



# THE NEWS

OF THE MELBOURNE BUSHWALKERS

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## PACKET MEALS

- A REPORT AND INVESTIGATION MADE BY "CHOICE" MAGAZINE RECENTLY.

Packet meals are embryo meals which can stand on the shelf indefinitely without going bad and which can be brought to an edible state quickly without recourse to laborious techniques, special kitchen equipment or too many extra ingredients.

CHOICE found readily available two brands within this category. KRAFT and VESTA. KRAFT offered five pasta meals - two versions of Macaroni cheese, a spaghetti with tomato sauce, a spaghetti with meat sauce, and a tuna and noodle mixture. These were claimed to be for four persons.

In the VESTA range they looked at a beef curry and a prawn curry, three Asian dishes (Nasi Goreng, Chow Mein, and Sweet and Sour Chicken), a French dish (Chicken Supreme), an Italian dish (Pork Italiane), and a Russian dish (Beef Stroganoff).

We also prepared home-made batches of macaroni cheese, spaghetti and meat sauce, and tuna and noodle casserole from recipes designed for four people.

CHOICE goes on to say that many of the packet meals needed additional ingredients of one form or another e.g. milk, butter, oil, fat, egg & salt.

Preparation time ranged from twenty-two to thirty-five minutes. The home-made spaghetti meal took almost the same time as the KRAFT Spaghetti and Meat Sauce dinner, and the home-made tuna noodle dinner took eight minutes less than the KRAFT Tuna Noodle Dinner. All in all CHOICE concluded that packet meals are not a short-cut to a hot dinner.

Their tasting panel ate the packet meals as the main meal of the day. With one exception (VESTA Pork Italiane) the packet meals were considered insufficient for a normal, healthy appetite. The tasters felt that the packet meals were really snacks. The three home-made meals satisfied tasters' appetites.

### DID THE MEALS MATCH THE PACKET PICTURE ??

With one exception, KRAFT'S packet pictures gave a fair representation of the prepared meal. In VESTA'S packet pictures the plate was heaped high, whereas in most cases, the made-up meal barely covered half a dinner plate. The camera flattered the meat content of the VESTA packet dinners. Where the photograph led one to expect chunks, there were shreds. Tasters noted a credibility gap between the vivid and luscious vegetables in the photographs and the shrivelled vegetables on their plates. The best likeness in the VESTA range was the Pork Italiane.

### WHAT DID THEY TASTE LIKE ?

In all packets with a plain rice base the texture of the rice was praised. In the case of Chicken Supreme, there was little evidence of chicken, the rice being the redeeming feature. The beef in the Beef Stroganoff was likened to cardboard in appearance and stale bread in taste. People in the know said it was not a traditional Stroganoff. "Where are the mushrooms?" they asked. The three Asian dishes were declared unauthentic by Chinese and Indonesian food enthusiasts. The Pork Italiane got off to a false start. Here, at last, was a meal which looked big enough for two. Its popularity was short-lived. The meat had no flavour. The pasta was rubbery. There weren't enough vegetables. Neither of the KRAFT spaghetti meals was liked. Every taster commented on the peculiar flavour of the meat sauce. The flavours of the KRAFT Macaroni and Cheese Dinner and the Tuna Noodle Dinner were described as acceptable, but the flavour of each home-made equivalent was preferred.

None of the packet meals contain anywhere near enough protein per portion. They are almost entirely carbohydrate. They would supply a third of a sedentary person's daily energy requirements.

For the money you spend on a packet meal, you could get a far more nutritious meal by buying fresh food and preparing it from scratch. For what they contain, packet meals are expensive. There are exceptional circumstances where one might find a packet meal convenient when camping or when cooking with communal facilities where storage and preparation space are at a premium. People who work irregular hours and don't know whether they'll be out before the shops close might find packet dinners useful. Where they are used occasionally, however, they should be supplemented with a big glass of milk, a hunk of cheese or a handful of nuts. If you are using them, the ones to choose for appetite appeal are VESTA'S Prawn Curry and Rice and KRAFT'S Tuna Noodle Dinner.

WALK PREVIEWSDAY WALKS:

- September 3 **TURPIN'S FALLS - CAMPASPE RIVER - MITCHELL'S FALLS** Easy  
 Leader: Glenda Alexander  
 Van leaves Batman Avenue 9.15 a.m. Fare \$2.00. Distance 9 miles.  
 There will be NO hills on this walk, instead, it will be along the Campaspe River, but be prepared to be wet underfoot. Several waterfalls and river gorges to see - a very picturesque walk indeed. The wattle should be out too.
- 10 **WENSLEY DALE RAILWAY - PETERS HILL** Easy/Medium  
 Leader: Geoff Greenwood p) 96 3567  
 Van leaves Batman Avenue 9.15 a.m. Fare \$2.50 Distance 8-10 miles.  
 Map Reference: Anglesea 1" = 1 mile.  
 The area of this walk should prove to be of interest to all walkers, since we will journey through the border of the Otway State Forest and the Angahook Forest Park. Some interesting features include the Wensley Dale Ariel Tramway and the open cut coal mine. Growth of vegetation in the area is rapid and luxuriant and includes Stringybarks (250 ft. high) and blue and manna gums. The understory is dominated by a variety of wildflowers, ferns, and providing nature runs according to plan we should see a spectacle of many colours. Flora and Fauna identification sheet will be available on Wednesday 6th September and on the Sunday of the walk.
- 17 **MURCHISON FALLS - TUNNEL FALLS - DIGGERS' GULLY FALLS.** Medium  
 Leader: Graham Mascas p) 50 2995  
 Van leaves Batman Avenue 9.15 a.m. Fare \$ 1.75.  
 No Preview received.
- 24 **GLENBURN - ROCKY CREEK DIVIDE - MIDDLE STATION CREEK - BREAK O'DAY**  
 Leader: Graham Hodgson p) 728 1734 Easy/Medium  
 Van leaves Batman Avenue 9.15 a.m. Fare \$2.00. Distance 9 miles.  
 Map Reference: Glenburn 1:50,000 1" = 1 mile. Expected time of return 7.30 p.m.  
 A very picturesque walk along the tops of the ridges behind Glenburn. There are good views all the way, especially at the lunchspot. Guaranteed no scrub-bashing but I won't guarantee no fences (about 5) BRING WATER FOR LUNCH.
- Thursday 28 **SHOW DAY - CLARKFIELD - JACKSON'S CREEK DEVILS HOLE - RIDDELL** Easy  
 Leader: Kevin Cannell  
 Van leaves Batman Avenue 9.15 a.m. Fare \$1.50.  
 Map Reference: Lancefield 1"=1 mile. Expected time of return 6.30 p.m.  
 Instead of elbowing with the Show Day crowds, come for a pleasant stroll along the Jackson Creek valley.

WEEKEND WALKS

- September 8-10 **RED HILL - CAPE OTWAY - PARKER RIVER** Medium  
 Leader: Robert Steel p) 47 3743  
 Van leaves Batman Avenue 6.30 p.m. Fare \$5.00. Expected time of return about 8.00 p.m. Distance 18 miles. Map Reference: Aire B & Otway A-F.C.V. 1:31,680.  
 A very interesting walk along a section of rugged coastline. Excellent views guaranteed. Definitely NO SCRUB - open walking all the way. Sand dunes, beaches & rock-hopping along the coast. Saturday will be a fairly long day, and water will need to be carried for Friday night and Saturday morning, as well as a lunch on Saturday.
- 16-17 **FEDERATION WEEKEND**  
 See Bob Steel for further details.  
 Map Reference: Wallington- F.C.V. 1:63,360 (1"=1 mile)  
 Federation Weekend will be held this year in the Area north of A base camp will be established at Breakfast Creek, centred on the Melbourne Grammar Camp. Y.H.A. are running the weekend and will organize transport, catering etc. Accomodation and meals will be provided at the camp (in comfortable huts) at a cost of \$6.00 per person.

For those who prefer to cater for themselves. A programme of day walks will be organized for both Saturday and Sunday, with three standards from easy to hard. A dance or Social evening will be organized for Saturday evening. This promises to be a most enjoyable weekend, and a good chance for members of different clubs to meet each other. There will be a 24-hr coffee house so there's no need to go thirsty.

22-24 MT DIFFICULT RANGE - BRIGGS BLUFF

Medium/Hard

Leader: John Siseman p) 878 1839

Van leaves Batman Avenue 6.30. p.m. Fare \$6.00.

A walk of great variety (none of this flat stuff, it's all up and down) during which all participants will have the pleasure of being close to nature ( i.e. thick scrub, etc.) The walk commences easily (as we cross the road from our campsite) but thenceforth rapidly degenerates as we proceed in an upward direction through a variety of scratchy shrubs. There will be many pauses on the way to admire the beautiful flowers ( and to let the leader regain his breath). In due course (and with much rock scrambling) the summit of Mt. Difficult is reached and the leader insists that you admire the fine views of Wartook Reservoir and surrounding mountains.

From Mt. Difficult we proceed northwards towards Briggs Bluff, probably camping somewhere along the way. Sunday, being a day of rest, we will continue to struggle along the crest of the range until exhausted. We will then endeavour to descend. Endeavour is the operative word since the leader has not been this way before (and probably won't be going this way again !) Never fear. Just think of the relief you will feel when you eventually struggle (or emerge) from the bush and collapse into the comfort of Gronow's Van. If you survive, think of the tales you will be able to tell to your grandchildren. N.B. The leader claims that this walk will be neither easy nor mostly downhill all the way to the sea.

The News Convenor adds: I've got a hunch that sleeping bags and tents may be banned on this walk 'cause it sounds like a Survival test, so you had all better disguise your equipment to look like food only or YOU may be banned !!

22-24 MT. ZERO-VIEW POINT CAVES-MT. STAPYLTON-GOLTON CREEK-DEAD BULLOCK CREEK.

Leader: Fred Halls p) 97 3724

Easy/Medium

Van leaves Batman Avenue 6.30 p.m. Fare \$6.00. Expected time of return 8.30 p.m. Approx. distance 18-19 miles. Map Reference: Horsham National Devel. 1:100,000 (5/8" = 1 mile)

Bring water for first night. Starting from Flat Rock near Mt. Zero, we will visit the Devil's Kitchen, a large sandstone overhang, then follow two Flat Rock aboriginal painted rock shelters and the wind-blown View Point Caves. From the larger of the two painted shelters we will climb Mt. Stapylton on a circuitous course. The walk along the northern section of the Mt. Difficult Range traverses past fantastic wind-eroded sandstone peaks abundantly covered by flowering plants. After a visit to the Cave of Ghosts, we cross the ridge to camp on Golton Creek. Next day, upstream along Golton Creek towards the towering bulk of Mt. Difficult. Finish near Dead Bullock Creek Falls.

As you can see, "News" consists only of six pages this month. Got any idea why this is so ???????? Come on, everyone, PLEASE ATTEMPT to write an article about a recent walk you have been on. After all, there were at least 150 people on walks in July. It's NOT up to the News Convenor to find something to fill up News with. Full appreciation is shown to Graham Wills-Johnson & Graham Hodgson- the only regular writers, but they have done their fair share by far. I expect to be swamped next month. Make sure that I am !!!  
— Barbara Davies —

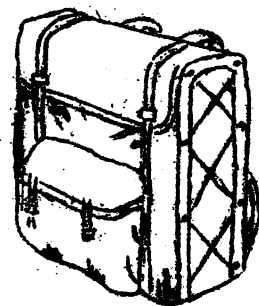
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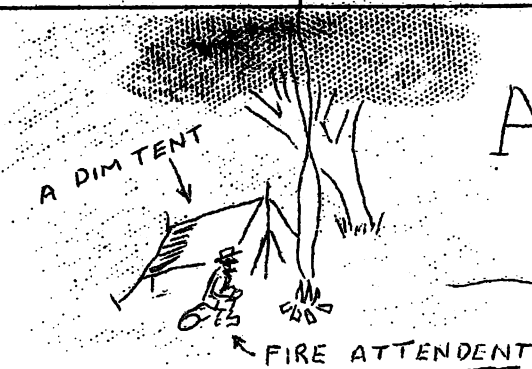
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## ALONG THE TRACK

### MAKING DENTS IN MOUNT STIRLING

"The trouble was....", said Glenda philosophically as we started digging her out with a 50¢ Woolworth's trowel, "...that when the tree dropped the first lot of snow on me I squeaked - so then it dropped the rest."<sup>1</sup> Fourteen hardy souls under the intrepid leadership of Tim Dent were skiing up the side of Mt. Stirling<sup>2</sup>; thirteen of them even had skis on.<sup>3</sup>

Actually, when we reached the Friday night camping place there was John and his bird, and for a while we thought it might be sixteen hardy souls; but they just looked very superior and announced that THEY were going alpine skiing - none of your plebian cross-country nonsense for them.

The snow began only half a mile out of Mirimbah, and before long, fearless leader was really showing what an elderly green veewee can do with proper handling - pirouetting gaily in a circle of no more than five feet. Even the veteran Land-rover only managed another mile before the snow was up to its armpits, so to speak. Half the party hauled packs up to the Circuit road junction and began putting up tents in the snow,<sup>4</sup> while the other seven derided such foolishness and declared that they were going to camp back on the Delatite where it was nice and warm and there was none of that horrible cold white stuff lying around everywhere.<sup>5</sup>

Actually the cold white stuff WAS rather horrible. Waxes in use ranged from silver through purple to one clown (who happens to be writing this report) with red. It didn't matter much - the snow clung fiercely to ANYTHING. There WASN'T a right wax for the occasion, although as usual among langlauffers argument on the subject was quite <sup>6</sup>.

Well, the seven wise ones in due course set off to return to more comfortable regions, while the seven foolish ones began to look for wood. We never saw the wise ones again, so they will have to write their own account of what happened after that. Meanwhile, Gerry produced a bottle of kero<sup>7</sup>, and with much plate-flapping Rod soon had a fire going on the snow - at least it was a fire on the snow until it began to drop out of sight. We had to chase down after it with the Woolworth's trowel, and by the time we caught up to it, it had just gone out, and was emitting dense clouds of acrid smoke and absolutely no heat. In fact it could only be kept going at all with constant plate-flapping, which served to keep the flapper warm, although any other benefits were marginal<sup>8</sup>.

Three inches of snow fell overnight, and if it hadn't been for the fortunate coincidence that we happened to wake up inside our respective tents, we would probably have had trouble finding them. At the prospect of getting out of a nice warm sleeping bag we felt quite <sup>9</sup>, but after much grumbling the summit party was up, breakfasted, booted and tottering around groggily on skis. Soon, seven tiny figures could be seen staggering up Stirling's spur, still carting half an acre of sticky snow on every ski, while snow-laden trees snapped and crashed all around, and there was an occasional faint promise of sun.

After a while it was only five tiny figures. Where were Sue and Rod? Then Chris's skis suddenly began to behave as though they had green wax on them, so that it became three tiny figures struggling onwards, upwards, past the lonely hut, the last tree, the open windswept snow, the swirling fog, the thinning air - looking as lost as the end of this sentence. At last the medical gentleman planted his foot at the base of the trig point and peering into the whiteness said "I don't think much of the view". The heroine of the 1972 24-hour

contd./

Walk plonked down her day-pack and said very practically "It's time for lunch". The third member of the party was still wheezing like a superannuated steam engine, so he, for once, said nothing<sup>10</sup>.

And, apart from a lot of sliding downhill, and discovering that all eleven of our companions had abandoned us to the wilderness and gone home, that was about the end of the <sup>11</sup>.

*Ye Olde Yabbering Yeti*

- 1 You might say that this was an accident
- 2 ....and were therefore ascendent
- 3 ....although some of these didn't look too confident
- 4 This meant they were now resident
- 5 They, of course, were prudent
- 6 ....strident
- 7 A Provident lad, our Gerry
- 8 So marginal as to be scarcely evident
- 9 ....despondent
- 10 Which is surprising. He has no sort of reputation  
for being diffident
- 11 ....incident

The club extends a warm welcome to the following new members (see financial list for addresses) :

Stanley ATTWOOD, Lindsay BARROW, Alan CROCOMBE, Helen HILL, Laurie MONEY

ADDITIONS TO THE FINANCIAL LIST, 1972:

LEES Yvonne 16 Armstrong Street, Springvale, 3171. p) 56 3919  
 PEARCE David 3/271 Lennox Street, Richmond. 3121  
 POWELL George 26 Charnwood Road, St. Kilda. 3182  
 TRIGG Ken & Trudy 35 Rodney Avenue, Merlyn ton. 3058 p) 35 7661

A NOTE FROM THE TREASURER: Ralph Bryan

An up-to-date list of financial members is enclosed with this month's News. This has taken a lot of time, both for preparation & typing. It would be appreciated if all members could check their address, telephone no(s); postcode etc; and advise myself or the News Convenor of any corrections which need to be made. Errors are bound to occur in a compilation of this nature.

A BIG, BIG THANKYOU IS EXTENDED TO HELEN DENT FOR HER MARVELLOUS EFFORT IN TYPING THE FINANCIAL LIST.

For the period up until the 28th August, 1972 Graham & Sue Errey will not be contacts as they are on holidays, however there are still two other contacts.

COMING SOCIAL EVENTS.....

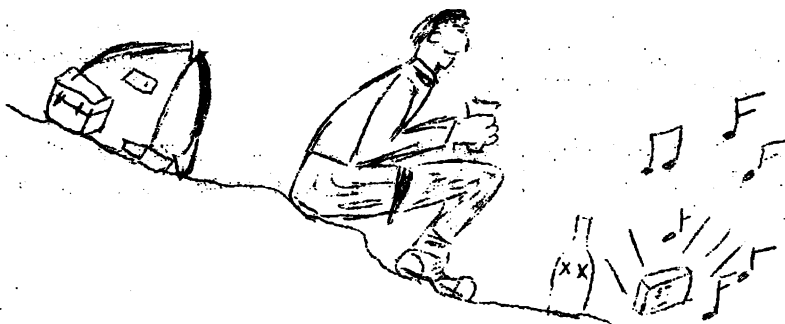
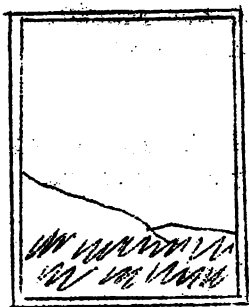
Wed. 6th September Slides on walking areas including the Prom.-by Geoff Crapper  
 Wed. 20th " 2 B.H.P. Movies "Where water is plentiful"  
 "Dry Australia"

Tuesday 3rd October. The second club dinner for this year is to be held at the Salzburg Lodge in Heidelberg on this evening. If you enjoyed Edelweiss you will like Salzburg even better. Cost is \$3.50 per person, pay your money to Graham Hodgson as soon as you can.

Pam Lambeth recently had an operation and is expected to be in hospital for 6-8 weeks. She is in Ward 23, 1st Floor, Cotham Clinic, Cotham Road, Kew, for anyone who would like to visit her.

The "Age" article on dung beetles (published in last month's News) omitted one interesting detail. The dung beetle completely buries a cow pat in 48 hours. The original reference was 'Rural Research', a quarterly bulletin put out by the C.S.I.R.O. This is a bulletin which I can well recommend as it usually contains many articles of great interest.

The Next Club clean-up night will be on Thursday 2nd November at 5 p.m. approximately.



I'VE BEEN  
SLOGGING UP THAT  
HILL FOR 31 YEARS,  
AND I RECKON  
I'M DUE FOR A  
BIT OF A REST!  
DON'T YOU?

Does your pack squeak & groan, chances are that it does and in a very toneful manner. Our musical expert Mr. Bate Oven has diagnosed a definite A sharp in Flinders Ranges packs, E flat in Mountaineers etc. etc. It would also seem that billies have an E sharp, clean frying pans C sharp and unclean frying pans C flat. Due to this incredible phenomena we have formed our very own bush orchestra, the first performance being Debooties Mountain Mule Concerto in F flat minor for packs and orchestra.

Overheard on a recent trip, the following conversation:-

Male - "you blow up the lilo and be quick about it, I want to go to bed."

Female - (a minute later) "Phew! it's no good, I haven't any lungs".

The female in question has been putting up a bold front for ages if that's the case.

Want to trade in your present car on a luxury model, just contact our automotive genius Geoff Greenwood, he will fix you up with any make or model you fancy, however he does specialise in speedy type continental and Scandinavian limousines.

Here's one for S & R.

It was a search for a little girl in N.S.W. An S & R representative was charging through the bush when he suddenly came across what he thought to be two more searchers, a bloke and a girl.

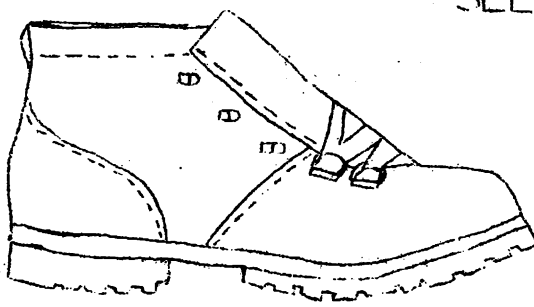
"Any luck?", said the S & R rep. "No", was the gloomy reply from the bloke.

"What map are you using?", said the rep. The bloke thought for a moment and said "We weren't searching".

It has come to my attention that on a recent trip to the Mt. Stirling area some of our so called intrepid walkers decided that to spend a night in the snow would be too much for them. The diabolical weaklings spent a luxury evening in the Bonnie Doon motel. This sort of behaviour seems to be getting out of hand. It is however, gratifying to hear that Joy's beach walk saw Art, Andy and Sandy braving the icy surf, Virgil's feeble excuse for not partaking was that she had forgotten her bathers. Why didn't more people go in ????

The rumour is not true that we are going to change the design of the club badge to a scrawny individual walking DOWNHILL with a thermos flask in one hand and a transistor radio in the other.

Stewart Moroney is champion of the West Kiewa - Razorback belly flop slalom. While skiing in the area under particularly icy conditions, he lost his balance and hurtled over a 400 foot precipice, fortunately for him he terminated his ride 150 feet down the 60° slope. It is said that he literally froze to the spot, skis up in the air, nose buried, praying that the remaining 250 feet would not be travelled. Three brave mountaineers saved him.



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