

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

CHRISTMAS DANCE BARBECUE

One of The Events of the Year

Place: The Moorings, 1 Kilby Road, North KewDate: Wednesday, 8th DecemberTime: Arrive anytime after 5.30 p.m.

BARBECUE TEA from 6.30 p.m.

(Bring your own food. Fire supplied.)

DANCING from 8.00 p.m.

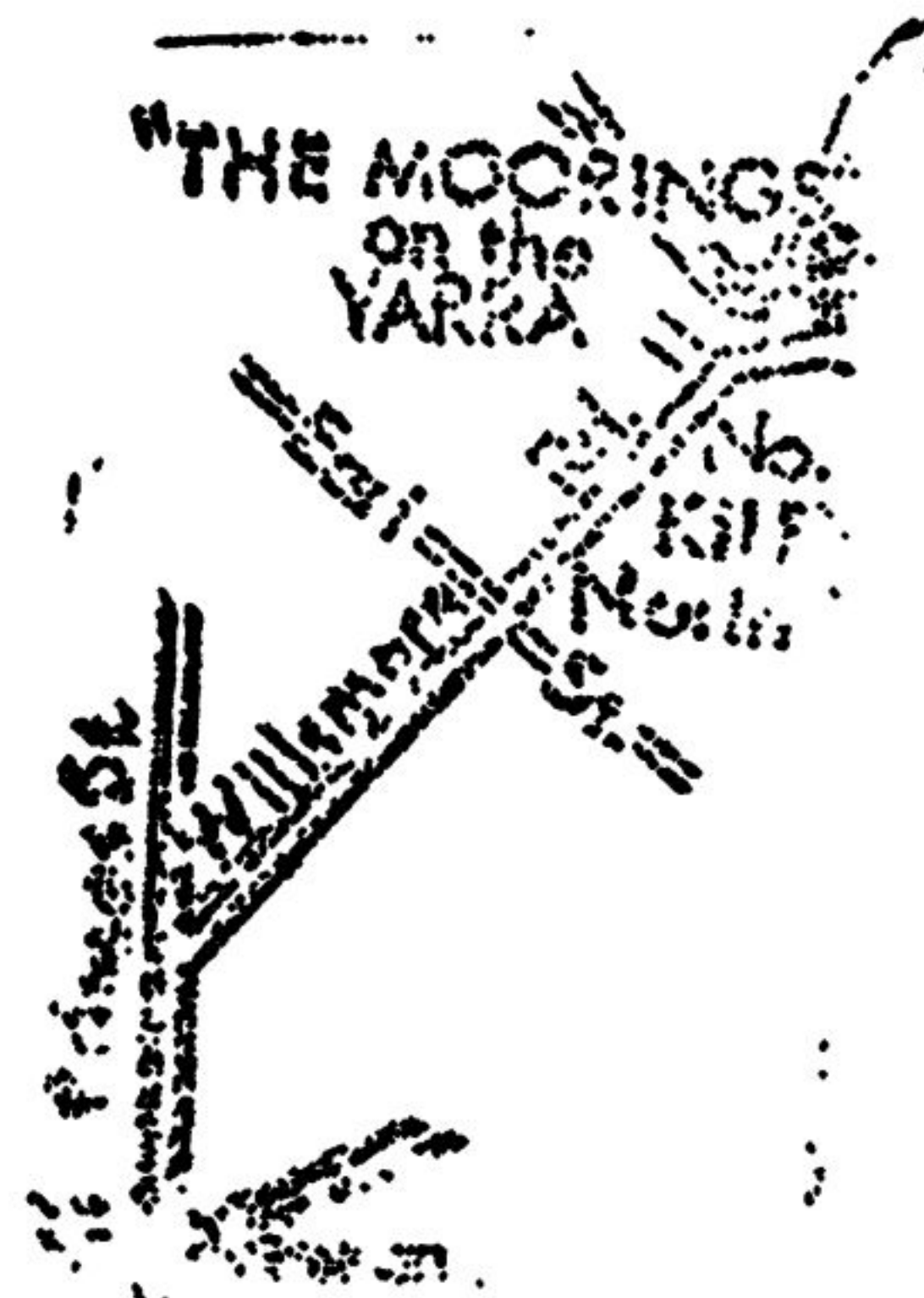
Bushies will frolic as usual to the strains of Roy Taylor and his band.

MAKE IT A GALA EVENT

Come early and stay the night - space available, so bring your sleeping bag.

To get there - Bulleen or North Kew bus from Flinders Street. Get off at Stop 42.

If you get lost, phone 85 2008.

Price: boys - 6/-, girls - a plate of food for supper.

OTHER SOCIAL EVENTS

Slide night - Christmas Walks Preview, Friday 26th November in the clubroom at 8.30 pm. Anyone with slides of the areas where our Christmas walks are planned are asked to contact Rob Steel (47 3743) as soon as possible.

Theatre night, Tuesday 14th December - "Those Magnificent Men in their Flying Machines". Tickets cost 12/-. Please see Helen Mitchell as soon as possible.

CHRISTMAS WALKS

4 days Tarli Karng - Mt. Wellington - Bennison Plains

Leader - Robert Steel (47 3743)

Medium

Map - Approaches to Mt. Wellington, 1" to 1 mile, M.B.W.

The party will leave Melbourne on Friday night (Christmas Eve) - private transport. On Saturday (Christmas Day) we will walk along the Wellington River to Lake Tarli Karng where we will have Christmas Dinner. Sunday and Monday will be spent walking around to Mt. Tamboritha via Mt. Wellington, Trapyard Hill, Mt. Arbuckle and the Bennison Plains. Tuesday will see us descending the Bennison spur to the cars and home. This will be a good trip with extensive views from vantage points as well as a visit to a delightful hidden lake deep in the mountains. It could be a bit dry in the middle stages of the walk, so bring water bottles. See leader for transport arrangements.

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

Leader - Neville Simpson (b) 30 4185

Medium

Transport - private unless sufficient numbers warrant a Kombi van or Gronows. 1st day - Fry's to foot of Lickhole Gap Spur (8 miles).

2nd day - Lickhole Gap, Eagle's Peaks, Rocky Ridge, Bluff Hut (10 miles).

3rd day - Bluff Hut, 16 mile spur, Howqua River, 8 mile Hut (10 miles).

4th day - 8 mile Hut, River track, Fry's (8 miles).

Total distance - 36 miles approx.

Map - Watersheds of the King, Howqua and Jamieson Rivers, 1" to 1 mile, V.M.T.C.

CHRISTMAS WALKS cont.

14 days Yellow Bog - Black Jack - Kiandra Trail - Townsend - Geehi Spur
 Leader - Athol Schafer (211 2649) Medium
 Probably leaving Boxing Day, 26th December. Fares approx. £10.
 Distance 100 miles. Train to Wodonga, bus to Corryong and hire car to Yellow Bog. The first section of the walk will take in the middle western sections of the Kosciusko State Park, i.e. The Dargals, Toolong Range, Manjar, Black Jack; then east via Cabramurra to the Kiandra area where the historic mining trail will be followed south. If time permits there will be a side trip to Mt. Jagungal. However, the route will still be south via the Kerries and Gungartan; the final section being the 7000' peaks, leaving them via the Geehi Spur and so back to Corryong via Khancoban. A good few of the sections in the Geehi Club Guide, "Snowy Mountains Walks" will be covered; and by keeping the Main Range till last there should be a better chance for good weather - and fewer tourists about. ***

9 days or Kosciusko - Dead Horse Gap - The Cascades - Tin Mine - Pilot -
 21 days Cobberas - Omeo - Dungey's Track - Bogong High Plains
 Probably led by Robin Mitchell. Please see him for further details.

Extended Cradle Mountain - Lake St. Clair - Frenchman's Cap
 Leader - John Richards (57 4633)

*** Maps - Kosciusko, 1" to 1 mile, Military Survey
 Geehi, 1" to 1 mile, S.M.A. (and other S.M.A. maps)
 Snowy Mountains Area, 4 miles to 1", S.M.A.
 Maps in the book, "Snowy Mountains Walks"
 3 M.B.W. maps - Mt. Kosciusko, $\frac{3}{4}$ " to 1 mile, Kosciusko
 Plateau, $\frac{2}{3}$ " to 1 mile, Snowy Mountains, 1" to 1 mile.

DAY WALKS PROGRAMME

21 November Tecoma - Monbulk Forest - Herman's Corner - Black Hill
 Leader - Athol Schafer (211 2649) Medium
 Train leaves Flinders Street at 9.00 a.m., returning city 5 p.m.
 Fare - Sunday excursion to Belgrave - 5/- (\$0.50)
 Map - Monbulk 1:50,000 M.S.

28 November Pinchgut Hill - Anglessea River - Wensley Dale Station - Layard
 Leader - Robin Petersen Medium
 Van leaves Batman Avenue at 8.55 a.m. Fare - 20/- (\$2.00)
 Easy walk along tracks and then an abandoned railway.
 Map - Anglessea, 1" to 1 mile, M.S.

5 December Mt. Cathedral - Jawbone Saddle - Sugarloaf
 Leader - Darrell Sullivan (93 5713) Hard
 Van leaves Batman Avenue at 8.55 a.m. Fare 16/- (\$1.60)
 Bring water for lunch.
 Maps - Taggerty A, C and D, 2" to 1 mile, Lands Dept.
 Cathedral Range, 1" to 1 mile, M.B.W.

12 December Berwick - Beaconsfield Reservoir - Beaconsfield
 Leader - Ted Lawton Easy
 Train leaves Flinders Street station at 9.05 a.m.
 Fare - 8/- (\$0.80) - Sunday excursion Beaconsfield
 Maps - Monbulk 1:50,000, M.S.
 Cranbourne 1" to 1 mile, M.S.

19 December Mt. Juliet
 Leader - Nicholas Cole (256488) Hard
 Train leaves Flinders Street station at 9.00 a.m.
 Fare - 2nd return Healesville
 Up and down. Hot, waterless and horrible. Just the thing for Yuletide practice. Come and find out.
 Map - Juliet 1:50,000, M.S.

OVERNIGHT WALKS

3-5 December Lake Mountain - Echo Flat - Keppel's Hut - Sugarloaf
 Leader - Frank Burt Medium
 Van leaves Batman Avenue at 6.30 p.m. Fare - 28/- (\$2.80)
 Pleasant walking mainly along little used jeep tracks. Camp at Keppel's Hut on Saturday night (we hope!). Above description based on "information received".
 Maps - McMahon's Creek 1:50,000, M.S.
 Taggerty D, 2" to 1 mile, Lands Dept.

NEW MAPS

Wherever you will be walking this Christmas (or at any other time for that matter) we have maps of the area. These include far away places in this state, the Snowy Mountains and the National Parks in Tasmania too. Consult the map file for the best available maps for your walk.

Latest additions

7/840 Central Highlands**

FCV

 $\frac{1}{2}$ "VICTORIA

Forest Areas of Victoria

FCV

1/32"

TASMANIA

Frenchmans Cap National Park

Lands Dept. Tas.

Mt. Field National Park

"

Cradle Mountain, Lake St. Clair National Park

"

 $\frac{1}{8}$ "

Tasman Peninsula

 $\frac{1}{2}$ "

** This map covers areas 7/830, 7/840, 7/850 and part of the surrounding sheets.

LEADERS

Don't forget that one of your duties is to ring the Contact when you return from your walk. Our Contact system is a well proved arrangement, but its success depends on you.

NEW OFFICERS AND COMMITTEE MEMBER

On 12th November the following new officers and Committee member were appointed:

President	John Brownlie
Secretary	Anne Weiling
Walks Secretary	Fred Halls
Committee member	Roy Beames.

Marion Houston has since resigned from the Committee because of her forthcoming marriage and departure for New Zealand. Anne Weiling has resigned as Vice-President. These positions will be filled at the general elections in February.

COMMITTEE DUTY ROSTER

Members of the Committee will be on duty as follows:

19 November	Sue Taylor	10 December	Fred Halls
26 November	Darrell Sullivan	17 December	Roy Beames
3 December	John Brownlie		

NEW MEMBERS

We welcome the following new members to the club:

ANCHELL, Frederick - 7 Oriel Road, Ivanhoe, N. 21, (b) 63 8425
 BIESTERFEDLT, Ruth - 16 Sweetland Road, Box Hill, (p) 39 8400
 FILSELL, Ron - 80 Quarry Road, Mitcham, (b) 321 2211
 HESPE, David Barry - 27 Rangeview Grove, North Balwyn
 SAUNDERS, Rosalie - c/- 175 Were Street, Brighton, (b) 60 0521, ext. 227
 STRAPPAZON, Mrs. Alma - 5 Childers Street, Kew, (p) 86 7559, (b) 41 5384

CHANGES TO THE ADDRESS LIST

BURKE, Tom - c/- D.C.A., Box 144 S, P.O., South Wagga, NSW
 BURT, Frank - 97 Claremont Avenue, Malvern, S.E. 4
 JONES, Val - correct phone no. to 97 6108
 RICHARDS, John - 34 Simpson Street, South Oakleigh, (p) 57 4633
 SIMPSON, Neville - 41 Aclom Street, St. Kilda, (b) 30 4185
 VERTIGAN, Maitland - The Moorings, 1 Kilby Road, North Kew

SUB-COMMITTEE ON THE CONSTITUTION

The General Meeting of 12th November approved the setting up a sub-committee to consider any necessary revisions or amendments to our constitution. It has become clear in recent months that a number of points need to be clarified. The members of the sub-committee are Graham Errey, Rex Filson and Athol Schafer. If you have any ideas on this matter, please let one of these people know of them.

VICTORIAN NATIONAL PARKS ASSOCIATION

To assist the Nature Conservation Survey Appeal funds an evening of national park slides entitled 'From Wilson's Promontory to the Warrumbungles' is being held on Wednesday 1st December next at the Victorian Employers Federation Building, 5th Floor, 342 Flinders Street, Melbourne at 8 p.m. Slides of Victorian and interstate parks will be shown and also of some areas suitable for reserving as national parks.

Come along with your friends for an enjoyable evening and help this worthwhile cause. Donation (which includes supper) 5/-.

PAMPHLETS FROM TASMANIA

1. 'Saving the South-West!' Issued by the Committee for the Preservation of S.W. Tasmania - regarding needed conservation in face of imminent development of the area.

2. Index of Hobart Walking Club Maps and Publications.

Copies of the above may be obtained from the Secretary or Committee member on duty in the clubroom.

FOR SALE

1 pair of Paddy Pallin walking boots - Size 6. Worn one day only. Contact Marion Houston in the clubroom or phone 52 1313 after 5.30 p.m. (Nothing wrong with them. They are too big.)

ALONG THE TRACKMELVILLE'S CAVES, 1-3 October

The big green van lumbered northward with its human load. All looked forward to what promised to be a perfect weekend. A short stop was made in Kyneton for people to stretch their legs and to fill up with milkshakes and things, then we continued north through Ravenswood, detouring here past Bendigo to Inglewood and out to the Melville's Caves Reserve arriving shortly after 11 p.m.

In the reserve there are shelter sheds and other picnic facilities. Some pitched tents, some slept on the floors of the sheds, and a few hardy souls spent the night atop the picnic tables in the shelters. Next morning, the early risers espied the sleeping forms on the tables, and decided that they should be up, too, whereupon they proceeded to lift or drag said sleepy-heads to the ground. People were half-way through their breakfasts when a car came up the road to the Reserve, and we thought, "Ah! The first of the tourists." But it turned out to be a Bushie, who had to work on Friday night but didn't want to miss the trip.

We finally packed up and moved off, about 9 a.m. Dumping our packs away out of sight, we then explored the main caves area. Melville's Caves is an area of immense granite tors and slabs, weather-worn, and with numerous crevices, shafts, passages, and tunnels in amongst the boulders. The story is that the Bushranger Melville hid amongst the rocks, with his men and horses, and, with a commanding view out to the south and east, could keep watch for troopers coming to look for him.

We continued our walk amongst the rocks looking for orchids and other wild flowers, and interesting rock formations. One huge tor we found was called Seal Rock, because from a certain angle it looked just like a great bull seal sitting back with his mouth wide open. Some of us climbed to a small hill and on looking over the other side, we saw an extensive carpet of daisies with a nymph sitting in the middle making daisy chains. A camera-laden individual was seen sneaking amongst the surrounding rocks, getting candid shots. The rest of the party caught up and we all spent some time lying in the sun. Passing the cached packs, we headed east to another interesting area of wild flowers and enormous rock slabs.

The packs were collected and we headed back to the daisy field, where we had lunch, after which a few went potholing while the remainder lazed in the sun. The potholers returned looking rather dirty after wriggling on their stomachs through water-worn tunnels beneath the massive boulders. After lunch we headed north through park-like terrain, speckled with rock outcrops. We found many wild flowers, a stumpy-tailed lizard and even an old gold mine. Somewhere along the way "Smithy" became separated from the rest of the party, but nobody worried very much. Mt. Kooyoorra then loomed up in front of us, so we just climbed

straight up to the top, down to a saddle to the west of the summit, and finally dropped down onto the flats to the north, where we made camp after the leader had found a rather meagre spring. Although we didn't have much water, we were better off than "Smithy" who not only had lost the party, but also had a dry camp. His only companion for the night was a wine-skin of claret. Poor? "Smith".

Next morning during breakfast, a great shout made us look up at the towering ramparts of Mt. Kooyoora. And there, standing on top, silhouetted against the sky, was "Smithy". When he had joined us, we headed west towards the Kooyoora caves. We found many interesting rock formations as well as the caves. One big rock was hollowed out inside and had a few holes - like windows - through the shell. After a laze in the sun we headed back to the packs and continued east to a more substantial stream for lunch.

We circled around Mt. Kooyoora, and headed south to some rock formations called Camel Rock and The Windows. The latter was very interesting in that it was a hollowed-out boulder with two large holes in the front facing down the valley, which made the rock look exactly like a sentinel post.

A road was followed south back almost to the Melville's Caves where we picked up a jeep track heading first east, then south, which finally brought us out onto the main road where the van was waiting for us.

And so a rather tired but very happy party set off for home. I think all will agree with me when I say that it was one of the most enjoyable walks we have had for some time. My thanks to leader Graham for organising such a successful trip.

R.S.

A GORGEOUS TRIP, 10 October

Werribee Gorge! "Is it hilly?" asked a non-member friend of mine, wondering whether to come or not. I said, "Not very", (thinking vaguely only of the descent from The Island to the river and back up again) "but you will probably get your feet wet crossing the river".

She came. So did 34 others - along the high plateau of The Island and 500' almost straight down to the river at the bottom. Here lunch was had and after careful inspection of likely crossing places and much debate upon the matter, the 36 of us managed to cross with only one getting body as well as feet wet.

"Not very hilly!" Straight up a high cliffy hill, down into a narrow saddle, and almost straight up cliffs again. Friend muttered many accusing things under her breath. However, she agreed the view from the Eagle's Peaks was magnificent - cliffs dropping hundreds of feet into the river snaking its way along below.

"Not very hilly!" Down, down a steep rocky spur back to the river again. More wet feet but no wet bodies at a wide shallow crossing; two sandy beaches beside deep pools; cliffs rising steeply, some riddled with caves; rocky outcrops to squeeze around where misjudged hand or foothold might mean an unwanted bath; then came the end of the gorge and the beginning of the old aqueduct. The aqueduct bridges still held most of us at once despite the missing planks - just as well, as no one thought of testing them except the leader who sent everyone else over first to make sure they were safe.

"Not very hilly!" It was flat now all the way to the van at the weir, but we still had to recross the river - this time with no feet and no bodies wet. A satisfied 36 squeezed into the van for the journey home after a very pleasant day. (P.S. Friend was stiff for days but says she will come again.)

M.H.

YEA SPUR, 15-17 October

On 15th October, twelve males had a spacious van trip to Yea Cemetery where they erected their tents along side the road. Saturday was a sunny day, although windy on the hill tops, so the group was ready for walking well before the official starting time. Climbing through, or over the first of many fences on the trip, the climb began along low foothills that were to lead to Mt. Bullamalite. At the third fence one walker, tiring of the weight of his pack, threw it over the fence and watched it roll erratically down the hillside. Undoubtedly there was a fine view from the top of the mount, but the wind was too strong to admire it for long, so the group descended to a bush road, helped a sheep to its feet and then sunbaked during the lunch hour.

The afternoon was spent climbing up, up, up and then up again to the top of Mt. Caroline, only to find, by abundant evidence, that many sheep had already been there, then down to level ground and the campsite beside a creek. The day had been warm and the fences had been numerous and new, so hard to climb, with the result that most people crawled into their sleeping bags for a long night's sleep.

Sunday morning found the party exploring an old Gold mine then following an easy path onto Yea Spur. At 11.30 a trig point was reached which the leader declared to be Mt. Marianne and a two hour stop for lunch and sunbaking was called. Then one of the slower doubting Thomases came up to state with confidence that Mt. Marianne was seven miles further on. We believed him when we reached it at 3.30. As one of the group was feeling very sick it was decided to make two parties, one to go on as planned and pick up the van at Junction Roads, and the other to proceed down to Strath Creek. The fast party made four attempts to find the correct spur, so that the slower group lead the way for some time. Eventually the fast party overtook the second party, reached Mt. Marianne, met the van on time, and took it to pick up the other survivors and the day walkers.

S.G.

FOOD FOR THOUGHT

With Christmas trips almost upon us your News sleuth, fearing the usual arguments over whose eating habits are the best (or most disgusting), abandoned his diet of strawberry shortcake and cream to consult dietary experts (No, not you, Felix).

He discovered that the composition, digestibility and preparation of food are more important than the nominal calorie values. For example, with light rye bread this loss of protein through indigestibility is about 30% and this rises to nearly 50% with black rye bread. However, often cooking causes the greatest loss. Of the popular "walking" foods, oatmeal and rice were the most affected by cooking. Raw oatmeal has a composition of 14% protein, 9% fat and 73% carbohydrate, all yielding 120 calories to the ounce. However, according to the experts you not only ruin the billy when you make porridge, you also ruin the oatmeal - the protein and fat content decline to 1% while the carbohydrate value shrinks to 8%, all yielding the grand total of 13 calories an ounce. As one dietician put it: "Normally oatmeal is eaten as porridge and, pleasant as porridge may be as a first course at breakfast, it must be emphasised that it has little calorie value and therefore little staying power. Why it is 'the thing' on camping holidays passes comprehension, for porridge is valuable only on account of the additions made to it ..." This author's answer was oatcakes. The same pattern applies to rice. When cooked the calorie value of rice drops from 102 calories/oz. to 35 calories/oz. Other foods to suffer severely from cooking are dried peas, lentils, macaroni, etc. while cheese is completely indigestible when cooked. Unfortunately all except oatmeal and cheese must be cooked and therefore their value should be regarded as "fillers" and vehicles for other foods.

For the bushwalker the most important elements in food are proteins, carbohydrates and fats. (Proteins are important because they can replace fats and carbohydrates in producing heat and energy, but nothing can replace protein in maintaining body tissues. Fat is the body's way of storing heat and energy although fat rich foods take longer to be digested than carbohydrates. Carbohydrates (starches and sugars) are the most important and generally the quickest sources of heat and energy.)

Protein intake is not just simply eating protein rich foods. Professor Mottram in his book "Human Nutrition" (published 1960) made the following points about proteins:

1. Proteins should always be accompanied in the diet with carbohydrates otherwise much of their energy value will be lost.
2. Protein consumption should be spread over the whole day and not concentrated in one meal.
3. In hot weather, the bias should be towards vegetable protein. On hot nights there should be little protein in the evening meal. (Most people lose 10% of the protein they eat.)

Fats and fat rich foods are better sources of calories than carbohydrate rich foods. The yield (calories) from fats is much greater than the yield from carbohydrates. For example, one ounce of sugar, which is mainly carbohydrate, yields only 112 calories while an equal amount of butter or margarine will yield over 210 calories.

You can draw your own conclusions from the attached list of foods and their values but note that the figures are the maximum for each food. It is extremely unlikely that they will yield that when eaten for this depends on how they are prepared, digestibility and just how efficient your system is in extracting the food value.

(WARNING: Don't take the emphasis on proteins, carbohydrates and fats as meaning they are the only food values bushwalkers should worry about. Experience has shown that if a trip of longer than three weeks is planned then some thought has to be given to ensuring an adequate vitamin and mineral intake.)

FOOD	% Protein	%Fat	%Carbohydrate	Calories/oz.
<u>Breakfast cereals:</u>				
Processed bran	11	4	55	85
Flaked, puffed what	14	2	66	96
Shredded wheat	11	3	79	104
Oatmeal: raw	14	9	73	120
porridge	1	1	8	13
Cornflakes	7	1	88	104
<u>Dried milk:</u> skim				
full-cream	36	1	48	97
Sweetened, condensed	28	26	38	153
	8	9	50	89
<u>Sugar:</u> white, refined	-	-	100	112
<u>Egg:</u> raw				
powdered	11	10	1	39
	46	42	3	103
Butter	1	83	-	212
Margarine	-	85	-	218
<u>Biscuits, etc.:</u>				
Oatmeal	10	25	55	138
Ryvita	7	2	87	106
Vita-wheat	9	10	68	110
(Values for other brands of whole wheat biscuits not known, but should not vary greatly from the values given for Vita-Wheat.)				
Sweet (not creams)	7	24	59	136
Fruit cake	8	18	48	110
<u>Cheese:</u> Cheddar				
Gruyere	25	35	-	120
	37	33	-	131
(These values are for unprocessed cheese. The food value of processed cheese is considerably lower.)				
Honey	-	-	72	80
Peanut butter	26	48	19	175
Jams - value less than for honey.				
Sardines	x	x	x	120/8 oz. tin
Bacon	11	45	-	112
Bacon fat (desert spoon)	x	x	x	150
Dried peas (boiled)	8	-	22	33
Lentils (boiled)	7	-	18	27
Macaroni (boiled)	4	1	24	32
Soya bean flour	40	24	13	112
<u>Rice</u> (polished): raw				
boiled	6	1	87	102
	2	-	30	35
<u>Dried fruits:</u>				
Prunes	2	-	30	37
Currants	2	-	57	66
Dates	2	-	50	58
Figs	4	-	48	58
Raisins	1	-	53	62
Sultanas	2	-	58	68
<u>Nuts:</u>				
Almonds	7	19	1	57
Barcelonas	8	38	3	110
Brazils	6	28	2	80
Cashew	x	x	x	162
Coconut (desicated)	x	x	x	187
Peanuts (roasted)	28	49	5	116

Chocolate: Plain, dark	5	33	58	155
Milk	8	34	53	160

x - Figures not available.

LATE NEWS

PRESIDENT'S WEEK-END, 6-7 November

Fifteen members met at Batman Avenue on Saturday afternoon for the annual President's Week-end. The weather was fine, contrary to all weather reports, and on arrival we had a short walk to lift the camp into position on the headwaters of the Plenty River under Mount Disappointment. The remainder of the afternoon was spent on a short walk amongst the forests along the base of the Dividing Range. With the usual camp fire in the evening touching on many subjects, there were camp fire games with the final barbecue chops and hot chocolate (not rivalling the previous year's in high Quality flavour).

Sunday morning found us dry after rain during the night, and now a fine morning found the group eager to be away towards Mt. Disappointment. First following the west branch of the Plenty River, then skirting Sugarloaf Hill, we eventually picked up one of the many fire access roads which crisscross this region. Lunch was had at a small stream north-west of Mt. Disappointment, early and long, with sunshine and quietness. Reluctantly we left to climb the final part of the Mount, then down off the summit along a fire break and into the bush, with fern gullies and many scratchings of lyrebirds amongst the rain forest gullies. A final walk on the Plenty River east branch track down into camp.

Overheard on the way back - "This was undoubtedly the best week-end trip the club has run since the President was elected."

AUSKI

AUSKI

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Paddy Pallin has produced a light-weight H-frame pack, slightly smaller than existing models. Cheaper too, at £11.10.0.

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)

