

Registered at G.P.O. Melbourne for transmission as a periodical

W A L K '66 I S O U T

Have you bought your copy yet? Have you given or sold copies to all your friends and relations?

THE BOOK FOR THE BUSHWALKER - 68 interest-filled pages.

Copies are available in the clubroom - 2/6 each. Athol Schafer will be there on Friday 24th December and "Walk" will be on sale that night - a last-minute Christmas gift suggestion?

If you can't get into the clubroom, order your copies from the Secretary or from Ian Phillips (67 Glynden Road, Camberwell).

SEARCH IN THE BUSH

Most of you will have read in the daily press of the bushwalker who was missing in the Jamieson area between The Nobs and Mount Macdonald last week-end. 67-year-old Mr George Morris became separated from his companion, Mr Eric Tetlow, on Saturday. After searching for about 2 hours Mr Tetlow gave the alarm and the Forests officer from Heyfield took charge of the search. On Monday morning Mr Morris was sighted by a light plane on a ridge. When found, he was hungry and tired, but unhurt.

Mr Morris is a member of the Melbourne Walking Club. Apparently when he became separated from his companion, he headed back along the ridge towards Mt. Clear, then returned to The Nobs area and took a spur down to the Macalister River, where he spent his second night on his own. On Monday morning he sighted The Nobs again and was attempting to head cross-country to them when he was sighted on an open ridge top by the plane.

Mr Morris' son and members of the Melbourne Walking Club joined the search on Sunday. 4 members of the police Search and Rescue Squad arrived on Sunday night and members of the Federation S & R, including five members of our club on "A call, were told to be at Russell Street at 2 pm on Monday. However, the call was cancelled about midday after Mr Morris had been found.

Members of the Melbourne Walking Club who went to Heyfield to join the search praised the Heyfield Forests officer for the way he handled it. However, the search on the Sunday was hampered by lack of manpower. The few searchers available concentrated on The Nobs area in case Mr Morris had had a heart attack or fallen and injured himself. Had there been more searchers they would have searched the ridge to Mt. Clear and found his camp fire. Perhaps the walking clubs didn't act quickly enough.

On Monday police and members of the search and rescue unit of the NSW Federation of Bushwalking Clubs rescued 18-year-old Peter Dean, who fell while climbing near Jonolan Caves on Sunday.

These events may serve as a timely reminder of the part S & R members can play in such circumstances and also of the part our Contacts play in the organising of a search. Please make a special note of our Contacts over the Christmas period.

AUSKI

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Paddy Pallin has produced a light-weight H-frame pack, slightly smaller than existing models. Cheaper too, at 211.10.0.

Need a new pack? Then call at AUSKI's and inspect his range which includes models of the celebrated Bergen Rucksack imported from Europe.

AT LAST

Freeze-dried meat - available at

AUSKI's

CALL AND INSPECT

See LOIS, TONI, JOHN and CHARLES

at Auski House

Hardware Street, Melbourne (just off Bourke Street)

WALKS PROGRAMME

There's still time to book in on a Christmas walk. Please contact leaders for further details or see last issue of "News".

4 days Tarli Karng - Mt. Wellington - Bennison Plains

Leader - Robert Steel (47 3743)

Leaving Melbourne Friday night (Christmas Eve), returning Tuesday night (23th December). Private transport.

4 days Fry's - Eagle's Peaks - The Bluff

Leader - Eovillo Simpson (b) 30 4185

Leaving Friday night (Christmas Eve), returning Tuesday 28th December.

9 days or Kosciuski - Dead Horse Gap - The Cascades - Tin Mine - Pilot -

21 days Cobberas - Omoo - Dungey's Track - Bogong High Plains

Leader - Robin Mitchell

Leaving Friday night, 24th December

14 days Yellow Bog - Black Jack - Kiandra Trail - Townsend - Gochi Spur

Leader - Athol Schafer (211 2649)

Leaving Monday, 27th December

Extended. Cradle Mountain - Lake St. Clair - Frenchman's Cap

Leader - John Richards (57 4633)

19 December Mount Juliet

Leader - Nicholas Cole (25 6433)

Hard

Train leaves Flinders Street station at 9.00 am

Fare - 2nd return Healesville - 12/6 (\$1.25)

Map - Juliet 1:50,000 Military Survey

16 January Daylesford - Hepburn Springs (Swimming)

Leader - Graham McKinney

Easy

Train leaves 9.30 am - Sunday excursion Daylesford - 13/6 (\$1.85)

Bring bathing togs.

Map - Daylesford 1" to 1 mile N.S.

23 January Howat's lookout - Yan Yean

Leader - John Rogers (18 Kinkora Road, Hawthorn)

Easy

Van leaves Batman Avenue 8.55 am. Fare - 11/- (\$1.10)

Map - Yan Yean 1" to 1 mile N.S.

28-31 Jan. Wilson's Promontory

Leader - Rex Filson (b) 63 7030

Van leaves Batman Avenue 6.30 pm. Fare - 46/- (\$4.60)

There will be two parties - one taking a hard route, the other an easy one.

Map - Wilsons Promontory 1" to 1 mile, MBW

CHRISTMAS CONTACTS

From 24th December to 3rd January

1. Fred and Merle Halls (p) 97 3724

2. Bob Bittner (p) 62 1716, (b) 56 2682

From 4th January to 10th January

1. Ian and Ann Phillips (p) 29 4016

2. Bob Bittner (p) 62 1716 (b) 56 2682

3. Alan and Joy Bennett (p) 98 1057, (b) Alan 37 8881

From 11th to 16th January

1. Ian and Win Bennet (p) 43 1921

2. Bob Bittner (p) 62 1716, (b) 56 2682

3. Alan and Joy Bennett (p) 98 1057, (b) Alan 37 8881

NEW MAPS

7/775

CABRAMURRA

SMA

1"

7/831

Parts of JAMIESON and MATLOCK (Copy)

2"

NEW MEMBERS

BEAULIV, Darcy R - 62 Park Road, Middle Park

TERRY, Arthur C - 8 Winsome Street, Montone - (p) 93 3617

TICKNER, Geoffrey K - 21 Crrong Road, Armadale - (p) 51 6418, (b) 60 0391, ext. 343

WALLIS, Graeme J - 22A Buckley Street, Essendon, W. 5 - (b) 37 8308

CORRECTIONS TO ADDRESS LIST

SIMPSON, Neville - 41 Acland Street, St. Kilda

BEAMES, Roy - (b) 35 2221, ext. 254

COMMITTEE DUTY ROSTER

17 December Roy Beames

7 January Anne Weiling

24 December Athol Schafer

14 January Rex Filson

FOR SALE

One framed rucksack - solid shoulder pads, perfect condition. Available for inspection in the clubroom. Price - £6. Further details - Athol Schafer.

"EQUIPMENT FOR MOUNTAINEERING", Second edition

An up-to-date guide on the choice of equipment. Chapters on lightweight walking, winter mountaineering, home-made equipment, calorific food values, recommended shops, etc. Copies are available in the clubroom - 5/3 each.

THE CHRISTMAS DANCE

"The Moorings" was the setting for the Bushwalkers' annual Christmas Dance. This is the present residence of Mr Maitland Vertigan on the banks of the Yarra River at North Kew.

The dance was preceded by a barbecue on the lawns. Mr John Brownlie of Elsternwick provided the intricate lighting system for this which enabled us to estimate the charcoal content of our chops and sausages. Those who were lucky enough to get hold of a cup drank the billy tea that was provided in a rusty metal boiler.

The dance itself was held on a concrete patio which had been tastefully decorated by Mr Vertigan. The stillness of the night air was sharply interrupted when Mr Roy Taylor's orchestra honked into action at 8.30 pm after a lot of preparation involving power points, seating and extension leads.

Most ladies chose unconventional bushwalking gear for the evening - dresses (yes), stockings, high heeled shoes, and many had had their annual hair set. Many male members wore ties for the occasion. Miss Sandra Phillips of Montone surprised us with her variations of rock 'n roll. Despite a fairly recent leg injury Mr Michael Griffin of Chelsea gave us a remarkable performance of the twist (?). Another member with outstanding energy was Miss Val Jones of Moorabbin. Among the more sedate members were Mr and Mrs Felix Harding of overpopulated Elsternwick who gave us a rendition of the dying art of the foxtrot. One member with unusually little energy (?) was Mr Neville Simpson of St. Kilda and formerly of New Zealand. He was content to sit around the fire and sup - sorry sip - for a large part of the night.

Supper was served on the lawns in our usual buffet manner after convoys of food had been delivered from the kitchen by Mrs Anne Weiling of St. Kilda and Miss Robyn Lewis of Blackburn. Afterwards silver spoons were presented to:

Miss Marion Houston and Mr John Siseman (soon to make the final vows)

Mr and Mrs Ian Phillips and Mr and Mrs Dick Hughes (who have no more vows to make).

The evening ended at 12.30 am with a rather exhausting Mexican hat dance. This gave the people who were staying the night a chance to unroll their sleeping bags and get some sleep.

ALONG THE TRACK : Berwick - Beaconsfield Reservoir - Beaconsfield, 12 December
 Alighted at Berwick Station. Strange - only 2 others in sight - now 3 more appearing - but no leader Lawton. Was this all? Had the trip been cancelled or had they gone by bus instead? A round car trip to Beaconsfield station proved fruitless. The mystery deepened.

Anyhow our group of wondering walkers voted to carry on the scheduled route - and this they did - thrashing through the tiger country of Cardinia Creek under the rising temperatures of the young summer, swilling refreshments at a wayside milk bar - and eventually finding the missing main party at the Reservoir!

The mystery was solved - they had alighted at OFFICER, a station even further along the line. But we wouldn't join 'em and finished the walk as scheduled.

One of the Six

Coghland's Hill - Mt. Wilson, 14th November

After a pleasant walk along the ridge from Coghland's Hill to Mt Wilson we descended sharply to the Larderderg River for lunch

From here, we intended to travel north-east, cross the Beachwood-Trentham Road and climb Blue Mountain. However, several hours later a slightly embarrassed leader was obliged to explain our presence in Lyonville.

We were able to contact the van by phone and it picked us up shortly afterwards.

While we were waiting, most of us downed double headed icecreams, while the bona fide travellers quenched their thirsts nearby.

H.M.

FOOD FOR THOUGHT - Part II

Last month's list suggested that the best foods for a long trip are those rich in fat, carbohydrate or protein and easy to cook. On cooking, uncooked protein is often completely indigestible. This is apparently true of eggs - a claim (unverified) says that the human digestive system can handle only one raw egg a day. Apart from food values, it is wise to have a reasonable amount of food that does not require cooking, for bad conditions. However, in very cold weather, a hot drink may mean more than food value. Your food must give you "spiritual comfort" besides energy.

FOODS FOR FOOD VALUE: The three most important are sugar, milk powder and butter (or margarine). It is wiser to overestimate sugar and milk powder. It is easy to use ^{1/2} lb. of each a day on a long trip. One thick drink of milk (full-cream powdered), sugar and milo can yield more than 500 digestible calories. Butter (and marg.), cheese, peanut butter, raw oatmeal, wheatmeal or oatmeal biscuits and nuts are other foods ready to eat or easily prepared and rich in food value. Beware of strong flavored cheese on a long trip - cheese fulfils a craving for protein not flavor. A strong flavored (tasty) cheese can get a "little" hard to take if it forms an important part of the daily diet. This is, of course, a matter of personal preference, but I like to buy the soapiest cheddar cheese available (Myers) and wrap it in aluminium foil. Packaged, processed cheeses keep well but their food value is lower.

Bacon, dried fruits (prunes, apricots, etc from Sanitarium) and soya bean flour are reasonable foods that have to be cooked (soya flour can be added to the nightly dehyd). Beware of buying bacon from the refrigerator at the local self-service store - it won't keep. Buy properly cured bacon at a delicatessen or butchers (you can still eat this even if it does turn green after a few days.)

FILLING FOODS: One day someone will invent the complete pill-sized meal, but it will never satisfy as much as a double helping of strawberry short/cake and cream. Last month we said rice had little cooked food value, but this month we will praise it as a "filler food". Not only does rice make you feel full after a solid work out with a mess of dehyd, but it also serves as a "vehicle" for milk and sugar.

Dehyd, dried peas, lentils, etc. are also more "filling" than "food value" foods. How you will eat them will, of course, depend on your theory of how dehyd should be cooked. However, brace a meal of this stuff with a few solid brews of milk, sugar and milo or coffee or a milk and sugar rich desert.

Has anyone tried the packet meals like "Marva" etc. These may have a little more flavor than "Dewcrisp" dried vegetables.

A BIT OF VARIETY: Jolly (crystals) and the various brands of instant pudding are light and sweet. Jams, honey and other spreads are also important ways of giving your diet variety and perhaps more than one brand of biscuits should be taken (e.g. Vim-O-Wheat and Wheat Flake). Ryc-Vita (corrugated cardboard) biscuits have not found favor among seasoned walkers. Not only are they bulkier than most other biscuits but after the fourteenth day and threehundredth biscuit, the color and flavor have proved a bit hard to take. The diet for the first few days can be brightened with a small tin of fruit or sardines. Acid drops are excellent for those between meal snacks on hot days. Sunflower seed is pleasant added to a bag of nuts. Note that nuts and particularly chocolate make many people feel thirsty so acid drops and barley sugar are safer on a long, hot stage.

Evening meals can be brightened up with a variety of soups (packets or cubes) Some writers have attached high caloric values to packet soups, but they are worth carrying for variety alone.

HOW MUCH? The "good books" say the bushwalker needs 2 lbs. of food a day. Many experienced walkers however work on 1 lb. a day for a Christmas trip. Perhaps 1½ lb. a day is ample for a 10 day trip.

PACKING THE FOOD : Food bags are better than tins for they pack better, taking up much less room. There are however, foods that are better packed in tins - honey, jams, peanut butter, and perhaps butter and margarine. **NEVER TAKE GLASS JARS.**

Powdered milk and oatmeal, in particular, can be compressed into a much smaller volume in food bags. Keep powdered milk, milo, instant coffee, etc. airtight by packing them inside three plastic bags and sealed with rubber bands.

Some walkers dispense with cloth bags altogether by using this method for all foods - packed in bags, or they pack the plastic bags inside a few big cloth bags. The cloth bags should be made of jupara. This is easy to buy from City canvas goods stores (Evan Evans) and are easily sewn with cotton thread.

Honey should be creamed (candied) - beware of buying honey that is thick only because it is sitting in a store's refrigerator. The plastic cartons of creamed honey are quite safe - if sealed inside a plastic bag. Eggs should be carried in something rigid like a billy, also sealed inside a plastic bag (just in case). (Honey, broken eggs, and oatmeal really waterproofs a pack).

Butter is a problem. The best way of preserving it is to carry it in a tin wrapped in a piece of wet flannel inside a plastic bag in the centre of the pack. At night, place the tin under a stone in water. Bacon can be wrapped in aluminium foil and given the same treatment.

GOLDEN RULES: Carry a supply of rubber bands to seal the plastic food bags. Concentrate on developing a system of packing your food. Don't blindly accept anyone else's food list as best - it probably won't suit you. If someone says a particular food is good and advises you to take it, ask yourself "Can I stand this much food for a fortnight or so".

BON APPETIT!