



The NEWS

of the

MELBOURNE BUSHWALKERS INC.

MAY 1995

EDITION 531

Print Post Approved. P.P. No. 338888/00016

PRICE 60 cents

If this **Donkey** has a **RED NOSE**,
THIS is your **LAST COPY!**

of

The NEWS

Pay your subs **NOW**.

Form is on the Back Page



Queens Birthday Weekend North West Bus Trip

Book now for your place on the 1995 **Queens Birthday Bus Weekend**. Our trip last year to the southwest coast was a great success so this year we are offering a trip to the north west. We are planning two pack-carry walks in the **Little Desert National Park**, a base camp visiting the **Little Desert and Wyperfeld National Parks**, and a trip doing a two-day pack carry in the **Wyperfeld National Park**.

The cost will be **\$51** for a seat on the bus, plus camp fees at **Wyperfeld** of up to **\$4** per person. See the walk previews on page 5 for more information. **Book early** (all payments via **Max Casley** please) to avoid **disappointment**. *Bill Metzenthien, Walks Secretary*

Thursday, May 25, 1995 - 6:30 PM

Restaurant Evening at

"Afghan Cuisine" Restaurant

45a Fitzroy Street, St. Kilda

We will pay a little less, and get less food than we got at the Turkish Dinner, but we will have enough food, I think.

The Afghan meal will cost **\$11**. There will be a number of entrees and main dishes (including vegetarian ones) brought to the table so we can try a little of each. Salad, rice, bread, a dessert plus tea and coffee are included in the dinner.

This is a small restaurant, so we are limited to 30 people.

Preference will be given to members, as I expect this to be a popular event.

Please let me know if you are coming by May 17.

Contact Nancy on

Movie Nights - More info. on Page 7

Don't Forget the special PEDDER 2000

Audio-Visual Night on

Friday 12th May 1995 at the

Grand Buffet Hall, Union House,

University of Melbourne, at **8.00 pm**.

Tickets from Pedder 2000, P.O. Box 41,
Surrey Hills North, 3127, or at the door.

Contents of May NEWS

	Page
A Galahad in Prickly Scrub <i>Athol Schafer</i>	8
Adventures with Athol <i>B & B Shying</i>	8
Bushies Good Food Guide	11
Bushies Recipes	9
C'tee Duty Roster	9
Committee Notes	10
Day Walks	3 & 4
Federation of Victorian Walking Clubs	9
From the Editor <i>and</i> the President	2
Letter to the Editor	7
May 14 Day Walk update	3
McDonald & the Bluff <i>Cameron McMillan</i>	8
<i>Melbourne Bushies</i> Book	6
Membership Renewal slip	on mailer
Mootwingee Update	6
New Members & Changes to Members Info	10
Queens Birthday Weekend Bus Trip	5
Social Events	1 & 7
Walk with a Difference	6
Weekend Walks	6
<i>Willis's Walkabouts</i> advertisement	11

From the Editor

Last month we started a new section "The Bushies Good Food Guide" (see page 11), at the suggestion of Sylvia Wilson. Most of the contributions so far have been Sylvia's. I would very much like to hear from Readers whether they have found this feature useful. And I would especially welcome contributions to add to the list. The column is purposely put on the back page so you can tear it off and put it in your glove box.

I have also received a letter from Cheryl Cooksey, who writes that she has just joined the ranks of people who own food dehydrators. These are gadgets that consist of a number of racks in a stack. You prepare fruit, vegetables and even meat in strips or diced or pureed and arrange them on the racks. There is a fan either on the bottom or the top that gently blows warm air through the food and dries it out over about 8-10 hours or so. Conventional dried fruit or vegetables as well as fruit straps can be prepared this way, or soup mixes and even stews can be cooked at home, dried to a powder (almost) and taken on bushwalks.

Cheryl has suggested a Bushies Recipes Column, and this can be found on Page 9 with a few suggestions from Cheryl. Now I know that a number of Bushies have food dehydrators so there must be some good ideas and suggestions out there. Contributions please.

Nancy is organising some good Social activities and attendances are encouraging. We had about 30 people at the Turkish Restaurant in Coburg last month. The food was great and we were entertained by a Belly Dancer. There were two or three of our party who even tried to out-do her! Go! Liz! Our Treasurer is also a bit of a surprise!

Bill has organised another Bus Trip for the June long weekend. Last year's trip was a great success, and I recommend this coming trip to you. If you haven't tried a pack-carry walk or a base camp before this is an ideal opportunity.

Bob Steel

Meetings are held in the Clubrooms, MacKenzie St., Melbourne (rear of the Royal Horticultural Society building) on WEDNESDAY Evenings between 7.00pm and 9.00pm.

Visitors are always welcome.

General correspondence should be directed to:
The Secretary, Melbourne Bushwalkers Inc.
PO Box 1751Q, MELBOURNE 3001

From the President

I've just returned from two weeks holiday in Darwin where it's still hot and steamy. The longest bush walk I did was 3 kms into some "crocodile-free" waterholes, and boy, was that walk an effort!

I returned to hear of all the adventures on the Easter walks and was quite envious as they were in some of my favourite areas for walking. Which walk would I have chosen?

We provide such a varied and interesting program it can be hard to make a decision. However we are always looking new walks and new leaders so if you have ideas let someone on the committee know or tell the Walks Secretaries direct.

The Walks Committee meets on Tuesday 9th May to plan the Spring Program so rush your ideas to Bill or Alan.

Cheers

Janet Norman

The NEWS is the official newsletter of the Melbourne Bushwalkers Inc. and is published monthly. Edited by **Bob Steel**. Articles, walk reports, poems, snippets of news, reports of new gear, book reviews, letters "to the Editor", advertisements, etc are always welcome. The Editor reserves the right to edit articles, contributions, letters etc submitted for publication, where space, clarity, propriety, etc dictates. and to maintain editorial consistency. Please note that articles for **The NEWS** may be put in the **Red Box** in the clubrooms or mailed to me, Bob Steel, at
or faxed to me on

Advertising Rates

¼ Page 1 Issue-\$20; 3 Issues-\$50; 12 Issues (1 year)-\$180

½ Page 1 Issue-\$30; 3 Issues-\$75; 12 Issues-\$270

Full Page 1 Issue-\$50; 3 Issues-\$125; 12 Issues-\$450

Only advertisements directly relating to bushwalking will be accepted (ie, gear, maps, trips, tours, etc)

Members Ads - FREE

Closing Date for

JUNE 1995 News is 31ST MAY 1995.

Previews for May & June Day Walks

Sunday 14 May COLIBAN CREEK FALLS Easy, Med. & M/Hard - GRANITE CK FALLS

Leaders: **Adrian Cole, Pauline Williams
& Nigal Holmes**
 Transport: **Bus at 9.00 am from South
Bank Boulevard
c. 100 kms**
 Approx. Distance
from Melbourne: **1900**
 Expected time
of return: **1900**
 Area: **north of Kyneton**
 Approx length of
walks: **12 to 18 kms**
 Map Reference: **Metcalfe 1:25 000**

The waterfalls will be spectacular if the rain continues. The use of three leaders gives range of grades of walk from easy to moderately hard. Even Nigel will be hard pressed to find many steep hills or much impenetrable scrub on this walk.

The walk is over private land (very few fences, though) and the farmer required that we pay him to walk over his farm. In return, he and his wife provide afternoon tea at the end of the walk, at a charge of \$5 each. The prices therefore are: Members \$18; Visitors \$23 Concession members \$14; Concession visitors 419.

Sunday 4 LOST CHILDRENS TRACK- Easy & E/Medium DAYLESFORD

Leaders: **Peter Havlicek & Chris Cheah**
 Transport: **Bus at 9.00 am from South
Bank Boulevard
109 kms**
 Approx. Distance
from Melbourne: **1900**
 Expected time
of return: **1900**
 Approx length of
walks: **13 and 20 or so kms**
 Map Reference: **Eganstown, Daylesford,
Bullarto & Barkstead 1:25 000**

The medium walk follows the wanderings last century of three Daylesford children who became lost. They were found dead near Wheeler Hill Road (south-east of Daylesford). The Easy walkers shall take a (prophylactic?) short cut going past Jubilee Lake.

Both walks start at Daylesford Lake. The Medium walkers head down creek past the mineral springs, then south to Sailors Falls; then towards and along the dismantled Daylesford-Ballarat railway before heading east towards the Lost Childrens monument.

The walks are mainly on tracks/forest roads through regrowth eucalypt forests. The vertical displacement is moderate.

Sunday 11 MT MACEDON - ZIG ZAG Easy & E/Medium & BRAEMAR TRACKS

Leaders: **John Kittson & Fay Pratt**
 Transport: **Bus at 9.00 am from South
Bank Boulevard
60 kms**
 Approx. Distance
from Melbourne: **1900**
 Expected time
of return: **1900**
 Approx length of
walks: **15 & 18 kms**
 Map Reference: **Macedon & Woodend 1:25
000
Mt Macedon Forest Park map**

Mt Macedon is an area with excellent views, tall trees and cool fern gullies, and what's more it is not far from Melbourne.

The medium walk has a slight climb at the start. This plus the extra 3 kms separates it from the E/M walk.

Both walks start near the township of Mt Macedon and make their way up and on to the Camel's Hump. From here you can see the famous Hanging Rock a few kilometres off in the distance.

A short while later at the summit of Mt Macedon the views are spectacular, firstly looking down on the townships of Mt Macedon and Macedon, and out in the distance the Big Smoke can be seen. The best part is the quietness. No trail bikes, trams or cars can annoy you on this summit.

Both groups will make their way down the Braemar Track back to the bus.

Monday 12 HISTORICAL WALK - LOWER Easy YARRA VALLEY

Leader: **Athol Schafer**
 Transport: **Meet under the clocks at
Flinders St. Station at 1000
6 kms**
 Approx. Distance
from Melbourne: **1600**
 Expected time
of return: **1600**
 Approx length of
walk: **8 kms**
 Map Reference: **Melways 44, 45 & 59**

Walk starts near Scotch College then follows the river upstream to Leonda Restaurant, then over to the west bank at Survey Paddock, taking in the Corroboree Tree and Scullin Walk, the later named after the former Prime Minister.

continued next page

Previews for June Day Walks continued

Monday 12 June Historical Walk continued

His former residence is still there. Other features on the walk will be Hawthorn Hill, Pridmore Park and Yarra Bend Park; and, most likely, we will finish at Dights Falls.

Sunday 18
Easy & Medium

**TREE FERN TRACK-
GEMBROOK**

Leaders: **Peter McGrath & ?**
Transport: **Bus at 9.00 am from South Bank Boulevard**
Approx. Distance from Melbourne: **63 km**
Expected time of return: **1900**
Map Reference: **Gembrook South 1:25 000**

Interesting area in the Dandenongs, which was devastated in the 1983 Ash Wednesday bushfires, but has largely recovered now. Editor

See leader in Clubrooms. Second Leader required - see either Alan Miller or Peter McGrath. Alan

Wednesday 21
Easy/Medium

**CAPE SCHANCK -
BUSHRANGERS BAY**

Leader: **Joan Haigh**
Transport: **Private**
Approx. Distance from Melbourne: **92 kms**
Expected time of return: **1800**
Area: **Mornington Peninsula**
Approx length of walk: **12-14 kms**
Map Reference: **Melways maps 258 & 259**

A pleasant walk on good tracks to Bushranger Bay and around to the Cape with an optional walk down the 200 steps. We shall retrace our route for the return.

Meet at 9 Albert Crescent, Surrey Hills at 8.30 am or at the Bushrangers Bay car park on Boneo Road at 10.00 am (Melways 259 K8)

This space intentionally left blank.

Available for YOUR news item!

Saturday 24
Easy

**DANDENONGS EXPLORER -
OLINDA STATE FOREST**

Leader: **Pam Rosso**
Transport: **Private**
Approx. Distance from Melbourne: **50 kms**
Expected time of return: **1730**
Area: **Dandenongs**
Approx length of walk: **12 kms**
Map Reference: **Olinda Forest map or Silvan 1:25 000**

I have enjoyed many pleasant Devonshire Teas with the Saturday walkers after the Dandenong Explorer walks, but was amazed to discover while reading the recently published history of the MBW that this tradition goes back to the very origins of the Club in the 1940's, when the first vice-president, Egon Donath, led what he called "cream hunts" in the Dandenongs area.

This walk will start at 10.00am from the lower car park of the Silvan Reservoir Reserve (Melways 120 H11), off Stonyford Road. We will continue into the Olinda State Forest and then climb some gentle rises into the R.J. Hamer Arboretum, to the car park at the top, where magnificent views will be obtained. After lunch we will proceed downhill all the way back to Silvan Reservoir where all the thoroughly deserving "cream hunters" will be served hot billy tea and scones with jam and cream in the best Melbourne Bushies tradition.

Sunday 25
Easy & E/Medium

MASONS FALLS- KINGLAKE

Leaders: **John Kitson & Denise Triffett**
Transport: **Bus at 9.00 am from South Bank Boulevard**
Approx. Distance from Melbourne: **70 kms**
Expected time of return: **1900**
Approx length of walks: **13 and 16 kms**
Map Reference: **Kinglake National Park map**

Both the Easy and Easy/medium walks for the day will start and finish near the Ranger Station at the entrance to the Kinglake National Park, just a few kms s/west of Pheasant Creek at the end of the National Park road. During our circuit walk we will be visiting Mason's Falls then making our way up to Mt Sugarloaf lookout, finishing back at the Ranger Station.

The Easy/medium group take in an extra few kms by descending the McKimmie Track and returning via the Pine Ridge Road.

There will be a mixed bag for the day - tall mountain timber, fern gullies and good scenery.

Previews for June Long Weekend Walks (Queens Birthday W/e) - 9th-12th June

NORTH WEST BUS TRIP to LITTLE DESERT, WYPERFELD N.P. and LAKE ALBACUTYA

There are four walks programmed for this trip: two pack carry trips in the Little Desert National Park (the same route, but walking in opposite directions), a base camp visiting the Little Desert National Park, Wyperfeld National Park and Lake Albacutya Park, and finally a trip combining a day walk in the Little Desert National Park with a two day pack carry from the Wyperfeld National Park to Lake Albacutya.

The bus cost for all trips is the same, \$51 per person. In addition there will be camping fees for those who go to the Wyperfeld National Park, of approximately \$2 per night spent at the camping ground.

Please book and pay early. Your place is not assured until you have paid your \$51 deposit. Because of the high cost in hiring the bus, the trip may be cancelled if we cannot get enough bookings by the 31st of May. **Deposits are non-refundable (unless you break a leg) after the 31st May.** Similar to last year, the bus will pick up passengers from Surrey Hills at 6.00 pm, (ask Jean Giese about location) and from Southbank Boulevard in the City at 6.45 pm.

Finally, a reminder that it will be winter and we will be a long way inland. You should therefore expect it to get quite cool (perhaps even downright cold!) overnight, so bring a good sleeping bag.

Little Desert Pack-Carry, led by Doug Pocock
Standard: Easy/medium. Distance 42 kms

The Little Desert is famous for its wildflowers (670 recorded species) we may be too early to see it at its best but we should see the early flowering species. The track traverses extensive heathlands with Banksias, Tea-trees & She-oaks. Also the track winds through stands of trees - Yellow Gum, Mallee species and Oyster Bay Pine. There are over 220 bird species recorded including Mallee Fowl. This should be a good walk for beginners to weekend walking as well as "old hands". We should get to campsites early to allow for bird watching or wildflower wandering so bring binoculars & plant identification. books.

Fires are permitted but it is best to bring a stove.

Day Walk (Little Desert) and Pack Carry (Wyperfeld) Leader: Max Casley.

Standard: Medium Distance: c. 40 kms

There is a limited capacity for pack carrying in the Little Desert National Park so this trip gives the alternative of a day trip in the Little Desert and a two day pack carry from the Wyperfeld National Park to Lake Albacutya Park. Saturday will be spent at Little Desert and then we shift with the base campers to the main camping ground in the Wyperfeld National Park.

Saturday and Sunday will be spent walking to Lake Albacutya. Water is a problem. The Park Ranger has offered to place a water dump for us, but if this cannot be arranged then we will have to carry our requirements for the two days (but you could carry much of this in the form of goodies such as fruit and juices, etc). This is the reason for the "medium" grade of the walk.

Fires are discouraged outside the main camping areas so bring a stove for cooking. This walk is being run to allow for a demand for a pack carry trip which may exceed the allowable numbers on the Little Desert trips. If there is not a sufficient demand for this trip then it may be cancelled.

Base Camp at Little Desert and Wyperfeld N.P.
Leader: Jean Giese. Standard: Easy/medium

After spending Friday night at the camp ground in the Little Desert National Park we will do a day walk into the Park. After the walk the bus will take us to the main camping ground in the Wyperfeld National Park where we will spend Saturday and Sunday night. On Sunday we will do a day walk in the Wyperfeld National Park. The bus will return to the camp ground on Monday morning and take us to the Lake Albacutya Park where we will do another day walk. After the pack-carry group arrives at Lake Albacutya in the afternoon the bus will take us back to Little Desert to pick up the other groups and return us all to Melbourne.

Previews for June Weekend Walks Continued

10-12 June
Easy/Medium

**GAMMON RANGES &
ARKAROOOLA**

Leader: **Dave Vincent**
Transport: **Private by Light Aircraft**
Approx. Distance from Melbourne: **2 000 kms by Air**
Expected time of return: **late Monday afternoon**
Area: **Flinders Ranges of Sth Aust.**

Arkaroola Sanctuary lies in an isolated location, 600 kms by road north of Adelaide. It lies at the extreme north tip of the Flinders Ranges and features granite peaks, with quartzite ridges slashed by precipitous gorges and creeks with cool, deep waterholes framed by eucalypts.

This three day trip is planned over the June long weekend period. Access to Arkaroola will be by light aircraft departing from Moorabbin airport. The plan is to set up a base camp at the Arkaroola camping ground, which has toilets and showers. Unfortunately, camping elsewhere in the area is forbidden.

The weather in June is typically crisp nights and pleasantly warm days. Planned is a half day "Ridgetop Tour" by 4WD, of the rugged mountain areas - this area is only accessible by guided tour. Also planned are day walks and swimming.

For a group of six (including leader), the estimated cost of private aircraft hire is \$195 each. For further details and to book a place on this trip, contact leader (David Vincent) at home on Ph.

23-25 June
Easy

**STRATHBOGIES - MT SAMARIA
BARJARG BUNKHOUSE WEEKEND**

Leader: **Sylvia Wilson**
Transport: **Private**
Approx. Distance from Melbourne: **214 kms**
Expected time of return: **1900 Sunday**
Area: **between Mansfield & Benalla**
Approx length of walk: **30 kms in all**
Map Reference: **Nillacootie, Mt Samaria, Mt Strathbogie 1:25 000**

Barjarg is just north of Mansfield on the Midland Highway. The bunkhouse is the old village school which has been converted. Flash it is not, but adequate it is: just the job for a cold, wet June weekend. The idea is to spend a day walking in the Strathbogies. We pioneered a good route which includes views, a

waterfall and an ancient cabin on wheels mouldering quietly in the forest. Sunday is on Mt Samaria and will include a trip to the Summit.

Cost: \$6 per night. More info. and access map on application

Walk with a Difference

Are you doing anything on
SUNDAY 28th MAY?

Would you enjoy helping door-knock in the Kew area for the Red Shield Appeal (Salvos)? They're always short of collectors and have again asked the Melbourne Bushies to help out. One stint takes nearly 2 hours (they'd love you to do more than one); it really is quite fun, believe it or not! Starting time 0900 to 0930.

Give me a ring for more info
and if you'd like to join us.

Sylvia Wilson

Mootwingie Update

Saturday 23 September to Saturday 7 October
(ie. School Holidays 1995)

This is definitely a go-er. We have eight committed people already. We plan to visit Hattah Lakes, Lake Mungo and ? on our way to Mootwingie (north of Broken Hill). Each place is unique in its own style and all have significant aboriginal remains, artifacts and/or history. Mootwingie is also known for its wonderful rocks, rock pools and terrain generally.

The trip will mostly be base camping but will involve a least one pack-carry.

Limit of 15 please.

Sylvia Wilson

Letter to the Editor

Tali Karng and Estoppey Spur

From Barry Short

I read with interest Will Roland's letter regarding Tali Karng and Estoppey Spur and would like to add the following:

Tali Karng - this being the official Place Names Committee spelling (I have never been able to track down the *Tarli* spelling that seems to appear only in bushwalkers publications. Perhaps it is the phonetic spelling of the word "Tali", which is easily slurred to sound like *Tarli*). The official meaning of the name is "small" or "little lake", so to call it Lake Tali Karng is obviously incorrect - it cannot be *Lake Small Lake!* Tali Karng is dealt with extensively in Harry Stephenson's book "Cattlemen and Huts of the High Plains." It appears that Alfred Howitt heard of Tali Karng from aboriginal friends around 1886. The same year the man credited with first reporting the lake's existence, Johnny Snowden, a native stockman on Glenfallock Station, viewed Tali Karng from a distance but did not go there. Dick Riggall of Glenfallock was the first white visitor. Howitt succeeded in getting there in Easter 1887 on his fourth attempt. He returned with a party on horseback in February 1888. This party included Howitt's two daughters, Annie and May, who were the first white women to go there. Howitt returned yet again in December 1890 with Lucas and Dendy, two fellow scientists, to investigate the natural history of the area.

P.D.Gardner in "Names of the Victorian Alps" says the full name is *Tarli Karng Nigarthorook* and that it means small water or lake. Nigarthorook, he says, probably meant yellow snake, and that it possibly referred to the people who occupied the territory. The clan and tribal affiliations being difficult to ascertain due to definitions of tribal boundaries.

Estoppey Spur

Harry Stephenson's book has this to say about Andy Estoppey - that he (Estoppey), Bill Gillio and two others built the Moroka Hut in 1946 and that at the time this book was written (1980), Andy Estoppey of "Bonnie Doon", Briagalong, was possibly the oldest cattelman still tending the cattle and riding the bush; he was then 83. It seems obvious that Estoppey Spur takes its name from this local family.

MOVIE NIGHTS

- ☺ *Bullets Over Broadway*
- ☺ *Shawshank Redemption*
- ☺ *Immortal Beloved*
- ☺ *Heavenly Creatures*

The above films come highly recommended as good films to see, so I would have been happy to publish the dates and times that we could meet to see them. Unfortunately the movie theatres involved can only provide information a week ahead. So, we will make four dates, and fit the films and movie theatres as information becomes available. Check out the white board in the Clubrooms or ring me for updates. (We will always do early films - those starting about 7:00 PM.)

Tuesday, May 9
Saturday, May 20
Monday, May 22
Saturday, May 27

So mark the above dates to see a movie - they are all highly recommended!!

Please Contact Nancy on _____ if you are interested in attending!!

"The Melbourne Bushies - Fifty years along the track"

Have you bought a copy? Have you seen a copy? Reports from readers (*and see letters to the Editor*) indicate that it is a very good read - interesting, enlightening, entertaining, and inspiring.

The Book Committee and especially the Authors and the Editor, Barbara Weiss, have done a great job.

You can get your copy for \$18, in the Clubrooms any Wednesday evening, or you can order it from Trish Elmore, c/o the Club (PO Box 1751Q, Melbourne 3001). It will cost you \$23.50 to order the Book by mail.

A Galahad in Prickly Scrub

The incident behind this story happened many years ago and I'm not mentioning names nor the exact location, but it was at one of our well known mountain resorts.

A honeymoon couple has left the guest house on a walk to the falls, a popular beauty spot, and because they had not returned by tea-time, a search party set out to try and locate the overdue couple. Fortunately they were soon discovered in the darkening forest, but what astounded their rescuers was the sight of the pair wearing each others clothing!

Their explanation was that after missing the track back from the falls they found themselves 'bushed' down a gully of briars and stinging nettles. The lady was clad only in a summer frock so the guy insisted she put on his trousers, so as to protect her bare legs. She, on the other hand, made him don her frock to "preserve his dignity". And that's how they were found!

Athol Schafer

Mt McDonald - The Bluff 24-26 March 1995

Early on Saturday morning five hardy souls got together at Sheeppark Flat camping ground for the med/hard walk to Mt McDonald and The Bluff.

After driving along Brocks Road, we parked our cars near the start of a 4WD track that descended steeply to the Jamieson river where we filled up our water bottles. Further along the track we came to the Upper Jamieson Hut which marked our starting point for the climb to Mt McDonald's summit (1 620 m.). After a short rest at the top in a cool breeze, we walked north-east along the ridge before stopping for a well-earned lunch break. We then descended to Brocks Road along a well defined spur.

Now the hard part of the day started. We had 1 100 m. of climbing to do before reaching The Bluff's summit at 1 726 metres. It was slow going as we encountered thick scrub (rotten dead trees and sinking undergrowth). After a while, Bill called a halt for a much appreciated rest. The going seemed easier after this as the scrub thinned out underfoot.

Plodding on in the late afternoon sunshine, we left the treeline and set up camp in the fading daylight. The flat grassy area was good for sleeping on, and people retired to their tents soon after tea. Late that night the wind started blowing at a reasonable force which caused Max to rearrange his tent siting.

In the morning after a good look around at the surrounding countryside from the summit cairn we

walked along a track heading for "The Blowhole" which was a steep 400 metre descent to a 4WD track that led back up to Refrigerator Gap. Bill, Marilyn and Ralph seemed able to keep their footing at the start while Max and I made slower progress, sometimes on our backsides.

After a short climb up onto Rocky Ridge we had lunch in the sunshine. Continuing along we dropped down a spur onto the Bluff access road. Leaving this down another spur, we came back to Brocks Road and the cars, 1 km away.

After a quick wash and change in a branch of the Jamieson River we headed home. Enroute we stopped at "The Yarck" for tea to finish off a great weekend. Thankyou Bill for one of the best weekend walks I can remember doing.

Party - Bill Metzenthien (leader/navigator), Marilyn Whimpey, Max Casley, Ralph Blake and me.

Cameron McMillan

Adventures with Athol

Two recent public holidays have been spent on walks in little-known areas of urban Melbourne. On Labour Day, a large group of 20 or more met under the clocks at Flinders Street Station to begin an outing to the wilds of Westonia. The delights of Truganina Swamp, Altona Beach and Cherry Lake Recreation Area were sampled along with potato cakes from the local fish & chip shop and icecream on the Esplanade! The view across Port Phillip Bay were superb.

Our leader, Athol Schafer, is an amateur cartographer so we were privileged to be able to follow our progress on meticulously produced maps which are an art form in themselves. A great day was had by all at a pace to suit age groups from 7 to 70.

On Anzac Day we again met at Flinders Street Station and after watching the March for a while we joined up with the group to head for Bundoora. The walk took us on a circuit of Bundoora Park to the peak of Mt. Cooper. The sign said it is the highest point in the Melbourne metropolitan area at 137 metres and the 360° views were excellent. We then followed the chain of lakes through La Trobe University, observing the bird life and collecting a marvellous supply of field mushrooms. The final section of the walk was along the Darebin Creek Trail and once again we enjoyed using the beautifully prepared maps and interesting commentary from Athol. We are looking forward to many more of these fascinating jaunts.

Barbara and Barry Shying

Bushwalkers Recipes

Lentil Soup. Serves one Total weight 160g
50g green lentils, 50g mixed dried vegetables (I used potato, pumpkin and carrot), 1 vegetable soup cube, 1 onion stock cube, 25g small pasta shapes.

Soak lentils & vegetables for as long as possible prior to cooking (at least 30 minutes). Put lentils & veg in the billy together with the water they have been soaking in and with plenty of extra water. Crumble the stock cube & the soup cube & add to the billy. Bring to the boil & cook until vegetables are cooked & lentils are soft. Be very careful that the billy doesn't boil dry. Cooking time will vary with soaking time etc. Add pasta shapes & cook for a further five minutes. This soup can be made thick like a stew or more liquid to suit individual taste. Just vary the amount of water.

Rice & Vegetables. Serves one. Total weight 165g.
75g rice, 75g mixed dried vegies (I used carrots, mushrooms, zucchini & eggplant), 2 chicken stock cubes, 12mm of fresh ginger, 2 cloves garlic, 1 fresh chilli (optional), knob of butter.

Soak veg in water for about 30 mins. Peel garlic & ginger & slice thinly. Heat butter in billy & add garlic & ginger. Fry for about one min. Add vegetables together with the water they have been soaking in & bring to the boil. Add crumbled stock cubes. After about 10 mins, add the rice & stir. You will have to watch carefully while this cooks to ensure that you have neither too much nor too little water. When the rice is almost cooked remove from the fire, put the lid on the billy & leave for 5 mins or so before eating. Slice the chilli finely & add to the cooked dish to serve if required.

Vegetable Curry with Coconut Milk

Serves one Total weight 175g

90g dried vegetables (I used potato, sweet potato, zucchini, carrot, pumpkin, cauliflower), 1 clove garlic, 12mm of fresh ginger, 20 g coconut milk powder, knob butter, ¼ tsp garam masala, salt to taste.

Before leaving home you will need to divide your spices into two twists of foil or greaseproof paper. One twist will contain the cummin, pepper, coriander & mustard seeds & the other will contain the garam masala.

Soak vegetables for minimum of 30 mins. Peel & slice ginger & garlic & fry in butter for about one min. Add mixed spices & stir. Fry for further ½ - 1 min. Add vegetables & water, bring to boil & cook until soft. Be careful the pot doesn't boil dry. add coconut powder & boil for 5 minutes. Add garam masala & boil for 1 more minute. Add salt to taste.

Serve with a thinly sliced green chilli on top if required (or add chilli to the pot while cooking).

serve with rice for a more filling meal.

Cheryl Cooksey

Readers are invited to contribute their favourite recipes for this column. Please send them to the Editor or put in NEWS box in the Clubrooms.

Editor

Wilkinson Lodge

Thanks to the Maroondah Bushwalkers for their stirring efforts in moving our firewood supplies from the track to the wood shed. They laboured under adverse conditions as they had to carrying in then split the logs before stacking them in the wood shed. They really had a tough job - it snowed just before they got up there and the party had to ski in from Falls Creek! In April! They found the firewood under about 10 cm of snow & their biggest problem was chipping the ice off the wood. Your work is much appreciated.

Editor

Federation of Victorian Walking Clubs

The AGM of the Federation was held on Tuesday evening, 2 May. Alan Clarke from our Club is the new Secretary of the Federation. Wayne Emmins from CAEX Bushwalkers is the new President.

Search and Rescue: Arrangements for the Extra \$10 000 promised by the Government for the promotion of the Section are almost finalised. A twice annual newsletter is being prepared and has the aim of maintaining interest of members and also underlining the importance of the Section. All Club members are invited and encouraged to attend the main S&R practice to be held on May 27-28 at Gilwell Park Scout Centre.

Tracks cleared: Boobyalla Track by DCR, and Grey Hills & Quartz Ridge by Friends of Bogong. Essendon Walkers will cut a new track at Mt Samaria, from car park to the Summit. The two huts at New Federal Mill have been burnt down.

Slides of environmental damage are wanted for the making of a slide/video program.

Athol Schafer

Comitee Duty Roster

10 May	Pearson & Jean
17 May	Lloyd & Janet
24 May	Doug & Nancy
31 May	Alan & Stephen
7 June	Denise & Peter

Committee Notes

Walks Secretary: March Walks:
 4 Day Walks: ave. attendance 38 (cf. 33¼ in 1994)
 5 Weekend Pack-carry walks: ave. 7 attendees.
 2 Base Camps: ave. 5
 Dandenongs, Wed. & Historical walks - 3; ave. 16.6.
 Bogong NP Work Party - only 4 workers!

There is a shortage of leaders, especially for Day Walks. If you would like to lead or co-lead a walk, please contact Bill Metzthen or Alan Miller (or any member of the Committee) and we would be pleased to help you. You just need to be reasonably experienced with a map & compass. You don't need to know the areas in advance; you should always preview the walk before-hand (and there are people willing to help you do this). First time leaders will always be put with a more experienced leader on day walks (we nearly always have two leaders on day walks). The Committee is considering running another Leaders Day, where new leaders and anyone who would like to participate, can learn some of the skills involved in leading a walk. There is also the Navigation Day coming up on the 21 May.

No Treasurers report this month, more next month.

Membership: 467 as at end of April. Is this a record? Only 188 people have renewed so far - what are the rest of you doing!

Subscriptions are due NOW and are payable within 3 months of the AGM. A tear-off renewal slip is on the back page (mailer). The end of May is the deadline for paying subscriptions. 1995 subscriptions rates are

Ordinary membership: \$25.00
 Concessional (to students, holders of benefit cards, etc): \$17.00

Where a single copy of NEWS is sent to 2 members living at same address (= "family"): \$36.00
 Non-member subscribers to NEWS: \$15.00

When renewing, please let Membership Secretary know of changes to your surname?, address, home & work 'phone numbers. Also if you change your mind about (not) letting these details be known to the general membership.

May 1995 is the date when most telephone numbers will be changed. For the annual membership list, I shall assume that Melbourne numbers have been changed only by a prefixed 9, eg 123 4567 to 9123 4567. Please let me know only if your number has been changed differently or you have other than a Melbourne number.

New Members

 Ross Berner

 Terri Keough

 Lawrence Renner

 Patricia Hill

 Lou Green

 Elizabeth Moore

 Damien Ryan

 Christine Soumalias

 Andrew Kaulenas

 Stephen Woodroffe-Hill

 Jennifer Sykes

 Michael Pirota

 Cecelia Kennedy

Altered Addresses and/or Phone Nos.

 Fraser Chitts

 John Roseman

 Tony & Penny Stapley

 Graeme Walkden

 Peter Hamann

 Peter Day

 Kathleen Bohle

 Graeme Thornton

 Pamela Kirkham

The Bushies Good Food Guide

Contributions from readers most welcome. Don't let Sylvia do ALL the work! You must have some favourite eating places. Let us all know about them.

Geelong

Best Fish & Chip Shop out: Fish 10 out of 10 & cheap! Closes before 8.15 pm on a Friday night though.

Location: End of Moorabool St., facing Corio Bay but in Western Beach Road, opposite "The Steam Boat" restaurant, diagonally opposite Steampacket Gardens (Melway 228A H2). *Sylvia*

Geelong

Johnny Rocket Hamburger Joint. Moorabool St. X Malop St. ie. middle of main drag. The "original" hamburger place fully imported from USA, complete with dancing staff - we kid you not! Cheap & food was actually alright, 7½ out of 10, chips terrific. Open all hours. (Melways 228A H4) *Sylvia*

Traralgon

Bistro of "The Royal Exchange".

Going east: Hospital on hill; lights; Shell service station on right: just past etc. etc. When we arrived, it was very busy so had to wait. Some food was cold, forgot coffee, otherwise fine-6/10 *Sylvia*

Ballarat

Eureka Pizza & Pasta - Main drag, bottom of hill, first block on left as you go west. All-time favourite of mine. Awfully busy Friday nights. Go early. Service is not too bad. Terrific food, v.g. coffee. Escape for \$10-\$15 *Sylvia*

Benalla

Chip Shop almost behind Cop Shop on your way in (from Melbourne) On right. Been consistently good for years, even have chairs & tables outside now. (Saves sitting in the gutter or in your car). Hamburgers 9/10, fish & chips good, forgot coffee. Quick. El cheapo.

Sylvia

Benalla

A Pizza place: Main part of town just before roundabout, on right hand side, on way out. Particularly good, can't remember what we had but were most impressed. Quick, even though busy. *Sylvia*

Euroa

Jumbuck Cafe: Main drag, RHS going north. Used to be the tops, gone off a bit but still good. (Food apt to be kept hot too long sometimes, I find). *Sylvia*

Renewal of Membership Please complete details.

NAME

ADDRESS

PHONE (h).....(w).....

Is this a Change of Address? Yes No

Ordinary Members	\$25
Concession (proof required)	\$17
Couples	\$36
News subscribers	\$15

Make cheques or money order payable to "Melbourne Bushwalkers Inc." and post to:
Membership Secretary, PO Box 1751Q, MELBOURNE, 3001



<p>The NEWS of the Melbourne Bushwalkers Print Post Approved. PP No 338888/00016 If Undelivered, please return to: MELBOURNE BUSHWALKERS INC. PO BOX 1751Q, MELBOURNE, 3001</p>	<div style="border: 1px solid black; padding: 5px; width: 100%;"> <p style="margin: 0;">SURFACE MAIL</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 100%;"> <p style="margin: 0;">POSTAGE PAID AUSTRALIA</p> </div>
---	--	--



Change of Address and/or Phone Numbers

NAME

Old ADDRESS

NEW ADDRESS

PHONE (h).....(w).....

Please Indicate Type of Membership

Ordinary Member Concession Couple NEWS subscriber

Post to: Membership Secretary, PO Box 1751Q, MELBOURNE, 3001