

= T H E N E W S =
of the Melbourne Bushwalkers

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V A N T R O U B L E S : A warning on booking & deposits

THE PRESIDENT CRITICISES CASUAL ATTITUDES TO VANS

RECENTLY several vans were nearly cancelled because members were either not interested, too lazy or just plain selfish, to book reasonably early.

These vans filled or nearly filled on the last Friday before each walk, but it is not a financial gamble the Club can afford to take repeatedly.

Van trips are usually much better than train trips, but if some of us continue adopting an off-handed attitude to booking, these trips might become luxuries and not the rule.

Not fair

Several leaders have complained recently of members turning up at the van without booking (or any other warning) expecting to go on the walk. Too often the excuse is that they have waited to see what the weather was like or their plans fell through or no reason at all. This is not fair to the walks secretary and other committee members who spend considerable time worrying over van finances. It is also not fair to members who dutifully book early.

Deposits

Some members also think the payment of a deposit allows them to pull out of a walk with clear consciences. **TEN BOB DEPOSITS DON'T COVER VAN COSTS.** Accordingly, the committee has decided all future deposits will be at least half the fare or \$1, whichever is the greater.

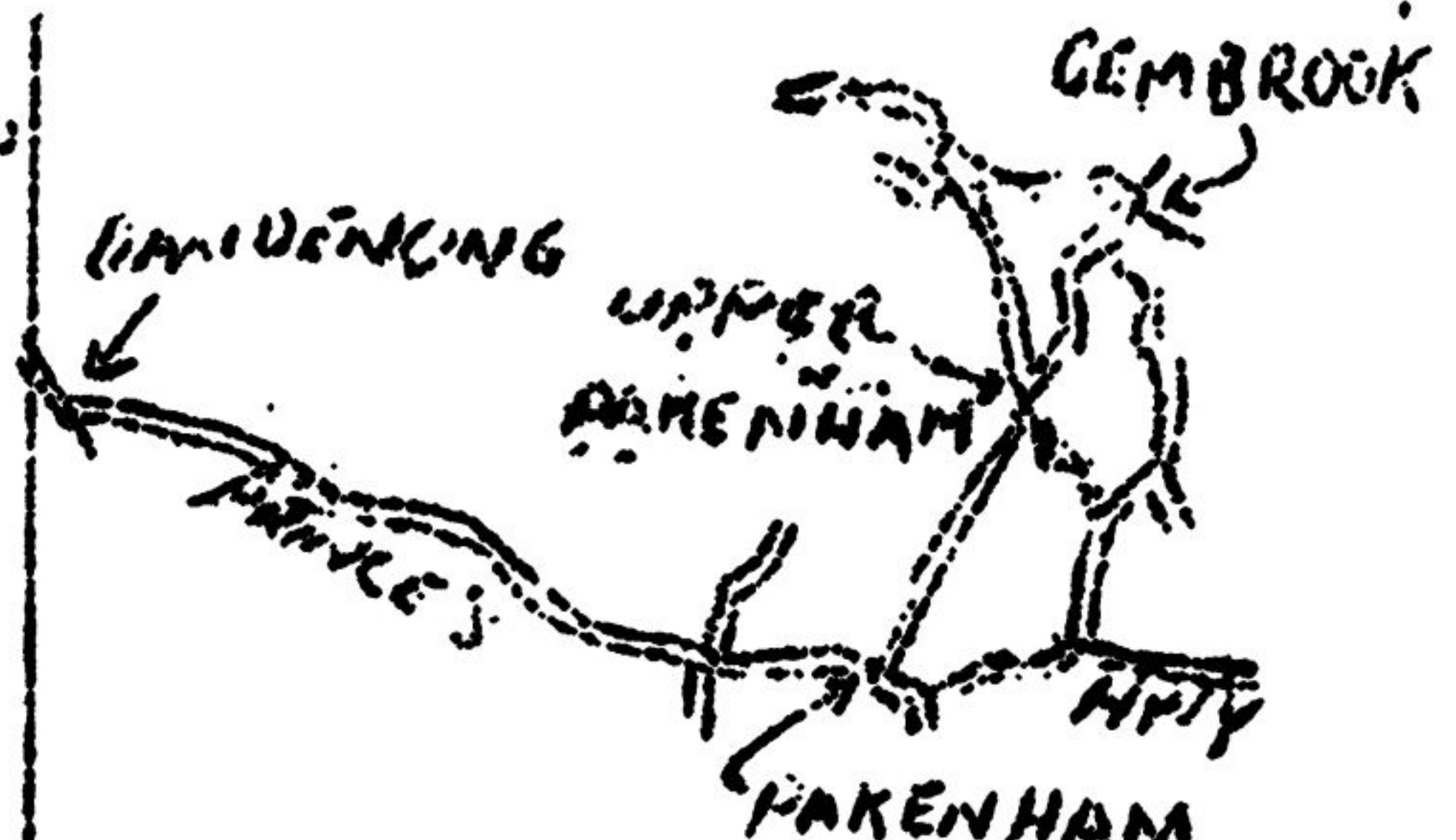
HAVE YOU PAID YOUR SUB?

If not, get with it, join the trend -- see Frank Baker and pay-up.



MAP READING EXERCISE: On barn dance Sunday, Charlie Weiling will run a map reading exercise in the Upper Pakenham area. We expect YOU to attend -- so bring your compass and Gembrook "C" map (buy it at the Lands Department or Robertson & Mullens). Charlie will give a preliminary map reading talk on May 6 in the club room

THE BARN DANCE: WHERE TO GO



When: May 7 and 8. Note the changed date.

Where: The Upper Pakenham hall. There is plenty of room for camping and lighting fires.

How to get there: The van leaves Batman Av. on Saturday at 1.30 p.m. and returns early on Sunday evening. The fare is \$1.80 -- book early and patronise the van. If you can't go for the whole weekend, come to the dance itself, by car (see map).

Tickets: This year everyone will pay \$1 and the committee will supply the supper and cool, soft drinks.

Noise: Roy Taylor and the boys will supply plenty as usual.

BARRINGTON TOPS and HIS QUEEN'S BIRTHDAY TRIP TO WYPERFELD

. . . . Read all the dry, gory details on page five

LETTERS TO THE EDITOR

PADDY PALLIN CRITICISES CHRISTMAS FOOD LIST

The November and December issues of "The News" contained a controversial food list which attacked several "traditional" ideas on food. Well known Sydney bushwalker, Paddy Pallin, is the first to defend the old way.

He writes to the editor of "News" - I have read with great interest the copies of "The News" which you have kindly sent me and was especially interested in the articles on "food" (what Bushwalker isn't interested in food).

I was first alarmed and dismayed, also somewhat mystified at the figures quoted (ex Mottram) re rice and oatmeal, which as the author says, form the mainstays of many food lists. How do these two foods suddenly lose food value? After some thought the penny dropped and I saw daylight. The apparent loss occurs by reason of the large quantity of water which both these items absorb when cooked. Nevertheless, 1 lb. of rice when cooked still produces the calories quoted and 1 lb. of oatmeal still gives carbohydrate, protein and fat which produce the quoted number of calories.

Eminently suitable

In my opinion, therefore, these two foods, which are easily carried, keep well and cook easily are eminently suitable for food lists and from which we estimate calorie values. If we take with us and eat a pound of rice or oatmeal, we get the full number of calories irrespective of how much water we take with it.

This brings me to a second point. Total weight of food referred to in Part II (the December article).

The experts say a man doing moderately hard work needs 3500 calories per day and a bushwalker at least qualifies for this category. One pound of pure fat gives 3600 calories per pound (butter gives much less). Pure sugar 1800 calories. As we cannot live on fat and most non-fat foods give considerably less than 1800 calories per lb., the calories

produced by 1 lb. of well selected waterless foods would barely amount to 1800 or 2000 calories at the most and 1½ lbs would produce 2700 to 3000 at the most.

So the experienced walker who carries 1 lb. a day for a Christmas trip and 1½ lbs. for a ten day trip would go pretty hungry and have to rely on his body's reserves of sugar and fat to supply him with the energy to scramble over rough terrain. He would certainly lose weight in the process and be ill prepared for the stresses of a sudden emergency which can so easily occur on mountain trips.

Yours faithfully,
Paddy Pallin.

A reply next month.

PERSONAL ACCIDENT INSURANCE

A personal accident insurance policy is available to Club members. This policy will be abandoned in two months if 75 % of members do not join.
THE TERMS ARE:

- \$2000 - death, loss of two limbs or one or two eyes, or total disablement.
- \$20 a week for temporary total disablement up to 100 weeks.
- Medical expenses - \$200, excess \$10 each and every claim. The \$200 also covers expenses incurred in the removal of a member from a remote area by helicopter or light aircraft.

The policy covers members whilst they are participating in Club activities, including travel to and from the destination where the bushwalking is to commence, provided they are in an organised party. It does not cover skiing activities.

The policy is subject to participation by at least 75% of members of the Club. The annual premium is 50 ¢ plus 3¢ stamp duty.

HAVE YOU GOT ANY IDEAS FOR NEW WALKS.

If so, give them to the walks secretary or a member of the walks subcommittee.

THE CLUB RUNS A WALK EVERY WEEKEND - SO NEW IDEAS ARE ALWAYS WELCOME

W A L K S P R E V I E W S

DAY WALKS

- April 25 PENINSULA RD. - REEFTON SPUR - ARMSTRONG CREEK
 (Anzac Day) Leader - Bill Downing Medium.
 Van leaves Batman Ave. at 8.30 a.m. Please note time. It was misprinted in last month's News.
 Fare - \$ 1.70.
 Map - McMahon's Creek, 1:50,000 M.S.
- May 1 HEALESVILLE - BADGER CREEK WEIR - SIR COLIN MACKENZIE SANCTUARY
 Leader - Helen Mitchell Easy - medium.
 Train leaves
 Map - Juliet A and C Lands Department, 2" to 1 mile.
 A good walk for beginners.
- May 15 CHANDLER'S HILL - MOORE'S BREAK - HARDY'S CREEK
 Leader - Athol Schafer, p) 211 2649, b) 67 4445 Easy
 Train leaves Flinders St. at 9.00 a.m.
 Buy a Sunday excursion to Belgrave. Fare \$0. 50.
 Map - Monbulk 1:50,000 M.S.
 A pleasant ramble along the well known and not so well known ways of the Dandenongs.
- May 22 HOLLOWBACK RESERVOIR - SUNDAY CREEK - WANDONG.
 Leader - Tyrone Thomas, p) 895197. Medium.
 Van leaves Batman Ave. at 8.55 a.m. Fare - \$ 1.40.
 Map - Kinglake 1:50,000 M.S.
 Because the property owners near Clonbinane are unwilling to permit any walking on their land, the walk will be confined to the Forest Commission area and roads.
 From Hollowback Res., we will follow Greenshields Creek and lunch by Sunday Creek. We will follow Drag Hill Rd. and Shiels Rd. (earth formation) after lunch, then westward Ridge for two miles. From here we will have some very good views and will finish at the pine forest just east of Wandong.
- May 29. COBAW RANGES
 Leader - Neil Ham. Medium.
 Van leaves Batman Ave. at 8.55 a.m. Fare - \$ 1.50.
 Map - Pyalong 1:50,000 M.S.
 The walk is mostly through dry forest, heavily timbered on ridges, but the southern part is through attractive open forest with granite boulders. Bring water for lunch.

OVERNIGHT WALKS

- April 22 - 25 POLLETIS CREEK - ENOCH'S POINT - STOCKMAN'S SPUR
 (Anzac weekend) Leader - Roy Beames. Medium. Fare - \$ 3.80
 Van leaves Batman at 6.30p.m.
 Maps - Jamieson 1:50,000 M.S. Matlock 1:50,000 M.S.
 Bring a water bottle. More details in last News.
- May 14 - 15. SEARCH AND RESCUE PRACTICE
 This trip is for members of S&R only. If you wish to become a member and hence qualify for the practice see Fred Halls as soon as possible.
 Map Reference - 393656 on Yan Yean 1:50,000 M.S.
People travelling by private car should meet at Yarra Glen Station before 9.20 a.m. From there the Mt. Slide Rd. is followed to the Steeles Ck. area. At 6½ miles a left turn is made and Field Headquarters is a further ½ mile.
People travelling by train - Train leaves Flinders St. at 8.25 a.m. Saturday and arrives at Yarra Glen at 9.44 a.m. Fare - \$ 1.05. Arrangements will be made to transport train travellers from Yarra Glen Station
 continued

(continued)

to Field Headquarters.

Food - Bring enough for a short weekend. Also a bottle of fresh water. Consult the yellow leaflet issued to S & R members.

May 27 - 29. CAMPASPE VALLEY

Leader - Maitland Vertigan b) 60 1671. Medium.
Van leaves Batman Ave. at 6.30 p.m. Fare - \$ 2.60.
Map - Bendigo M.S. 1:50,000. The walk is in the
Axe Ck. area towards Eppalock. Very pleasant
walking country through typical Murray red gum
forests. As it is sheep country, carry fresh water
for lunch. We will probaly see waterfalls also.

COMMITTEE DUTY ROSTER -

April 1	Rex Filson
April 15	Anne Weiling
April 22	Athol Schafer
April 29	Frank Baker
May 6	Fred Halls
May 13	Sandra Phillips
May 20	Tim Dent
May 27	Val Jones

NEW MEMBER

Welcome to -
EVERETT, Evanie Virginia,
Flat 5, 66 Foam St.,
Elwood.

p) 91 2809 b) 604 544

We wish you all the best.

NEW 'PHONE NUMBERS

NEWMAN, Ken p) 772 2402
WEILING, Anne b) 264 471
ext. 225

NEWS IN BRIEF

The Club has received a catalogue from a new equipment manufacturer, "Hayes", whom we believe is a member of the M.U.C. - this heard via the grapevine. Some of the equipment is interesting to bushwalkers and the catalogue's descriptions will entertain seasoned club members.

The catalogue will be on view in the Club room and a review could appear in the next issue of "News", space permitting

FOR SALE A-frame pack in good condition. Also women's boots, size 3 (Hope this the right size, Muriel - I've lost the note again - Helen). Contact Muriel Fox, 26 Spenser St., Essendon.

WELCOME HOME to Doug Pocock from Macquarie Is. We had to admire that beautiful beard.

We were pleased to see Val and Peter Elder in Clubroom recently.

NEW SUB - COMMITTEES

Finance - Frank Baker - treas., John Brownlie, Anne Weiling, Fred Halls.
Walks - Fred Halls - Sec., Roy Beames, Rex Filson, (Barry Short - co-opted.)
Social - Sandra Phillips - Sec., Robyn Lewis, Val Jones, Robert Steel.
"News" - Helen Mitchell - convenor, Michael Griffin, Sue Taylor.
"Walk" - Athol Schafer - Editor. Alan Phillips - advertising, Tim Dent - distribution.
Wilkinson Lodge Manager - Darrell Sullivan.
Federation of Walking Clubs - Anne Weiling - delegate, Robert Steel - observer.
Search and Rescue - Fred Halls delegate, Barry Short - obs.
Track Clearing - Darrell Sullivan - del., Tim Dent - obs.
Victorian National Parks Ass. Sue Taylor - del.
Native Plants Preservation Society - Rex Filson - del.
Map Custodian - Charles Weiling.
Equipment Officer - John Richards, John Rogers, ass.

LATE NEWS

A letter from John and Marion Siseman - (in part below)
Mt. Cook, 4th April

We are having a wonderful time in N.Z. and have spent the last 9 weeks on the west and south-west of South Is. Have had glorious weather here at Mt. Cook. Have done lots of walks and walking trips, mostly in the Milford Sound area. Now our socks are full of holes so we will have to earn some money to buy some more.

We are looking forward to settling down for a few months with somewhere to call our own and plan to reach Christchurch after. Easter. Regards.

McEwans,
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ALONG THE TRACK

FEIGLIN'S GAP - MT. STRICKLAND - MT. STINTON

March 26 - 27.

The weather looked promising as the van deposited our party of ten at Acheron Gap. We climbed steadily to the summit of Smith's Hill and then down to Feiglin's Gap, a very pretty spot with many tree ferns. We decided to get water here and then climb Feiglin's Hill before having our lunch.

We then continued on jeep tracks through picturesque woollybutt forest to make camp two miles south of Mt. Strickland. After a search, a sparse but adequate supply of water was found.

It was jealously guarded by a ferocious band of leeches. Leeches were prevalent on most of the tracks and were rather selective in their choice of blood donor.

After a comfortable camp we left at 8.30 a.m. to continue over Mt. Strickland, and thence through the Paradise Plains where we had a leisurely lunch.

This was a most attractive place, surrounded by fine specimens of mountain ash, and would be an ideal camping spot as there was very good water not far away. Shortly afterward we left the jeep track and walked along a disused, rather overgrown track up to Mt. Stinton where it was necessary to do some scrub bashing, mostly through dogwood.

After reaching Mt. Stinton we continued on over Mt. Grant and dropped down on to the road within fifty yards of the waiting van, at the appointed time.

In all, it was a most enjoyable walk along soft jeep tracks, through beautiful bushland with many fine stands of trees, and in glorious weather.

This is a walk well worth repeating. Pity there were so few to enjoy it.

M.H.

LAUNCHING PLACE - AQUEDUCT - WARBURTON

March 13

... a 10 a.m. start for those who like to sleep in on Sundays.

Twelve assorted walkers emerge from the bus at Launching Place, turn their backs on the town and head for the hills. A couple of leisurely miles brings us to the pipeline leading down from the aqueduct.

It is much quicker to go straight up the pipeline, so all but a few follow our big handsome leader around by the road which is not quite so steep.

At the top we are confronted by the usual gate, but after everyone has clambered over it, it is discovered that the neat little picket fences on each side are actually gates that open - very thoughtful of the M.M.B.W.

A few minutes later those who took the quicker route arrive, and lunch is declared.

Interest is aroused when a rather large insect type creature is rescued from Melbourne's water supply.

After the prescribed hour we gather belongings, wits, etc. and set off. The afternoon is spent on the track following the aqueduct - no hills, no scrub, fresh water all the way, and occasional views over the valley - usually enjoyable.

Just above Warburton another stop is called while the energetic minority sprint half a mile up the hill for a view of the town.

Leaving the aqueduct we find ourselves fighting our way through blackberries and creekd, etc. before finally reaching our destination.

A.S.

E D I T O R I A L

Our treasurer, Frank Baker has reported that the Club is headed for financial difficulties, unless we tighten our belts or tap some new source of revenue. Accordingly, the committee has introduced charges for supper and "The News".

However, these can only be regarded as temporary measures for they are only petty charges hardly worth the embarrassment of collection. The Club's poor financial position will no doubt shock many members. However, when the finances are scrutinised closely, it becomes obvious that we have been "living beyond our means" for the last three or four years. Bluntly, we have covered costs in the past because a few willing workers worked hard and charged little, often acquiring valuable materials "free." The value of these free services was added up recently and since 1960 has totalled several hundred dollars.

It is obvious therefore that our fees must rise by at least 30 per cent if we are to recover our financial solidity. After all, it is many years since subscriptions last increased and costs have risen more than 30 per cent since then.

The drying up of this "gift" factor in the Club's finances accounts for the reverse - this is the answer to queries in the auditors letter published last month.

BRING YOUR THOUGHTS TO THE GENERAL MEETING
ON APRIL 29.