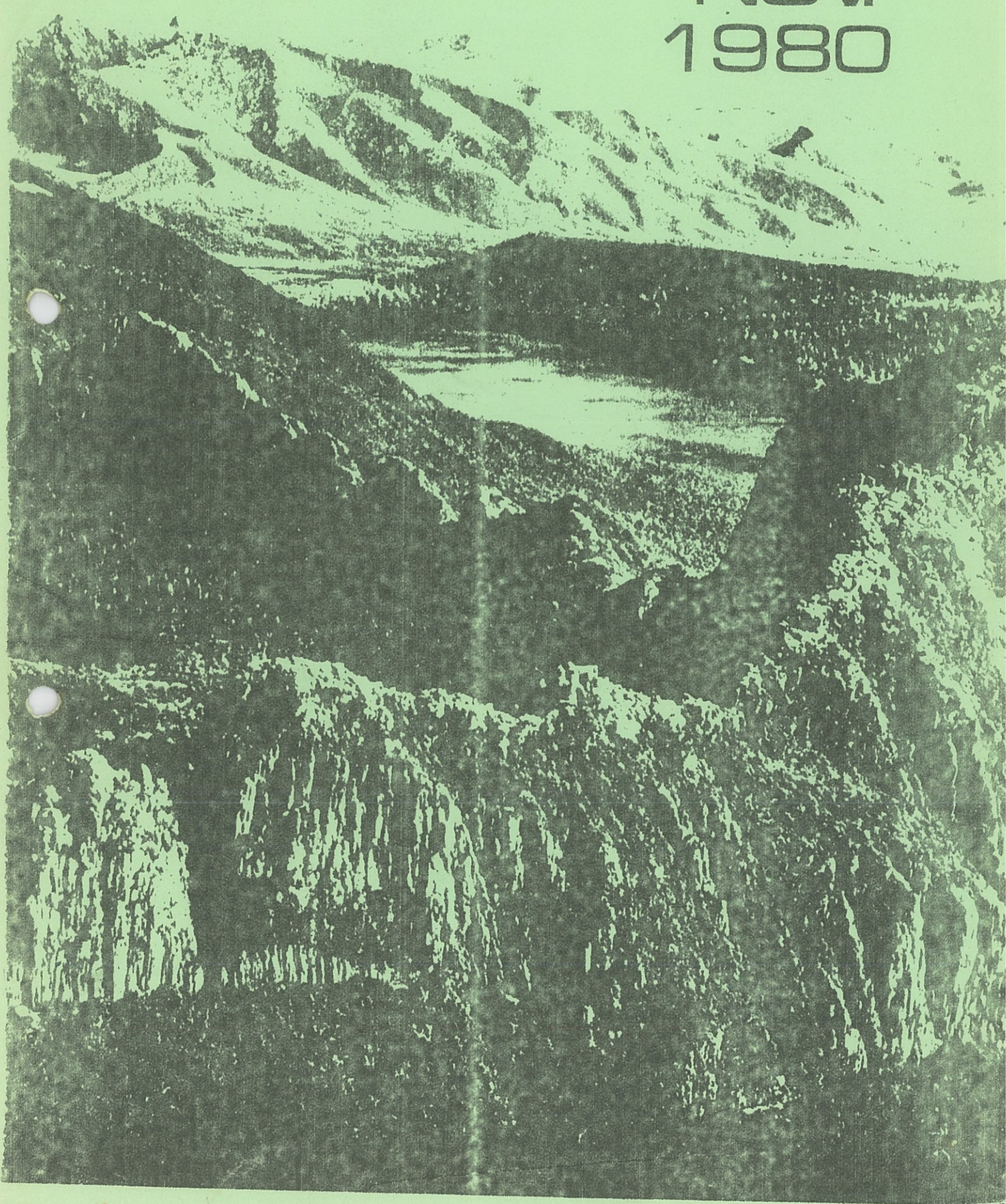


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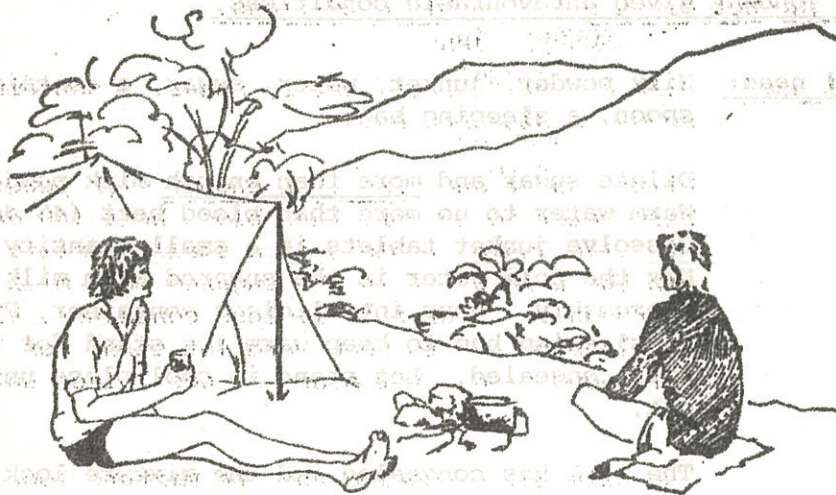
EDITORIAL

Here is another Mobsac. This one has been devoted to a topic close to everyone's hearts...well stomachs and I hope it is both enjoyable and informative, George Bernard Shaw was pretty right when he said "There is no more sincere love than the love of food" and we walkers and climbers can develop great appetites. You certainly don't have to "rough it" when it comes to eating, as demonstrated by members of the Gourmet section of the Club. They still have many closely guarded secrets and the only way to find these out is to go walking with them. Other people amaze companions by what they eat and how much they eat. Phrases such as "what's next?" and "I'll eat it if you don't" can be repeated incessantly. How many times do we fantasize about culinary delights in conversations around the camp fire?

The following articles go further than satisfying some of the basic needs, they show that food can taste good and at the same time be nutritious. Hope these ideas supplement those you already have about what to take away. Many thanks to the contributors, and especially Andy for collecting the other articles on trips.

MIKE DREW

N.B. A good article on drying meat appeared in the April '80 issue. A good alternative to buying de-hydes.



## THE GENTLE ART OF T.V.P. COOKING

Fellow walkers are always surprised when T.V.P. (Textured Vegetable Protein) is mentioned as part of a meal. Ignorance and prejudice are deep-seated traits that this article will try to dispel.

T.V.P. is a meat substitute derived from soya beans. It has the nutritional value of meat without the disadvantages of difficult digestion expensive price tag heavy weight and inadequate shelf life. So how do we do it? Firstly do not buy the flavoured style. Next do not buy chunk style, instead obtain mince style - easier to cook. Now read the instructions on the packet, thus you know what to do. Finally obtain your copy of Mobsac and proceed as follows:

Place a goodly amount of margarine/butter/oil in the pot and fry the mince, adding flavourings such as onions, garlic, soup cube, herbs, curry, etc. Fry until the mince has absorbed the fat - you may need to add more fat. Now add the water for your rice/macaronis/stew. Bring to the boil and simmer gently for half an hour. Depending on the length of time required for cooking the remaining ingredients, gradually add them so that the total cooking time is at least half an hour. Note that at altitude (2000 + m) cooking time lengthens. Now get your spoon and tuck into it.

THE OUTDOOR CHEF.  
(Nick B.)

## J U N K E T

Junkets can easily be made nutritious and wholesome. And even better, they taste good.

Makeing junket given unfavourable conditions.

You will need: Milk powder, junket, water, sugar, a container, a spoon, a sleeping bag.

METHOD: Dilute sugar and more than enough milk powder in water. Warm water to no more than blood heat (40 degrees C). Dissolve junket tablets in a small quantity of cold water. Mix the cold water in the sugared warm milk. Mix thoroughly. Pour into lidless container. Place container in sleeping bag to keep warm let stand for 15-30 minutes till congealed. Let stand in cool place until ready to eat.

RESULT The milk has congealed and the mixture look appetising.

THE OUTDOOR CHEF  
(Nick B.)

DESSERT FRAPPE A LA JAGUNGAL

Having been stimulated to record some more epicurian episodes on some epic enterprise, here is the latest Bacchanalian journey into the world of Lucullus.

During those cold, wintry days when icicles are forming on Grey Mare hut, the wind is howling around Albina and you are sitting by a log fire in Mawson's watching the dry, fluffy stuff fall down, and wishing you were somewhere else, then this is the receipt for YOU. The only troublesome ingredient may be condensed milk, but then any self-respecting ski-tourer always carries some just for that emergency, and isn't it time now? So here we go:

**INGREDIENTS:** Powder snow  
condensed milk  
flavouring to taste eg. Jelly crystals,  
coffee, milo.  
Small can elbow grease.

**METHOD:** Combine powder snow and condensed milk gradually adding flavouring until ice-cream is produced.

**USES:** Eat, slurp, munch, drool, gobble and indulge to your heart's content.

( NICK B )

## AN EASILY PREPARED DESSERT - CREAMED RICE

Make up a standard cocoa mix of cocoa, milk powder and sugar. Boil some water, and add this mix together with white rice (or brown if you can wait that long) and a dollop of butter.

When cooked, either eat or drink, depending on how much rice was added. The ingredients are best prepared at home by putting rice, cocoa, sugar and milk powder in a plastic bag. A little experimenting will determine how much of each makes up your billy full.

ANDY BLAKERS

## CHEAP MEAL

### Ingredients

- 1 galah (plucked)
- 1 rock (granite or sandstone, 1kg)
- 4 litres water
- 1 teaspoon salt

### Method

- 1) Boil the salted water and add the rock and the bird
- 2) Simmer until the rock is soft.
- 3) drain
- 4) discard the galah and eat the rock.

HAL AGA

SLOSH : Recepte for a lunchtime biscuit, highly nutritious and stores very well for weeks on end if stored in a ventilated situation ie they don't have to be stored in air tight containers.

### Basic Recepte

- 1 cup sugar
- 1 cup margarine/butter
- 1/3 cup syrup
- 5 cups oats
- 1/2 cup nuts

Makes 12 120g slabs.

### Specific tested recepte

- 300g sugar
- 240g margarine
- 200g honey
- 500g oats
- 100g mixed nuts
- 120g saltanas
- 120g desicated coconut

Flapjacks were developed for the 1978-79 ANZSES expedition to S.W. Tasmania and were used for the 5 weeks. They still tasted delicious even though they were over 7 weeks old.

### Procedure:

Mix ingredients in a large bowl, Sugar, Margarine and honey can be melted first. Grease a pan eg. baking dish and spread out mixture to make 2cm thickness. Bake at 350 degrees F until golden brown in colour - about 20 minutes.

As you can see any fool can make these biscuits and all fools will eat them.

ANTHONY HARDY

## B R E A D

This is a recipe for delicious good-for-you bread. Quantities listed are not exact. Its best to make 10 or 12 loaves at once and freeze them until required. 12 loaves can be made with these quantities:

125gms fresh Bakers yeast from a Deli (keep refrigerated)  
2kg Wholemeal plain flour  
1kg White plain flour (for a lighter loaf)  
½kg mixed - wheatgerm  
- bran  
- cracked wheat  
- soya grits  
- rye flour  
- semolina  
- ground rice  
- or any combination of other grains.  
½ cup gluten flour  
½ cup dried milk  
2 tablespoons salt  
3-4 oz Marge/butter  
2 or 3 eggs  
2 or 3 tablespoons brown sugar

Crush the yeast with the sugar until liquid. Add a ½ cup of water and sprinkle with flour. Stand about 15 minutes (depending on the temperature) until bubbles appear. Mix the other dry ingredients (bar salt) and make a well in the middle. Pour in the yeast mixture (after it has bubbled) and sprinkle with a little flour. Allow to bubble again. Add the melted butter beaten with the eggs, followed by 6 cups of water. Mix to a scone dough consistency and knead for about 5 minutes. Put the mixture in a bowl to rise. Cover the bowl and wait until the volume doubles. Add the salt and knead the dough again and half fill well greased tins. Stand until the dough rises to near the top. Cook 20 minutes at 220 degrees C.

## HIGH PROTEIN, LIGHTWEIGHT VEGETARIAN DINNER

Make up a bag of assorted grains and vegetables such as:

Sun flour seed; Rye; steamed cracked wheat; soyaroni; vegeroni; lentils; white rice; alfalfa; onion flakes; bran; coconut; wholemeal noodles; dried vegetables and anything else you can think of. These are all available from the nuthouse probably 300 grams would make a large meal.

Boil some salted water and add the mixture. When nearly cooked (after 15 minutes) add lots of peanuts and some flavouring such as dried tomatoe powder, tomato paste, cheese, beef stock, chicket stock or anything that takes your fancy. The resulting brew can either be drunk or eaten, depending on the amount of water. It can also be used as a sauce on canned salmon or corned beef or on fried or raw salami. It is hard to burn and except in the case of cheese, washing up is minimal. Grains, vegetables, nuts and milk products complement each others protein deficiencies very well.

### STEAM PUDDING:

1 cup flour )  
1 dessertspoon egg powder ) premixed at home  
2 dessertspoons sugar )  
50g margerine or butter  
water (& lemon juice if desired)  
Jam, golden syrup - 1 dessertspoon - 1 tablespoon

Rub butter into dry ingredients. Add just enough water to make mixture very slightly sloppy. Grease an enamel cup or other suitable metal container. Place jam in the bottom of the container. Add mixture. Cover with aluminium foil (a cleaned soup packet is useful) and tie down with string. Steam in a billy with lid for approx 1 hour. The time varies with the amount of mixture in the dough. Keep checking the water to prevent billy boiling dry.

Serves - (well it depends if Nick's there) about 3 people.

### SAVOURY RICE WITH A DIFFERENCE

1pkt Savoury Rice - beef flavour  
fresh vegies - carrot, zucchini etc.  
bacon, salami, span, etc.  
peanuts 1 hand full.

Fry meat in butter. Add peanuts - fry for about 2 minutes. Place remaining ingredients in a billy with a bit more than the required amount of water for savoury rice. Cook as for savoury rice.

Serves 2

ROBYN TUFT.



On Friday, 27 December, Hurley was leading when the scene ahead cleared and he saw a point of white against the sky — they had found their vital 200-mile depot, marked by the tall cairn and the pole. Hurley was at once elected cook, 'unanimously'. While Bage and Webb made their observations he prepared their banquet and wrote the menu in pencil in his notebook — to surprise his companions with his culinary knowledge — and it ran like this:

*Hors d'oeuvre*

ANGELS ON GLIDERS

(a fried raisin on a square of chocolate)

*Entrée*

BISCUIT FRIED IN SLEDGING SUET

*Roast*

FRIED BISCUIT

*Pièce de Résistance*

EXTRA THICK HOOSH

*Sweets*

Plum-pudding recipe, three grated biscuits (done with Bonza hand-knife); mixture of Glaxo, sugar, seven raisins and three drops of methylated spirits with two handfuls of snow and boiled in an old sock.

They actually drooled for the five minutes the plum pudding was boiling on the primus; they licked their lips when it was done. Then Hurley produced the real *pièce de résistance* ... a drink he named 'Stingo'; it was made from boiling five raisins in a mixture of water and methylated spirits; and the Royal Toast was drunk with the juice — holding the nostrils pinched with the left hand. His pencil had been busy other than writing the menu for their Christmas banquet; he had new lines to add to his continuing saga in verse — his *Christmas on the trail*. He penned:

I've dined in many places, but never such as this ...  
I've eaten iguana on a lonely desert isle,  
I've dined in the shade of wattle by a maiden's winsome smile,  
I've grubbed at a three-up hash-house and eaten a counter lunch,  
And supped at a slap-up cafe where the swankers sit and munch,  
So I've dined off seals and penguins from Cape Horn to Alaska Way,  
But, the finest, funniest dinner I've dined, was on this Christmas Day.

It expressed the spirit of Frank Hurley whose comrades said he was a man who could joke in the face of death. Hurley wrote, 'I never knew a happier Christmas than this one with Bob Bage and Azi Webb at the 200-mile depot.' Some 60 years later Webb told this writer, 'Hurley's courage, his cheerful nature on that awful march lifted us above hunger, pain, weariness, and fear ...'

## FLOUR POWER

Here are the latest tips from our local agent for the exclusive gourmet Bushwalkers and Climbers Club. Some members of this (ie UNSW) Club are dedicated Flour cookers. Often other members of the Club express wonder and amazement at the gastronomic marvels produced by this small band. Yet flour cooking is simple and cheap. Recipes are easily accessible eg. Paddy Pallin's Bushwalking and Camping book. I shall list some of these recipes again, however, they are by no means original.

The two basic types of white flour are self-raising flour and plain flour. Self raising flour is simply plain flour with the rising agent (backing powder) added.

From the walker's or climbers point of view, flour has two main advantages. It is nearly 100% carbohydrate, and so is good food value for weight and conversely its water content is very low, so no "extra weight" is included. Add to this the delightful dishes that can be done with flour and it can only be a winner.

On the debit side, some people don't like the preparation involved with flour dishes. Particularly in adverse conditions, or if the chef is dead-beat already (from hard work, of course, not drink!) this may be a major consideration.

So on to the recipes, courtesy of Paddy Pallin.

1) PANCAKES - requires water (or Milk) to be added to self-raising flour or plain flour (for a 'lighter' or heavier result) until a thick batter is achieved. Pinch of salt for taste if desired. Some people add egg powder to pancake batters, but only in small amounts, please. Pour sufficient of batter for one pancake onto a well-greased, HOT flat bottomed frypan. When cooked on one side, the pancake should come free from the pan bottom. If it doesn't, it may not be cooked. there may not be enough butter/oil in the pan, or the pan bottom may be too rough. Toss or turn the pancake, cook other side, and serve with honey, jam, cream and other goodies to taste. Add more butter to pan for next one.

2) PIKLETS (or "droped scones" "Johnny cakes"): as for pancakes, only make the batter much stiffer and cook in smaller blobs. Often easier to do than pancakes.

3) DUMPLINGS to self raising flour, add pinch salt, sugar to taste (if dumplings are to be for desert) and knead in a small knob of butter (this is not essential). At this stage, sultanas, chopped dates etc. may be added also. Begin to add water SLOWLY, kneading the dough until a stiff, fairly dry mixture is obtained. Separate into a suitable number of dumplings, avoiding too much compression of the globules od dough. Drop into a boiling billy, replace lid, and cook for 12-15 minutes.

Unsweetened dumplings may be added to boiling stews - these are often called doughboys. Sweetend dumplings may be added to boiling stewed fruit, or to honey-water mixture, to give honey dumplings. When served with hot custard, makes a memorable desert.

QUANTITIES FOR 1 PERSON: 2 desert spoons self-raising flour, pinch salt, 1 desert spoon sugar,  $\frac{1}{4}$ - $\frac{1}{2}$  oz butter, & sultanas/dates etc to taste.

DAMPER

Mix together flour and backing powder (or use self raising flour) a pinch of salt and use milk to make into a stiff dough. The size and shape you make the dough into is up to you. I prefer to wrap a slightly flattened fist sized lump in aluminium foil. Others make long cylinders and twist them around a stick. Dampers must be cooked slowly - it is a of an art to not burn them. When done cut in half and smother with butter and jam. A variation is to mix in dried fruit.

N.B. "Jonny cakes" are make in the same way, except flattened disks are fried in butter, about 10 minutes each side. I'm told there great when eaten with jam and butter after they have cooled.

LONDON, Wed: - An American stuntman hoping to become the first person to swim the English Channel with his hands and feet bound, gave up after only 6.4 km today.

I WAS INSPIRED

I decided to be the first human to climb Mount Everest bound and gagged...

I made it to the front gate of my Footscreay home with NO PROBLEMS

Then I fell down and rolled into the gutter...

it started to rain but I was undaunted... I had Mount Everest on the brain

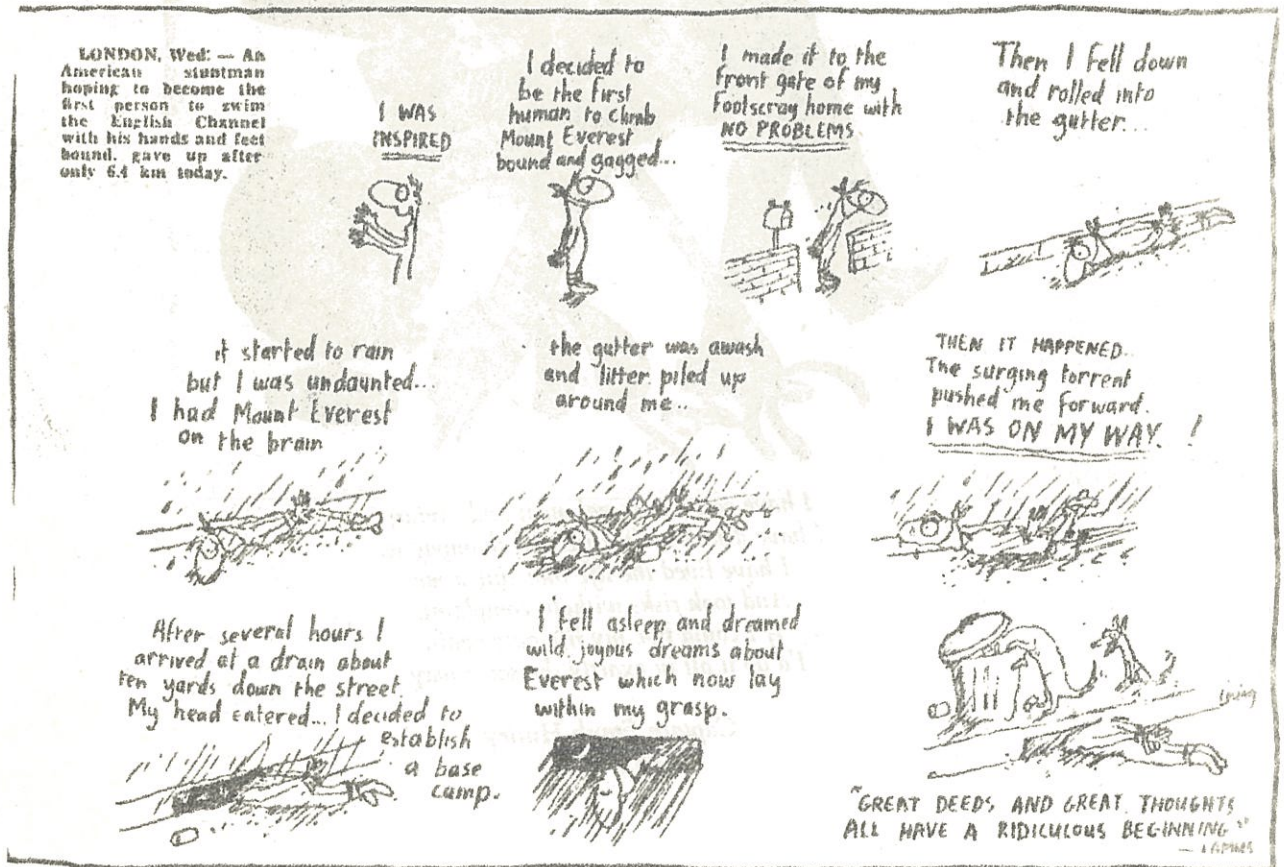
the gutter was awash and litter piled up around me...

THEN IT HAPPENED. The surging torrent pushed me forward. I WAS ON MY WAY. !

After several hours I arrived at a drain about ten yards down the street. My head entered... I decided to establish a base camp.

I fell asleep and dreamed wild, joyous dreams about Everest which now lay within my grasp.

"GREAT DEEDS AND GREAT THOUGHTS ALL HAVE A RIDICULOUS BEGINNING"





*I have eaten raw seal meat and caviar;  
I have drunk melted ice and champagne.  
I have lived the life that suited me  
And took risks without complaint.  
If I could live my life over again  
I'd do it all in exactly the same way.*

*Captain Frank Hurley  
1885-1962.*

## "TREKKING"

After ten days of cycling around the Kathmandu valley, exploring the temples and getting fit, we purchased a trekking map from Pokhara to Jomsom and brought a bus ticket to Pokhara.

Before my sister Natalie and I set off from Pokhara, Nepal up into the high Himalayas, they warned us the food would be bad... We planned to walk alone from Pokhara to Muktinath, sleeping in the small villages and eating their food.

For 3 days before we set off, the Kathmandu krapts had me in their krutches, so I'd been eating toast, toast and more toast. Ad lib for the first few days of the walk, until we got into the omelettes and boiled eggs (Phul") - eggs, eggs and more eggs in many forms (and out they came!). Tatopani was a welcomed sight - hot springs, mountain views, and lemon pie 2 rupees a slice - aah, relief a rest day at last. We'd been dreaming of just sleeping and eating for 5 days. Using a complete roll of toilet paper a day we didn't have enough rupees left to afford the lemon pie habit; so we set off again.

May I add that, really, who gives a damn, what the food is like when the air is so clean and the mountains so magnificent. All very well, but along the Tibetan plateau I dreamt of one thing, a McDonalds thickshake believe it or not, whilst Natalie took  $\frac{1}{2}$  an hour to describe our grandmas roast lamb in mint sauce with relish and delight. That night we ate rice and lentils (dhal bhat) for the 35th time. However, its not that bad - some places do offer "mince potatoes" and meexd greel!!! In several places you will find chapatti peanut butter honey, pumpkin "pancakes", and a strange "champa" porridge.

Apart from boredom, the food is definitely not very clean - a few of the people walking our way contracted hepatitis, whilst I cursed the amoebic dysentery I caught for the next 13 weeks. I could recall numerous stories of flies, snot, hen shit, cow dung (+ other more exotic unidentifieds) that became a regular addition to our meals - kind of like nepalese salt and pepper - but I won't turn you right off. Instead I'll tell you just one story - sitting around the fire at 6pm under the summit of Machupuchare in a hut, with the lady of the house ("didi") cooking some rice. Baby shits on the floor, mother picks it up with her apron and flings it outside the house, then uses the apron to dry my sisters dinner dish. However, if you ignore these occurrences and enjoy the hospitality you'll be alright. Just be very careful of so-called "fresh" food and don't ever drink the water under 5000 metres. Iodine (15g%) solution - 30mls per litre of water - kills all the nasty bacteria and even the dreaded amoebae - boiling doesn't, nor do water purifying tabs or Chlorine. You only need to see the Bagmati River in Kathmandu - human cremations, dead cows, people crapping and washing - all within 30 feet, to turn you off drinking the water in Nepal forever.

Actually, the walking was wonderful and literally breathtaking, and good food couldn't have made it better. The many chi stalls (tea shops) are a welcome sight - for 25 paise ( $\frac{1}{4}$  rupee) you get a steaming cup of Indian tea, which seems to have chilli in it. And as long as you're not stuck on the floor with noisy stoned japs who've come up to get some Tibetan fossils (no kidding!), you'll get a satisfying feed and a good night's sleep. If you need good food, then go on an organised trek, sleep in tents and eat their more varied much cleaner food. Just remember that if the nepalese eat rice and dhal 3 meals a day for their lifetime and they've never tasted ice cream or chocolate, then why can't you! Anyway, if it really gets you down then there's local beer (chang) and spirits (rakshi) to bring you up plus a few other cheap unmentionables that grow all over the hills.

..../

Our final destination, Muktinath, a Buddhist pilgrimage at 13,000 ft, would have been worth starving to get to. It was magnificent, spectacular, glorious...a view across the plateau into Tibet, surrounded at all sides by dominating white peaks. The best day of my life.

Still dreaming of the beauty of places like Maktinath we set off back to Pokham. Natalie and I survived quite adequately, until on our back-tracking home poor Natalie had a nasty bout of diarrhea. Leaving her in the care of the villagers at Birethanti, on the side of an idyllic river, I spent the next 2 days walking up to Ghandrung to get a better look at Machupuchare and Annapurr III. Apart from the worms in my spinach that night, I came back enthusiastic and inspired. It was a tremendously beautiful place - almost unreal. Somehow we made it back to Pokhara.

After our 23 days of walking (+26 days worth of no showers) we flew back to Kathmandu. The second thing we did (number 1 was a shower) was hit the Katmandu Pie shop, the Aunt Jones, the August Moon, K.C.'s - and we ate and ate and ate. Chicken curry 5rs, fried rice, 3rs chocolate cake and icecream, pineapple meringue pie (2.5 rupees), and litres of hot chocolate. Cheese, Even B R E A D !!! Even Beef Steak (from Calcutta, no joke). Nevertheless, I was extremely keen to walk up into the Helambu district north of Kathmandu - but I was sick in bed for 10 days.

Now that I've been home in Sydney for 7 months, I look back on that holiday as the best 3 weeks of my life. Every day I dream of those mountains and the Nepalese people, truly, and they are vivid in my mind and dear in my heart. It saddens me to know that when I return there will be a lot more tourism and commercialism, but nevertheless I want to go back.

Even if it means eating rice and dhal for 10 years first.

JULIE BENNETT

## ENVIRONMENTAL ETHICS

Most members of our club would adhere views on the environment similar to those of the Australian Conservation Foundation. Being ecologically aware and being a bush lover go together. After all, if there is no wilderness then most of the joy of bushwalking goes. However, there is much more to being ecologically aware than contributing ones voice (and a little money) in a campaign to save the rainforests or S.W. Tasi. We must consider why these beautiful places are under threat. The obvious reason is the demand for goods and services that these regions can supply by the general population. I'm sure most of us would not wish to receive hydro electricity from the Franklin River or Coachwood from Washpool. However, we demand other goods and services which people who use coachwood or Franklin River hydro electricity may not want. Thus, indirectly, we must accept responsibility for destruction of wilderness in that we contribute to the overall demand for goods and services. The more money we spend for our own pleasure, the more responsibility we must accept. This is particularly relevant to an Australian University student, who will probably end up in the upper income bracket of one of the richest nations on earth. (It is well known that the birth of one Australian is a greater ecological disaster than the birth of five Indians). There is an obvious corollary. To advocate a strongly ecological stance on the part of the community, while being fully aware of the fact that one personal expenditure is too high for the environment to withstand if everyone spent the same, must be hypocritical. Ethically I can see only one course of action to take, and that is to voluntarily donate the greater part of ones income to environmental and/or humanitarian aid groups. At the same time, real effort has to be devoted to one or several issues that need attention.

Recently I was glancing through the ACF income report. The 8000 members only managed to donate about \$170,000, including subscriptions, a little over \$21 each. This is despite the fact that most of the membership would be on higher than average incomes. I cannot comprehend a person on \$20,000 being unable to spare \$1000 for something he really believes in. This earth is coming to a crisis without precedent. For the first time there is the capacity to commit racial suicide. Blind Freddie can see that there are going to be momentous upheavals in the social and ecological environment within the next 30 years, even if we are spared war. To attempt to live in the past, to imagine that we will live out our lives in much the same way as our parents, is foolish at best and culpable at worst. Time is running out for our beautiful planet and those who live on it. We are all aware of the threats; destruction of Carbon Dioxide consuming rainforest; introduction of non biodegradable chemicals into the biosphere; destruction of the ozone layer by jet aircraft and nitrous oxides from cars; creation of huge amounts of carbon dioxide from burning fossil fuels; desertification; overpopulation; excessive consumption of energy and minerals by the richest 1/3 of the population; unwise tampering with large scale ecosystems, such as reversing river flows and draining swamps; urban sprawl; large scale pollution of rivers and entire oceans, from where life came; nuclear accidents; accidents with genetic research; and overwhelmingly important, the deliberate misuse of science and technology for military objectives. Despite our awareness of the problems, all of us, to some extent, deny their existence or hope that they will go away or brazen it out, apparently with the attitude of "eat, drink and be merry, for tomorrow we may die".

It seems to me that the time for action has arrived. Why spend the greater part of ones time and income planning for ones personal future only to discover too late that outside events have destroyed ones personal future? We are part of the world, and cannot withdraw from it. If we do not vote with our time, energy and money for peace, ecological harmony and life, then how can we complain if we reap war, ecological disaster and death?

ANDREW BLAKERS.

## RAINFOREST AND A WASHPOOL TRIP

At the time of European settlement about 40 million hectares (5%) of the 800 million hectares of NSW was forested, this being located along the Eastern fringe of the state. Now more than 2/3 of this have been cleared: forests now represent about 12.5 million hectares. It is useful to compare this 1.5% of state area with the percent forest of other parts of the developed world. In Japan the figure is 44% forest, Canada 44%, Germany 27% and USA 20%. Forests in this country are a scarce resource.

Rainforests were and are even more scarce. A rainforest could be described as a moisture loving community of trees with two or more strata with densely interlacing canopies often with lianas, epiphytes and sparse ground cover and often containing tree ferns or palms. Any definition involving a complex biological system such as rainforest can be broadly interpreted. One problem in deciding rain forest areas is where to draw the cutoff line. For example I give below a list with decreasing degrees of rainforestness:

- i) Pure rainforest
- ii) Rainforest with very occasional hardwoods
- iii) Rainforest with overmature hardwood overstorey and no active hardwood regeneration.
- iv) Rainforest and hardwood, hardwood regenerating and rainforest spreading.
- v) Hardwood forest with scattered rainforest understorey.

The Forestry Commission draws the rainforest/hardwood forest dividing line between (i) and (iii), where the hardwood species could be brushbox and Eucalyptus Saligna. Others would argue that least down to category (iii) is rainforest, for at least this level the rainforest is advancing. Since rainforests generally require a protective surrounding layer of forest, conservation of rainforest requires maintenance of the forest to at least level (iv) and probably to (v).

Rainforest in N.S.W. at the time of European settlement was limited to where the soil and moisture regimes were favourable. Because these areas were never properly surveyed before clearing and exploitation began, estimate of the area now is extremely difficult but perhaps 3 million hectares is a good guess. Today this area has shrunk to about 3000,000 hectares or about 10% of the original. Most of the large lowland rainforest areas such as the Big Scrub, the Illawarra and river floodplains (including the Hawkesbury) have been reduced to tiny remnants. Of the warm temperate and subtropical rainforest areas remaining, many of the larger areas have been or are presently being logged.

One of the few large rainforest areas which up until now has escaped substantial logging is within the Washpool Wilderness. This area, which has a core of 26,600 hectare (Helman) is located just north of Gwydir Highway between Glen Innes and Grafton. It is the largest remaining rainforest area within NSW. The total rainforest area within Washpool (to category iv) is 17400 hectare and the Forestry Commission proposes that about 70% of this is to be logged. The area proposed not be logged (for the time being at least) is the Willowie Scrub 5,450 hectares of subtropical rainforest (about the same size as the cool temperate rainforests of Barrington Tops). The Willowie Scrub is the largest "pure rainforest" area within Washpool.

Because rainforest logging as practised here is a mining operation rather than based on sustained yield, even with Washpool, rainforest operations in NSW will not continue for much beyond the present decade.

And the major use for the timber? - fruit packing cases and plywood inards.



## Rainforest & a Washpool trip Cont.

In order to have a closer look at this area a trip was organised for Easter 1980. There were five of us: Haydon, Peter, Rodney, Tony (from Bendigo) and myself. We entered the area from the Gwydir Highway driving along the Washpool Forest Way for about 10km before my car wrote off a radial tyre (slashed sidewall) on a steep rocky pinch.

We walked here following the track along the ridgetop of the Gibraltar Range. Superb forest here - wet sclerophyll verging into coachwood rainforest patches. Near the end of the day we passed through a beautiful stand of very big (over-mature!) Blue gum (*E. Saligna*) (see photos on P. 8 of one in June 1980 issue of National Parks Journal) This marks the edge of the Wallowie Scrub.

We camped in coachwood forest in the middle of track. A cooking fire was easily started because of the dryness of the forest floor. (we should have left our stoves behind on this trip).

The next day we descended into enchanting Oorooroo Creek. Even in the drought this was a major stream it could be very formidable in the wet. There were numerous waterfalls to descend, particularly in the middle and lower sections and although we had plenty of rope we walked around most rather than abseil. The main reason for this was that the drops generally ended in water and that we were not prepared to swim with packs. The water at this latitude was warm enough for swimming at Easter but is cold in winter. Two 40m lines should be ample for this creek. In one section of the creek (the steepest, Washpool 385582) we ascended high to the south in the dry Eucalypt forest (a small patch on the edge of the Wallowie Scrub), before descending a few hundred metres downstream (washpool 388582) Just down creek from here we spotted an eel in the rockpool. Tony donned his garden gloves and after team coaxing effort he emerged with the prize for dinner. (Beware: eels require grilling or frying to remove the copious fat layer - they require more than boiling). We camped at dusk, a few hundred metres upstream of Washpool Creek.

Soon after starting the next morning we had our major accident (Tony and I had camera problems: I had drowned an SLR in the creek while Tony's electronic marvel was defying human intelligence).

Rodney was traversing a steep slope about 30ft above the creek when he brushed a larger boulder. This was so delicately poised that it rolled onto him (it was about 1 m across and weighed say  $\frac{1}{2}$  tonne) - in particular into his foreleg halfway between the ankle and the knee cutting a 5cm long gash through the muscle sheath. The gash reached the bone (we found out later). The boulder flipped Rodney off balance as it continued on its way to the creek. Rodney went cartwheeling head over heels landing on his stomach facing uphill with his legs dangling over the last 6' ledge above the creek.

We moved him to a more secure position and cleaned out the wound with antiseptic powder. Mistakenly as it turned out we also applied greasy ointment, sewed up the gash with (heart) sutures and applied paraffin gauze cloth. We (correctly) finished off the job by bandaging up the leg.

During this amateur surgery Rodney made great efforts to avoid severe shock by counting leaves on the tree above! We also covered him with a sleeping bag and gave him warm tea.

Our next problem was to get out. Our original plan was to walk up Washpool Creek and back to our cars, about two days walk. Instead we decided to walk the 3km down Washpool Creek to the road which gave access to the logging area on the edge of the wilderness. With his pack contents redistributed Rodney was able to walk.

Fortunately we were mostly able to walk along one side or other of Washpool Creek

## Rainforest & a Washpool trip Cont.

crossings - usually forced by thick patches of lantana - were for Rodney achieved by piggy back (to keep his leg dry). Our leisurely pace gave four of us plenty of time to enjoy the beautiful scenery and indulge in plenty of swimming.

By nightfall we had reached the road where a small group had camped. Early next morning we obtained a lift in a fully loaded timber jinker to Baryulgil. There we phoned a taxi who dropped us at Grafton Hospital.

Hayden and I left Rodney to the doctors (and Tony) to retrieve the cars. Hitch-hiking on the north coast particularly for tall bearded scruffy males is very difficult! (especially after Raymond Denning's escape from Grafton) After about 4 hours and 20km out of town I managed a lift. Very kindly the driver took me out along the track to the vehicles. Hayden was not successful with a lift and I returned the hundred km to Grafton, picked him up and we then drove back to the Gibraltar Range. Having no spare tyre I parked the car somewhat short of the other vehicle.

The walk in the dark noisy forest (wind through the trees and the wildlife crashing through the forest) made this very rewarding. Rodney's car's engine needed a tuneup and so I had to push it in places. On the way out to the highway Rodney's car managed to slash a tyre (similar to mine on the way in) We replaced this though not before we had sheared off a wheel nut when removing it! Fortunately we survived the rest of the trip back to Grafton, arriving around midnight. The slow holiday crawl back to Sydney the following day went without further incident.

A planned minibus trip to Washpool for a week in early September was cancelled through lack of interested starters, but another venture is planned for November.

There are many features there - beautiful forests (eucalypt forest, warm temperate and subtropical rainforest) and delightful creeks and waterfalls which offer pleasant scrambling and swimming. Other creeks and slopes offer scope for rough abseiling trips. The area is strikingly different from the granite country which makes up much of the adjacent Gibraltar Range National Park.

One hopes that it isn't, but it maybe your last opportunity to see subtropical-warm temperate rainforest on any scale in N.S.W.

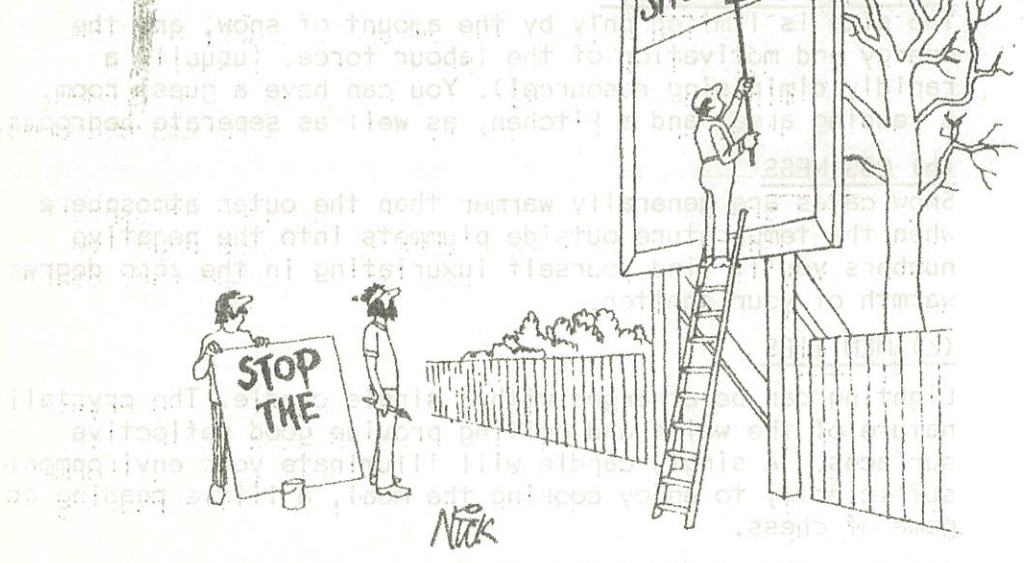
ROB JUNG.

When you consider the various forms of accommodation in the Sydney Mountains they fall into distinctive categories, as listed below:



Initial cost is very high, and it can be distressing accommodation in high winds.

The dimensions and luxury of this accommodation are limited only by your imagination. (The energy factor is quite significant also) Given a suitable impetus and energy, 2 people can, in 1-2 hours, create most, if not all, of the following:



## 5 STAR ACCOMMODATION -- THE SNOW CAVE

When you consider the various forms of accommodation in the Sydney Mountains they fall into distinctive categories, as listed below:

### No Stars -- THE FLASHY LODGE

Usually overheated, overpriced & overpopulated

### \* -- SLEEPING IN THE CAR

Cold, uncomfortable, but cheap. Also you can choose your company.

### \*\* -- BUSHWALKING TENT

More room to stretch out than in the car. However, tends to blow over in a big wind and collapse from weight of snow, on top of you. Not always snow proof.

### \*\*\* -- OLD STOCKMAN'S HUT

A secure shelter, inexpensive, delightful to stay in, if not overpopulated. (rare these days) Often grotty. O.K. if you don't mind the company of rodents.

### \*\*\*\* -- GOOD SNOW TENT

You choose your site, maybe have a bedroom with a view, secure (if well constructed and erected), not too heavy to carry, you choose your company. Initial cost is very high, and it can be distressing accommodation in high winds.

### \*\*\*\*\* -- SNOW CAVE

The dimensions and luxury of this accommodation are limited only by your imagination. (the energy factor is quite significant also) Given a suitable implement and ample snow, 2 people can, in 1-2 hours, create a most comfortable abode.

It should feature most, if not all, of the following features.

#### (a) SPATIAL DIMENSIONS

The size is limited only by the amount of snow, and the energy and motivation of the labour force. (usually a rapidly diminishing resource!). You can have a guest room, a reading area, and a kitchen, as well as separate bedrooms.

#### (b) COSINESS

Snow caves are generally warmer than the outer atmosphere when the temperature outside plummets into the negative numbers you'll find yourself luxuriating in the zero degree warmth of your shelter.

#### (c) AMENITIES

Lighting can be arranged with a single candle. The crystalline nature of the walls and ceiling provide good reflective surfaces. A single candle will illuminate your environment sufficiently to enjoy cooking the meal, a little reading or a game of chess.

#### (d) AVAILABILITY/CONSTRUCTION

Snowcaves are biodegradable, Because it's rare to find one just when and where you would like it it's a good idea, if you're planning 5 star accommodation, to carry a lightweight shovel.

ROSS VINING

## FIFTEEN 7000' PEAKS IN A DAY

There are fifteen peaks over 7000' high in Australia. They are: Ramshead; North Ramshead; Etheridge; Kosciusko; the knob on the south Ridge of Kosciusko; Townsend; Alice Rawson; two peaks in the Abbotts Range; Northcote; Carruthers; Watsons Crags; Turynam; Little Twynam and Mueller's Peak.

Two intrepid club members decided to give it a go. From our base, 1 km south of Club Lake, we arose with the sun one morn and partook of breakfast. Then off we set across the frozen snow toward the summit of Mt. Clark, carrying our skis to save our klister. From Clark we began to see the marvellous early morning views, and the bushfire smoke creeping up the Snowy River valley. An icy ski down to Albina Pass from our first 7 thousander, Northcote, pointed to care being necessary, and we received a reminder shortly after when we saw a downhill skier who had slipped off Mueller and gashed her thigh on a rock. Over Mueller we walked, had a brief ski to the valley below, then walked on to Alice Rawson. At last, skis were donned. We skated over to Townsend, the fourth mountain, and had a bumpy ski down on corrugated ice. Then things got good. Red Klister was applied and we collected the two Abbotts Peaks. Skiing off to Wilkinsons Valley consisted of 30 turns a minute on perfect snow under a clear blue sky. SSSSSSSSSSSS. So good! To avoid the crowds we skied south around the west side of Kosi, over its south ridge and down on lovely snow to Lake Cootapatamba.

Lunch was taken on Ramshead, all alone with the view. Then another cross country skier arrived, followed by 2 others, and later by another 6. Shortly after, a snowcat from Thredbo turned up, with 10 downhillers in tow. Ah, the wilderness experience, away from civilization in the great Snowy Mtns! We collected rocky North Ramshead and Etheridge shortly after lunch before joining the crowds on Kosciusko. There were dozens of people sunbaking on the grass, and one objectionable bloke lecturing a couple on X-C gear.

Snow was getting slower as it got wetter. We ran into Bill Blunt and Charlie Morris on Mt. Lee and half the club on Mt. Carruthers. The ski off Carruthers was excellent. Charlie kept us company out to Watson's Crags, Twynam and Little Turynam. We returned via Blue Lake, and gazed with amusement at the cluster of tents around the single patch of grass. We just made it back to camp at 5pm before the evening ice-up began.

Total distance was about 40km and 1800m climbing.

The skiers: Andy Blakers and Rob Jung.

## THE SPUR (Neighbours of National Parks)

A cry of defiance and not of fear  
A voice in the darkness, a knock at the door,  
And a word that shall echo for evermore!

H.W. Longfellow

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August, 1980

PRICE: What you can afford to donate

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### WORTH THEIR WEIGHT IN GOLD

Whoever said bushwalkers were a whiskered woeful lot? Whoever said they were 'twits forever wailing for wilderness? Whoever said they wouldn't amount to a hill of beans; or they're not worth a feed; or anyone with any sense wouldn't give sixpence for a whole passel of

Heresy ! Bushwalkers are the darlings of the taxpayer. They don't take up much room - only the whole State to trip around in, while the whole country dances attendance on them. Army, Navy, Airforce helicopters, television choppers, N. Parks & W. Service aircraft fly after them (at \$360 per hour) - if they develop a toeache. Police rescue squads, ambulance men, volunteer searchers, park rangers (it's a great asset to the N.P. & W. Service to keep bushwalkers circulating) - all risk their ownlives in a good cause.

If the toe-ache gets any worse, ther's always the "destructive" farmer to fall back on to provide shelter, water, and firewood for the "campfire" while they have a comradely chat, and check out his property for addition to national park. Snooping? of course not.

What priceless value can be placed on the "wilderness experience" - "one may even say spiritual bonds" ?

Beware lest any offend the Great god Pan, patron deity of the "Legendary Scrub-Trotter".

Bushwalkers are the most valuable (oops! costly) commodity in Society today. (The Aga Khan was weighed in rubies and diamonds to calculate his worth). No so the bushwalker. Every wispy whisker, each fuzzed fungus in the forest is worth its weight in gold - on the bull-ion market.

Fools' Gold!