

The

BRISBANE BUSHWALKER

Oct-Dec 2019



BRISBANE BUSHWALKERS QUARTERLY NEWS



BRISBANE BUSHWALKERS CLUB INC (EST. 1948)
GPO BOX 1949, BRISBANE 4001
www.brisbanebushwalkers.org.au

MEETINGS

CLUB MEETING: The Brisbane Bushwalkers Club meets every 2nd & 4th Wednesday of the month at the Newmarket Memorial Hall, cnr Enoggera Rd. & Ashgrove Ave., Newmarket. Except for December when the only meeting is on the 2nd Wednesday. All welcome.

Start time: 7:30pm for new members (for an introductory talk).
8:00pm (or a bit earlier) for existing members.

COMMITTEE MEETING: Committee meetings are held on the 1st Wednesday of the month at 7.00pm at 228 Stafford Rd. Stafford. (cnr Gamelin Cres). All members are welcome to attend. (Check for December and January in case meetings are rescheduled.)

MEMBERSHIP FEES

Full Members:

\$40 per annum
Annual membership falls due 28th February.

Probationary Members:

\$20 per 6 month

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 50% of cost upon completion.

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

Free loan to members:-

Books, Magazines, DVDs, CDs

Free loan to leaders:-

Maps and Rasters

Duration of loan:- 2 weeks for Maps, 4 weeks for all other items. If unable to return items on time please put them in the mail.

For Sale:-

Snake bandages: \$10.00

Car stickers and badges: 3.00

Club T shirts, jackets, vests

COVER PHOTOGRAPH

Day walk on Tux n Tiaras Social basecamp, Oct 2019

Photo: Stephen Simpson

CLUB OFFICIALS

Committee Members for 2019/2020

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If you would like amendments made to pages on the website, discover that documents are missing or need updating, or have suggestions or questions about the website's content and structure, please forward your requests and concerns to the new Web Content Editor's email address, and Peter will address your query.

Contact Officers

0431 691 773 (Tom Cowlshaw) or
0423 095 580 (Stephen Simpson) or
0434 194 996 (Stephen Cockburn)

In an emergency, contact police on 000.

For a response from the club in urgent circumstances, these numbers may be used to reach a club contact officer.

These are VOICE ONLY numbers (ie. no SMS)

The Brisbane Bushwalkers Quarterly News is a selection of articles that have been posted on the Brisbane Bushwalkers web site over the past few months. This newsletter will be published quarterly - or thereabouts - depending on the number of articles that are posted.

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Compulsory items for Day Walks and Other Activities

These items are also referred to by the club as "Always Take" or "Page 3" items.

Back pack	Paper and pencil
Warm clothes (3 layers)	Whistle
Raincoat	Torch
Food (lunch, snacks, spare)	First aid kit
Hat & sunscreen	Matches or lighter
Footwear (closed-toe)	Change of clothes and shoes for driving home
Water (at least 2 or 3 litres)	Money for car pooling & drinks/snacks

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 cost more to run than small cars. If there are 3 or more passengers then 10c/km is a reasonable contribution. If you are unhappy with the contribution amount, you are free to take your own vehicle.

Activity Gradings

Distances	S Short	Under 10 km per day
	M Medium	10 to 15 km per day
	L Long	15 to 20 km per day
	X Extra Long	Over 20 km per day

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

Activity Type

Abbreviations for some common activities are: **DW** (Day Walk), **BC** (Base Camp), **S&T** (Safety & Training), **TW** (Through Walk), **SOC** (Social).

For a full list of Activity Type abbreviations, refer to: "What We Do / Activity Types" on the BBW website.

Terrain Gradings 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 Gradings A to E *(Note: Walking times do not include breaks.)*

- A** Basic - Generally suitable for new bushwalkers. About four hours of walking and possibly minor hills. Slower pace with frequent breaks.
- B** Easy - About five hours of walking and about 300m of elevation gain/loss per day.
- C** Moderate - About six hours of walking and about 600m of elevation gain/loss per day. Agility required.
- D** Hard - Good fitness, endurance and agility required. About seven hours of walking and about 800m of elevation gain/loss per day.
- E** Very Hard - High fitness, endurance and agility required. About eight hours of walking and about 1000m of elevation gain/loss per day.
- F** Extreme - Very high fitness, endurance and agility required. About twelve hours of walking and greater than 1000m of elevation gain/loss per day.

Membership Fees - Changes passed at 2019 AGM

Nov 2019

All members,

Those of you who attended the AGM on October 25 witnessed the debate over discounted ordinary membership fees. A vote was taken and an amended motion was carried by a significant majority to cease all ordinary membership discounts. It is the duty of the new Committee to implement these changes.

Consequently, the fee structure for 2020 is simple. Life members will not pay any fees. All other members will pay \$40 per person. There are no discounts for couples. There are no discounts for members who have been in the club for 10 years or more.

I appreciate that this will be disappointing for some of you. I urge you to contact me directly with your concerns.

Stephen Simpson

President Brisbane Bushwalkers Club Inc

AGM Minutes are available on the Club website under:- Resources / Meeting Minutes / BBW AGM Minutes October 2019

Revised BBW Members Handbook is now available

October 2019

Announcing the introduction of a revised "Members Handbook".

The handbook has undergone a substantial overhaul and is now presented in the official club document format. A lot of duplication has been removed making it smaller than before with more references to material on the BBW website instead of reproducing it. This also means that when a document or schedule is updated and more information is added to the website the handbook will still remain current.

The Members Handbook is available on the Club website under:-

Resources / Rules & Forms / Schedules / 5. Members Handbook (2019)

and will go to print soon, with hard copy booklets available at club meetings early in the new year.

Dwan Moore,

New Members Officer

Trip Report: "Turning Over a New Leaf at Sunshine"

Tewantin to Sunshine Beach - Day Walk LDW-2B, Nov 2019

Posted by Greg Kuss, Dec 2019

Like a bat out of hell
I'll be gone when the morning comes
Oh. When the night is over
Like a bat out of hell
I'll be gone when the morning comes
But when the day is done and the sun goes down
And the moonlight's shining through
Then like a sinner before the gates of heaven
I'll come crawling back to you

THE SCENE:

5:05am Enoggera departure point. 5 mins past the scheduled departure time. 4 of us are in Carmen Spry's car and Meat Loaf is playing on the dashboard ipod. Carmen later confided she had set her alarm to 3:45am instead of the 3:30am recommended by Greg in his Thursday night group email. It was a pleasant morning airconditioned 1 hour 30 cruise to Sunshine Beach where the 17km hiking adventure started.

Another late scratching was the other allocated driver Tom who now decided to travel on his own and meet at Sunshine and after the hike travel to Inskip Point. The reasons in his own words:

I'll be doing a spot of sportfishing afterwards and will be back in Brisbane really late. Just making the most of the day, hence the need to travel independently. The Volvo 850 will have a rest tomorrow, I'll be taking the 27-year-old Landcruiser....louder sound system: after-market head unit with 4 channel output running through a combined 870-watt speaker system. The choice of 7 graphic equaliser settings. The veritable boom-box on four wheels. Ear plugs needed. Stereo bubble, bordering on quadrophenic. The interior trim panels have needed to be refastened with beefed-up anchors.... the speakers have had a habit of shaking the panels off the car. Millennials get a shock when rolling up to me at a set of traffic lights, windows open, music turned up a bit....

Liz also met us at Sunshine Beach as she spent the night before and after the walk with friends at Cooroy.

Once the 10 of us were assembled at Ed Webb Park Sunshine Beach, a couple of the guys grabbed a coffee from my favourite ground bean coffee store that roasts its own beans. We jumped on the bus to Tewantin for a scenic tour of our walking path to the start of our walk proper. We walked past the Art Gallery, Marina, Noosa River hiking path and 3.3km later we arrived at Café Raw Energy Noosaville for morning tea.

Maureen Chandler said "The Vegan slice is delicious isn't it Greg?" "Oh yes dear," replied Greg "absolutely delicious, and the coffee is "just" the right temperature. Another success shall we say dear?"

From here we continued the long haul to Hastings St Main Beach hiking the full length, beautiful sun-baking tourists abounded, then the boardwalk to the Noosa National Park. The full-length Coastal track was 5.3km from here to the end. The drought wore on and k after k of hot dusty track penetrated the hiker's nostrils. To keep himself going in the mid-day heat Greg was reciting television beer commercials from the 80's. "For a hard-earned thirst, make it a Vic, Vic Bitter." "Make it a Fourex Mate!" "Brisbane Bitter is the taste you can stay with!" They were all feeling the heat, mopping sweat from their brows. It hit 36°C in Brisbane that day. At this point Carmen said the only thing keeping them going was the fact that there is no other way out to the other end except to keep going. As they rounded

the next headland the onshore breezes blew in their faces. The north easterly blew and it blew that day. Much cooler along the coastline than Brissy and they couldn't think of a better place to spend a day.

After a missed turn to Devils Kitchen lookout in Noosa National Park, there was some dissension from the group about going back.

Maureen said "A cold dry white is calling us from Moshka Café - we must continue."

Greg the leader shouted "It is in the pre-trip itinerary so we are going to the lookout!"

Once cooling off from Devils Kitchen the breeziest lookout in the Noosa National Park with the breeze whipping through their hair and admiring the blue oceans into infinity they all thanked Greg for his leadership and wisdom. However once at Moshka café Greg relented and shouted Maureen her one glass of Sauvignon Blanc.



The Main Beach



The Vegan slice is delicious isn't it Dear?

It was 1.5km of chopped up loose sand from here to the flags for a quick cooling off dip, then up to the cars, a change of clothes and Moshka Café for the group's end of year celebration. I had 2 coronas with the tequila chilli lime soft shell chicken tacos. Which was very tasty. Others had Vegan bowls, calamari, steak or chicken burgers and other vegetarian bowls. The menu was innovative. The ambience of the modern music in the background made for a wonderful end to the day.

On a discussion that the outings officer had said the walk had to be graded at 2B, the whole group conferred that it was at least a C for fitness and a 2B grading was sending out misleading signals to new members. And that night and the next day I ended up with a very sore ankle, headache, and night sweats. But otherwise it was a fantastic mixed day of great variety and we all had a blast, see you next year.



Group photo - Hells Gates

Trip Report: Ooi Ooi Ooi Creek - Lamington NP

Stinson Wreck via Oi Oi Oi Creek - Day walk MDW-6D

Posted by Chris Hall, Dec 2019

"Pinch and a punch for the first day of the month" - boy did this walk have a punch, with heat and humidity. So it was an early start for this team to try and avoid the heat and an impending storm. A small amount of rain had fallen the night before, not enough to swell the streams but enough to dampen the earth and make all the rocks slippery of course.

Reaching the start of Ooi Ooi Ooi is a nice warm up for about an hour, just near the start of the ascent on the Stinson Track. From then on it is up all the way and it doesn't get easy anywhere. The leader is in the envious position of first sighting the blue crays, pythons and other critters as he/she pokes his head above each boulder. Navigating the course in the creek is one of experience but also a lot of luck as there are many treefalls to challenge your thoroughfare.

The harder flat bed rock does start to appear around the 650m elevation mark and so do the waterfalls. As you climb up or around each waterfall, take the time to look back at the view. In one case we had the opportunity to look down into the top a beautiful Flame Tree in bloom.

At 700m and 830m you have to walk to the left around two waterfalls. The first requires finding a fairly clear path below the rock face above you and then zig zagging back up the cliff face to scramble up vines to reach its top. The second requires you to find a ridge to the left and taking a longer grunt of about 130m length up through canopied forest before finding you're back to the creek - this bit was a little scungy. Another 40m of ascent of the creek and you arrive at the water source for the Point Lookout and Stinson camps (this is taped and still has an old metal marker on a tree). Despite the dry weather for the preceding months, there was still adequate waterflow at this point.

We then went and had lunch at the Stinson Wreck site, paying our respects as well as trying to cool off. Fortunately an approaching storm was still a few hours away, allowing us time to complete our circuit down the Stinson Track. There was phone reception at this point, but weak.

The walk downhill was rewarding but your toes get pretty sore the closer you get to the bottom, because of the steepness (average of 45 degree). We did enjoy a small swim back at the carpark to cool off before heading home. So, this walk took us less than 8 hours all up, covering 11.5km and 780m of ascent/descent.



Another walk around to be done



View of Flame Trees in flower



You need to be able to haul yourself up vines, with little footholds, a few+ metres



Looking down from atop another waterfall



Thanks goodness there was little water, as it made it a little easier to scramble, but no less daunting

Pat's Bushwalking Tips

Bushwalker Personality Test



Picture this scenario: You're on a walk, you've just stopped for lunch, and you're putting the billy on for a quick cuppa. But then your walking companion asks if he can put a cup of water in your billy also.

Now, you know that your stove takes 3 minutes to boil one cup of water, and 6 minutes to boil two cups. You realise you could boil two cups of water and you would both have your cuppas in 6 minutes. Alternatively, you could boil your own cup first (3 minutes till your cuppa) then boil your companion's cup (6 minutes till his cuppa). Clearly, the second option leaves you better off and your companion no worse off. So this choice increases the happiness in the universe ever-so-slightly.

However, when this scenario was put to a few people for comment, it became apparent that a number of other options also existed. For example, you could:

- Boil your companion's cup of water first, then boil your own.
- Boil one cup of water and have half each.
- Boil one cup of water and have half each while the second cup of water was boiling.
- Boil your companion's cup of water and not have one yourself.
- Tell your companion to go and boil his own water.
- Get in a huff and put the billy away without making any cuppas.

After discussion with several world-recognised psychologists (who have asked to remain anonymous) the following Personality Table was developed. Be honest with yourself - which type are you?

Behaviour	Personality Type
Boil your cup of water first, then boil your companion's.	Clever
Boil both cups of water together.	Sociable but not very clever
Boil your companion's cup of water first then boil your own.	Martyr (or just trying to impress someone)
Boil one cup of water and have half each.	Pragmatic
Boil one cup of water and have half each while the second cup of water was boiling.	Far too sensible for BBW
Boil your companion's cup of water and then claim there isn't enough time to boil one for yourself.	Cantankerous - not like anyone in BBW (Well, actually, maybe I can think of one or two...)
Tell your companion to go and boil his own water.	Assertive - very common BBW behaviour
Get in a huff and put the billy away without making any cuppas.	Lonely