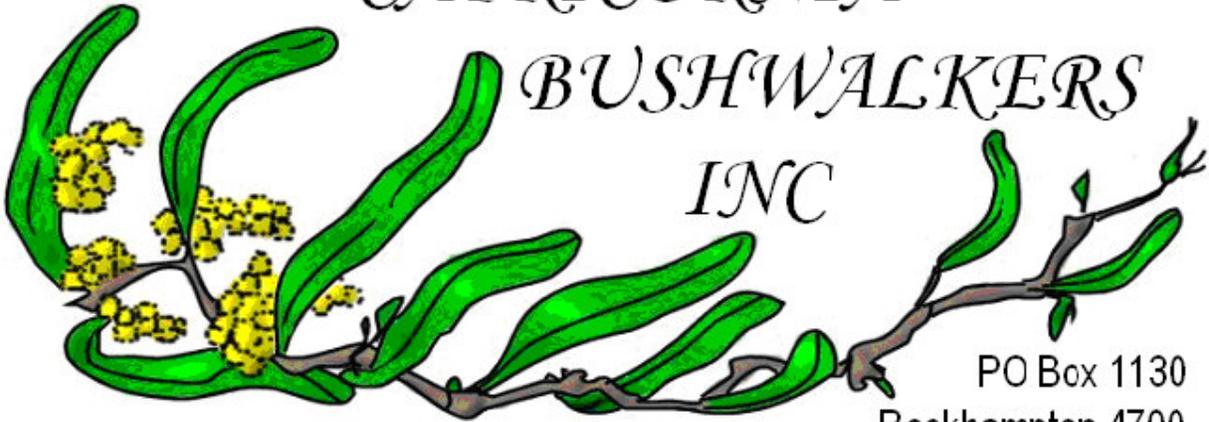


# CAPRICORNIA

## BUSHWALKERS

INC



PO Box 1130  
Rockhampton 4700

**No: 106**

**NEWSLETTER**

**September 2006**

Week Away .....	9 – 17 Sept.....	Coolooloa National Park
Sunday.....	17 Sept.....	Long Island
Sunday.....	24 Sept.....	Belgamba
<i>Sunday.....</i>	<i>1 Oct.....</i>	<i>Nominations due for Zoo tour</i>
Sunday.....	1 Oct.....	Mt Etna
Sunday.....	8 Oct.....	Cabbage Tree Hill
Saturday.....	14 Oct.....	Photo Night
Sunday.....	22 Oct.....	Mt Kilner, Broadmount
Saturday.....	28 Oct.....	Mt Jim Crow
<i>Wednesday.....</i>	<i>1 Nov.....</i>	<i>Nominations due for Keppel Island</i>
Friday .....	3 Nov.....	Rockhampton Zoo
Weekend.....	11 – 12 Nov .....	Marlborough
Sunday.....	19 Nov .....	General Meeting
Sunday.....	26 Nov .....	Canal Creek Canoe
Saturday.....	2 Dec .....	Mt Archer by moonlight
Weekend.....	9 – 10 Dec .....	Christmas Break-up
<i>Jan 2007.....</i>	<i>Membership fees for 2007 now due</i>	
Aust Day W'end 2007 .....	26 – 28 Jan .....	Great Keppel Island

**President**  
**Vice President**  
**Secretary**  
**Treasurer**  
**Publicity Officer**  
**Newsletter**  
**Safety & Training**

Fay McBryde 4922 3820  
Bevan Titmarsh 4922 7482  
Cheryl Gargan 4938 7375  
Pauline Toop 4926 1131  
June Dalliston 4922 6042  
Helen Mackay 4997 1725  
Viv Murphy 4928 0904

**Committee Members**  
  
**Social Committee**

Glyn Gadsby, Alan  
Rogers, Helen Mackay,  
Cathy Pomare-Clarke  
Ros Nielsen,  
Dot Svendsen,  
Maxine Maunder,  
Sharyn Johnston

## PROGRAM DETAILS

Closing date for nominations is normally at least **5 days** prior to the walk. If you require transport it is doubly important to nominate well in advance. If travelling with someone else, it is courteous to pay your share of travel costs. Some walks may have a limit on numbers.

**Please note that organisers for Socials need advance nominations as well!**

**Date**      **Week Away 9 – 17 Sept**                      **Location**    **Cooloola National Park**  
**Type**      B/C    **Contact**      Alan Rogers 4922 4935

A week of camping, walking, canoeing and relaxing in the Cooloola National Park. Additional nominations only taken at this stage if people arrange all necessary bookings themselves.

**Date**      **Sunday 17 September**                              **Location**    **Long Island**  
**Type**      H/W E A 1    **Contact**      June Dalliston 4922 6042

An easy track walk on this local Fitzroy River island, suitable for beginners.

**Date**      **Sunday 24 September**                              **Location**    **Belgama and Mt Gavial**  
**Type**      D/W M B 2, 6    **Contact**      Ian Herbert 4938 1818

Long-range views, rock-hopping to the top of Plumtree Falls.

**Date**      **Sunday 1 October**                                      **Location**    **Mt Etna**  
**Type**      D/W E A 1    **Contact**      Pauline Toop 4926 1131

Enjoy a short walk from the Bat Cleft Track up Mt Etna, followed by a BBQ at the National Park Interpretive Centre, then two more short walks through rain forest.

There will also be an **optional** chance to explore a cave on Mt Etna, rated M to H 4, 7. This optional extra is not covered under the Club's insurance policy. Contact Pauline for more information.

**Date**      **Sunday 8 October**                                      **Location**    **Cabbage Tree Hill**  
**Type**      D/W M B 2, 4, 7 Alt 500                              **Contact**      Kathy Pomare-Clarke 4936 2534

A shorter walk to Cabbage Tree Hill from the Mt Chalmers side, through pleasant eucalypt and Cabbage Tree forests. Some steep sections.

**Date**      **Saturday 14 October**                                      **Location**    **Photo Night, CCC Centre**  
**Type**      SOC    **Contact**      Ros Nielsen 4928 7406

Photo and pizza night, 7pm, CCC Environment Centre Hall in Livermore St, opposite Herbert St (re-scheduled from July). Those interested must contact Ros in advance, so that numbers are known.

**Date**      **Sunday 22 October**                                      **Location**    **Mt Kilner**  
**Type**      D/W M to H C 2, 4, 6 Alt 400                      **Contact**      Alan Rogers 4922 4935

A walk to Mts Kilner and Broadmount, near Thomson Point. Great views over the river and coast.

**Date**      **Saturday 28 October**                                      **Location**    **Mt Jim Crow**  
**Type**      H/W M A 1, 7    **Contact**      Kathy Pomare-Clarke 4936 2534

A short, sharp walk to the top of Jim Crow. 3pm start to escape the heat.

**Date** Friday 3 November **Location** Rockhampton Zoo  
**Type** SOC E A **Contact** Kathy Pomare-Clarke 4936 2534  
 Night visit to Rockhampton Zoo, 7pm to 9pm. Guided tour, \$10.25 per adult, \$5.15 for 5 - 15 yrs.  
 RSVP Sunday 1<sup>st</sup> October.

**Date** Weekend 11 - 12 November **Location** Marlborough  
**Type** B/C M B 2 **Contact** Helen Mackay 4997 1725  
 Walk with a local guide on his property, Sunday. Explore local chrysoprase mine Saturday. Camp at  
 back of hotel (free).

**Date** Sunday 19 November **Location** General Meeting, CCC Centre  
**Type** GM **Contact** Fay McBryde 4922 3820  
 GM at CCC Environment Centre in Livermore St, opposite Herbert St, 2pm. Come along and help  
 develop the Club's program for the beginning of 2007.

**Date** Sunday 26 November **Location** Canal Creek  
**Type** SOC, canoeing day **Contact** Helen McKay 4997 1725  
 Canoeing on Canal Creek, near The Caves. BYO canoes, or some available. No experience  
 necessary.

**Date** Saturday 2 December **Location** Mt Archer by moonlight  
**Type** H/W **Contact** Kathy Pomare-Clarke 4936 2534  
 A walk down the Mt Archer Track, partly by moonlight. Walk will start in the late afternoon, so  
 bring tea/snack and torch.

**Date** Weekend 9, 10 December **Location** Dot's place, Taramarra  
**Type** Christmas Break-up, B/C **Contact** Dot Svendsen 4939 7805  
 Party Saturday night with Mr Claus at Taramarra, Farnborough Rd. Sunday spent recovering by  
 pool.

**Date** Australia Day W'end, 26 – 28 Jan **Location** Great Keppel Island  
**Type** B/C M 1 (various distances) **Contact** Dot Svendsen 4939 7805  
 Start the New Year's activities with walks, swims, socialising, relaxing! Nominations early please.

#### WALK LEGEND

<b>D/W</b>	Day Walk	<b>T/W</b>	Through Walk or Car Shuttle required	<b>O/N</b>	Overnighter
<b>H/W</b>	Half-day Walk	<b>4WD</b>	Access by 4WD only	<b>X/T</b>	Extended Trip
<b>B/C</b>	Base Camp	<b>N/F</b>	No Facilities – no water, showers or toilets	<b>SOC</b>	Social

#### WALK GRADING

Fitness		Distance		Terrain	
<b>E</b>	Easy, suitable for beginners	<b>A</b>	Less than 5 km	<b>1</b>	Trail/Graded Track
<b>M</b>	Moderate, good fitness required	<b>B</b>	5 to 10 km	<b>2</b>	Off-track/Cross-Country
<b>H</b>	Hard, very fit walkers only	<b>C</b>	10 to 15 km	<b>3</b>	Not pre-walked
		<b>L</b>	15 to 20 km	<b>4</b>	Minor scrub
		<b>X</b>	Over 20 km (same day)	<b>5</b>	Medium or Heavy Vegetation
<b>Total Uphill Sections</b>				<b>6</b>	Creeks / Rock Hopping
<b>ALT</b>	in metres			<b>7</b>	Steep Scrambles

## **PRESIDENT'S REPORT - A.G.M. - 2006**

It is my privilege and pleasure to present an overview of the club's activities for the last twelve months

The most significant event was the Combined Club's Campout on May Day weekend, which we hosted at Kooyalee. The occasion was much enjoyed by our visitors according to the positive feedback we've received from them. In fact the Bundaberg Club was so enthused with the area for its walk opportunities, and facilities at Kooyalee, that they promptly booked the site for next Easter.

The organisation of the programme for three days of walking, canoeing, entertainment etc, was the culmination of a supreme effort by many of our members, and the success achieved a credit to one and all.

The September week away was spent in the spectacular Blue Mountains, and despite the cold, our members got to enjoy some of the most beautiful walks in the country.

Our walks programme over the year covered a wide range of areas, including a weekend camp at Marlborough which included a couple of educational tours.

We've also enjoyed canoeing, map and compass training, and several social events devised by our creative social committee. The leaders, the backbone of our Club, are greatly appreciated.

Membership has increased this year by ten - 71 financial, plus Life Members, comes to over 75 in all

I take this opportunity to thank Dot and Ron, Maxine and Graham, and Deborah, for making their homes available for both meetings and socials.

The office bearers deserve especial credit for their conscientious efforts towards the smooth and efficient management of our affairs. My thanks to them all.

***Fay McBryde***  
**President**

### **REQUEST FOR SPONSORSHIP:**

Publication of Guidebook: *Plants of Capricornia*

Capricorn Conservation Council is looking for sponsors to assist with production of this valuable reference book. Although CCC is hoping that government and commercial bodies will provide the majority of sponsorship towards the printing costs, it is likely that additional funds will be required, and Capricornia Bushwalkers Inc members can support the publication through smaller donations. For more details, and example illustrations from the guidebook, see the enclosed pamphlet.

## WALK REPORTS

### **MOUNT BERSERKER – Sunday, 4 June 2006**

On the afternoon of Sunday, 4 June 2006, everyone agreed that they'd had a fine day's bushwalk. This was due to a variety of reasons – the weather that day had been mild and refreshing, the views from the top of Mt Berserker had proved to be clear and plentiful and the Aussie birds had treated the bushwalkers to a delightful chorus of trills, whistles and song throughout the day.

To reach the heights of Mt Berserker itself, the group had climbed Mt Birkbeck first, and had then followed an undulating, spiralling track to the peak. The absence of lantana and speargrass on the track was due to a fire which had raced across most of the area earlier in the year, and this had made the going easier, as well.

We are indeed fortunate that we have such a vast natural walking wilderness right on our very doorstep.

*Barbara*

### **CAUSEWAY LAKE TO ROSSLYN BAY MARINA – Sunday 30<sup>th</sup> of July 2006.**

**Leader: lovely June Dalliston**

A Peregrine Falcon was dive-bombing a Brown Falcon, a thrill of experience only comparable to the first bars of Beethoven's symphony No. 5. A White-faced Heron at the waters edge was patiently waiting for his breakfast, while the swift swallows were darting speedily for their catch, curving their flight in elegant arches.

The ocean, Islands and Shirley were a splendid vision in blue.

We investigated eagerly the sculpted images on the rocks around Pinnacle Point on Mulambin



Beach, landscapes in miniature, engaging our imagination. Scrambling up the grassy slopes to reach the shady walkway towards the lookout on Bluff Point from where we enjoyed the great views that can be compared to any along the splendid coast of Australia. Another highlight was spotting several turtles at the

Ritamada Lookout (not the Turtle Lookout), also a great number of fishing boats were gathered near the "Iron Pot". From the Keppel Islands a large fleet of sailing crafts were crossing Rosslyn Bay engaged in some sort of regatta.

The silvery waves breaking over rocks left the cavities filled and the light breeze moving them about created little mirrors that send reflecting signals up to us high above on the steep slopes. A Brush Turkey was busily raking mulch towards a new nest under construction, the trails of his astounding efforts visible throughout the surrounding undergrowth. A Brahminy Kite was circling Kemp Beach.

We had morning tea there observing a little female Mistletoe bird, the spot obviously splendid for some bird watching. Refreshed we walked on to the northern end of Kemp Beach and on to the top of one of the peaks from where we admired the vistas over the "Blow Hole". Volcanic activities long, long ago had forced the lava up to a great height. The solidified structures formed columns that had frozen into a circular pattern.

The walk ended at the Rosslyn Bay coffee shop where we settled contentedly overlooking the marina and enjoying cups of coffee, ice cream and cakes. The day was full of sun, soul and excellent company.

A warm thank you to June for organising the walk and to Laurie for shuttling us around and enriching us with his presence and yarns.

*Thank you and greetings to you all from Eva and ALF*

PS.: Mary wanted a recipe for a "Moroccan Orange Cake" (Gluten free since it contains no flour)

#### MOROCCAN ORANGE CAKE

This classic whole orange cake has no flour so is incredibly moist with a tangy flavour. Serves 8-10.

- 2 oranges
- 6 eggs
- 250g caster sugar (1 cup + 2 level tablespoons)
- 1 level teaspoon baking powder
- 250g ground almonds (2 cups)
- 20 or 22cm (9") springform cake tin, plain flour

To grease tin: mix 1 level tablespoon soft butter with 1 level tablespoon plain flour. Scrub oranges in cold water. Put the whole unpeeled oranges into a large saucepan, cover them with cold water and simmer for 2 hours. Leave to cool, then cut in halves and remove the pips. Make a smooth puree of the oranges with a food processor and set aside.

Whisk the eggs and caster sugar in a large mixing bowl then add baking powder, ground almonds and orange puree: mix all ingredients thoroughly.

Brush inside of cake tin evenly with the butter/flour mix mixture then spoon in cake mixture. Bake in preheated moderate oven (190C) and cook for 1 hour, or until you can insert a fine skewer and it comes out clean. Cool in the tin for 10 minutes then carefully turn out onto a cake cooler.

To serve: cut into thick slices and serve 'just warm' with thick cream. This cake is absolutely delicious when served warm.

## ENJOYING THE BUSH (Mt Kilner walk, 16 July) (Photo courtesy of Alf Keller)



### ORIGINS OF SOME BERSERKER RANGE NAMES

Peaks in the Berserker Range were first seen and named by Europeans in 1853 when the Archer Brothers, Charles and William, viewed the Fitzroy River and Rockhampton district. The Archers named the Berserker Range and some of the peaks themselves; other peaks have been named (or renamed) subsequently, mainly after prominent Rockhampton identities of the early settlement.

**Mt Archer** This mountain was originally named Mt Berserker by the Archer Brothers, but was later renamed Mt Archer to honour the discoverers. Probably this mountain was called Nerim (hence the local name Nerimbera) by the local aboriginal people.

**Mt Berserker, Berserker Ranges** Berserker commemorates legendary fierce Norse warriors. They (reportedly) went into battle dressed in bear skins or without any armour at all. The word Berserker derives from another characteristic - berserker-gang- a word meaning crazed behaviour. Berserkers worked themselves into a frenzy before battles by “painting their faces, howling like animals, banging helmets, consuming large quantities of alcohol or eating hallucinogenic mushrooms”. They believed this made them immune to injury and pain. Today, the word “berserk” means to act crazily.

Mt Birkbeck	S B Birkbeck, W C Chapple, W H Dick, F Kilner, P F MacDonald, H W Risien, W H Standish and W H Wiseman were all prominent Rockhampton (or district) men in the early pioneering days of Rockhampton. Among their professions were landowner, grazier, Lands Commissioner, Roads Superintendent, newspaper proprietor, gold prospector and Customs Sub-Controller. Descendants of some of these families still live in the area.
Mt Chapple	
Mt Dick	
Mt Kilner	
Mt MacDonald	
Mt Nicholson	
Mt Risien	
Mt Standish	
Mt Wiseman	
Broadmount Flat Top Range Peak Hill	
Cabbage Tree Hill	The Cabbage Tree Palm ( <i>Livistona australis</i> ) grows abundantly on this mountain. The leaves were once used for hat making.
Mt Ellida	The “Ellida”, owned by the Archer Brothers, and skippered by Colin Archer, was the first ketch in 1855 to use the port of Rockhampton, bringing supplies from the south for the Archers.
Mt Sleipner	In Norse mythology, Sleipnir (anglicised as “Sleipner”) is Odin’s magical eight-legged steed, and the greatest of all horses. His name means <i>smooth</i> or <i>gliding</i> , and is related to the English word “slippery”. Charles Archer had a favourite grey horse named Sleipner, and a statue of this horse now stands outside the Pilbeam Theatre.
The Badger	An unknown? However “badger” and “goldfield” – New Zealand Gully in this case – often go together. In Australia, a badger is the wombat. Does this mountain look like a wombat? Were wombats once found here?

Further reading: “Rockhampton: a History of City and District”, by Lorna MacDonald, plus numerous Internet pages, including Australian Dictionary of Biography at: <http://www.adb.online.anu.edu.au/adbonline.htm>.

### **MISSING NEWSLETTER NO 1 FOUND!**

A copy of Newsletter #1 of Capricornia Bushwalkers Club, from Feb 1979, has been located by Ian Herbert. Thanks, Ian.

**CAPRICORNIA BUSHWALKERS INC – MEMBERSHIP APPLICATION**

Membership will be provisional, until approved at the next General Meeting of the Capricornia Bushwalkers Inc.

NAME(S): .....

.....

POSTAL ADDRESS: .....

.....

Number of members included in this application form: .....

E-mail: .....

Phone: (Home) ..... (Work) .....

Signed: ..... Date: .....

**FEES – (12 month membership until Dec 2006, or part thereof)**

- either Single \$25.00
- or Family \$35.00
- or Student/Pensioner \$15.00

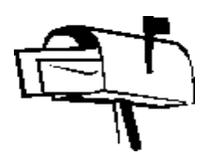
\$ .....

(Compulsory insurance is included in above.)

NOTE: Membership fees are due on the 1<sup>st</sup> of January.

Please forward to:

The Treasurer  
Capricornia Bushwalkers Inc  
PO Box 1130  
ROCKHAMPTON Q 4700



Our Internet page:  
Our e-mail:  
Our postal address:

[www.geocities.com/capbushwalkers](http://www.geocities.com/capbushwalkers)  
[capricornia\\_bushwalkers@yahoo.com.au](mailto:capricornia_bushwalkers@yahoo.com.au)  
PO Box 1130  
ROCKHAMPTON Q 4700