LIMIT: 12  
 BRING: Usual day walk gear & swimmers  
 MEET: Fairfield Gardens  
 DEPART: 0630am  
 MAP: Lamington NP

We access the Illinbah circuit from Illinbah Rd past Canungra. After crossing private property we walk through the Lamington national park crossing the Coomera River to the Illinbah Track. We ascend the track travelling through rain forest, then open eucalypt forest, bypassing the track to Binna Burra, descending to the Gwongoorool Pool for a swim. Continuing down the track we cross the Coomera River many times with opportunities to rock hop the shallow crossings, while walking through the attractive rainforest.

**ECHO POINT**

Through Walk Sat 29 -- Sun 30 Mar  
 LEADER: Mary Comer 0427 446 000  
 This activity is full.

**MOUNT WARNING (WOLLUMBIN) THE CLOUD CATCHER**

Day Walk Sun 30 Mar  
 LEADER: Karen Ryan 0419 733 856  
 This activity is full.

---

**KANGAROO POINT NURSERY CLIFFS**

Abseil Training Day 2 Sun 30 Mar  
LEADER: John Granat 0409 620 047  
This activity is full.

**AROUND MT BANGALORA**

Day Walk Sun 30 Mar  
LEADER: Lou & Marion Darveniza 3378 4031  
This activity is full.

**SLOW BARNEY-ISOLATED PEAK**

Day Walk Sun 30 Mar  
LEADER: Kelvin Taylor 0403 176 972  
This activity is full.

**JOLLY'S LOOKOUT**

Day walk Sun 30 Mar  
LEADER: Mark Houghton 0417 025 182  
GRADE: MDW-3A  
LIMIT: 14  
BRING: As per P3 of Mag.  
COST: Petrol Contribution \$4.00  
MEET: The (new) Gap Park & Ride, Waterworks Rd, The Gap.  
DEPART: 8am  
CAR KMS: Approx 36km return.  
MAP: D'Aguilar National Park. South D'Aguilar section.

Jolly's Lookout. Jolly's Lookout is on Mt Nebo Road, giving access to D'Aguilar National Park, with great views across the Brisbane Valley and to the coastline. We will walk on track through some beautiful sub-tropical rainforest and more open eucalyptus forest, using the Thylogale Track to Boombana and then around the Pitta Circuit. We will then have morning tea and walk back to the Ergenia Circuit and then to the lookout to have our lunch. We should see a variety of animal and birdlife. The distance for the walk is approximately 10.5 kms and suitable for new members. Please be at The Gap Park & Ride Carpark at 7.45 a.m. so that we can organise carpooling before leaving at 8.00 a.m. I look forward to walking with you. Nominations online preferred. If phoning please leave a message with your name and phone number. If I am outside, by the time I get to the phone it has usually gone to message bank or rung out.

**TOOHEY FOREST MONDAY NIGHT WALK**

Night Walk Mon 31 Mar  
LEADER: Graham Olive 0455 539 999  
*See activity description for Mon 24 Mar*

**TUESDAY KANGAROO POINT - PACK TRAINING**

Training Tue 1 Apr  
LEADER: Chris Hall 0498 051 811  
*See activity description for Tue 25 Mar*

**WEST END HILLS**

Training - Night Walk Tue 1 Apr  
LEADER: Joan Davey 0415 139 646  
GRADE: TRNG  
LIMIT: 10  
BRING: water, money for coffee some walkers have dinner at the Ship Inn after they give us 20% discount.  
COST: coffee/drink  
MEET: Ship Inn Southbank  
DEPART: 6pm  
CAR KMS: 0

We will walk around West End/Highgate Hill up & down some of the hills for about 1-1/2 hours for a some fitness training. Anyone training for that big walk very welcome. We will have a coffee/drink after at The Ship Inn after the walk. You do need to have reasonable fitness for this walk as we do walk at a fairly brisk pace and we do find as many hills as we can. This is not a social walk it is a training walk, there is no stopping for the 1-1/2 hours you do need to be able to push yourself that little extra. We leave at 6pm sharp so please give yourself plenty of time for traffic & parking.

**THURSDAY KANGAROO POINT - CORE TRAINING**

Training Thu 3 Apr  
LEADER: Pete Watson 0400 706 493  
*See activity description for Thu 27 Mar*

**MT DOUBLETOP, MT HUNTLEY**

Through Walk Fri 4 -- Sun 6 Apr  
LEADER: David Sydes 0419 871 100  
This activity is full.

**MT COOT-THA FOR NEW MEMBERS**

Minimaxs Sat 5 Apr  
LEADER: Lou & Marion Darveniza 3378 4031  
GRADE: MINIMAXS4A  
LIMIT: 15  
BRING: Usual day walk gear including the P3 items, 2 L water  
MEET: Toowong Memorial Park (car park) Sylvan rd, Toowong. UBD p159, A16  
DEPART: 7am  
MAP: Brisbane forest Park 1:30 000  
MOBILE TO RING ON DAY OF WALK ONLY.: 0438 481 186

This trip is designed to introduce new members to bushwalking and to the Brisbane Bushwalkers club. We will meet at the car park of the memorial Park on Sylvan Road, Toowong and then travel to Mt Coot-tha. Mt Coot-tha has plenty of tracks, formed and unformed plus several creeks which will enable new walkers to experience a variety of terrains. The creek bits will be Terrain 5 and there



will be an opportunity to do some scrambling (Terrain 6)- alternatives do exist. Being a Mini-maxs, we will be discussing safety, clothing, club protocol, minimal environmental impact, first aid, the clubs grading system etc. We expect to finish early afternoon. Bring morning tea, lunch and the "always take" items on p3 of the magazine.

### **BACK CREEK ABSEIL**

Abseil Day Walk Sat 5 Apr  
LEADER: Anne Kemp 0411 327 704  
This activity is full.

### **COOMERA CIRCUIT - BINNA BURRA**

Day walk Sat 5 Apr  
LEADER: Jenny Campbell 0488 410 762  
GRADE: LDW-3B  
LIMIT: 12  
BRING: Page 3 + 2 lit water  
COST: Petrol cost (\$20)  
MEET: Fairfield Gardens  
DEPART: 7.00 am  
CAR KMS: 220km  
MAP: Beechmont

The Coomera Circuit is a very scenic 17.5km walk beginning from the Binna Burra car park in Lamington National Park. We walk 1.9km on the Main Border Track before turning onto the Coomera Circuit. We pass through beautiful rainforest on the way to a great viewing platform overlooking the 64m Coomera and 150m Yarrabilong Falls. Here we will have morning tea before following the track to the first of several creek crossings that require some very minor rock hopping skills. We pass many beautiful waterfalls on the way to our lunch spot at Goorawa Falls. After lunch we'll rejoin the Main Border Track and follow it back to Binna Burra. This is a wonderful rainforest walk which is suitable for new members.

### **SUNSHINE COAST HINTERLAND GREAT WALK STAGE 3 - GHEERULLA CIRCUIT**

Day Walk Sun 6 Apr  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

### **MT MAROON - SOUTH RIDGE**

Day Walk Sun 6 Apr  
LEADER: Lou & Marion Darveniza 3378 4031  
This activity is full.

### **TOOLONA CREEK CIRCUIT**

Day walk Sun 6 Apr  
LEADER: Greg Long 0408264763  
This activity is full.

### **FIRST AID COURSE - RECERTIFICATION**

First Aid Tue 8 Apr

LEADER: Marge Henry 0413 337 530  
GRADE: S&T  
LIMIT: 6  
BRING: Water bottle, morning tea, lunch  
COST: \$150 (Ordinary members \$75)  
MEET: St John's Headquarters, Fortitude Valley

This course is designed for a person who holds a current or recently expired First Aid certificate. The recertification course assesses your current knowledge & skills and recertifies and validates your first aid skills; it does not teach you all the content again. This course is not suitable for a person who has never previously attended a first aid training course. The Club will subsidise all Full members by 50%. Probationary members pay the full rate. Acceptance to the course will only be given on receipt of payment.

### **MT GLORIOUS BARRACKS**

Base Camp Fri 11 -- Sun 13 Apr  
LEADER: Steve Cockburn and Ray Glancy  
0421 059 482-when walking

GRADE: See below  
LIMIT: 25  
BRING: Day walking gear, food, water and camping equipment to stay over night  
COST: \$5 per person per night  
MEET: We will meet at the Barracks on Friday evening.  
DEPART: We will meet at the Barracks on Friday evening.

This base camp will have various walks combined with some input on Through Walk skills and associated areas for those interested in discussing and learning about through walks. 'a weekend of a variety of different walking options from Level 4 to Level 7 walks aimed at members who are interested in the details of throughwalking including equipment, food, recipes and preparation'. We plan to exhibit a significant range of gear on Saturday night which will hopefully be a good social occasion where people can chat and ask questions about why a member would choose to carry all that's necessary for an extended time in the bush.

### **CARNARVON GREAT WALK.**

Through Walk Fri 11 -- Fri 18 Apr  
LEADER: Chris Hall 0498 051 811

GRADE: LTW -5C  
LIMIT: 6  
BRING: See description  
COST: \$260 approx  
MEET: BP servo Blacksoil.  
DEPART: 4:30am  
CAR KMS: 1600km. estim.  
MAP: Topographic map Carnarvon Great

Walk. 1:35 000

Carnarvon Great Walk is situated in the Carnarvon Ranges National Park and is part of the Sandstone Belt parks in Central Queensland approximately 750km from Brisbane via Roma. The actual walk is 6 days long plus 1 day travel to and from Brisbane, so 8 days. Geologically the Carnarvon Ranges are made up of numerous sandstone ridges and gorges with a basalt cap. Often called the Home of the Rivers' rivers flowing south from here flow into the Murray-Darling River system, to the west into the Lake Eyre system and to the east into the Fitzroy River system. NOTE: YOU HAVE TO CARRY ALL YOUR OWN CAMPING GEAR, CLOTHING, and FOOD FOR ALL 6 DAYS PLUS 2 DAYS EMERGENCY FOOD. PLUS ABOUT 4-6 LITRES OF WATER EACH DAY. LIGHT WEIGHT GEAR HIGHLY RECOMMENDED. EXPERIENCED THROUGH WALKERS ONLY TO APPLY. TRANSPORT: Car pooling and prearranged. Suggested meet at BP servo, Blacksoil, near Ipswich. When nominating please indicate if you are prepared to use your car and drive. CAMPING: You will need to supply your own tent light weight, sleeping bag [a very warm one as it gets very cold at night], ground sheet and optional sleeping mat, fuel stove [no fires allowed], cooking utensils, cleaning gear and hygiene gear. FOOD: During the walk all food needs to be carried. Light weight freeze-dried/dehydrated meals recommended. You will need 8 [EIGHT!] days food on the walk of which 2 days food is an emergency supply. While traveling to and from Carnarvon Ranges we will stop at cafes etc for food and drinks. It is recommended that you also take most of your food while camping at Takarakka Bush Camp Resort the night before the start of the walk and the night of the day before leaving, as there are very limited supplies of food at the resorts. Wilderness Lodge just down the road has a restaurant but unsure of hours. WATER: On days of the walk about 4 litres of water will need to be carried [recommended by National Parks]. Tank water at the camp site is the only water available on these days so a water treatment system is recommended eg: chemical and purifiers. CLOTHING: Warm clothing for the cold night times and light weight summer gear for the hot days. Gaiters recommended. COSTS: \$180 - \$200 petrol contribution (for passengers only). \$28 (\$ 5.60 per person per night x 5) \$36 (\$18 per person per night x 2. Walkers tent camping fee at Takarakka.)

### **ABSEIL EXPERIENCE DAY - KANGAROO PT CLIFFS**

Abseil Sat 12 Apr  
LEADER: Chrissy Dott 0411 312 241

This activity is full.

### **MOUNT GOOLMAN SURVEY**

SURVEY Sun 13 Apr  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

### **OVERLAND TRACK TASMANIA**

Through walk Thu 17 -- Tue 22 Apr  
LEADER: Barry Culley 0415320029  
This activity is full.

### **CONONDALE GREAT WALK**

Through Walk Fri 18 -- Mon 21 Apr  
LEADER: Burgi Wagner 0438 386 597  
This activity is full.

### **SUNDOWN CIRCUIT**

Through Walk Fri 18 -- Mon 21 Apr  
LEADER: Lou & Marion Darveniza 3378 4031  
GRADE: MTW-7D  
LIMIT: 6  
BRING: Light Through walk gear,  
COST: \$21.80 camping fees + car pooling  
MEET: TBA  
DEPART: Thursday 17 April TBA  
CAR KMS: 600 km (approx)  
MAP: Mt Donaldson and Sundown 1:25000  
MOBILE - OFTEN NOT ON: 0438481186  
Sundown National Park is located south-west of Stanthorpe and it is a spectacular rocky and relatively arid environment. Thursday night we will camp at the National Park Broadwater campground by the cars. Next day, after crossing the Severn River, we will travel up McAllisters Creek and camp fairly high up. On Day 2 we climb Mt. Donaldson then descend back to the Severn River via Donaldson Creek and camp close to Blue Gorge. On Day 3 we will go up the spectacular Blue Gorge and aim to camp close to the source of Ooline Creek. Day 4 will involve coming down Ooline creek involving many waterfalls and back to the cars. A good level of scrambling ability is needed for this trip. There are many serious sections.

### **OXLEY WILD RIVERS NP**

Through Walk Fri 18 -- Mon 21 Apr  
LEADER: Jenny Zohn  
GRADE: MTW-5C  
LIMIT: 8ish  
BRING: tw gear  
COST: \$140ish  
MEET: tba  
DEPART: tba  
CAR KMS: 1150km  
Oxley Wild Rivers NP. east of Armidale NSW is a system of rivers and gorges, which feed from the

New England tableland into the Mcleay R. This walk is part of that system. The walk follows old 4wd drive tracks, horse pads and river beds. There are many river crossings most around knee height under normal conditions. The pace is slow. There is plenty of time to swim, photograph, fish, etc. Wild horses, cattle, dingos and birds abound with few people if any. We can have a fire for cooking in NSW, so camp time is very relaxed. The most probable schedule will be; Day 1: Drive through Armidale and have lunch at West Kunderung. Walk up Mcleay to the Apsley Junction, continue up the Apsley for 1-3 hrs to camp. Day 2: 5-6 hrs walking upstream, camp for one night. Day 3: walk downstream 5-6 hrs and camp. Day 4: 2-3 hrs walk to homestead and head home. We will lunch in Armidale before hitting the hwy. This walk is suitable for new walkers who have done at least 1 throughwalk and are looking for a multiple night experience. The 5C grading is for the river crossings, but they don't deserve it. Email me for packing hints/queries.

### **GIRRAWEE NATIONAL PARK**

Throughwalk Fri 18 -- Mon 21 Apr  
LEADER: Cath Carkeet & Alan Pryor 3357 5607;  
3264 3960

This activity is full.

### **TEVIOT GAP TO SPICERS GAP**

Through Walk Thu 24 -- Sun 27 Apr  
LEADER: David Sydes 0419 871 100

This activity is full.

### **SPICERS GAP TO TEVIOT GAP**

Through Walk Thu 24 -- Sun 27 Apr  
LEADER: Jarrah Gard 0422 371 188

This activity is full.

### **MORETON ISLAND SOUTHERN TIP**

Through Walk Fri 25 -- Mon 28 Apr  
LEADER: Greg Kuss 0408 806 310

GRADE: MTW-4C

LIMIT: 8

BRING: Light weight through pack

COST: \$90 + meals and drinks

MEET: Micat Ferry Lytton

DEPART: 7:30am TBC

MAP: Sunmap Moreton Island

Tall sand dunes, endless sandy beaches, sea birds, coastal heath land, surrounded by aqua blue waters makes Moreton Island a jewel in Moreton Bay. Right on Brisbane's doorstep. We alter my annual Moreton through walk by circumnavigating and exploring the southern tip of the island. Never before put on by BBW. This is a 68.5 k, 4 day, 3 night hike. Beach camping. No camp grounds or amenities at sites. With 2 socials

having meals and drinks. Coinciding with Anzac Day. Participants need to take the Monday leave from work. We meet at the Micat Ferry, Lytton. Purchase your return walk on ticket \$50 and secure car park \$10 per day, on arrival. Enjoy the 75 minute triple deck ferry cruise, with a licenced cafe. Day 1: 15.5k. South past Tangalooma. Cross the Desert Sandblow. Take the diagonal track across the island to Rous Battery camp site on eastern ocean beach. Day 2: 17.3k. South down eastern beach to the township Koorringal. We pass Mirapool and wading birds. We will have lunch and drinks at the famous Gutter Bar, Koorringal. Licenced bar and restaurant. The non tourist part. Renowned across the island for seafood fresh from trawlers and oysters from clear local waters. Try some bloody mary oyster shooters. We collect water here and it needs to last us till 10am the next day, participants need to have capacity to carry 5 litres of water. 3k north up the western beach to our nights camp site. Day 3: 19.6k. North along western beach. Cross the island over Little Sandhills. North along eastern beach. Collect water at Rous battery bore. Continue north to Eagers Ck camp site behind the dune. Day 4: 16k. We cross back over the island via the Middle Road. We take a side trip to climb Mt Tempest. Moreton's highest point which offers commanding views. Once back on the western beach we go to Tangalooma Resort for a late lunch and celebratory drinks. A final swim at the Wrecks before catching the 3:30pm sunset ferry cruise back to Brisbane. Upon nomination, if I don't know you email me with 1. your fitness, 2. through walk experience and 3. ability to participate socially in one of my activities. Committed nominees only please. The first 6 names on the list get free camping as I have a credit on my national parks booking site due to cancellations on my last Cooloola/Fraser trip. The last 2 names will need to book your own camp sites and I will email you with the booking details. Ferry trips. Beautiful blue waters. The Gutter Bar. Tangalooma Resort. Plenty of swimming. We have it all. See you there.

### **LOGANS RIDGE MT BARNEY**

Day Walk Sat 26 Apr

LEADER: Annette Miller 0418 791 841

GRADE: MDW-8D

LIMIT: 6

BRING: Page 3

COST: \$25

MEET: Yellowpinch

DEPART: 6am

CAR KMS: 250

MAP: Mt Lindesay

ELEVATION GAIN:: Min. 1,000 metres

Logans Ridge provides the most direct route to the East Peak of Mt Barney. It has much open rock providing great views of the surrounding country, and also has several areas of exposed rock to negotiate. Good scrambling skills and confidence with moderate exposure are required, if you are nervous of heights best give this one a miss! In addition the route up is steep so a high level of fitness is required. Our descent route will be South East Ridge and we will have lunch somewhere on the way down. (if not back at the cars) We will be doing this walk at a reasonably brisk pace with only minimal, short stops, there will be no dilly dallying or multiple morning teas, so please bear this in mind before nominating. Please email me if you have not walked with me before, advising what walks of this grade you have done RECENTLY and with which leaders.

### **CHERMSIDE HILLS RESERVE - NEW MEMBERS**

Minimaxs Sat 26 Apr  
 LEADER: Steve Cockburn 0421 059 482-when walking  
 GRADE: MINIMAXS- 3A  
 LIMIT: 12  
 BRING: Usual day walk gear including P3 items, 2L water  
 COST: Nil  
 MEET: Chermside Hills Reserve Picnic Shelter Trouts Road Entry .  
 DEPART: 7am  
 MAP: See 'Notes'

This activity is designed to introduce new members to bush walking and to the Brisbane Bushwalkers club. This Minimaxs is on a Saturday am and is being held locally in Brisbane and is designed for those new to the club or who might not feel too confident at this point to hit the track system. All are welcome to attend but as this activity is on local walking tracks and off shoots, this activity would suit those who might be keen but feeling a little under confident and beginning the journey into bush walking . Please note we will still be doing hills , some off track bits, different walking surfaces and environs and will cover a fair amount of territory and topics as we move through the Reserve. We will not go above any walk gradings of Terrain 3-4. Being a Minimax, we will be discussing safety, clothing, club protocol, minimal environmental impact, first aid, the clubs grading system etc. We expect to finish well before lunch so bring your morning tea and the "always take" items on p3 of the Magazine.

### **TOOLONA CREEK CIRCUIT**

Day Walk Sat 26 Apr  
 LEADER: Diana Norkaitis 0408 700 520

GRADE: LDW-3B  
 LIMIT: 12  
 BRING: Page 3 requirements  
 COST: \$25 fuel contribution  
 MEET: Fairfield Gardens  
 DEPART: 7:00am  
 CAR KMS: 220km

Toolona Creek Circuit is a picturesque graded track walk out of Green Mountain (O'Reilly's) in Lamington National Park. The walk is about 17 km & a great introduction to sub-tropical rainforest. Suitable for walkers new to the club. Initially we drop down to Box Forest circuit passed Elabana Falls. The track then picks up the Toolona Creek branch, passing numerous waterfalls & via several creek crossings, we will gradually ascend through changing vegetation, including king ferns & ancient Antarctic beech. We will finally emerge on the rim of the Mt Warning caldera near Wanungara Lookout with spectacular views into the Tweed valley & across to Mt Warning itself a great spot for lunch. The return is via the Border track (~7km) past more amazing Antarctic beech along the rim to Bithongabel & then the side of the ridge back to the carpark.

### **MT BARNEY - (WEST PEAK) VIA SOUTH RIDGE**

Day Walk Sun 27 Apr  
 LEADER: Arthur Walton 0418 730 541  
 GRADE: MDW-6D  
 LIMIT: 8  
 BRING: Pg 3 Gear, 3L Water  
 COST: Petrol Money \$25  
 MEET: Fairfield Garden  
 DEPART: 5am  
 CAR KMS: 200km approx  
 MAP: Mt Lindesay 1:25000

We will park the cars at the Yellowpinch day use area and follow a track around the base of the mountain. We will then branch off to the right and ascend the South Ridge which leads to the saddle between West and East Peaks. From the saddle we will then ascend to West Peak the highest of Mt Barney's peaks. On the top of West Peak we will take in the views and have lunch. On the return journey we will retrace our footsteps back to the carpark at Yellow Pinch. As with any Barney walk good fitness and stamina is required. The walk involves around 1,100m in elevation gain, so please bear this in mind when nominating.

## NEW MEMBERS

*Welcome to the following New Members who joined during the last **two months**:*

Michael Anderson	Dulguun Battulga	Elisa Bayraktarov	Don Beardmore
Robyn Beardmore	Alison Bendall	Andrew Bianchi	Debra Bond
Robson Bond	Robyn Boorer	Charmaine Boston	Jenny Bray
Laura Bridson	Peter Bron	Jessica Brown	Janet Butler
Alana Cameron	Fleur Cameron	Prue Carne	Trudy Chapman
Briony Cottam	Michele Cottrell	Steve Coutts	Daphne Craw
Colleen Cuddy	Tara Cusack	Peter Davenport	Rhonda Davenport
Ian Davis	Greg Dick	Cyrus Dickie	Lou Dilworth
Doug Ferres	Cathy Francis	Di Bartolomeo Frank	Ganzorig Gantulga
Selina Gerner	Luis Lemos	Margretha Gould	Brian Graham
Gabrielle Graham	David Haliczzer	Alison Hall	Annette Jackson
Sholto Jones	Bronwyn Jury	Marijke Kaaijk	Joanne Kurtzman
Karan Land	Chelsea Leatham	Barry Little	Tzu-Ling Liu (Josie)
Carolyn Livingstone	Tammy Mahon	Amanda Maitland	John McDonnell
Stephen Morris	Ray Pearson	Janet Place	Lesley Porter
Jess Power	Annette Rae	Carl Roche	Catherine Roche
Deon Rollan	Delwyn Ryan	Roger Ryan	Lawrence Schumacher
Nicola Seddon	David Sham	Stephen Sheridan	Liz Sim
Dimitrie Sivolapov	Jennifer Slater	Bob Southall	Greg Stephan
Phoebe Stephens	Amy Taylor	William Taylor	Eric Tlozek
Karen Toms	Jenny Van de Water	Sandra Van Den Berg	Tom Vaughan
Lucas Vogel	Niki Vogel	Steve Waddell	Michelle Walters
Emma Williams	Leslie Wood	Karen Woodhead	Frances Wren
Melanie Wright	Samantha Yin		

*Congratulations to the following who have been granted Full Membership:*

Debra Baker	Suzanne Campbell	Geoffrey Catts	Nick Day
Andrew Fleming	Cassandra Fleming	Terry Ford	Erica French
Laura Grogan	Liz Izquierdo	Martine Jellema	Lachlan Jones
Craig Jones	Janet Marshall	Graham Marshall	Darren McTague
Angela Mooney	Marilyn Naylor	Leona Rollinson	Kelly Ryan
Angie Sobyra	Vaughan Sutcliffe	Renata Thommen	Yuni Tjan
Kevin Weeks			

## Upcoming Rogaine Events

Bushwalkers who would like to practice or improve their navigation skills might like to try out some of the rogaïne events offered by the Queensland Rogaine Association for SE Qld. If the duration looks daunting, don't fret - you don't have to participate for the full event. Just do as much as you want and get some navigation practice at a comfortable pace.

- 29-March Training Day (3 hrs) SEQ - Grande Park, Springfield
- 29-March 3/6hr Rogaine SEQ - Grande Park, Springfield
- 24-May 8hr Rogaine SEQ - TBA

For further information and more event dates visit the QRA web site at [www.qldrogaïne.asn.au](http://www.qldrogaïne.asn.au)

**The annual Training Day is on again.** The day will consist of both theory and hands on exercises. Topics to be covered include Navigation, Course Planning, Nutrition and lots more. The training will run from 10am until about 1pm. Then you can stay and try out your navigation skills in the "Shelbyville 3/6hr Rogaine" which starts at the same location at 3pm (map handout at 2pm).

*Registration closing date for the Training Day and Rogaine is 26 March - so be quick!*

# Compression Bandages for Snakebite



Snakes are often seen on a walk in SEQ, and fortunately most snakes move quickly away from us. Snake bites are rare – ages since anyone in the club was bitten, and that was while opening a gate on the drive back. Being dressed for the coffee shop, he just had sandals on his feet (that is no boots, gaiters, or even long pants)

The club expects each walker to carry a compression bandage and know how to use it, should one of these reptiles decide to strike.

The first aid treatment is to use a pressure bandage to wrap the bitten limb from fingers to armpit or toes to groin. The limb must then be immobilised and help sought. The patient must not move and definitely not walk out.

What is critical is to get the pressure 'Just right' – that is not too loose to be ineffective and not too tight to cause the fingers or toes to go blue. If too tight, there is a dilemma. Starting again, allows a surge of venom into the body.

But there is a compression bandage for Dummies (or non-dummies trying to get it right in a stressful situation)

The **SETOPRESS BANDAGE** enables the tightness (and therefore the effective pressure) to be regulated. It has a continuous series of green and brown rectangles. As the bandage is stretched, the green rectangles become squares. With more tension the brown rectangles become squares. At this tension, lymphatic return is minimised, controlling flow of venom to the heart and the rest of the body.

**The brown indicators are the ones you should use for treating a snakebite.**

When the brown indicators become squares (the maximum pressure) lymphatic return should be minimised reducing the circulation of any venom. The squares are also offset slightly so if you cover the squares with each wrap of the bandage you should get the right amount of overlap. This half width overlap provides the correct pressure.

The club is selling these Setopress Bandages – see the Librarian.

They weigh only 59g, can be hand washed in lukewarm water and can also be used for sprains (but NOT using the figure-of-eight bandaging technique.)

Marion Darveniza

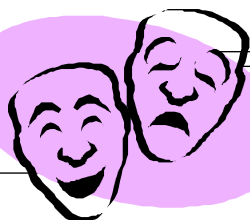
## Guest Speakers

**Wednesday 9 Apr** Rhea Phelan - Springbrook Area Regeneration Project  
Topic: Aila Keto's Work

**Wednesday 23 Apr** Peter McMahon - Catholic Bushwalkers Club  
Topic: Trails in Enoggera Creek Area

**Wednesday 14 May** Paul Feeney and Mary Comer  
Topic: Project at Pungalina, former cattle station in the NT.  
Paul and Mary will give us a run down on a project Paul and Mary have been involved in in the NT.





# Out & About

## **EVENING OF JAZZ AND PUB FOOD- SOUTH-BANK**

Fri 28 Mar  
LEADER: Kay Byrne 0429 924 726  
COST: Cost of drinks and dinner  
MEET: Green Jam enclosure QPAC,  
Melbourne Street Green  
TIME: 5pm-6pm for Jazz. Dinner at 730pm

Meet for end of the working week drinks and free entertainment at the QPAC's "Green Jam Session". Jazz group Gian Slater and the Ivenio Singers will be playing from 5pm. When suitably mellow, we will take a walk down Melbourne Street, for some pub grub at the Fox Hotel and view the city from the hotel's rooftop bar. It's been a while since I've done a Friday night in the city - when it all gets too much we will escape to the safety of our beds by catching a bus from cultural centre for home.

## **TOTAL LUNA ECLIPSE SEAFOOD DINNER**

Tue 15 Apr  
LEADER: Kay Byrne 0429 924 726  
LIMIT: 15  
BRING: money and a cup for tea/coffee  
MEET: Doug's Seafood Cafe  
60 Flinders Parade, Sandgate  
TIME: 5.30PM

Join me to view the total Luna eclipse while enjoying a tasty fish and chip takeaway from Doug's Seafood Cafe at Sandgate. We will meet at 5.30pm and order our choice from the takeaway menu. Directly over the road is a park with picnic tables where we can sit and eat while taking in an uninterrupted view of the total Luna Eclipse rising over Moreton Bay from 5.46 pm until around 8.30pm. Bring a cup and we will boil the Billy for a cuppa after our meal.

## **IPSWICH CITY CYCLE**

SUN 11 May  
SOCIAL/CYCLE  
LEADER: Kay Byrne 0429 924 726  
LIMIT: 15  
BRING: Bike with spare tube, water bottle,  
morning tea and lunch  
MEET: Ipswich Heart Parklands Carpark,  
Bremer Street, Ipswich  
DEPART: 9:15am

This is a social ride and will take in some of the historical features of Ipswich and will cover about 30kms at a leisurely pace. We will meet and begin our ride from the western carpark of Ipswich Heart parklands which is only about 100 metres from the Ipswich Railway station. We will have lunch after the ride back at the cars and the nearby parkland BBQ and Picnic area. (Confidence required riding on roads.)

## **Magazine Collating**

Magazine collating is at Eugene Hedemann's at Stafford Heights on **Wednesday** 16th April at 6:30pm. There is only about 1½ hours work required. If you would like to help while enjoying an easy social night with dinner please phone 3359 3114 to confirm.



***For your Bushwalking Safety***  
***NEVER WALK ALONE...***  
***ALWAYS TELL SOMEONE...***  
***WALK WITH A CLUB.***



If you have recently changed your address, mobile number or phone number (home or work) or email, please update your record on the website so that the Club register can be kept up to date.

If unclaimed, please return to:  
Brisbane Bushwalkers Club Inc.  
GPO Box 1949  
BRISBANE 4001

Brisbane Bushwalkers Monthly News

*04/2014 Edition*

**PRINT  
POST**

100001175

**POSTAGE  
PAID  
AUSTRALIA**

