

MINI HEYBOB

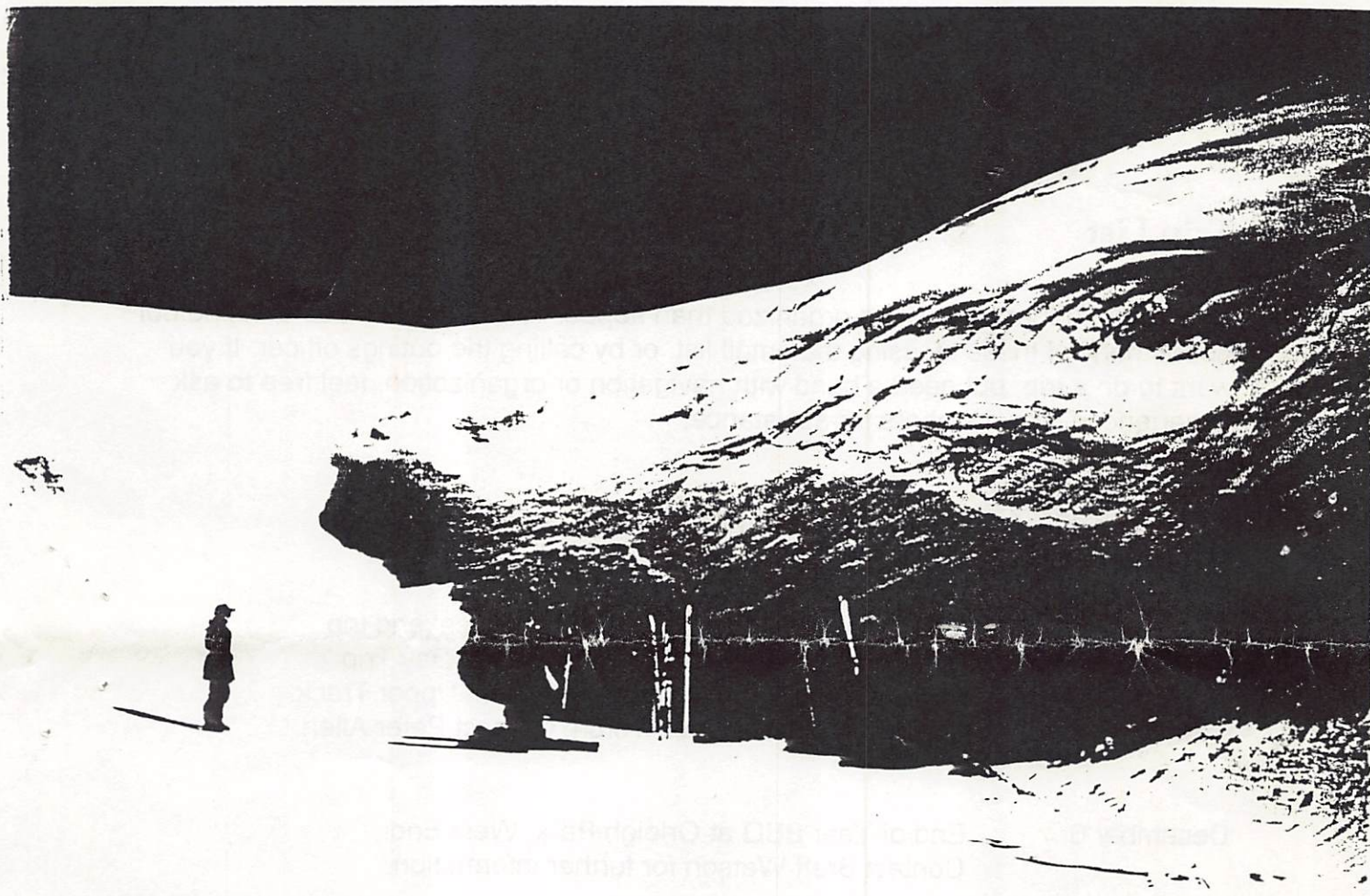
This is the newsletter of the
University of Queensland Bushwalking Club

SUMMER 95/96



Janice Porter
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Launceston 7250

IF UNDELIVERABLE PLEASE RETURN TO:
UQBWC
C/- CLUBS AND SOCIETIES
UNIVERSITY OF QUEENSLAND STUDENT UNION
ST. LUCIA, QLD., 4072.



Snow Scene - Kosciusko National Park 1995.
Photo by: Eric Young

UQBWC Contact List

For further information on the University of Queensland Bushwalking Club, Please feel free to contact any of the executive memebtrs listed below. Please be considerate and only call people on their home numbers between 8am and 8pm.

		Work	Home
President	Brett Watson	365-3985	300-1270
Secretary	Vanessa Krueger		371-6427
Treasurer	Rosie Field	856-4006	870-0995
Membership	Eric Young	303-3344	846-5383
Outings (Trips)	Ashlea Troth	365-6796	371-0196
Safety & Training	Glenn Sharrock	365-3687	371-1886
Equipment	Peter Allen	365-4138	870-2820
Safety Gear	Loretta Davis	303-3120	371-1886
Librarian	Paul Hill		371-0196
Federation Rep.	Anthony Smith		390-4324
Conservation	Larissa Fitzsimmons	371-8632	217-7457
Mini Heybob Editor	Loretta Davis	303-3120	371-1886
		mobile	015370484
Heybob Editor	Kay Colthorpe	365-1405	390-4324

Trip List

Remember: More trips will be organized than appear on the trip list. You can find out about many of these by using the email list, or by calling the outings officer. If you want to do a trip, but need a hand with navigation or organization, feel free to ask experienced club members for assistance.

- November 26 Running Creek Falls. Medium. Swim at falls.
Contact Brett Watson
- December 2-3 Barrabool Creek. Medium /Relaxing weekend trip.
L.Portals to U.Portals Ck. Track.Camp. Day Trip
up Barabool Ck. on Sunday.. Walk out Upper Track.
Long day requires good Torch. Contact Peter Allen.
- December 6 End of Year BBQ at Orleigh Park, West End.
Contact Brett Watson for further information.
- December 9 "The Birdcage". A Lamington NP daywalk. Easy.
Contact Louise Colthorpe.
- January 17 Wilson's Peak. A medium daywalk.
Contact Anthony on 390 4324.

Read this information before attending a walk.

Walkers are required to take responsibility for their own well being on all trips, and should only attend walks within their range of skills and capabilities.

If you are uncertain what a walk may entail, or what equipment may be required, please ask the trip organiser.

As a minimum you should take water, food, a raincoat and a warm jacket on all trips. For many walks a torch, compass, map and first aid kit should also be carried.

Bushwalking Gear

Gear (packs, tents, sleeping bags, firstaid kits and compasses) are available from the club gear officer. A minimal wear and tear charge is levied for its use.

Safety Gear

Safety equipment (ropes and harnesses) is available from the safety equipment officer. It may only be borrowed for official club trips at the discretion of the safety and training officer, and only by trip leaders who have the skills required to use it, and who accept responsibility for their own safety when using it.

Brett Watson (President)

FMR WEEKEND

Beginner's abseil and ropework training weekend 18-19 November 1995

Hosted by the Gold Coast Bushwalkers Club at Mt Barney Lodge (near Rathdowney).

Training will be in the Mt Gillies area - a short walk from the lodge.

Saturday: beginner's abseil and first aid

Sunday: navigation exercise and obstacle course to use the abseil and rop techniques

There will probably be a small levy for the use of the equipment.
Communal campfire, BBQ facilities, hot showers and flush toilets.

Take nibblies for a get-together at approx 4:30pm Saturday.

To alleviate the landowner's obvious water problems as it has been very dry, we recommend that you take drinking water.

Camping \$5 per person per night.

Bunkhouse accomodation available for \$20 per person for the weekend if you book early.

For further information, call Max Baker on 07 55 307 002 after 6pm.

South Bald Rock: An Inside Account

(Walkers: Peter Allen, David Shrimpton, Brett Watson)

The big "chrome dome" experience trip started in an un-crowded Bald Rock NP camping ground on the Fri night 20/10/95. The peace was soon shattered by the arrival of a 4WD convoy of BBWs on a mission to wear down the big rock. The dust finally settling, we drifted into sleep till the am.

At the crack of dawn we slept on for a couple more hours and then pressed on urgently with a breakfast of bacon and eggs washed down with a hot cuppa. (BBW were long gone by now but we knew we could reel them in in the heavy stuff: lunch, dinner etc.) We spotted a flying satin bower bird while we were dining.

The day having worn on we decided we had better have a look at a few bald rocks while we were there so we made for South Bald Rock. This proved to be the most interesting of all the rocks. It comes in 3 bits the northern 2 being split by a huge crevice into which enormous boulders have fallen forming a series of caves. You can walk through the rock from one side to the other via the tunnels apparently. We spent several hours crawling down tunnels and finding underground streams and lost worlds of palms and moss covered boulders among the gorges. (We entered from the W side near a row of 3 balancing rocks.) Its an amazing place and a trip from W to E the whole length of the gorge and right through the rock would make a fun day. After having a quick walk around the base of the southern most dome and deciding you needed to actually climb to ascend it we moved onto Middle rock. (Is there an easy way up the third part of S. Bald R. ?)

There is an easier way up Middle Rock on the flatter western side so we took the hard way on the SE corner. I climbed the corner, bridged across the little crack, leapt across the big crack and charged up the mountain. I thought it was a bit strange when I got to the top and no-one else appeared. Anyhow the trouble with these bald rocks is that they are harder to get down than up, so I spent the next 45 minutes stuck on the side of the rock much to the amusement of the rest of the party who sensibly stayed at the bottom. Eventually I found my way down by smearing on the grainier bits of granite.

Finally we ascended the W rock to watch the Sunset. We had a great description of how to ascend this one: "Turn L at the 3 boulders" or something equally useless in a land of granite boulders. We went around the back and traversed up the long slab to the top for some great views of Mt Norman the Pyramids.

We returned to Bald Rock at about 9PM by which time the BBWers were starting to become concerned for our welfare. (We hastily reassured them that it was a Peter Allen tradition for walks to end by head-lamp or the next day but thanked them just the same.) It's also a Peter Allen tradition to eat well, so we feasted on chicken casserole with blueberry danish and cream, washed down with a bottle of fine port.

The next day, the sun dawned spectacularly on the polished pink surface of one of natures wonders: the monolithic dome of Bald Rock. We slept on.

Eventually we stirred and walked the circuit to the top of the rock: up the direct way and down the "bung-on-a-walk" way (The Bungonia Walk) through the Fred Flintstone houses. Our mission complete we returned to Brissy via Thunderbolts hideout Daggs and Queen Mary falls. by David Shrimpton

First Aid Notes

The following notes are extracted from issues 6, 7 and 8 of the Newsletter of the Queensland Rogaine Association, and are part of an ongoing series, as well as the text part of a handout used at rogaine events. The author is Dr Annie Whybourne (07- 25285 The articles are used with her permission.

These articles will appear in this and future Mini Heybobs as a series of articles.

1. First aid - preparing yourself (from issue no 6).

Sleep well the night before.

Hydrate well on the morning of the event by drinking 1.5 - 2 litres of fluid before the start.

Carry high energy complex carbohydrate snacks, dried fruit, biscuits, muesli bars and fruit, and drink well during the event.

Wear well worn-in supportive running shoes.

Practise preventative taping of heels and toes if you are prone to blisters, and preventative strapping to protect previously stressed ankle.

Carry a simple first aid kit for the team, and learn some basic first aid.

Maintain good karma, have your biorhythms in the appropriate combination and wear a permanent smile- you can't fail to have a good time!

2. First Aid Kits (from issue no 7).

The QRA encourages all rogainers to carry an adequate first aid kit. Indeed in some states it is not only compulsory to carry one, but its presence in teams' equipment is routinely checked at the start.

Apart from the obvious benefit to the injured person, being properly prepared for injury assists your fellow team members and potential rescuers.

And having accepted that carrying a first aid kit is intrinsically sensible, would it not also be true that by failing to carry a simple first aid kit you would be giving your team an unfair advantage (in terms of weight carried) over those teams respons

It is recommended that each team carry a first aid kit comprising the following, as a minimum:

- 2 elasticised roller bandages with pins (sprains, snake bites)
- 1 triangular bandage (sling, wound cover)
- 5cm wide roll of Leukoplast (ankle strapping, blisters)
- Betadine liquid antiseptic (wounds, blisters)
- Needle (blister popping)
- Panadol/aspirin/panadeine
- Tweezers (multifunctional)
- Sunscreen

Mountain Madness Metrogaine

The next event in the Queensland Rogaining Association's Calender is the Mountain Madness Metrogaine to be held on Sunday 26th November 1995 in Toowoomba. It will be a six hour event, with the maps showing both contour lines, and street names..

Toowoomba is well-known for its gardens, parks and tree-lined streets. Control sites will be chosen to maximize your exposure to these features plus Toowoomba's historic places and superb views from the escarpment.

For further information, please contact Ian Holmes on 3202 6856 (h), 33652809 (w) or 3365 1999 (fax).

Hell's Hollow Rogaine - a record breaking success!

The Queensland Rogain championships were held on the 7/8 October at the Bald Rock area near Stanthorpe. The course was a good one, offering a mixture of lush and cleared land, some steeper and scrubbier areas for those who wanted to score highly, and some excellent views.

UQBWC had several teams entered in both the 24 hour and 8 hour events. Everyone who participated performed very well, and everyone seemed to have had an excellent time. Of special mention were the following teams:

Eric Young and Jane O'Sullivan who came 2nd overall and 1st in the mixed category of the 24 hour event (scoring 2080 points).

Loretta Davis and Glenn Sharrock who came 6th overall, 2nd in the novice and 2nd in the mixed categories in the 8 hour event.

Peter Allen was able to complete this Rogaine under adverse circumstances, (two newish Rogainers) without getting lost.

The next event on the rogaining calender is the Mountain Madness Metrogaine at Toowoomba. Good luck to all those teams who have entered.

Tasmania

I'm looking for some info on short white water rafting trips and mountain bike trips to do in Tasmania. If you have any suggestions - please let me know.

Thanks in advance,
Loretta...

Mt Barney via Short Leaning

(yet another Eric Young epic adventure.....)

Walkers: Eric and Duncan Young, Kitty Carra, Loretta Davis, Brett Henderson)

Author's note: the content of the article may not be 100% true - extreme exaggeration and distortion of the truth always makes for far better reading)!

The moral of the story: Never go on trips where the trip leader has completed a 24 hour scrub bashing rogaime the previous weekend - it tends to distort their view of what humans can accomplish in a weekend and live!

The story itself:

So - there we were on Friday afternoon, tossing up whether it would be better to go in my car (minus functional handbrake) or Eric's volvo (complete with VERY LOUD Anthrax tape)....for some bizarre reason the volvo won. After a mandatory stop at KFC we trundled off to the Lower Portals carpark where we camped Friday night. Well - let me clarify that a little....Brett and Eric were absolute wooses and hid in their warm little tent while I braved the carnivorous cows by sleeping under the stars.

Fortunately Duncan and Kitty arrived just as I was getting really comfortable and about to fal asleep. There's something special about being nearly scared to death in the middle of the night after being taunted by your friends about being devoured by carnivorous cows in the dead of night!

he next morning after losing the car keys, redistributing the ropes for the millionth time, and generally grumbling about how cold it was at 8 in the morning - we set off on our merry journey. Eric forges ahead, Brett and I in the middle - and Duncan and Kitty brining up the read. Eric kept mumbling about the couple of "evil" bits we were to encounter that day.....little did we realize that each little evil bit was to be more evil than the previous one!

After lunching at the base of the ridge (I always figure it's easier to carry food in your stomach than in your pack) - we began the ascent. The ridge leaning up to Leaning Peak is quite spectacular and quite exposed in places.

Several techniques were demonstrated in tackling the ascent. Eric fearlessly climbed up with his pack (having the reach of an Amazonian sloth was an advantage...as I was soon to discover). After seeing Eric asced without too much difficulty, I followed suit, in the process discovering my reach resembled than of a small pygmy monkey rather than an Amazonian sloth. This caused several reactions in the group - Kitty experienced heart palpatations, Brett wondered whether his belay buddy would survive the week-end, while Eric knowingly muttered "I knew you'd do that after I did it"!... The others procedded to haul packs and be belayed up the face. A hort time later we were all on the summit conpemplating the Leaning Peak abseil.

Duncan volunteered to make hcest harnesses for everyone to avoid accidently uinverting ourselves (and packs) during the abseil. After some arguing about the quality of the anchors, I was bailed over the cliff - amid warnings that I wuld commence whinign if I were forced to prussick with a full pack!

That morning I had declined to carry both ropes which had obviously insulted one rope. This rope then proceeded to reek its revenge by snagging on every visible (and notso visible) rock and tree. However - after some good practice of locking off my stitch platy, and performing some acrobatic moves to free the insulted rope - I was safely on the ground, ready to bottom belay for the others.

As the light was dimming fast, everyone abseiled down quickly. Once at the bottom, Eric and Duncan gave a short display of just how stubborn twins can be when arguing (no wonder their mother refuses to have both living at home at the same time)!

We descended the ridge and scouted around for a place to camp the night. It had been a fairly long day and we were startint to tire. Eric was persistent in his "but it's only 400m to the campsite" routine. However after Kitty pointed out that it was 400mas the crow flies, and she had no inclination to fly across a gully at that particular time. Eric also seemed amazed that we didn't want to continues-"but we've onyl been walking in the dark for 45 minutes!" We finally located a small grassy area and pitched the tent. Pitching tents on half metre high grass is also quite amusing... but that's another story!

After eating a semi-communal dinner, we all went to bed. Duncan and Kitty warm and cosy in their tent, while Brett and I fought for space in the other tent with Eric and his sleeping bag. For those of you who haven't seen pictures of Mt Everest - Erri'c super high-loft sleeping bag bears a close resemblance!!

The next morning we hiked to the stop of the peak to watch our avid photographers (Duncan and Brett) set their tripods up in the rain, and wait for a never-appearing break in the clouds for their photos. Quite amusing really - although for some reason Brett and Duncan failed to see the funny side of it!

After breakfasting and rasining Kitty from the dead (opps sorry - I meant depths of sleep), we began our descent. Again the twins decided on separate approaches Duncan descending the gully, while Eric lead us on another epic scrub bash muttering those infamous words of "this is nothing compared to the rogaine last weekend). Perhaps for him - but for the rest of us spared that obviously character-building exercise - it was bloody hard!

After several intimate meetings with rocks and trees, we scrambled onto the ridge. From there we descended into the Rum Jungle campsite, and down Peasant's Ridge. Once we reached the 4-wheel drive track, we all participated in the new sport of combined mud-sludging and sliding. This could be a new event for the Winter Olympics next year!

Finally we reached the picnic area and while Duncan and Eric went in search of the cars, Kitty, Brett and I contemplated the more important side of life - such as who could locate sugar for our tea fastest, and whether there was anymore chocolate left to eat.

A half hour or so later, the volvo (still complete with VERY LOUD Anthrax tape playing) arrived. We retreated to KFC to recuperate with a meal on unlucky fried kkten before heding back to Brisbane.

Loretta Davis...

UQBWC members - Wed Nov 15 15:34:30 EST 1995 - (198 members) Contact Eric Young with corections/changes.

Name	Phone	Work Phone	Name	Phone	Work Phone	Name	Phone	Work Phone
ABSOLON John			JOHNSTON Amanda	3349 3410		STUMP David	3371 4452	3365 3517
AITKEN Karen	3371 3993		JOHNSON Rebecca			TAYLOR Glen	3351 5372	
ALLEN Peter	3870 2820	3365 4138	KEENAN Anne	3366 3653		THIESFIELD Brodie	3821 0998	3365 4321
ANDREWS Vaughan	002 23 1203	002 21 5362	KENNARD Barbara	3217 7185	3833 3523	TIMMERS Peter	3367 2119	
ANZA Loretta	3287 5253	3362 4677	KERWICK Carmel	3398 5364	3343 3877	TJIA Liam	3847 2788	
ARENDS Hugo	3878 9468		KETTERINGHAM Tony	3870 3373	3862 0214	TRIMBLE Ryan		
ASHBOLT Vanessa	3366 6923		KIRKWOOD Andrew	3376 1074		TROTH Ashlea	3371 0196	3365 6796
AVERYT Elinor	3371 7176		KISSEL Susan	3870 4473		TRUVILLE Nathan	3273 4415	
BAHNISCH Michael	3201 1207		KRAMER Michelle	3371 3469		TWAMLEY Jason		
BACKERMANS Marja	3870 4473		KRUEGER Vanessa	3371 6427		VAN DER MERVE Jackie	3878 5494	
BARNETT Chris	3378 1963	3365 4561	LAVERY Greg	3378 8330	3365 3946	VERKAAIK Tom	3398 5364	
BARRETT Janine	3217 8482	3365 2881	LEIGH Justin	3376 4683	3376 4233	VICKERS Joan	3378 6741	3365 3187
BASMAN Regina	3217 8609		LEVIN Ilse	3871 9233		WADDELL Kyeema	3871 1039	
BATTY Sarah	3878 1924	3221 4392	LIEN Thanh	3871 8584		WAITS Rachael	3353 2492	
BEAL Hilary	3377 1352		LOOMIS Katie	3217 8530		WALKER Jody	3378 1226	
BEAL Eleanor	3379 6146		LUI Wai Kum	0011 852 27149275		WALSH Malissa	3377 1559	
BEAVIS Celeste	3366 4103	3365 2924	LUKE Annette	3878 5998		WATANABE Shigegu	3871 1592	
BELL Pippa	3871 8512		LVISI Kerry	3371 7176		WATSON Brett	3300 1270	3365 3985
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BOWEN Christopher	3857 4028	3391 4433	MARX Anthony	3878 9814		WEST Meg	3262 3376	
BRANDER Rafael	3378 5768	3365 1136	MASON Huw	3300 6441	3857 7088	WILSON Rosanne	3263 9491	
BRAXTON-SMITH Tony	3878 9609	3271 2433	MELLIFONT Cathy	3857 3649		WOODS Joy	074 41 5899	3808 8733
BROWN John	3870 1375		MELTZER Anna	3870 2090	3871 0799	WYNER Dana		
BROWN Lachlan	3369 4338	3875 7942	MILLER Duncan	3349 0326		YANADA Cathy	3871 9261	
BR YANT Andrew	3300 2872		MORALES Marcle	371 3404	832 0622	YOUNG Duncan	3892 4093	
BRYANT Rachel	3352 6869		MOLITOR Nicole			YOUNG Eric	3846 5383	3303 3344
BULL Anthony	3217 7039		MONKS Andrea	3262 2220		YOUNG Jack		
BULL Inger	3217 7039		MORICEAU Alain	3371 0282	3268 8546	ZUND Peter	071 521 237	071 537 834
CADDEN Louise	3397 6504		MULLINS Caroline	3376 4715				
CANFIELD Colin	06 247 6665		MULLINS Louise	3376 4715				
CHANG Lambert	3869 0246		MUNCH Elisabeth	3870 4353	3365 4729			
CHRISTIANSEN Ingrid	3374 1969	3877 9630	MURPHY Geoff	3207 5156	3808 8733			
CHRISTIE Wendy			McDERMOTT Lisa					
COLLIER Janet	3371 6880	3365 2450	McFADDEN Andrea	3846 5420	3287 4845			
COLLIS Glen	3371 0969	3365 2491	McGRATH Chris	3371 4427				
COLTHORPE Kay Louise	3390 4324	3365 1405	McGRATH Daniel	3892 5501				
CONNING Dolina	3284 6397		McNEILL Kevin	3359 0458	3365 2242			
COWLEY Robyn	3892 3164	3365 1457	McTAVISH Jane	3378 7978				
CRANE Rachel	3279 0188		NORMAN Phillip	3300 2005	3371 6677			
DALY Marian			O'CONNOR Kirrilee	3870 9034				
DANCER Robert			O'NEILL Cath	3344 3691				
DAVIDSON Jane	3379 2249		O'SULLIVAN Brian	3371 1765				
DAVIS Loretta	3371 1886	3303 3120	O'SULLIVAN Jane	3878 9076	3365 4811			
DEVAR Peter	3888 2648		OLOMAN Aidan	3870 9593				
DOBBYN Esther	3349 9283		OSMOND Darren	3371 1472				
DONDENO Anna			PALELLA Paul	3263 2540	3870 7078			
EAGLES Debbie	3289 1429		PAPPAS Michele	3371 7176				
EARL Patrick	3848 2016		PASSFIELD Sarah	3366 4214				
ELIAS Helena	3367 1580		PASSMORE Margaret	3871 8554				
ELMES Michele	002 235 289		POLLITT Reg	3225 1698	3844 3411			
EUSTACE Colin	3390 1657		PONOSUK Sarah	3371 3464				
FAIRFIELD Meredith	3371 1721		PORTER Janice	003 345 232				
FARMER Ron	3365 3948		PRESLMAIER Rob	3202 7687				
FIELD Roseanna	3870 0995	3856 4006	QUIRK Rachael					
FITZSIMMONS Larissa	3217 7457	3371 8632	RANDELL David	3217 8609				
FLYNN Sarah	3397 0652		REEVES Ben	3353 3708				
GASTEEN Gayle	3366 0736	3259 7175	REVILLE Kylie	3371 2946	3224 2126			
GOUGH Helen	3279 1839		REX Leigh-Ann	3355 6386				
GOUGH Jenny	3279 1839		REYNOLDS Scott	3378 7028				
GRECO Sam	3295 2367	3266 1488	RICHARDSON Scott					
GRIMWADE Michael	3371 7889		ROBERTS Andrew	3878 9728	3878 2255			
HAM Letitia	3366 3454		ROEBUCK Rebecca	3870 7251				
HARDEN Graham	3378 7755	3877 9430	RODGER Louise	3844 9738	3365 6735			
HARRISON Katie	3871 9297		ROSENAENGEL Andrew	3359 6097				
HARNSA Katie	3871 9297		RUBIE Elisabeth	3366 7526				
HARRIS Michelle	3358 4267		RUDNICK Jeremy	3377 1720				
HART Andrew	3871 9843		SALOMONE Joe	3350 2387	3266 1488			
HAULETTE Ryan	3377 1573		SCOTT Michelle	3369 1641				
HENDERSON Brett	3371 9470	3405 5017	SEARLE Adina	3217 8369				
HENZELL Jocelyn	3217 8976		SEAWRIGHT Geoff	3870 1400				
HEWGILL Anna	3371 5814	3365 4805	SELINGER Brad	3379 8638				
HEYWOOD Jillian	3217 8592		SHARROCK Glenn	3371 1886	3365 3687			
HICUOX Jane	3871 8698		SHRIMPTON David	3217 7267	3365 1539			
HILL Paul	3371 0196		SIBILIN Carla	3372 9749				
HJORRING Curt	3870 0614, 3365 3256		SIMMONDS Ryan	3371 3796				
HODGSON Katherine	3217 7881		SHEK Andrew	3377 1510				
HOEPNER Jenny	3371 9673		SMITH Amy	3217 8560				
HOEY Bob	3818 3171	3227 7796	SMITH Anthony	3390 4324				
HOFFMANN Florian	3870 4096		SMITH Maree	3287 6852				
HOYLE Simon	3217 7457	3365 2450	SOUTHEE Kelly	3846 5383	3221 5366			
IRELAND Derek	3395 3095	3844 2244	SPITEIE Elizabeth	3377 1764				
IRELAND Joanna	3395 3095	3844 2244	STEPHENS Anne	3217 9715	3210 0330			
JEACOCKE David	3378 7812		STERZL Kurt	3351 1585	3365 3985			
JENKIN Graham	3398 7549	3365 4157	STONE Bree	3379 8279				
JENKINS Scott	3871 9181		STUECK Florence					