

*The*  
**BRISBANE BUSHWALKER**  
*October 2015*



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**BRISBANE BUSHWALKERS MONTHLY NEWS**

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

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

**MEETINGS:** The Brisbane Bushwalkers Club meets every 2nd & 4th 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 7.00pm on **Wednesday 7th October**, 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 Walks page on the web site. Articles from members, especially post-trip reports, are welcome. Lengthy articles may be edited to fit available space. The preferred method for article submission is email; for other methods please discuss with editor.

**Deadline for the November magazine is the Meeting on Wednesday 14th October.**

#### 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 6 month  
Couples \$40 per 6 month



#### COVER PHOTOGRAPH

John Granat, BBW's long-time Abseil Coordinator, steps down after 10 years. See p. 17

#### 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



*Members can hire up to 4 items at one time for a maximum charge of \$10 per person.*

All equipment may be booked for hire by emailing 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.

#### 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).  
The Club will refund 70% of the cost upon completion.

## Club Officials

President	Marge Henry	3856 5757
Vice President	Steve Cockburn	3260 5787
Secretary	Tania Withington	
Treasurer	Tom Cowlshaw	0427 226 006
Outings	Arthur Walton	0418 730 541 email: outings@bbw.org.au
Safety & Training	Chris Hall	0498 051 811
New Members	Bernie Ryan	0432 907 275 email: membership@bbw.org.au
Librarian	Burgi Wagner	3325 0629
Equipment	Elena Williams & Jenny Howell	email: equipment@bbw.org.au
Photographic	Lucy Guzman & Annette Palm	

Social	Kurt Wagner	3325 0629
Abseil Coordinator	Ross Ernst	
Members Registrar	Anna Bransden	email: registrar@bbw.org.au
Website Admin	Shaun Johnston	email: webadmin@bbw.org.au
Editors	Eugene Hedemann	3359 3114
	Jenny Zohn	0407 630 362 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  
EXtra Long — Over 20 km per day

**ACTIVITY** **ABS**eil; **Base Camp**; **Day Walk**; **Through Walk**; **Easy Through Walk**; **Night Walk**; **SOC**ial Activity; **KaYaK**; **CYCl**e; **Safety & Training**; **Federation Mountain Rescue**; **ROG**aine.

**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 \$5.75 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*

### September

21	SNW-4A	Toohey Forest Monday night walk	Graham Olive
22	MDW-7D	Wednesday Ck via the Knoll, Mt Maroon	Lou & Marion Darveniza
22	TRNG	River Walk	Jenny Zohn
<b>23</b>	<b>Meeting</b>		
24	SNW-2A	Chermside Hills Reserve	Jenny Zohn
24	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
25-28	MTW-6D	Mt Ballow Circuit	David Sydes
26	MDW-3A	Greene's Falls + Westside Track	Michele Cottrell
26	MDW-7D	Mt Maroon - Southern Waterfall route	Lou & Marion Darveniza
26	SDW-5B	Flinders Peak	Marge Henry
26-27	MTW-3B	Echo Point	Mary Comer
26-27	MTW-5C	South Bald Rock	Jenny Zohn
27	LDW-3C	Redwood Park and Jubilee Park from the bottom of the range	Bernie Ryan
28	SNW-4A	Toohey Forest Monday night walk	Graham Olive

### October

2	SOCIAL	Vietnamese dinner night at The Vietnamese	Karen & Bernie Ryan
2-5	STW-6C	Basket Swamp Ck/Cataract River .	Lou & Marion Darveniza
2-5	STW-6C	Cataract River/Basket Swamp Ck	David Sydes
2-5	MTW-6C	Cataract River/Basket Swamp Ck (U40s)	Justin Shera
2-7	MTW-4C	Fraser Island Great Walk	Greg Kuss
4	MDW-6C	Flinders Peak via South Ridge	Bernie Ryan
4-8	MTW-5D	Mount Rinjani, Lombok, Indonesia	Shaun Johnston
7	MDW-7C	Mt Greville 3 Gorges	John Perry
9-11	MBC-3B	Bunya Mountains Base Camp	Bernie Ryan
9-11	SBC-6C	Mt Byron	Tim Easton
10-11	S&T ABS-LGT	Abseil Leader Guide Training	Ross Ernst
11	MDW-3B	Mt Cordeaux & Bare Rock	Barry Culley
<b>14</b>	<b>Meeting</b>	<b>Photographic Competition Presentation</b>	<b>Lucy Guzman</b>
16-18	MTW-5C	Steamers, Mt Superbus, Lincoln bomber	Tania Withington
16-18	MBC 6C, 7C	Mt Glorious Basecamp - Over 40s	Lou & Marion Darveniza
18	XDW-4C	Teviot Range - Southern Section	Bernie Ryan
22	SDW-7C	Muscat & Baileys Creeks	Annette Miller
23-25	MBC-3B/C?	Border Ranges Base Camp	Karen Ryan
23-25	NMTW- 4C	Echo Point / Ratatat - lamington NP	Steve Cockburn
23-25	SBC-3A	Tux and Tiaras - Dairy Flat	David Sydes
24	MDW-7D	Mt Barney - South East Ridge	Tania Withington
<b>28</b>	<b>Meeting</b>	<b>Annual General Meeting - Election of Office Bearers</b>	
30-1	MTW-6C/D	Survey - Source of Running Creek South Branch	Chris Hall
30-11	MTW-7D	Morton National Park (NSW)	Annette Miller
31	MABS-6C	Back Creek Abseil	Anne Kemp

### November

1	MDW-7C	Coomera Gorge	Lou & Marion Darveniza
6-8	SBC-4B	Springbrook Future Gardens, Falls Walk, Warrie Circuit	Michele Cottrell
7	SDW-7C	Muscat & Baileys Creeks	Tania Withington
8	MDW-6C	Byron Gorge & Stevens Ck	Neil Parker
8	MDW-7C	Summer Creek Falls	Lou & Marion Darveniza
8	XDW- 3C	Binna Burra to O'Reillys & Vice Versa	Mary Comer
<b>11</b>	<b>Meeting</b>	<b>Dr Michael Meadows, Author of recently published book "The Living Rock"</b>	
13-15	MBC-3B	Mapleton Base Camp	Bernie Ryan
14	SDW-6B/7B	Upper Cabbage Tree Creek (Short version) D'Aguiar National Park)	Neil Parker
14	ABSDW-5C	Kinnanes Falls Abseil	Anne Kemp



14-15 S&T Leader	Training Base Camp - Mt Glorious Barracks	Chris Hall
14-15 MTW-6C	Mt Barney Creek - Upper to Lower Portals	Eugene Hedemann
19 MNW-3A	Bunyaville Conservation Park	Richard Duczmal
20-22 BC various	Christmas Party	Kurt Wagner
21 MDW-6D	Mid Ridge Traverse	David Haliczzer
21 LDW-3B	Camp Mountain/Bellbird Grove & Walkabout Creek	Bernie Ryan
22 LDW-3B	Ewen Maddock Dam	Bernie Ryan
22-23 LTW-3C	Rat-a-tat	Mary Comer
<b>25 Meeting</b>	<b>Great Ocean Walk - Sandra Winzar</b>	
26 MNW-3A	Bunyaville Conservation Park	Richard Duczmal
27-29 FBC-2B	Mt Glorious Barracks	Ray Glancy
28 MDW-6D	Around & over Mt Bangalora	David Haliczzer
28 SABS-5B	Watson Creek Falls Abseil	Anne Kemp

### December

6 LDW-3C	Gold Coast Hinterland Great Walk - Springbrook Section	Bernie Ryan
<b>9 Meeting</b>	<b>Kilimanjaro Climb - Jarrah Gard and Tamara Messinbird</b>	
10 MNW-3A	Bunyaville Conservation Park	Richard Duczmal
12 SDW-6C	Platypus Pool	Tim Easton
13 XDW-3C	Mount Merino	Karen Ryan
17 MNW-3A	Bunyaville Conservation Park	Richard Duczmal
23	<b>No meeting - Christmas</b>	
24 MNW-3A	Bunyaville Conservation Park	Richard Duczmal

### January

10-16 F KYK	Chandler River 5 day paddle	Peter Lock
<b>13 Meeting</b>		
16-24 7D	New Zealand Leatham Conservation area	Andrew Wedlake
<b>27 Meeting</b>		

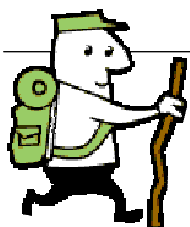
### Don't want the magazine posted?



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

- Log in to BBW 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 21 Sep  
 LEADER: Graham Olive 0455 539 999  
 GRADE: SNW-4A  
 LIMIT: 10+  
 BRING: Torch, water, raincoat, fleece jacket, First-aid kit.  
 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, with outcrops of sandstone. We start this two hour night walk from the car park behind the McDonalds restaurant in Salisbury. This walk will be on sealed and dirt tracks as well as lots of off track and scrambling up and down gullies and ridges. Please nominate online. This activity does not count toward full membership.

## **WEDNESDAY CK VIA THE KNOLL, MT MAROON**

Day Walk Tue 22 Sep  
 LEADER: Lou & Marion Darveniza 3378 4031  
 GRADE: MDW-7D  
 LIMIT: 8  
 BRING: p3 Items, 2-3 litres water  
 COST: \$25  
 MEET: Fairfield Gardens car park  
 DEPART: 6am  
 CAR KMS: 210km  
 MAP: Maroon 1:25 000  
 MOBILE TO RING ON DAY OF WALK ONLY:  
 0438481186

Wednesday Creek is the creek bordering the west of the SSW Slope of Mt Maroon. This creek has many slabby sections, several waterfalls to scramble up and excellent views. A very rewarding route. Near the summit is an interesting scramble up a knoll. This is the Terrain 7 part of the walk. The route down will most probably be West Maroon Creek to Paddy's Plain. Good scrambling skills are needed and a head for heights. It is a fairly long day - not the quickest way up Mt Maroon for sure. Make sure you have extra snacks for afternoon tea.

## **RIVER WALK**

Training Walk Tue 22 Sep  
 LEADER: Jenny Zohn 0407 630 362

GRADE: TRNG  
 LIMIT: 15  
 BRING: Money for Coffee or drink afterwards. Backpack if wanting weight to carry. Some walkers also have dinner at the ship inn and they give us a 20% discount.

MEET: Ship Inn Southbank  
 DEPART: 6pm  
 We will meet at the Ship Inn South Bank (stairs opposite the Inn) as per the West End Hills Walks. We will then cross a few bridges and head along the river walkways doing mostly flat but reasonable paced walking. We might do a few stairs at Kangaroo Point but this is optional. We will walk a little longer than usual for approx 1.45 hrs as we will extend the walk to cover the full River walk including the new section to New Farm. We will keep together and whilst there are often lots of people using the areas, we will take it easy and not rush. You will need a reasonable level of fitness and if you are preparing for a big walk, this one might help, especially if you carry a weighted pack. If you have any questions feel free to call or email. We will have a coffee or drink afterwards at the Ship Inn. There is usually plenty of parking on the streets but factor in heavy traffic and peak hour times.

## **CHERMSIDE HILLS RESERVE**

Training Thu 24 Sep  
 LEADER: Jenny Zohn 0407 630 362  
 GRADE: SNW-2A  
 LIMIT: 12  
 BRING: Bring page 3 items and torch, water is available at start (end) and Bushland Centre  
 COST: Zero  
 MEET: Opposite 421 Trouts Road, Chermiside West  
 DEPART: 6.30 pm. earlier if everyone there  
 CAR KMS: Zero

A training walk through Chermiside Hills reserve, up Spider Hill and around the various formed and rough paths for approx 1.5 hrs / 8kms of walking. This walk does not count towards full membership

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

Night Walk Thu 24 Sep  
 LEADER: Graham Olive 0455 539 999  
 GRADE: SNW-3B  
 LIMIT: 20+  
 BRING: Torch, water, raincoat, fleece jacket, First-aid kit.  
 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 appropriate hiking footwear, Torch, water, rain-coat, fleece jacket, First-aid kit. Walking poles are useful. 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.

### **MT BALLOW CIRCUIT**

Through Walk (survey) Fri 25 -- Mon 28 Sep  
LEADER: David Sydes 0419 871 100  
GRADE: MTW-6D  
LIMIT: 6  
BRING: Through walk gear, containers for 6L of water  
COST: \$17.85 National Park camping  
MEET: TBA  
DEPART: Fri evening  
MAP: Mt Lindsay 1:25 000, Mt Clunie 1:25 000

Come and join me for an adventure - I have only done part of this route before, so I'm putting it on as a survey. The weekend commences with camping at Cleared Ridge on Friday night - no facilities, bring sufficient water for Friday night and Saturday. We will need at least one 4WD to avoid the walk up to Cleared Ridge - please indicate if you can bring one. On Saturday, we'll descend to Yamahra Ck, then climb Monserrat Lookout with superb views of Mount Barney. We head for Cedar Pass, contouring around Focal Peak. Then some serious up to Durramplee Pk, Mowburra Pk, Double Peak and to our camp for the night on Junction Peak (Mt Ballow). On Sunday we'll drop

off the ridge between Junction Pk & Nothofagus Mountain and climb up to Big Lonely, then descend to the Junction of Ballow Ck & Mt Barney Ck - we'll be camping here. Monday will be a rock hop down Mt Barney Ck to the Upper Portals, then back to Cleared Ridge. Getting water on Saturday night will involve a significant descent (15 to 20 minutes) from the campsite. This means carrying up enough water for the evening meal, breakfast next morning, plus water for the day - a minimum of 6 litres, so bring wine bladders, water bottles etc to allow for this.

### **GREENE'S FALLS + WESTSIDE TRACK**

Day Walk Sat 26 Sep  
LEADER: Michele Cottrell 0427 579 069  
GRADE: MDW-3A  
LIMIT: 15  
BRING: Pg 3 Gear  
COST: \$7  
MEET: BiLo - Alderley  
DEPART: 8am  
CAR KMS: 66km return  
MAP: D'Aguilar National Park, South D'Aguilar Section

BACK AT BILO: around 3.30pm  
N.B. Please read Notes below. I will put 4 or 5 people on "RESERVE" just in case... We will combine two adjacent walks. The Greenes Falls track passes over rainforest pools and ends at a lookout adjacent to Greenes Falls. Be prepared for an uphill walk (stairs) on the return trip. We will have a break at the vehicles left at the Maiala picnic area and then walk to the Westside Track. The Westside Track branches off the Western Window track, starting from near the Maiala day-use area. There is a short steep slope towards the western end. We will have a longer break here and then return to the vehicles. Total walking distance is about 11.6km. This combined walk is a high '3A' as the rise and fall over the walk is over 300m. Good walking shoes are needed for Westside track - many tree roots and loose rocks. This walk is suitable for new members who are generally fit.

### **MT MAROON - SOUTHERN WATERFALL ROUTE**

Day Walk Sat 26 Sep  
LEADER: Lou & Marion Darveniza3378 4031  
GRADE: MDW-7D  
LIMIT: 8  
BRING: Usual daywalk gear, 2l water  
MEET: Fairfield Gardens shopping Centre  
DEPART: 6am  
CAR KMS: 210 km  
MAP: Maroon 1:25 000  
MOBILE TO USE ON DAY OF WALK ONLY:0438 481 186

The Southern Waterfall Route goes up the creek to the west of the South Ridge. After getting up this prominent waterfall, the creek is delightfully slabby almost to the Maroon cliffs. Climbing the cliffs requires good confidence and ability on rock and not being fazed by exposure. Lunch will be on the summit and the return route will be via Maroon Ck, down to Paddys Plains, then back to some cars placed near Drynans Hut

### **ECHO POINT**

Through Walk Sat 26 -- Sun 27 Sep  
LEADER: Mary Comer 0427 446 000  
This activity is full.

### **SOUTH BALD ROCK**

Through Walk Sat 26 -- Sun 27 Sep  
LEADER: Jenny Zohn 0407 630 362  
GRADE: MTW-5C  
LIMIT: 8  
BRING: Through walk gear  
COST: See txt  
MEET: TBA car pick up  
DEPART: 6.30  
CAR KMS: 590km approx  
MAP: HEMA Girraween 1:37,000  
South Bald Rock is located in Girraween National Park. The Park has massive granite outcrops, large and small balancing boulders and clear running streams. Saturday we drive from Brisbane over the border to Bald Rock Area about 3.5hrs. We will climb Bald Rock after a very short walk, for lunch, redon our big packs and start the 10km trek to the bush camp site. Sunday, after breakfast we will climb the big rock before starting back to the cars via the border trail. We pass Little Bald Rock on the way (another easy climb) have lunch at the cars then drive home. The walking trails are mostly flat with some short hills. The climbing is typical granite slopes. The days in Girraween can be warm in winter but the nights can be very cold at any time of the year. Water at the camp site, needs to be treated. Camping fee \$5.60 ea per night. Vehicle entry fee \$7 per vehicle per day. Fuel cost \$60. About 600km return.

### **REDWOOD PARK AND JUBILEE PARK FROM THE BOTTOM OF THE RANGE**

Day Walk Sun 27 Sep  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

### **TOOHEY FOREST MONDAY NIGHT WALK**

Night Walk Mon 28 Sep  
LEADER: Graham Olive 0455 539 999  
See walk description for Mon 21 Sep

### **BASKET SWAMP CK/CATARACT RIVER .**

Through walk Fri 2 -- Mon 5 Oct  
LEADER: Lou & Marion Darveniza3378 4031  
This activity is full.

### **CATARACT RIVER/BASKET SWAMP CK**

Through walk Fri 2 -- Mon 5 Oct  
LEADER: David Sydes 0419 871 100  
GRADE: STW-6C  
LIMIT: 10  
MEET: TBA  
DEPART: TBA  
CAR KMS: 540km approx  
MAP: Boonoo Boonoo 1:25000

Come and discover a wonderful area with stunning waterfalls, lots of slabby rocks and great swimming pools. Unless there are fire bans, campfires are allowed. This will be a relaxed weekend - the distance can be covered in two days, but we'll take three to have plenty of time to "smell the roses".... We'll leave Brisbane on Friday after work, and camp at Basket Swamp campground with Marion's group on Friday night - you'll need to bring sufficient water for the night and walking on Friday. On Saturday morning, with the help of Marion's group, we'll do a car shuffle so we can leave cars at our finishing point. We will start by walking up to Wellington Rock- a cluster of giant granite boulders well worth exploring, before descending to the Cataract R via a long ridge. This will bring us to a fabulous drop - waterfalls, slabs, pools. Then the river is followed downstream to a sandy beach campsite complete with a pool and waterfall. Sunday involves further travel down this beautiful river (feet will get wet) and up Basket Swamp Ck to camp near Wellington Ck. Energetic walkers may care to explore the creek, the rest of us may like to swim or simply relax. Monday will be one waterfall after another with beautiful pools finishing at Basket Swamp Falls about lunch time where our cars will have been left. Good scrambling ability is needed.

### **CATARACT RIVER/BASKET SWAMP CK (U40S)**

Through walk Fri 2 -- Mon 5 Oct  
LEADER: Justin Shera 0447 899 140  
GRADE: MTW-6C  
LIMIT: 7  
COST: Camping & Fuel Costs  
MEET: TBA  
DEPART: TBA  
CAR KMS: 540km approx  
MAP: Boonoo Boonoo 1:25000

This walk is in the Basket Swamp National Park, NSW. This area has numerous beautiful waterfalls/cascades, wonderful pools and great slabby rocks. We'll leave Brisbane on Friday after work, and camp at Basket Swamp campground with



Marion and David's group on Friday night. Water will be required for the camp on Friday night. On Saturday morning, we will start from Basket Swamp Falls and rock hop down Basket Swamp Ck to Cataract River. We may decide to try and tackle a side trip to see the highest waterfall in the area. From the junction with Basket Swamp Ck and Cataract River we will rock hop up along Cataract River to "The Beach" campsite where we will camp with one of the other groups. This is a beautiful campsite between two waterfalls and has its own pools to swim in. On Sunday we can leave our camping gear behind at the campground where we will be back at the end of the day. We will start the day by going down Cataract River again back to Basket Swamp Ck which we will follow up to Wellington Ck. We will look to follow this creek up and eventually ascend to Wellington Rocks (a cluster of giant granite boulders). We will be able to explore the area for a while before we descend down a spur to Cataract River and back to beach campsite. On Monday, we will rock hop up Cataract River then head back up the spur from the day before to be back at the campsite by lunch time, which will allow us a relaxed trip back to Brisbane. Good scrambling ability is needed.

### **FRASER ISLAND GREAT WALK**

Through Walk Fri 2 -- Wed 7 Oct  
 LEADER: Greg Kuss 0408 806 310  
 This activity is full.

### **FLINDERS PEAK VIA SOUTH RIDGE**

Day walk Sun 4 Oct  
 LEADER: Bernie Ryan 0432 907 275  
 This activity is full.

### **MOUNT RINJANI, LOMBOK, INDONESIA**

Through Walk Sun 4 -- Thu 8 Oct  
 LEADER: Shaun Johnston 0478 124 075  
 GRADE: MTW-5D  
 LIMIT: 8  
 BRING: TBA  
 COST: USD375 + Flights / Transfers  
 MEET: TBA  
 MAP: <https://goo.gl/maps/mWNFz>

In the middle of the 13th century an event known as the Little Ice Age began, which resulted in cooler global temperatures and widespread crop failures and famine that would persist to varying degrees until the late 19th century. The last major eruption of Mount Rinjani is thought to be the trigger that led to this event. Mount Rinjani is a 3726 metre active volcano on the island of Lombok, Indonesia, with a 6 by 8.5 kilometre caldera at 2600 metres filled with a large crater lake (complete with hot springs) and an active volcanic cone. The area surrounding Mount Rinjani is des-

ignated as a national park, and there are well-travelled trails up the mountain. Many trekkers make the ascent at least to the crater rim every year. The trek up Rinjani is 3 nights / 4 days, and the package includes porters, water, meals, camping necessities, transfers to and from, accommodation on the night prior to the trek, and entrance fees for Mount Rinjani National Park. The basic overview is - Day 1 - Transfer to Sembalun Village and register at the Rinjani Information Centre (1150m) before hiking up to Sembalun Crater Rim (2639m). Day 2 - Hike up to the summit (3726m) and return to camp for breakfast, hike down to Segara Anak Lake (2008m) to visit the hot springs and camp overnight. Day 3 - Hike up to Senaru Crater Rim (2641m) for sunset and overnight camp. Day 4 - Hike down to Senaru Village (601m) and transfer onward to the end of the trek. Getting to Lombok involves either flying to Mataram (the island's capital) via either Denpasar or Singapore, or (as I will likely be doing) flying to Denpasar and taking a fast boat.

### **MT GREVILLE 3 GORGES**

Day Walk Wed 7 Oct  
 LEADER: John Perry 0432 322 171  
 This activity is full.

### **BUNYA MOUNTAINS BASE CAMP**

Base Camp Fri 9 -- Sun 11 Oct  
 LEADER: Bernie Ryan 0432 907 275  
 This activity is full.

### **MT BYRON - Diana's Bath**

Base Camp Fri 9 -- Sun 11 Oct  
 LEADER: Tim Easton 0421 139 022  
 GRADE: SBC-6C  
 LIMIT: 16house/24camping  
 BRING: Base camp gear/ day walk  
 COST: \$25/head for house & \$5/head camping & \$20 fuel  
 MEET: Fernvale; 7.00pm  
 DEPART: 7.30am  
 CAR KMS: 250km  
 MAP: Mt Byron, 1:50,000

It's my 54 birthday and I would like to celebrate the aging process out at this rather special property. The house is bolted to granite rock that canter levers out over Byron creek. We can climb Mt Byron on the Saturday, a reasonable six hour walk. The rest of the time we can swim in Diana's Bath and sip champagne in the bubbling fresh water pools. Other shorter walks are available. Red deer, platypus and koalas are also resident.

### **ABSEIL LEADER GUIDE TRAINING**

Advanced Abseil Training Sat 10 -- Sun 11 Oct  
 LEADER: Ross Ernst 0414 450 955

GRADE: S&T ABS-LGT  
LIMIT: 8  
BRING: Personal abseil equipment. Eg harness, belay devise etc.  
COST: \$500 (70% subsidised By BBW)  
Leaving a \$150 cost to participant  
MEET: TBA

EQUIPMENT: Abseil equipment will be supplied  
This is Leader Guide training for those that have already completed the 3 levels of BBW Abseil training, the Vertical Rescue training and have been approved by the BBW Abseil Coordinator and RTO Assessor. It is intended that successful trainees will then be qualified to Lead abseil walk in the club, after proven experience.

### **MT CORDEAUX & BARE ROCK**

Day Walk Sun 11 Oct  
LEADER: Barry Culley 0415 320 029  
GRADE: MDW-3B  
LIMIT: 12  
BRING: Usual day walk gear  
COST: fuel contribution \$20  
MEET: Fairfield Gardens  
DEPART: 8:00am  
CAR KMS: approx 200km

This is a lovely varied 12 km graded track walk from Cunningham's Gap, which would be very suitable for new members. We start the walk with an uphill climb through rain forest until we reach a rocky outcrop just below the top of Mt Cordeaux. Here, where there are wonderful views, we will have morning tea. There are often beautiful spear lilies flowering at this time of year, so hopefully we will get a good display. We could also see some orchids. We then continue gently uphill to Bare Rock where we will have lunch and more views. We return to the cars by the same, now downhill route, and head to Aratula for coffee.

### **STEAMERS, MT SUPERBUS, LINCOLN BOMBER**

Through Walk Survey Fri 16 Oct -- Sat 18 Jul  
LEADER: Tania Withington 0458 043 557  
This activity is full.

### **MT GLORIOUS BASECAMP - OVER 40S**

Base Camp Fri 16 -- Sun 18 Oct  
LEADER: Lou & Marion Darveniza 3378 4031  
This activity is full.

### **TEVIOT RANGE - SOUTHERN SECTION**

Day Walk Sun 18 Oct  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

### **MUSCAT & BAILEYS CREEKS**

Day Walk Thu 22 Oct

LEADER: Annette Miller 0418 791 841  
GRADE: SDW-7C  
LIMIT: 6  
BRING: Page 3  
COST: \$10  
MEET: Alderley  
DEPART: 7am  
MAP: BFP

Note: this is a THURSDAY walk We park at the Y junction from where the walk starts. We follow shaded tracks and rainforest tributaries to South Kobble Creek, stopping for a swim at a lovely pool on the way. More rock hopping leads to the junction with Muscat Creek. There is a pool suitable for swimming here also. We then rock hop up Muscat Creek, passing two small beautiful gorges & more swimming pools. Above a larger waterfall we branch off to Baileys Creek, this ascends steeply via a series of small waterfalls which require some exposed scrambling. High in the creek we exit onto a ridge which leads up to the main track. Time and interest permitting, we will make a short detour off the ridge to view the Piper Comanche Wreck. This walk has lots of rock hopping. I would like to keep up a brisk pace so the walk is suitable for people experienced in off track walks and rock hopping, and who are comfortable with some exposure on the waterfalls.

### **BORDER RANGES BASE CAMP**

Base camp Fri 23 -- Sun 25 Oct  
LEADER: Karen Ryan 0419 733 856  
This activity is full.

### **ECHO POINT / RATATAT - LAMINGTON NP**

Night Thru Walk Fri 23 -- Sun 25 Oct  
LEADER: Steve Cockburn 0421 059 482  
GRADE: NMTW- 4C  
LIMIT: 6 (with a possibility of 8 tba )  
BRING: Through walk gear- Make sure you have a good headlight and spare batteries.

COST: NP camp fees plus \$25 petrol  
MEET: As arranged  
DEPART: Approx 4.30 Dept Bne  
CAR KMS: 220km  
MAP: Lamington NP

This is a really nice through walk into Lamington National Park. I plan to do this a little differently and walk into Echo Point via the Border track on the Friday night to experience the tranquillity of the rainforest at night and hopefully see some different life forms. The walk starts at Green Mountains on Friday evening and we will camp at EP after our 3 hour night walk. The next day we will head down to view the Echo Point views to Mt Warning and beyond and then down to the falls and track the Albert River source, picking up wa-

ter and morning tea and then heading back to EP readying for the second leg. From here we venture off track further into Lamington NP past Mount Worendo to the old Rat-a-tat hut site. This is a great camp site - nicely cleared and isolated with plenty of room, a permanent water source, and at night there is a mudbank illuminated by glow worms. The next day we retrace our steps to Echo Point then complete the Albert River Circuit back to Green Mountains.

### **TUX AND TIARAS - DAIRY FLAT**

Base Camp/Bird Watching Fri 23 -- Sun 25 Oct  
LEADER: David Sydes 0419 871 100  
This activity is full.

### **MT BARNEY - SOUTH EAST RIDGE**

Day Walk Sat 24 Oct  
LEADER: Tania Withington 0458 043 557  
This activity is full.

### **SURVEY - SOURCE OF RUNNING CREEK SOUTH BRANCH**

Survey Fri 30 Oct -- Sun 1 Nov  
LEADER: Chris Hall 0498 051 811  
GRADE: MTW-6C/D  
LIMIT: 6  
BRING: 2 nights base camp and Page 3 items  
COST: Petrol and camping  
MEET: Forest Tops Camp Ground  
DEPART: Midday Friday  
CAR KMS: 200 klm +  
MAP: Lamington & Border Ranges - re-search it

This is to assess access to the top of the South Branch of Running Creek by entering the Lamington NP from the Border Ranges NP. We will camp the night before at Forest Tops Camp Ground. Strike out early towards the border at the escarpment and turn left before Cockscomb Point. Survey that day and bush camp the night. Survey the next morning and return the same way.

### **MORTON NATIONAL PARK (NSW)**

Extended Walks Fri 30 Oct -- Wed 11 Nov  
LEADER: Annette Miller 0418 791 841  
GRADE: MTW-7D  
LIMIT: 4 incl. leader  
BRING: Page 3  
COST: Transportation  
MEET: TBA  
DEPART: TBA  
MAP: Corang, Endrick (NSW)

This trip will consist of 2 through walks in Morton National Park, which is roughly between Canberra and the Coast, to give a taste of several different locations. Spectacular views, sandstone camping caves, cliff breaks, big ascents & descents,

scunge, exposure - this area has it all! The walks will be: 5 days in the Budawangs: Mt Owen - Mt Cole - Sunset Cave - Donjon Mountain - Monolith Valley - The Castle - Byangee Walls. 5 days in the Ettrema Gorge area - Bullfrog Creek - Ettrema Gorge - Myall Creek - Jones Creek - Transportation Spur - Pardon Point. The emphasis will be on scrambling to the top of various monoliths for fantastic views. Some camps may be "high & dry" & necessitate carrying overnight water. A high level of fitness will be required, together with the agility to scramble with a heavy pack, at times with moderate exposure. The vast majority of the walking will be off track over rough, broken country, but with spectacular views. The Ettrema section will involve much rock hopping and many beautiful pools to swim in. Access will be via flights to Canberra & a hire car, as there is no public transport to the required areas. Please nominate early so that we can take advantage of cheap deals that come up from time to time. It would also be possible to drive down from Brisbane. Personally I do not wish to do this, but I am open to suggestions. I will provide a trip sheet with further details of each walk to those who are interested.

### **BACK CREEK ABSEIL**

Abseil Day Walk Sat 31 Oct  
LEADER: Anne Kemp 0411 327 704  
This activity is full.

### **DEPARTURE TIME**

Walkers, please be at the meeting point 10-15 mins before the departure time so that car pooling can be organised. Actual departure will be EXACTLY at the stated departure time.

## PHYSIO EXERCISES

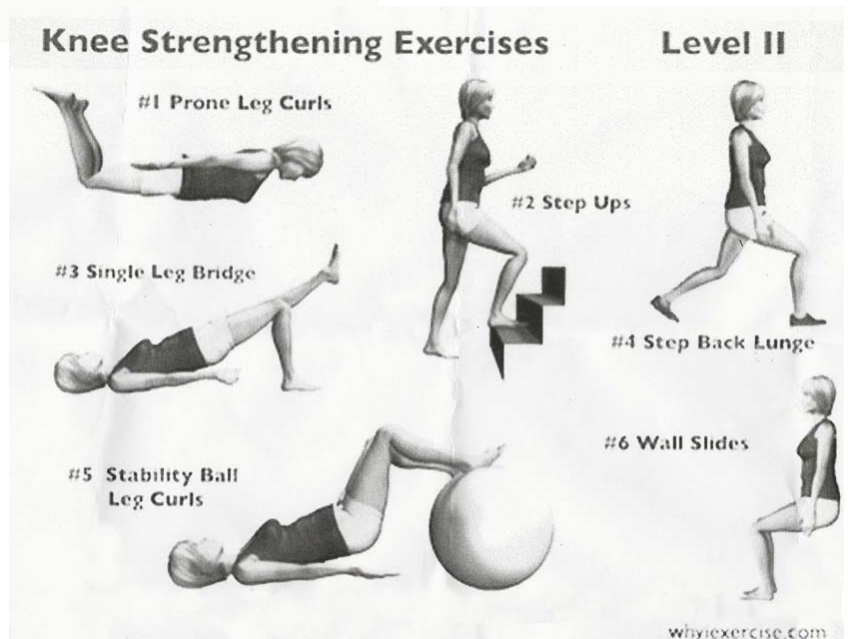
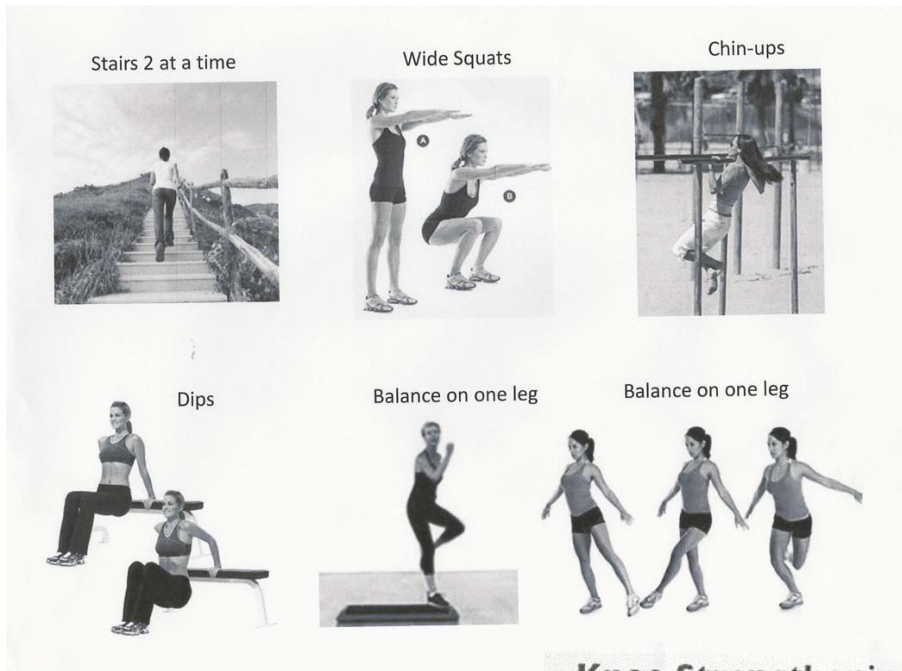
On 9 September, Cathy Stewart (BBW member and Physio extraordinaire) presented at our meeting to give us some valuable input into the topic of "Exercises, Preparation for Bushwalking", something we all should pay more attention to so that we can extend and enjoy our walking "careers".

This presentation was excellent with valuable input and ideas for all members from new to experienced leaders. Feedback from many members present was extremely positive and all benefited from a variety of suggestions including:

1. Stretch at end of walk.
2. Injury prevention and using ice if injured.
3. Fatigue and after-lunch awareness - many injuries occur after lunch.
4. Pacing yourself and warm-up in first 15 minutes of walk.
5. Adequate preparation and fitness.
6. Leaders, slow down and be aware of slower member and when the last person in the line catches up, give them a rest too.
7. If Injured remember - RICE = REST , ICE , COMPRESSION and ELEVATE.
8. Do balance exercises and walk at night to assist with stability.
9. Core strength exercises.
10. Do stairs - up doing 2 at a time and down, tense glutes (butt muscle) first.
11. When bending knee, don't allow knee cap to travel past toe line.

Here are some exercises and stretches that Cathy has strongly suggested we consider. Many Thanks Cathy for your very useful and interesting session.

Steve Cockburn ( VP )





# Low Back & Leg Stretches



## Side Stretch

Raise your right arm and stretch up and slightly over as if you are trying to reach for the sky. The palm of your overhead hand should face the floor. Repeat to your left.



## Trunk Rotation

Raise arms to shoulder level, with palms facing the floor. Keep your hips facing forward. Slowly twist the upper body to the right from the waist, turning your head to the right. Slowly return to face forward. Repeat to your left.



## Low Back Extension

Stand with feet shoulder width apart, and place the palms of your hands over your upper buttocks. Lean back gently making sure not to over stretch. If you notice an increase in pain in your low back, buttocks or legs discontinue and seek advice.



## Psoas Stretch

Move forward into a lunge position with your right foot forward. Do not allow the right knee to move forward of the right foot. Keep the spine straight with a slight forward lean. Gently press your left hip forward. Repeat to your left.



## Inner Thigh Stretch

Stand with your feet wider than shoulder width apart and toes pointed slightly outward. Slowly bend your right knee over your right foot. Do not allow your knee to move forward of your foot.



## Spinal Stretch

Standing with feet wide apart, bend knees, then bend forward at the hips and place your hands on your knees to support your upper body. Slowly twist and dip each shoulder alternately.



## Gluteal Stretch

Sitting up straight, pull your right knee up toward your right shoulder and hold. You may not feel a stretch in this position. Repeat to your left.



## Piriformis Stretch

Cross your right ankle over your left knee, grasp your right knee with both hands and gently pull it diagonally across toward your left shoulder until a mild stretch is felt in your right buttock. Repeat to your left.



## Seated Stretch

Sit in a stable chair with your knees apart and legs out in front of you. Place your hands on your thighs. Look straight ahead as you slowly bend your upper body forward from your hips. Hold, and then use your arms to slowly push yourself back up.



## Hamstring Stretch

Place right foot on a stable object. Keep your right leg straight and foot flexed back toward you. Keep your back straight and bend slowly from the hips, bringing your chest toward your knee. Repeat to your left.



## Quadriceps Stretch

Using a stable object for support, bend your right knee and grasp your right foot with your right hand. Bring your right heel toward your buttock. Hold, then slowly lower. Repeat to your left.



## Calf Stretch

With your hands against a wall, move your right leg backwards while bending the knee of your left leg. Slowly lower the heel of your right foot toward the floor until a mild stretch is felt in your right calf muscle. Repeat with opposite leg.



## Pelvic Tilt

Lay on your back on the floor with your knees bent and feet flat on the floor. Rotate your pelvis backward and gently press your lower back down toward the floor.

**always** check with your qualified health care professional before performing any stretch or exercise program. If you experience pain or discomfort during any of the stretches, stop and consult your health care professional before resuming the stretches.

**stretch** gradually and hold each stretch once you feel mild muscle tension. All stretches should be performed within comfortable limits. Breathe normally while performing stretches and maintain good posture at all times. Hold each stretch for ten to twenty seconds or as instructed by a qualified health care professional. Repeat each stretch two to three times.



## Happy Cat Stretch

On your hands and knees slowly tilt your pelvis backwards, allowing your back to arch toward the sky. Slowly return to the neutral position, then slowly tilt your pelvis forward, allowing your abdomen to move toward the floor. Do not force to extreme positions.



This poster is not intended as a substitute for care from a qualified health care professional. Always obtain advice from a qualified health care professional before starting any exercise, stretching or health care program. The author and everyone involved in the production of this poster disclaim any liability for any adverse effects resulting from

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# Photographic Competition 2015

**Closing Date** 23<sup>rd</sup> September 2015

**Presentation Ceremony** 14<sup>th</sup> October 2015 - Club meeting

All entries will be displayed on the night.

For more information, email [photographic@bbw.org.au](mailto:photographic@bbw.org.au)

## Categories

Two main categories: amateur and enthusiast. Photographs may be taken with external assistance eg: Polarisers, ND Filters, long exposures, flashes, panorama etc., but post processing will be limited to in camera processing if your camera has it. Basic Photoshop/Lightroom may be used with the exception of layering, cloning or photo manipulation.

**Amateur** - This category is aimed at the compact camera (point-and-shoot/bridge/mobile phone).

**Enthusiast** - This category is aimed at the DSLR/SLR enthusiast user.



## Sub-categories

This year we will be having Amateur and Enthusiast categories for all sub categories. You will be limited to 10 entries per person and all entries this year will be “free”.

**Social club spirit** - Photographs on any social event with the club. They can be family oriented eg: in the setting of Christmas in July, but whatever the function, we want to see you having fun. Children are also included in this category.

**Landscape** - Photographs in any natural scene which may be a seascape, mountain vista, bush scene or any scene you deem to be a landscape with little or not presence of humans or animals. We want this to be just about the natural wonders of the great outdoors.

**Wildlife/macro** - Photographs may include any native wildlife encountered on your walk, activity etc. including any macro of fungi, flora or anything abstract you deem to be macro along the way.

**Bushwalking/action** - We want to see what activities you are taking in the great outdoors. This category includes bushwalking, abseiling, kayaking, cycling, base camping - anything sanctioned by the club but we want to see how you or your group enjoyed the action!

**Overseas tramping** - Tramping, glamping or camping as long as it is overseas and it can include anything you want as long as we can see the great outdoors you visited as part of your holiday.

## Conditions

1. To enter you must be an active club member. Photos you submit must have been taken from any of the Brisbane Bushwalkers Club's sanctioned activities (except for the overseas category - see below) since closing of the previous competition (October 2014).

1a. To enter in the overseas tramping category, you must be an active club member and photos from this category must have been taken since the closing of the previous competition (October 2014). We understand not all overseas walks are sanctioned by the club but we want to see the beauty of those places through your eyes.

2. Winners selected for each sub category will be as follows: *Amateur* 1<sup>st</sup> Prize, *Enthusiast* 1<sup>st</sup> Prize, *Highly Commended* for Amateur and Enthusiast from the remaining entries.

3. The Grand Champion will be selected from one the category winners. Note: photos submitted in the overseas tramping category from walks not sanctioned by the club will be excluded from the Grand Champion prize.

4. Permission is granted for Brisbane Bushwalkers Club Inc. to reproduce entry photographs online, in print and via projector/ screen display with the express purpose of presenting and publishing competition results.

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## How to enter

1. All entries must be submitted to the Photographic Officer (Lucy Guzman) or a delegated member of the committee by the 23<sup>rd</sup> September 2015.

By mail: BBW, GPO Box 1949, Brisbane 4001.

In person: at the Club meetings.

Emailed entries are not acceptable due to the pixilation traffic.

2. Please submit all entries as JPEG on CD, DVD or USB stick. All entries must be named in the following format without spaces.

- **MainCategory\_SubCategory\_NameSurname\_ImageTitle\_EntryNumber.jpg**
- **Amateur\_BushwalkingAction\_JohnSmith\_MoonlightCrag\_01.jpg**

If you are submitting for more than one sub category then you can display the file names as:

- **Enthusiast\_SocialClubSpirit\_JohnSmith\_MoonlightCrag\_01.jpg**
- **Amateur\_Landscape\_JohnSmith\_CapeHauy\_02.jpg**

3. Please submit a brief description of where you are and what you want your photo to convey should you win.

4. Image pixilation should not be more than 1920 pixels on the longest dimension with images being approximately 1 to 3 megabytes in size.

*- Happy snapping -*



## Springbrook Basecamp Report 28-30 August

BBW has a long association with Springbrook Rescue, a conservation group set up to restore rainforest in the Gondwana-based area of Queensland.

For the last few years Peter Hunt has led a basecamp to Springbrook and I have attended the last 4 of them. Peter happily allowed me to co-lead last weekend and help with some of the organisation. This is a comfortable basecamp as we stay in The Lodge - beds, bathrooms and kitchen facilities. There is also a fireplace in the middle of the lounge room.

On Saturday morning we headed out to an open paddock to do battle with *Aristea* - a particularly nasty, prolific weed that happily grows in shade and excludes native plants. Areas previously weeded of *Aristea*, are showing good regrowth of rainforest species. We enjoyed a lovely morning tea of savoury muffins, scones, tea and delicious lattes. After lunch we did the Twin Falls walk, enjoying the scenery and spectacular views.

We were all looking forward our share dinner - everyone brings their speciality - nibbles, main or dessert. We were also treated to a talk by Aila Keto (described by Steve Parish as the 'Queen of the Rainforests') about the work in general and about fungi specifically. During her talk, Aila mentioned that she had attended a workshop devoted to identifying scats. Peter, who was sitting next to me, leaned over and whispered, "She knows her shit." While everyone else was chuckling at the comments about feeling, smelling and squeezing scats, my laughter was a little harder! I did share the joke after the talk!

On Sunday, after suitably cleaning our walking boots in alcohol, Aila led a walk through pristine, weed-free rainforest area. It was a wonderful variety of ecosystems, vegetation and terrain with many photo opportunities. We walked towards and then along the western Springbrook escarpment and then towards a narrow edge where we stopped for a break before returning to the cars. While chatting and taking in the great views, Margretha noticed a fresh scat. Aila, Peter says that you 'know your shit', what animal do you think this is from? Paddy melon was the suggestion, but Keith said that they don't usually come up this high. Aila then suggested that it might be an endangered Brush-tailed Rock Wallaby. The scat was safely stored for further research.

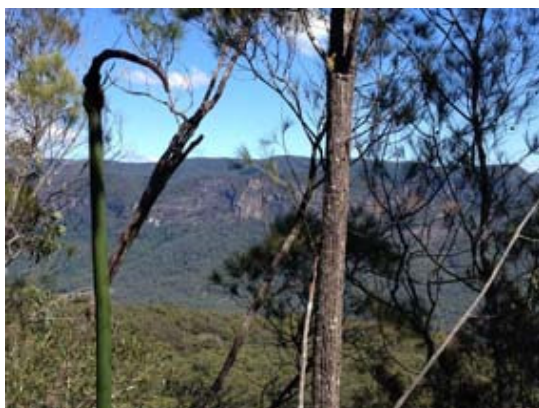
After retracing our steps, we thanked Aila & Keith for an informative walk and returned to The Lodge to reheat delicious leftovers, clean up and pack up. While eating lunch, Aila phoned me to confirm that the scat was indeed from a Brush-tailed Rock Wallaby! They would put a camera in the area in the hope of capturing some video footage. Aila must have driven straight home and started analysing the scat - dedication is!



All in all, a great BBW weekend getting to know some knowledgeable and interesting members.

*N.B. There is another Springbrook basecamp on the calendar for early November. During that weekend we will be weeding a fenced-in vegetable garden with the intention of restoring it to its former glory. Fresh vegetables would be a welcome addition to Springbrook Rescue.*

Michele Cottrell





## Thanks to John for teaching us the ropes

Recently John Granat announced that he would like to retire from the Abseil Coordinator role in BBW. John started this role in August 2005, a solid 10 years of dedicated training, coordinating and education for people abseiling in the club.



Records show that John has been involved in over 100 training sessions during that time. Anyone who knows anything about the planning and coordination of just these events, knows that it takes devotion, discipline and a true love of this sport.

The BBW Committee has officially thanked John for his efforts over this time. We look forward to John's continued involvement on the 'side lines'. Ross Ernst has kindly stepped up to the plate and taken on this role, already assisting people to become new Leaders in abseiling for the club.

Chris Hall, S&T

### Guest Speakers

**Wednesday 11 Nov**

**Dr Michael Meadows - author of recently published book "The Living Rock"**

Dr Michael Meadows, Respected Climber, Walker, Adventurer and noted author, has recently published his book, "The Living Rock". Many will know of this book and some of our more experienced members are even mentioned. He will talk about many of his SEQ memories and experiences and share pictures of many places in SEQ that we all have been up, around or plan to ... knowing that many have been there before us. He will also chat about his book.

**Wednesday 25 Nov**

**Great Ocean Walk**  
Sandra Winzar

A mixed group of nine BBW members walked the Great Ocean Walk from 31 March - 8April. The 104km+ journey was designed to be walked in an east-west direction to maximize the breath-taking views. The GOW includes diverse landscapes of Victoria's rugged west coast and hinterland. The presentation will entail transport, track history, recommended websites and contacts, trip planning, costs, random acts of kindness, flora and fauna and images of the magnificent scenery.

**Wednesday 9 Dec**

**Kilimanjaro Climb**

Jarrah Gard and Tamara Messinbird

Jarrah and Tamara climbed to the summit of the 5,895m Kilimanjaro over 6 days in August 2014 and will be sharing photos, stories and some tips on what to expect, information about the route and guides they used and other advice on things to consider when booking this amazing hike.

### Upcoming Rogaine Events

Bushwalkers who would like to practice or improve their navigation skills might like to try out some of the rogain events offered by the Queensland Rogaine Association for SE Qld.

- Sun 1 Nov 6hr Metrogain, Warner (northern Brisbane suburb)
- Fri 4 Dec "Urban Rogue" 3 hour night metrogain in the heart of the Brisbane CBD

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

# Notice To All Members

## **NOMINATIONS FOR MANAGEMENT COMMITTEE 2015**

Nominations are called for all positions on the Management Committee for the 2015/2016 club year. Nominations must comply with Rule 19 of the club's rules, be in writing, have the consent of the member nominated and the signature of a nominator and a seconder, all of whom must be Ordinary or Honorary Life members. Nominations close at 9pm on Wednesday 14 October 2015 (Open night) and must be received by the Returning Officer.

In compliance with club bylaw 6, any member may nominate for several positions but can only be elected to one position. No member can be elected to a specific position for more than two consecutive years. All positions fall vacant and they are:-

President	Vice-President	Secretary	Treasurer
Outings Secretary	Safety & Training Officer	Membership Officer	Social Coordinator
Equipment Officer	Photographic Officer	Librarian	

## **NOTICE OF ANNUAL GENERAL MEETING 2015**

The Annual General Meeting of Brisbane Bushwalkers Club Inc will be held immediately after the October General Meeting on Wednesday 28 October 2015 at Newmarket Memorial Hall, corner Enoggera Road and Ashgrove Avenue, Newmarket, where the business of the meeting will be limited to the following:-

- Receiving Annual Reports and Financial Statements;
- Receiving the Auditors Report;
- Election of Members to the Management Committee;
- Appointment of an Auditor; and
- The Setting of Fees.

Please note: Only financial Ordinary or Honorary Life members are eligible to vote at AGM elections.

## **CALL FOR NOMINATIONS FOR POSITION OF RETURNING OFFICER**

Nominations are called for the position of Returning Officer to oversight the election of BBW office bearers at the Annual General Meeting to be held on 28 October 2015. The nominee must be a Full Member and should advise the Committee in writing (or by email) of their nomination.

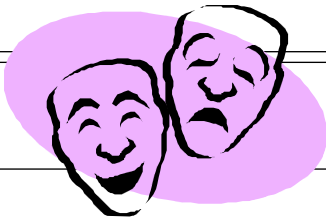
## **NEW MEMBERS**

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

Katherine-Anne Waldron	Rachael Black	Chris Byrne	Inge Duigan
Justin Fitzgerald	Kieren Gormley	James Hardcastle	Elaine Jones
Karen Michael	Steve Petherick	Courtney Phillips	Linda Scally
Michael Scally	Thomas van Dantzig	Rory Fitzell	Alan Adkins
Malcolm Edwards	Katherine Fitzell	Geoffrey Hanrahan	Jeff Kirtland
Alison Smith	Maria Stegmaier	David Thomsen	Carole Walton
Lisa Watson			

*Congratulations to the following who have become Full Members:*

Rosie Jurica-Brown	Sue Naude	Claudia Warren	Vicki Bailey
Clifford Callinan	Andrew Murray		



## Out & About

### **VIETNAMESE DINNER NIGHT AT THE VIETNAMESE**

Social Fri 2 Oct  
LEADER: Karen & Bernie Ryan 0432 907 275  
LIMIT: 15  
BRING: cash  
COST: refer menu on the restaurant website  
MEET: 194 Wickham Street, Fortitude Valley  
TIME: 6.30pm  
MAP: refer google map on the restaurant website  
BYO AND LICENSED : corkage \$3.00  
PLEASE NOTE: one bill per table

The Vietnamese Restaurant is a family-owned institution on the Brisbane food scene, continuously owned by the Le family and serving up great value Asian food since 1983. Most of the ingredients that go into the great tasting traditional meals are sourced locally, including from the Le family's own farm. Bich Le still works in the kitchen, preparing food for the day's dishes. Please refer [www.thevietnameserestaurant.com.au/](http://www.thevietnameserestaurant.com.au/) for more details including the full menu.

### **BBW CHRISTMAS PARTY WEEKEND**

SOCIAL Fri 20 -- Sun 22 Nov  
LEADER: Kurt Wagner 0413 272 085  
GRADE: BC Various/SOCIAL  
LIMIT: 100  
BRING: sheets and pillow case, day walking gear, drinks and all meals except for Saturday night, Secret Santa Gift to value of \$15  
COST: \$50  
MEET: Baden Powell Park, 68 Cash Avenue, Samford  
TIME: After 4pm on Friday 20th Nov



The Charles Snow Centre Scout Camp (in Baden Powell Park) provides accommodation in bunk huts. Camping on site is also an option for those who prefer. The hall and kitchen can cater for large groups and has fridges, dishwasher and microwave with crockery and cutlery.

Please bring your own sheets and blankets and all your food except for Saturday night. Our Christmas Party feast on Saturday night will be catered for by David Sydes and his master chef team. Santa will drop by and hand out gifts, so please bring a gift along to the value of \$15. There will be entertainment and dancing in the hall after dinner.

The Samford area offers a variety of great walks for the Saturday (and Sunday) activity program and will cater for all levels. Please see the Walk Program for details.

The cost of this entire weekend is \$50 (No discounts for camping or if you only attend the meal on Saturday night - the price will be \$50pp). Your nomination will appear on the website after your payment is received. **BSB 124021 Account Number 10414419** Please put your Surname + XMAS in the Payee Reference and email: [kurt@wagner.id.au](mailto:kurt@wagner.id.au) to advise payment has been made. You may also pay the Treasurer at the club meetings.

### **Magazine Collating**

Magazine collating is at Anna-Lena and Lynsey Moore's at Ashgrove on Thursday 22nd October 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 3366 6135 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

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