



QUEENSLAND BUSHWALKERS CLUB Inc.

Newsletter

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August 2009



Marooned

Club News

Senior First Aid Training Day

25 July 2009

Eight members of the club ventured out recently to the St John's Ambulance training centre in the Valley to update their skills in the Senior First Aid Course.

We started with a bit of a refresher on choking, breathing and first aid for bleeding, bites and broken limbs. Then it was onto the practical things like trying to resuscitate our dummies and learning the compression technique. Next came a little test that had a few of us sweating over things like "... maybe I should have gone over my workbook last night instead of that bottle of red".

After lunch it was into more practical work going through some scenarios of broken limbs, burns and sucking chest wounds. And then one last practical exercise which found us fixing up broken limbs and drowning down at Mt Barney and the Upper Portals... well we can pretend it happened anyway.

All in all it was a good day's learning and we now have eight leaders up to date on their Senior First Aid. But just a couple of little things to know if you go on walks with some of these leaders: John will get you immobilised very quickly with his zip ties, Gil will probably roll you over and cover you up in leaves and Sandy, well she'll probably faint at the sight of blood. Only kidding.

Thanks to all who participated and a kind thanks to our trainer Geoff Pedler from St John's Ambulance for putting up with us.

Stuart Mackay Training Officer

Bushwalking Queensland Inc. News

At the BWQ AGM on 25th June, a new committee was elected. Members of 5 affiliated clubs filled the positions of:

President	John Marshall (BOSQ)
Vice President	Desley Pedrazzini (BCBC)
Secretary and Insurance Officer	Gavin Dale (GBC)
Treasurer	Andrew Ryan (GBC)
Assistant Sec.	Robyn Cox (GCBC) and
Web Administrator.	Tom Hulse (BBW)

For more information on BWQ go to
<http://www.bushwalkingqueensland.org.au/index.html>

Membership Now Due

Members have until the end of August to renew their membership or risk having their membership cancelled. Membership is \$30.00 and lasts till 30/6/2010.

A Membership Form can be downloaded from the Club website at <http://www.geocities.com/qldbwc/aboutus/membersh.html>

If you wish to have the Newsletter posted to you, it will cost an additional \$15.00. Otherwise the Newsletter can be downloaded for free from the Club website at <http://www.geocities.com/qldbwc/newsletr.html>

Photo Competition

The QBW photo competition closes on the 3rd November 2009.

Leaflets on the photo competition and Evelyn's "What Makes a Good Photo" will be available at meetings. As this year's competition is going digital please read the leaflet so that your photos will be eligible.

As an added bonus there will be 4 x \$25 vouchers from Globetrekker to the winners of each category.

Geocities Club Web Site is Closing

On October 26, 2009, the Club's Geocities web site will no longer appear on the Web. Geocities is no longer making free website hosting available. Note that the Club email address is not changing.

The committee have decided to try the free website hosting by Google and a new website is under construction. For a sneak preview go to <http://sites.google.com/site/qldbwc/>

Any suggestions on what you have found most helpful on the previous website, any items you would like to see etc. would be most welcome. Email the web editor at qldbwc@yahoo.com

First Aid Reimbursement

A reminder that the Club reimburses 50% of the cost of a First Aid course or refresher course for any walk leader. The Club will reimburse 100% of the costs if a member leads 5 walks or more in the previous 12 months.

General Information

Meeting Place

Club meetings are on the first Tuesday of the month starting at 7.30pm. There is no Club meeting in January.

Meeting are held at the Little King's Hall on the corner of Carl and O'Keefe Streets, Buranda. Entry is via the gate on Carl St. There is parking within the grounds and in Carl Street.

Tea/Coffee and cake/biscuits are provided after the meeting. A coin donation would be appreciated.

Membership

Probationary Membership

A non-member automatically becomes a Probationary Member on his/her first walk after signing the waiver form. There is no fee payable to become a Probationary Member.

However a Probationary Member must become an Ordinary Member on his/her second walk by filling out a Membership Form and paying the membership fee.

Ordinary Membership

A person may become an Ordinary Member by filling out and signing a Membership Form, having a proposer sign the form and handing the form with the membership fee to a committee member or walk leader.

The proposer may be a friend (who is a member of the Club) of the applicant, the leader of the walk that the applicant is on, the Membership Officer at a Club meeting or if the Membership Officer is not available, one of the committee members.

An Ordinary Member has the right to vote at an AGM or be elected to a committee position. A Probationary Member has neither of these rights.

Members of Another Bushwalking Club

Members of another bushwalking club which is affiliated with Bushwalking Queensland Inc. (or an interstate Federation) and who are covered by the same Insurance do not need to become a member of our Club to go on our walks. However Club members will have priority if there is a limit on numbers.

Club Equipment

Compasses	Topo Maps	GPS's
Emergency Lights	First Aid Kits	UHF Radios

The above are for free use by members.

Contact David at 3395 1838 or david_r_uae@optusnet.com.au

PLBs with inbuilt GPS

The Club has 5 PLBs with inbuilt GPS. The PLBs will be made available at each Club meeting and will need to be returned at the following Club meeting.

Contact Richard on 3341 7509.

Abseil Gear (ropes, harnesses, helmets, karabiners etc.)

There is a \$5.00 charge for use of the Club rope and another \$5.00 charge for use of harness and accessories by Ordinary Members.

There is a \$10.00 charge for use of the Club rope and another \$10.00 charge for use of harness and accessories by Probationary Members and members of affiliated clubs.

Contact Trevor at 0411 512 202

Back Pack for Hire \$5.00 charge

Contact Trevor at 0411 512 202

Bivy Bags For Sale \$3.00 each or 2 for \$5.00.

These bivy bags are 2 metres by 0.9 metres and are bright orange in colour. Use as a pack liner or emergency bivy bag. Contact Patricia Kolarski on 3341 7509.

Space Blankets For Sale \$2.50 each.

Light weight and take up no room at all. A must for all walkers! Contact Patricia Kolarski on 3341 7509.

The Management Committee

President	Patricia Kolarski	3341 7509 (H)
Vice President	Margaret Rae	3395 1838 (H)
Secretary	Sandra Thomas	3711 4134 (H)
Treasurer	John Hinton	3343 3724 (H)
Outings Officer	David Kenrick	3349 8238 (H)
Membership Officer	Frank Garland	3341 5207 (H)
Editor	Richard Kolarski	3341 7509 (H)
Social Secretary	Traci Nudl	3890 8196 (H)
Training Officer	Stuart Mackay	3890 8196 (H)

Other Voluntary Positions

Equipment Officer	John Brunott	3209 9598 (H)
Supper Convenor	Mary Sherlock	3209 8514 (H)
BWQ Rep	Stuart Mackay	3890 8196 (H)
BWQ Rep	Richard Kolarski	3341 7509 (H)

Campsite Monitors

John Brunott	Ballows, Paddys Knob
Kerry de Clauzel	Throakban, Barney Gorge and Lower Portals
Ann Kemp	Spicers Peak (east & west)
Richard Kolarski	Running Creek Falls
Barbara Makepeace	Rat-a-tat, Spicers/Doubletop saddle Rum Jungle
John Shera	Panorama Point
John & Julie Shera	Mt Superbus & Rabbit Fence Jct Lower Panorama
Ken Walters	Mt May saddle & Paddy's Plain

Editors Pic



Boning up on first Aid

These eight Club members had a rattling good time at the First Aid Course run by St John Ambulance.

New Members

John Boyle

David McGlenn

As at 28/7/2009 we have 36 financial members for 2009-2010.

Comings And Goings

Anne K. is off to Europe for five and a half weeks to do the Tour of Mont Blanc, the Haute Route from Chamonix to Zermatt and hopefully climb Mont Blanc.

Pilgrimage 2009

Venue Lake Maroon Holiday Park
Address 535 Burnett Creek Road, Maroon QLD 4310.
Date Friday 21st to Sunday 23rd August.

Fees and Registration

Registrations Forms will be available at the July and August Club meetings or they can be downloaded from the web at <http://www.bushwalkingqueensland.org.au/pilgrimage.html>

How to Get to the Pilgrimage

If you are coming via Boonah, note that Burnett Creek Rd is the next right turn AFTER the road into the dam wall and boat ramp.



Map of Pilgrimage 2009

GPS location: 28.2022 Degrees South / 152.6490 Degrees East.

Lake Maroon Holiday Park website has general information and photos of the venue: <http://www.lakemaroon.com.au/>

The Bush Dance on the Saturday night will feature the versatile and ever popular 'Stone The Crows Bush Band'

Program

Friday 21st August 2009

12 noon onwards Registration of arrivals and setting up camp.

7pm - 10pm Walks sign on sheets available. (Due to distance to be travelled to the start of some walks there may be a small petrol contribution amount required - this will be indicated on each walk description).

6pm until late Supper - soup, coffee, tea etc. (please BYO cups).

Saturday 22nd August 2009

6am onwards Registration of arrivals.

7am onwards Staggered walk departure times. One or two of the walks may depart earlier if required.

Throughout the day Coffee and Tea available. Self-guided orienteering course will be available. Non-walkers may like to take advantage of visiting some of the local scenic spots.

5pm onwards Return of walkers. Everyone arranges their own evening meal, but supper will be provided at the Bush Dance.

6.30pm onwards Bush Dance. (band and theme to be advised)

8.30pm Light supper. (please BYO cups)

Sunday 23rd August 2008

7am - 9am Breakfast available.

8am - 9am Bush Poetry.

7am - 11am Swap and Sell your pre-loved bushwalking gear (please have all items clearly marked with price and your name)

9am - 11am The Games.

11am -11.30am Speeches, Presentations and Passing on of the BOOT.

Midday Pilgrimage close.

QBW Income Statement

Year Ended 30 June 2009

The following Income Statement and Balance Sheet are to be presented at the August AGM.

<u>Income</u>	2009	2008
	\$	\$
Abseiling	305	90
Bank Fees refund	0	37
Bank Interest	4	3
Bivy Bags	22	0
Christmas Party	810	990
Club T-Shirts	40	20
Donation	10	0
Govt Grant	2700	0
Membership	3075	3375
Pilgrimage	0	338
Space Blankets	8	5
Sundry Income	75	41
Income Total	7049	4899

Operating Expenditure

Audit	425	110
Bank Charges	0	22
Christmas Party	808	792
Equipment-Abseil	1319	0
Equipment-General	2995	0
Govt Charges	53	38
Insurance	1260	13
Photo Competition	100	100
Pilgrimage	0	1000
Post,station,copying	320	487
Sundry Expenses	57	28
Training	360	0
Venue Usage	500	264

Total Operating Expenditure 8197 2854

NET PROFIT / (LOSS) : (1,148) 2045

Notes

Depreciation Expense is not shown in the Income Statement. It is shown in the Balance Sheet statement. In previous years depreciation has not been applied in the Accounts and assets were shown at original cost in the Balance Sheet.

QBW Balance Sheet at 30 June 2009

	2009	2008
	\$	\$
<u>CURRENT ASSETS</u>		
Bank of Queensland - Main Account	2385	3533
Bank of Queensland - Pilgrimage Account	0	0
TOTAL CURRENT ASSETS	2385	3533
<u>NON-CURRENT ASSETS</u>		
Equipment	17386	13221
Less :		
Accumulated Depreciation/Writedowns	(9551)	0
TOTAL NON-CURRENT ASSETS	7835	13221
TOTAL ASSETS	10220	16754
TOTAL LIABILITIES	0	0
NET ASSETS	10220	6754

Notes

Depreciation expense of \$9551 in 08/09 not taken into account in previous years. Assets were shown at original cost in previous accounts.

What Makes a Good Photo?

Generally, a good photo is one that can

- Communicate a feeling or emotion
- Convey the atmosphere of a scene or
- Evoke a reaction from the viewer

With a reasonable quality compact camera you will probably get OK results. However, along with a bit of technical knowledge, it's what you do with the camera, through good use of observation and creativity, that makes all the difference.

Firstly in the camera, exposure is a combination of two things:

Intensity of light – controlled by an adjustable diaphragm in the lens called an "aperture".

Time – controlled by the shutter moving across inside the camera.

You can adjust these components by using the shooting mode settings on your camera to create different effects in your photographs. Most compact cameras have shooting modes for different types of subjects.



Dial on the Camera with Shooting Modes

The different shooting modes commonly used are: Portrait mode, Landscape mode, Sports mode, Nightscape mode and Macro mode. An understanding of these modes can be used to create creative effect in your photographs.



Portrait Mode

Blurs out the background, isolating the subject. This is good for small nature subjects and, of course, portraits.

This mode tells the camera to choose a large opening or aperture in the lens. This creates a shallow plane of focus or "shallow depth of field".

More effective when using a telephoto (long) lens.



Portrait Example



Landscape Mode

Makes images sharp from front to back. Great for any scene you want to be sharp throughout.

It tells the camera to choose a small opening or aperture in the lens. This creates a long range of focus or "long depth of field"

More effective when using a wide angle lens.



Landscape Example



Sports Mode

Freezes action by telling the camera to choose a fast shutter speed.



Sports Example

Depth of Field

Why don't I see what I get with depth of field?

When looking at the preview screen on the camera, the aperture inside the lens stays open at its widest point. This is why you only see your subject with shallow depth of field, rather than how the photograph will actually look.

Next month we will look at the other modes plus topics such as Wide Angle vs Telephoto. Evelyn Campbell

Notices

Cape to Cape (WA) 22 September to 2 October 2009

8 days of walking between these dates to allow for a day or two at Margaret River and a stop over in Perth. Actual walking dates should be 23rd September and finishing on 1st of October with room for a rest day in between.

Considered by many the best time to see this area as the winter rains have eased, the winds are calmer and wildflowers which are more colourful than anywhere else I have been will be out. There will be no long days if we give ourselves 7- 8 days of walking.

There are several beach side cafe's and kiosks along the way to reduce the food load a little. It will be good for swimming then as well.

Contact David Haliczzer for further details on 0432 901 030.

QBW Christmas Party 4 - 6 December 2009

The QBW Christmas Party will be held at Mt Nimmel Lodge at Mudgeeraba on the 4-6th December 2009.

Mt Nimmel Lodge is a privately owned, family operated campground on 67 acres of Gold Coast Hinterland. It has bunkhouses with 52 beds, a separate shower/toilet block with hot water plus a kitchen and campfire area.

Cost will be \$20 for one night stay and \$30 for 2 nights.

South West Cape Circuit (Tassie) 9 to 15 January 2010

This will mark the third year in a row that I will have walked this circuit of the South West corner of Tasmania. The area is less well known than other sites in Australia but is the best undiscovered gem for bushwalkers.

A maximum of 4 - 5 people on these trips is possible as some camping sites may be a bit cramped with any more than 4 tents.

Contact David Haliczzer for further details on 0432 901 030.

Nepal, Annapurna Circuit 1 April 3 May 2010

I am leading a trip to Nepal in April 2010 which includes 17 days trekking, 5 days mountain biking, 2 days white water rafting, all for approx \$3658.00. Includes return air fares, budget accommodation, and meals while on the adventures, and equipment.

Contact Julie Urquhart Ph. 3314 2776.

Past Walks

Mystery Track

25 April 2009

The Mystery Track is a track that leads off the Coomera Circuit walk and leads down into the Coomera River. It is an old trail which is not maintained but it offers a quick way of getting to the base of the Coomera Falls without having to do a long rock hop up from Gwongoorool Pool.

I had a limit of eight people on this walk so that we would not be held up too much as a rope was needed in a couple of places. We met up in Canungra on a beautiful sunny day and drove up to Binna Burra. Putting on our day packs, we began the walk along the Border Track and after a couple of kilometres turned into the Coomera Circuit track.

After a few kilometres along this track we found the faint beginning of the Mystery Track. We found an old post marker and followed the track as it led down the slope. The track was steep in places and at one section we had to cross a top of a waterfall. It was here that Dave had a slip and cut his elbow. After cleaning the wound and putting a dressing on he was right to continue.

Further on we came to another waterfall with a small pool at the base. A very picturesque spot and normally we may have stopped to have morning tea but we were in a hurry and moved on. Soon after we had to use the rope to get around an exposed area of loose rock. The rope just gave some extra security. Further on a rope was used again to get down off a large rock slab. Finally we reached the Coomera River and we stopped to have morning tea.

The river was flowing well and we followed it upstream through Coomera Gorge. The sheer vertical cliffs surrounded us and there were multiple small waterfalls streaming off the edge. We made our way carefully over the slippery wet rocks and often just had to wade through the water as there was no other way.

Margie found the slippery rocks a challenge and when we reached a small waterfall where we needed to scramble up a narrow ledge, Margie decided to stay behind. It was a wise choice as the rocks became more slippery and the pools deeper as we approached the falls.



At the Base of Coomera Falls

Finally the remaining seven reached the base of Coomera Falls. We could see people at the lookout above us but our view was much more spectacular. After lunch and numerous photos we made our way back the same way.

This walk is a challenge and not to be taken lightly. I would like to thank all who came along to do this walk, one of the best in Lamington National Park. Richard

Montserrat and Upper Portals

2 May 2009

Early morning starts certainly sort out the would-be walkers! Down to just five, we were able to take just one vehicle up to Cleared Ridge, saving heaps of time.

Down the road to the creek and a short side track to Grace's Hut before the up, up, up to the rocky viewing point at the top of Montserrat and the fantastic views of Barney. The air was so clear the mountain seemed much closer than in reality.



On Montserrat

Morning tea spent enjoying the view then we found the steep track down into the creek for the short walk along to Upper Portals. There was a large group just ahead of us so we decided not to do the up-and-over into the actual Portals but rested on the beautiful granite in the creek just above.

Then, of course, it was another up, up to the top of the ridge for the walk along the track back to the car. Surprisingly, we met a vehicle along this road. It was the owner of Bartopia who obviously has a key to the locked gate into the National Park.

Back down to the Water Reserve campsite where Aileen had left her vehicle (quite a few campers here for the May long weekend), then, after a short discussion, the decision was made to try out the new cafe at the olive grove.

Many thanks to Richard for driving up the presently quite rough track to Cleared Ridge. Also thanks to Aileen, John M., and Neil for their company on this "perfect walking weather" day.

Patricia

Mt Mitchell

9 May 2009

On Saturday 9 May 2009, we had a great walk up Mt Mitchell. We had a group of 9 people and a beautiful autumn day. Bob and Danuta (previous members of the Club) joined us as guests and it was wonderful to catch up with them again.



Mt Mitchell Explorers

We met a group of Mums out on a walk while their hubby's took care of the kids and we helped them out by taking their group photo and they happily returned the favour.

Our pace was easy and we took 2 hours to get up to the top and 1.5 hours to return. We were back in Aratula before 2pm having a second lunch or snack at the cafe.

The Mt Mitchell track walk at Cunningham's Gap is a lovely way to experience Queensland's Main Range National Park. Traci

Eagles Ridge

7 June 2009

The aim of the day was to climb Short Leaning Ridge but a large thunderstorm struck at about 8:30am and kept us pinned under a large bolder overhang in Barney Ck for at least an hour. With the rain easing we progressed slowly upstream as Barney Ck was slippery and flowing very fast.

To avoid crossing the creek one more time I made the decision to climb up a little and move towards Barney Waterfall but the ridge we were following was misleading and offered no opportunity to cross to the next ridge beyond which was Barney Falls. We decided to do a modified Eagles Ridge and ascended to Tom's Tum. Trying a new ascent up the summit of Tom's Tum was problematic and wasted a good hour or so just helping people get up.

The rock all day was a bit greasy from the rain so it was fortuitous we did not do Short Leaning as it would have been tough in the conditions. As it was after descending down Isolated Peak to the ridge going up to North Peak we found the descent from here agonisingly slow as the creek was just so slippery.

We got back to the cars at 6pm after commencing walking at 7:30am. It was a great day of walking and Short Leaning Ridge will now be scheduled for the 9th of August. Dave

Mt Tunbubudla

8 June 2009

Tunbubudla, otherwise known as The Twins, is part of the Glasshouse Mountains and consists of two summits. The east summit is 338m while the west summit is lower at 296m. I had done the east summit last year but as yet had not done the west. This walk was intended to be an exploratory and was suitable as a short walk on a long weekend to beat the traffic back home.

Eight of us met at Beerburrumbidgee township and that was when I found that I had inadvertently left the topo map at home. This would make it more of an exploratory though! As it turned out the topo map was hardly needed as it was fairly easy to navigate just by sight of the surrounding Glasshouse Mountains.

We drove to Old Gympie Road and parked the cars near the entrance to an old forestry road. We walked along this road and then crossed a creek to get onto a walking track which showed evidence that a horse rider had been here earlier in the morning. This track took us to the saddle between the two peaks of Tunbubudla. So we found the saddle but still no horse! (sorry)



Mt Tunbubudla

After a short rest we began the climb up the eastern slope of the west peak. Soon we reached a cliff line and we contoured round to the south and after some scrambling, reached a grassy slope where we had morning tea. Beerwah, Crookneck, Ngungun and Tibberowocum made a pleasant view on this fine sunny day.

The final walk to the summit where there was a small rock cairn was fairly easy and we spent a few moments admiring the view. We started our descent down the west side but soon got to another line of cliffs. After some scouting ahead I found a rather steep descent in a small break in the cliffs. There were a few minor falls and slips but we reached the grassy slopes below the cliffs safely.

Here I began to circumnavigate slowly to the right and around the peak to reach the walking track which would take us back to the saddle. The walk was off track among tall grass and occasional scrub. The ground in places was a bit soggy from recent heavy rains and we crossed a few small creeks. It was quite pleasant walking in this relatively open country.

On reaching the walking track we went up to the saddle and enjoyed our lunch. It was then only a short walk back to the cars. After afternoon tea at a nearby cafe, we headed home and luckily though the traffic was heavy, it was quite steady and we made it home mid-afternoon.

Many thanks to all who came along.

Richard

Mount Maroon Walk

20 June 2009

A mixed bag from the weather department greeted a larger group of walkers at the well worn McDonalds Beaudesert meeting spot on Saturday morning. Some of us were even early enough to enjoy a morning caffeine hit whilst waiting for the full group to arrive.

Following the sign on and name learning formalities we organised ourselves into as small a number of vehicles as possible to avoid parking problems at the walk start point.

Due to the unexpected interest from fourteen walkers including some first time Mt Maroon climbers it was decided the most sensible route would be up and down the well used tourist track.

Whilst this route offers few real difficulties it still enjoys some minor scrambling opportunities and a gain in elevation of approximately 700 metres from the car park in Cotswold Rd to the summit at 965 metres. Enough to raise a sweat on the fittest of walkers.

Following a re group at the Cotswold Rd car park we started our day with the gradual climb up through Eucalypt forest to our first drink stop at a rock outcrop just prior to the well defined and steeper ridge section of the walk.

All happily hydrated we continued as a group up along the ridges faint track and into the only scramble on this walk which takes walkers to the wooded camp area just below the final summit.

As by this stage we had encountered light rain and a fairly strong wind we decided this sheltered area would make a good morning tea stop and a 15 minute rest as we had now tackled the steepest section of the Mountain.

Packing up after our snack we then proceeded up through the small forested area and onto the rock outcrops that lead to the summit cairn.

Arriving at the top we were again greeted by a strong wind and threatening clouds so after a short side trip to inspect a magnificent display of Banksia bought on no doubt by recent unseasonal rain we retreated to a sheltered area just below the rock cairn to eat lunch. Luck would have it that as we settled down to lunch a break in the clouds provided half an hour of sunshine bringing warmth to winter bones.

Re tracing our steps we arrived back at the cars mid afternoon where a vote decided on a new coffee venue at an olive farm near the road to Biggins where the surprised and happy owners served their biggest group of the day coffee and cakes.

Thanks to all who participated on a fun day. Steve Pritchett

Cafe Capers

Adventure Café

For those seeking another choice of somewhere to go after a walk in the Glasshouse Mountains area, some of us have discovered a place called the Adventure Café located on the Steve Irwin Way, less than a kilometre north of Beerburrumbidgee on the eastern side of the road.

They serve good quality coffee (Merlo), a small range of interesting cakes/slices, some good looking burgers and crunchy chips with a light batter coating (if you think you've done enough exercise to deserve them!).

They also serve breakfast from 7am if that suits your plans for the day. The people who run the cafe also run a motel and a small group adventure company (hence the name of the café) that organises rock climbing trips etc. for tourists. Helen