

*The  
Mountaineer*

*number 5*

*August, 1969*

Registered at the G.P.O., Melbourne,  
for transmission by post as a periodical.



*I could only conclude that Shute was still suffering from shock. p. 59*



# MOUNTAIN EQUIPMENT

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## Fairy

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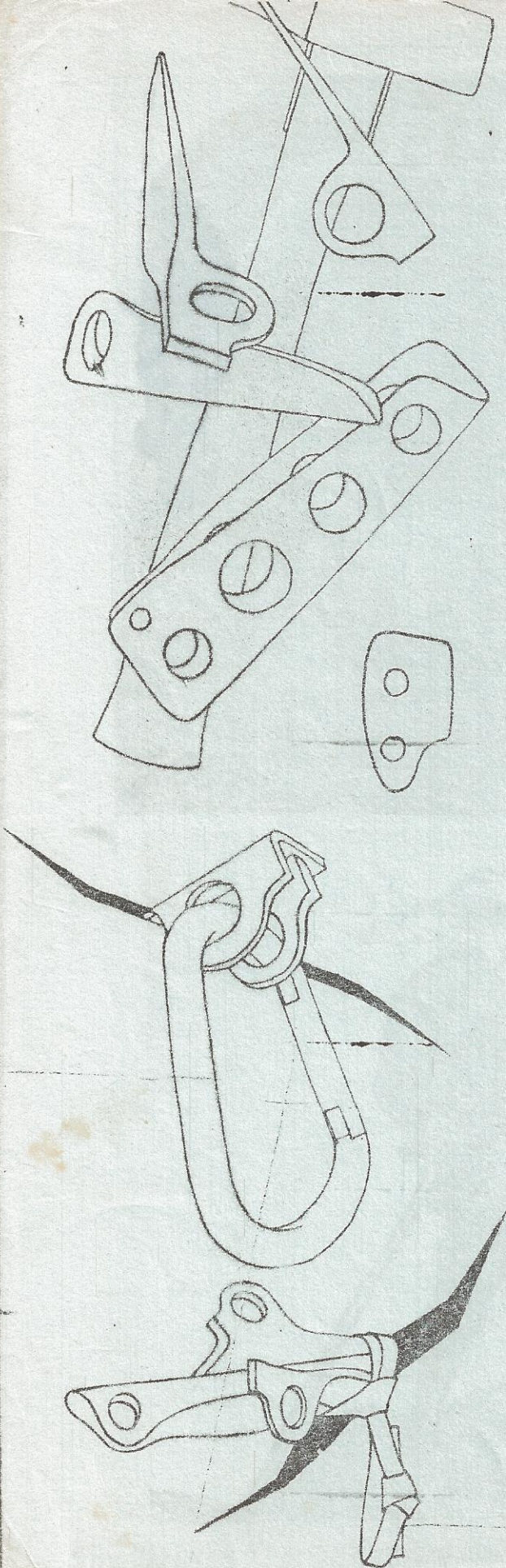
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# The Mountaineer

MELBOURNE UNIVERSITY MOUNTAINEERING CLUB

No. 5, August 1969.

Price: 5c.

Official Journal of the Melbourne University Mountaineering Club.  
Registered at the GPO, Melbourne for transmission by post as a periodical.

Correspondance: The Editor, c/- M.U.M.C., Sports Union,  
University of Melbourne, Parkville, 3052.

It was stunning to note that The Mountaineer is the same price as an ordinary daily newspaper. Well, this state of affairs will not continue: from the next edition the price will be ten cents per copy. What will be the effects and benefits of such a momentous decisions? None really. Each page will still be carefully typed, the duplicator will still be lovingly and gently operated, each copy will be collated by a highly trained collator and the wrapper still hand printed.

The articles will of course be of the same standard you have come to expect. It is to this end that there is a large patch of scrap paper below. In it, while you are still thinking about it, jot down your ideas for a contribution to The Mountaineer. All those people who didn't like the idea of writing for a cheap 5c magazine now have no excuse.

WRITE!

## Cover:

Mountaineers rejoice! Another Rum Doodle photo has been discovered. Recently Pong returned to the Rankling La and there saw a canister of film glistening in the sun. Only one photo had survived the ravages of time and it is this that is reproduced on the cover (top right). It shows Burley nearing the top of the dreaded, stratiform North Wall that was behind the base camp. The other photo (bottom) is of course one of the few photos that returned with the expedition, and appeared in the book "The Ascent of Rum Doodle".



Letter to the Editor:

Dear Sir,

Recently an anonymous practical joker misused a club member's name in donating a magazine, that does not enhance the clubs' image, to the Feathertop Hut library.

It is hoped that this reprehensible action is not repeated.

Yours sincerely,

Ian Thomas. (Hon. Sec.)

General Notices:21st Birthday:

The Victorian Mountain Tramping Club is 21 years old this month. The club wishes it a happy birthday and offers its congratulations for this achievement. May the V.M.T.C. have many more years tramping.

Turfing out your pack?

Bill Bewsher and his horde are tootling off to Tassie in January. He's interested in buying second hand rucksacs (2 or 3) and tents. A 12'x12' auto tent is also being sought. Any one able to help can contact Bill on 25 3667.

Pollution Symposium:

A Symposium on pollution is being held under the auspices of the Australian Conservation Foundation and the Royal Society of Victoria at the National Science Centre, 191 Royal Parade, Parkville - just up the road - on Wednesday, September 3rd, starting at 1.45 pm.

The symposium is in three parts. The first two parts deal with water and air pollution and pesticides and aim at presenting the facts about the nature of pollution, the methods of control and the technological and economic factors affecting the achievements of various levels of regulation. In the third session attention is directed to the effect of pollution on the health and enjoyment of man and to broad planning and legislative approaches to the problem.

Enrolment forms available at Aikman's Rd. - cost for students is \$3.00 with buffet dinner or \$1.00 without. Afternoon tea and copies of summaries of the papers will be given free to all who enrol.

OUTWARD BOUND COURSESINSTRUCTORS WANTED

Instructors for the Outward Bound Courses being conducted at Howman's Gap from 28th November, 1969 to 23rd December 1969 are wanted. The urgent requirement is for people qualified in ROCK CLIMBING and CANOEING.

Conditions of employment will be given on application to  
The Victorian Director,  
The Australian Outward Bound Memorial Foundation,  
Suite 2, 65 Queens Road,  
MELBURNE 3004.



Notes from the Committee Meeting, 9th July:

Guidebook may cost, for 1000+ copies, of the order of \$1020.

Alison presented a draft of a letter to be sent to Sir William McDonald outlining the ecological importance of the Lower Glenelg National Park. Letter to be reconsidered and sent later.

First aid course apparently successful; tentative plans for it to be held again in two years time.

The forth coming dinner dance was discussed.

Niall Brennan, subject to his confirmation will be the speaker at the Clubs' 25th anniversary dinner to be held in the Union Buffeteria on 10th Oct.

The journal should be on the scene in time for the anniversary dinner but assistance will be required in the distribution.

Notes from the Committee Meeting 5th August:

Following the perusal and noting of comments by members of committee on the extracted policy decisions from the past, Harry is to present coherent updated details on relevant policy for acceptance, ratification, and/or revision, to the next committee meeting.

The first aid course was considered to be well worth while running and we are appreciative of the time given us by Dr. Bush and the St. Johns representatives.

The dinner dance whilst being most enjoyable and successful resulted in a slight loss - mainly as the hall hire was \$140. If Montsalvat is to be used in 1970 a \$4 single would be suggested. It was felt that the band contributed greatly to the success of the evening.

Preparations for the anniversary dinner are preceeding.

Geoff Fagan has consented to assist with the distribution of the journal and volunteers are urged to contact him promptly.

Ron outlined the forthcoming trips programme and amongst the third term events are a personality slide night - organised by Dave Hogg - and a Miss OXO quest - organised by Geoff.

The Prof. Cherry Fountain project at La Trobe will probably take place after the exams.

Next year may see an auction of bushwalking gear.

Pat Miller has agreed to act as convener of the Equipment Testing Subcommittee effective from the AGM next year. Any persons wanting to assist please contact Pat.

The Union authorities have asked us to submit suggestions for improvements to our room in the Union. These, mostly concerned with ventilation, will be forwarded to them.

Paul Callander is to investigate the possibilities of the club establishing a oaving subcommittee for presentation to the next committee meeting.

As Paul is unable to attend all VSA meetings John Rutzu will act as 'delegate' to the VSA with Paul as observer.

The costing of private transport trips was discussed and will be further considered by Geoff and Ian - any ideas?

Next Meeting: 11th Sept.

Ian Thomas (Hon.Sec.)



MUMC Notice Board:

The Club now has a notice board in the Union. It is located on the west wall of the foyer outside the Guild Theatre, i.e. about 10' SW of the top of the stairs leading to the Activities Office.

Personalities Slide Night and "Miss Oxo" Quest:

Friday, 19th September, 7.30 p.m., James Crowe Theatre, Architecture Building.

Contrary to popular opinion, Rumdoodle is not the highest mountain in the world. A large team of Russian surveyors using a vast number of fifteen-inch rulers suspended in series from an orbiting spacecraft have established conclusively that Mt. Oxo is 153 feet higher than Rumdoodle and is therefore worth climbing. This evening will feature an illustrated talk showing the planning, preparation and execution of

"The First Ascent of Mt. Oxo."

Slides showing the personalities involved in this epic adventure are needed. Please forward them to Dave Hogg no later than Monday, 15th Sept.

Following the slides there will be a Miss Oxo Quest compered by Geoff Fagan. The most oxometric damsel will be selected by the audience on the basis of cent-voting, the proceeds going towards maintenance and improvements to the Feathertop Hut. Entrants, preferably female, are required. Please see Geoff if interested.

Copy

for the next issue closes on October 1st unless you haven't got a copy of The Mountaineer by November 1st in which case it will close on the first day of December.

National Parks:

Wilson's Prom: National Park will be extended north to the cattle grid. The remainder of Refuge Cove and some more islands surrounding the Prom will also be added to the Park.

Mt. Eccles: has been extended to abut a Fisheries and Wildlife reserve. It now includes the collapsed lava tunnel known as the 'canal'.

The Organ Pipes (near Sydenham) bequeathed to the Authority many months ago. Land is now being obtained for an access road.

Werribee Gorge will become a national park in due course.

The following areas are being considered by the Government as possible National Parks: Brisbane Ranges, Baw Baw, Cathedral Range.

It has been announced in the "Snowy River Mail" that a new national park is to be created near Cape Everard. An area of about 7,600 acres will be reserved between the THURRA R. and TAMBOON INLET (into which the Cann R. flows).

Oxomen overseas:

Peter Kneen graduated at Waterloo Uni in May and has joined up with Ross Smith. They have been tootling around Europe in a £45 van. They wandered up to the top of the Matterhorn (14,687') with about 100 others - not much of a climb in fine weather except for two pitches of v.diff standard. They should be back in Australia in Oct. or Nov.



BIRTHDAYB I R T H D A YBIRTHDAYThe Celebration of the  $(\frac{1}{4})$  Century

The Club is 25 years old as from the 9th of October.

You are cordially invited, no, told to come and join in the Celebration  
Planned for Friday October 10th.

Forget exam woes for four hours

Participate in the crunching of canapes and sipping of sherries.

Enjoy the three course meal and the wines (or even fruit punch).

Then to cap off the evening, a talk on

"MOUNTAINEERING MEMOIRS"

BY

NIALL BRENNAN

who convened the first meeting of the Club in 1944 and designed the club's  
emblem, the OXO man.

Then commeth the coffee and the cheeses.

All the while chatting with those who made the Club what it is today - for  
the night is not only a celebration for present members but also a reunion  
for active ex-members.

Come singly, come as a group.

DATE: Friday 10th October, 6.30 p.m.

VENUE: "The Buff", Union House.

DRESS: Lounge Suit.

Bookings close on Tuesday 7th October.

COST: \$4.00 single.

Any inquiries should be directed to Rosalie Lahore (89-7768) or Tony Kerr (329-8040).

-----  
Anniversary Dinner, MUMC, c/- Sports Union.

Please find enclosed \$ .00 for Entree Cards (\$4.00 single, \$8.00 double)  
for the Club's 25th Anniversary Reunion.

Signed

Address:

B O O K   N O W



Trips Programme:

- 29 -31 August Mt. Bogong Snow Walk: Mountain Ck.; Mt. Bogong; Clover Dam.  
Leader: Ron Frederick.  
Standard: Medium-hard: not suitable for beginners.  
Transport: Private.  
Map: MUMC Mt. Bogong.
- 30-31 August NZAC Alpine Instruction Course at Mt. Feathertop.  
Private transport.  
Contact John Bennett for details.
- 3rd. Sept. Symposium on Pollution - 1.45 p.m. - 10.15 p.m.  
(Wed) Details: Aikman's Rd; Dick Dale or Tony Kerr.
- 13-14 Sept. FVWC Weekend - Varied program organised by RMIT.  
Map: Castlemaine (army or lands dept.)  
Meet at 2 p.m. at Yandoit Ck. (122074) where a talk on the history of the area will be given.  
Sat night: Dance at the Clydesdale Hall (144125)  
Sunday: Day walk.  
Come along for all or part of this weekend.  
Transport: Private.
- 19 Sept. Personality Slide Night and Miss Oxo Contest.  
(friday) James Crowe Theatre 7.30.  
Personality slide should be given to Dave Hogg .  
  
The Miss Oxo contest is to raise funds for the hut.  
Geoff Fagan is organising this 'event' and anyone who can contribute a contestant should contact Geoff. 'Penny' voting will decide the winner.
- 10 October 25th Anniversary Dinner.  
(Friday) Venue: The Buff  
Cost: Single \$4.00  
Cocktails, three course meal, speaker - Niall Brennan. A must for all. You CAN afford one night from study. Come and meet those who made the club what it is today.
- 18-19 Oct. FVWC Track Clearing - Mt. Buffalo  
Transport: Private; contact Dave Hogg.
- 22-23 Nov. Post Exam Bludge Trip.  
Venus Bay - sand - sun - surf - s... - etc.  
Transport: Van  
Standard: Much too easy.

Bookings: There are only 2 ways to book for a trip:

- (a) Preferably enter your name, address etc. in the trips book at Aikman's Rd.
- (b) Phone Ron Frederick on 288 2136, Mon or Tues before 10 p.m.

Cancellations fees are payable by anyone cancelling less than 48 hours before a trip departs. (good excuses excepted)

Odds and ends: Any one who wants to advertise a private trip over the vac. can by advert in Mountaineer or on notice board at Aikman's Rd.

There may be private trips in third term in caving, walking, climbing, ski touring (own skills a necessity), etc. Hunt around if you want a day offswatting.



Aiming High with The Sun:

For those who missed The Sun's 1/8/69 On Campus article.

It was all a bit shattering.

You open a high gate, and there before your eyes is a bloke scaling a 15 ft. brick wall.

All part of the act, it seems. The wall is a practice model for would be mountaineers of Melbourne University Mountaineering Club.

President of the club, David Hogg, explained: "there aren't many places where members can practice nearby and we find the wall perfect."

After spending an hour in the stuffy atmosphere of their tiny basement office (a short walk to the wall) I felt like climbing it myself.

And it wasn't for want of practising my non-existent mountaineering ability.

In that tiny little office there seemed to be about 100 members, talking, laughing, eating and drinking - but all willing to explain the facts.

"It is a mountaineering club" said David, raising his voice above the increasing din. "But it is much more than that. There's bushwalking, snow climbing, rock climbing, snow touring..." The list seemed endless.

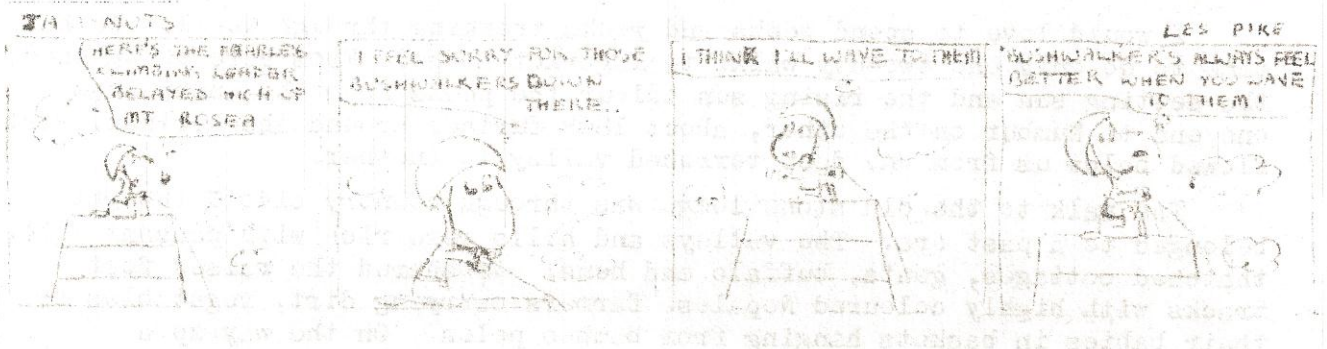
The club was formed in 1949(sic) for undergraduate students interested in the sport. Today it has about 600 members - most of them very active. "You see," said David, "we have something in the club to interest everybody. Those people who don't want to climb heights can go on scenic bushwalks, and vice-versa."

Surprisingly enough, fitness isn't very important, according to Gordon Talbett, whose speciality is rock climbing. "It is important to a degree, but confidence and experience are far more important. You can imagine if you're scaling an almost vertical rock face that all the fitness in the world isn't going to help you unless you know how to climb it, and are confident you can."

Male students are not the only members. Many girls have found that mountaineering is both enjoyable and relaxing. They don't confine themselves to easy bush walking either. They're up with the boys on the difficult rock climbs as well.

The club has a serious note too. All students who participate are correctly schooled in how to go about any of the various activities which are dangerous. "We have never had a fatal accident on any of our trips," said David Hogg.

But two of their members were killed on a mountaineering trip to New Zealand a few years ago. The club has built a hut at Mt. Feathertop as a memorial.





Impressions of Nepal:

The peasant woman was sitting on the mud floor spitting food into her baby's mouth. A diseased mangy dog licked scraps of food from the dirty dishes stacked in the dust beside the water pump. Enclosing the squalid village were the ever-present towering mountains of Nepal.

This was the lunch stop on the bus trip from the Indian border to Kathmandu in the centre of Nepal. The bus sneaks backwards and forwards along almost continuous hairpin bends. We were crammed into the hard seats and over the wheels for nine long hours.

Our first glimpse of the Himalayas left us incredulous. They seem to float: white crystal peaks, above the misty mountains and valleys. Later when the sun was setting they were even more unreal and splendid, pink faceted on the western side, shadowy on the east, seeming even more to float above the earth. Everest was among them. The mountains and valleys below the peaks are also beautiful - very steep and every foot of the valleys is terraced to form neat curving patterns.

The villages are a great contrast to Indian villages. The Nepalese villages give the impression that people take pride in their homes and their work, and that the land is being utilised fully. The houses are usually two storey, but very simple, coloured white and orange, with intricate wood work around doors and windows, and pumpkins and sweet corn drying on the window sills.

As for Kathmandu - I was fascinated. It is the oldest looking city I have ever been in. There are almost no modern buildings. The streets are cobbled, narrow, winding and ill-lit. Double storey houses jut out over the shops, displaying their ancient beautiful woodwork and Nepalese families sit smoking or spinning in the low door ways.

Young travellers from all over the world meet in Kathmandu, especially the hippies of course. Pot is sold very cheaply by the government and even more cheaply by unlicensed dealers. Westerners, and some Nepalese, congregate in the little eating places. The meals are fabulous, especially after India. The menus are of several pages and if you order half a plate of something it is almost too much to eat. There are Western, Chinese, Nepalese and Tibetan meals served in the one shop, beautifully cooked and terribly cheap. Buffalo steak (delicious), pancakes and several hot lemon drinks would cost less than R4/- or 40 cents.

We stayed in a cheap lodge in Kathmandu. Entrance was via back streets, through a low tunnel under a building into a filthy courtyard. By negotiating around animals, geese and a stagnant well we reached the Lodge. It was the first time we had not slept on the floor of railway stations or the wooden berths of trains for two weeks.

I would love to spend weeks and weeks trekking through Nepal. We had time to do only one two-day walk, to Nagarkot Lodge. From here we watched the setting sun and the rising sun colour the peaks from the Annapurnas at one end to Numbur on the other, about 180° further around the horizon. Mist flowed below us from one deep terraced valley to another.

The walk to the old stone lodge was through country side I thought belonged to a past era. The valleys and hills were rich with peasant life, thatched cottages, goats, buffalo and hens. We shared the raised foot tracks with highly coloured Nepalese farmers carrying dirt, vegetables or their babies in baskets hanging from bamboo poles. On the way up a



Nepalese soldier who could speak no English attached himself to us and took us to a place which sold tea. Except that many villageers were gathered around smoking we would not have found it. We had not been game to drink any water as there was a hepatitis epidemic and some Europeans were hospitalised. This cup of tea, which we drank sitting on a board on the mud floor, with many black amused eyes gazing at us, was one of the most enjoyable I've had.

We shared the Lodge with two French guys, who could speak little English and returned to Kathmandu with them, startling the peasants we passed with gay songs of Paris. Pierre carried a minute Tibetan dog on his roll of luggage.

Once again in Kathmandu we found the markets closed, the streets full, and a car burning in the main thoroughfare. It was not a religious festival as we first thought but a student riot! However that's another story.

Vivienne Harvey.

Snowy Mountains: from the Wagga Daily Advertiser.

- |   |   |
|---|---|
| 1 There is snowgrass in the ranges,<br>There are pickings in the park,<br>If you care to scorn the dangers<br>And go droving in the dark.   | 'It's reserved for native fauna,<br>And my bullocks all know that;<br>They are law abiding cattle,<br>And they never leave the flat.'                 |
| 2 For the feed is flush and fancy<br>And the stock browse where they may<br>On the clover and the ryegrass<br>Of the good old SMA.  | 'But the Rangers saw your cattle<br>Not so far from Smiggin Holes.'<br>'They weren't cattle that they saw, son,<br>They were brumby mares and foals.' |
| 3 Said a youthful Press reporter<br>To an old bloke on a horse:<br>'Would you care to make a comment?<br>There will be no names of course -<br><br>'Is there much illegal grazing<br>In the mountains here - and such?'<br>'Well I know that mountain country<br>But I don't be up there much.' | 'Well now, lad, I'll have to leave you<br>I've some sheep to wig and crutch;<br>Yes, I know that mountain country,<br>But I don't be up there much.'  |
| 'Someone said you had some livestock<br>Which was cut off by the snow,<br>In the slopes of Mount Jagungal<br>Just a day or so ago.'   | For the Minister is busy,<br>Sorting out affairs of State;<br>Such as making sure the toll charge<br>Is collected at the gate.                        |
| /bullocks<br>'No, by cripes they weren't my<br>That got cornered in the snow,<br>And the bloke who said they might be<br>Is a scarlet so and so.  | And with closing mountain highways,<br>And with cats and dogs and such;<br>He don't know that bit of country<br>And he don't be up there much.        |
| 'You don't want to take much notice<br>Of these press reports and such<br>I might know that bit of country<br>But I don't be up there much.   |   |

"Riverlander" April 1969.

2<sup>153</sup> = 11,417,981,541,647,679,048,466,287,755,595,961,091,061,972,992.



Photography on Trips:

As composition and subject material are governed by personal choice, this article will try to give the basic technical information needed to take good photos on trips. It refers to colour slide film in normal 35 - mm cameras but may be also applied to black and white film.

First determine the exposure. This involves selection of a shutter speed (e.g. 1,2,5,10,25,50,100,250,500 or 1,2,4,8,15,30,60,125,250,500 - representing fractions of a second, 25 is equivalent to the shutter opening for 1/25th sec. etc.) and a lens aperture (e.g. 2, 2.8, 4, 5.6, 8, 11, 16). To change to one aperture position higher, e.g. from f8 to f11, would reduce the light intensity at the film by half.

Most modern 35 - mm cameras have a lightmeter inbuilt and these fall into three groups.

- (a) Fully automatic in which the exposure is automatically set when the shutter is pressed.
- (b) Semi-automatic in which two needles or a needle and a pointer are matched by moving the speed and the aperture dials.
- (c) Manual, where a meter reading is made and the figures are set on the exposure dials. If the camera has no meter a separate meter should be used in this way.

The film speed should be set on all meters when the film is loaded. This speed, usually an ASA reading, is found on the film box. The instruction booklet explains how to use these meters but with types (b) and (c) these readings can be usefully modified.

Take an example where the meter reading is 1/15th at f11. Using this would give the correct exposure but to prevent blurring due to camera movement, the 1/15 should be raised to 1/60.

1/15 at f11 = 1/30 at f8 = 1/60 at f5.6 : double the light intensity for half as long. This would give a sharper view. If possible use at least 1/60 for general shots unless you hold the camera very steadily when 1/30 can be used. Use 1/125 if you have been running, 1/250 or 1/500 in gusty winds or on wobbly footholds, and at least 1/125 for groups walking across close to the camera. 1/30 will, however, improve waterfalls and creeks by blurring the faster water.

There are also preferred apertures. The highest numbered apertures give the greatest depth of field, i.e. the greatest range of distance from the camera which will be in focus. Consequently focusing is more critical if lower f-numbers are used. For scenes where the subject is over 30 yards away set the focus at infinity and use a lower aperture to permit a higher speed. If people are at 12' and distant mountains are important use at least f8 and focus on 30'. Many cameras have scales which show the aperture needed. In practice however the exposure is usually a compromise between aperture and speed requirements.

If no meter is available the following guide can be used for black and white but it is not recommended for slides which are more critical. The speed, when using this guide, is given by

Speed = 1/ Film speed (ASA)

e.g. for Kodachrome-X at 64 ASA use 1/60 or 1/50.

The readings should be modified to suit the conditions.



## Rough guide to aperture:

	Subject brightness		
	Bright	Average	Dull
Sunny, blue sky	f22	f16	f11
Slightly cloudy but bright	f16	f11	f8 or f5.6
Dull cloudy	f8	f5.6	f4
Open shade (i.e. not in the sun but lit by a large part of the sky.)	f5.8	f4	f2.8

Next the focus should be set. On reflex cameras the image is focussed on a screen. Split-image range finders in which two images of the subject are superimposed by moving the focus dial are just as simple and accurate. With other cameras the distances are usually guessed. With a little practice this is adequate as long as low apertures are used only for distant scenes. For close ups of about 3' use f16.

## General hints:

Try not to let sunlight fall directly on the lens while shooting.

Keep the lens clean with a lens cloth or the corner of a clean handkerchief. Lens coatings are easily scratched.

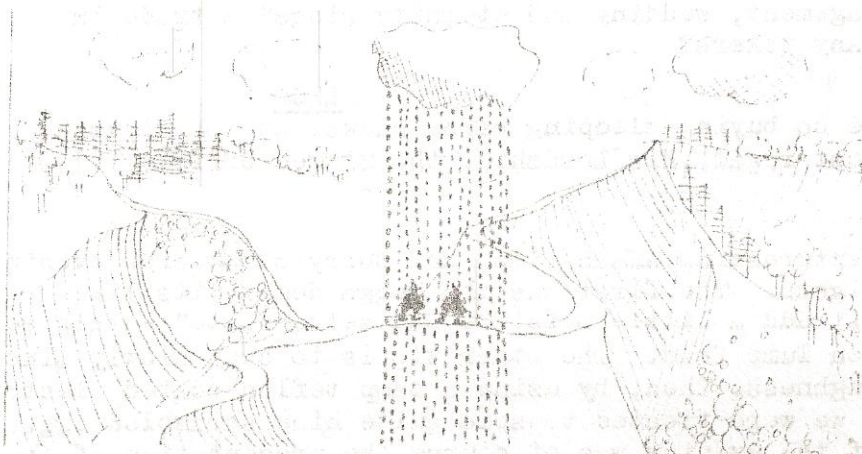
Squeeze the shutter release gradually, not suddenly. Lean on something firm to steady the camera.

Faces come out better with a hazy or cloudy sky - direct sunlight causes harsh shadow.

Expose for the important subject. For example to take a reading of a person in the shade of a tree, place the meter close to the person's face, to prevent bright sunlight in the background from changing the reading. Don't get so close that you darken the area being read.

If after ploughing through all this you still have problems working your camera, bring it down to the clubrooms on Wednesday lunchtime, 3rd Sept., empty for preference and I should be able to help. You can also bring any not-so-hot pictures or questions on flash operations, meter operation, cameras other than 35 mm, developing and printing of b&w films, etc.

Brien Cohn



Oh, for goodness' sake, stop complaining! Anyone would think we were the only ones being rained on.



New Equipment:

Packs: Two new packs have been seen recently - one from Paddy Pallin and one from Mountain Equipment (NZ). Both combine a light frame with a heavier grade canvas bag.

The Paddymade pack is the 'Mountaineer' model. It has a steel frame and the bag is made of material lighter than that of normal pack canvas but much heavier than the 'Featherlite' material which was easily torn. It certainly looks strong enough to withstand all conditions. Total weight is  $5\frac{1}{4}$  lb. and Paddy claims it will carry 70 lb. plus. It has side lacing and leather straps. The back webbing is nylon (like seat belts) except for the bottom band which is greenhide leather. Bag size is 20"x17"x9" and is attached to the frame with conventional pack pins. It has a single outside pocket and a map pocket in the flap. The bag has a nylon extension at the top. Price is \$29.80. A deluxe model is available with a reinforced base for \$33.00. The standard model appears to be one of the best pack buys available at the moment. The club has one of these and anyone thinking of buying a pack should see it or try it.

The Mountain Mule has only been seen and is not yet available. It has a Featherlite frame, but standard canvas bag. All straps and webbing are nylon and the design is the same as the second, larger, Featherlite. It looks to be an excellent pack and the price will determine how successful it will be.

Sleeping bags: The club has two new Puradown Polar sleeping bags. These are walled bags and are similar in design to the "Fairy" 20 Below which has transverse box quilting. The bag is warm as is to be expected from this type of design but it has a few disadvantages. It has two unquilted seams and is bulky. However this defect does not seem to make it cold and with time it should compress better. Part of the bulk is because the carrying bag is too big.

Aquascade: Aquascade, the "waterproof material that breathes" is no longer made. The club has 50 yards for sale at \$1.80 for the first yard and \$1.60/yd. thereafter. The material is best known to me for sleeping bags and is excellent for tents although I have heard a rumour that the Andean Expedition has found them to leak.

New Stock: One of our bulk suppliers has advised us, as potential consumers, that they stock, in addition to the things we buy already, "everything for the new baby, such as Prams, pushers, etc." .."large range of engagement, wedding and eternity rings" - trade in your karabiners. Any takers?

LHSO

(Anyone wanting advice on buying sleeping bags, packs, etc should see our informative and most regal, His Lordship, the Stores Officer)

Weggs - mixing of:

As well as some interesting ANARE films, Max Corry's film show evening had several other delights. The first was the Weggs demo: "its like mixing concrete - first add a little moisture and get a paste" - this seems to be one secret of non lump food. The other tip is to cook slowly since more heat leads to toughness. Then, by using a camp teflon coated electric frypan, & some parsley, we were treated to some quite nice scrambled egg. The other highlight of the evening was of course the presentation of the Ear and Lug Bashers certificates to our two champions.



THE GREAT AUSTRALIAN BUSH      YOURS TO ENJOY  
AND

YOURS TO SAVE FOR YOUR GRANDCHILDREN.

By reading this journal are you pretending to enjoy Australia's great outdoors, or is it in fact that you do enjoy Australia's outdoors for, if you do, you must support 'conservation' efforts. In fact, if you really do enjoy activities in the 'bush' you would not stop at passively supporting conservation, but would actively support it. Agreed?..... Stop! It is not necessary to throw tomatoes at a Minister for Lands and Conservation! A good starting point is to become a member of the

AUSTRALIAN CONSERVATION FOUNDATION.

The 'Conservation' does not mean just protecting kangaroos and koalas but means 'total conservation', viz. "the wisest possible use, over the long term, of all our natural resources, applied for the benefit of man". It includes water and air, soil and minerals, flora, wild life, farmlands and landscapes.

The Foundation is a non profit organisation with a full time staff financed by annual subscription and by a \$50,000 annual grant from the Commonwealth Government. There are some 2000 members at present.

Its current activities, in order of priority are

- 1) Educating the public (Symposium in Melbourne in September on pollution)
- 2) Studies of national parks and wildlife reserves.
- 3) Encouraging the establishment of urgently needed special reserves (Cape Barren Goose).
- 4) Supporting required or special conservation projects (Great Barrier Reef).
- 5) Helping its members to become the best informed section of the public on conservation matters - numerous articles and pamphlets.

The foundation approaches all of its investigations with an open mind and only after unbiased research is an opinion given. Its publications are full of fact and all present both sides of controversial issues.

Its functions do not duplicate but supplement the many local conservation groups. It provides a national fulcrum for conservation projects and its opinion has often been sought on various matters by the Commonwealth Government.

This country desperately needs a co-ordinated conservation programme. It is ludicrous that conservationists have to provide strong arguments to prevent the dollar seekers from cutting swathes through our crown land: it should be the dollar hungry that should have to provide strong logical arguments before being allowed into crown land. This state of affairs can be altered by bodies such as the ACF.

Do you believe in conservation - prove this by being active in conservation - or appease your conscience - become a member of ACF and let them expand their activities. Full membership cost \$5.00 annually or associate membership \$2.50 annually. Membership applications available from Aikman's Rd., or by writing to the Director, ACF, 191 Royal Parade, Parkville.

We are all insane, anyway. Note the mountain climbers. - Mark Twain.



Fitness:

With third term coming up there is a tendency for most activity to stop - especially exercising. Also you all know that you can think much better when you are fit. But what is 'fit' and once there how can you stay fit? The following article, condensed from the April 1968 Reader's Digest, "How to Stay Fit at any Age", who condensed it from "Aerobics" by Kenneth Cooper M.D. and Nevin Brown, should give a rough guide:

The best kind of "fitness" is what is called endurance fitness: the ability to do prolonged work without fatigue. This has to do with the body's overall health and the key to the whole thing is oxygen. Energy, that is food, can be stored in the body - oxygen can't. Thus the problem is how to get oxygen to all the areas where food is stored. Hence the best kinds of exercise are those, such as running, swimming and walking, which demand oxygen and force the body to process and deliver it. Thus isometric and isotonic exercises are good for strengthening skeletal muscles but generally don't increase oxygen consumption and so do not effect overall health.

A simple 12 minute run/walk test will show whether you are fit or not. The test is simply to see how far you can comfortably get in twelve minutes - at a pace you can maintain without excess strain. If you cover less than  $1\frac{1}{2}$  miles, you are unfit and the authors then give a suggested training course to get you fit. (See the original for info on this.) Otherwise you are fit and so obviously you want to stay there.

Research into the oxygen requirements of various exercises have been summarised in the following tables. Basically, once fit, one needs a minimum of 30 points a week to stay fit. (Indeed 50 points would be more realistic). Girls should do a minimum of 25-30 points a week. It is also important to spread the exercising over the week - say four times a week - not just on one day.

Distance (miles)	Time (mins.)	Points.	Duration (mins)	Points
Running:			Handball, basketball, squash.	
1	8	5	40	6
1	6:30	6	50	7 $\frac{1}{2}$
1 $\frac{1}{2}$	12	7 $\frac{1}{2}$	70	10
2	16	10	(continuous exercise - don't count breaks)	
Swimming:			Stationary running: (feet 8" from floor)	
500yd.	8-12	4	70-80 steps	10
600yd.	10-15	5	70-80 per	15
800yd.	13-20	6.4	80-90 min	15
1000yd.	17-25	8.5	80-90	20
Cycling:			Others:	
5ml.	15-20	5	Golf: 18 holes	3
6	18-24	6	Rope skipping: 5 mins.	1 $\frac{1}{2}$
8	24-32	8	Skiing: 30 min.	3
10	30-40	10	Tennis: 1 set	1 $\frac{1}{2}$
Walking:			Volleyball: 15 min	1
2	24-29	4	Football: 30 min.	3
3	36-43	6		
4	48-58	8		
5	60-72	10		



Monsalvatt and all that!

The long walk past the ancient steam engine, through  
 creaking turn styles;  
 The "Great Hall" - a castle!  
 The warm log fire;  
 The merry laughter;  
 The crazy congo;  
 The flash of the spoons milling in the fruit salad;  
 The 'Beauties' judge the 'Beast' contest;  
 The perspiration running around the wide grin of  
 the band leader;  
 The low arch covered door leading to the tiny  
 twisting staircase;  
 The frolics of the Virginia Reel;  
 The thawing of the frozen Gnome;  
 The thirsty hands reaching towards the bartender;  
 The balmy night and the roar of the Salamander;  
 The cobblestoned floor - the mediaeval atmosphere;  
 It was a night and a half, the night of the Dinner Dance.

Warble as you walk:

Nijmegen, Holland: Europe's most spectacular walking  
 contest, lasting four days, is putting up a record  
 this year. It has attracted more hikers than ever -  
 16,876 - of whom 6425 are from 20 other  
 countries.

The walkers have a choice of one of  
 three different routes every day, covering  
 20, 25 or 30 miles each. There are no  
 prizes, only a much coveted medallion for  
 all those who complete the now famous  
 "Four Day March".

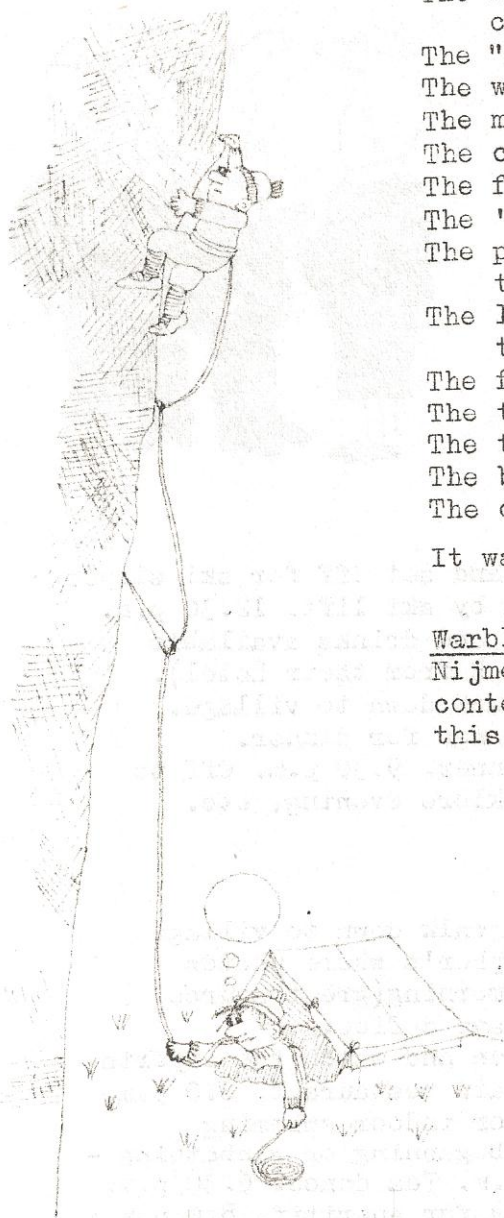
Red Cross units are stationed along the  
 roads to deal with blistered feet, exhaustion  
 or accidents, bands march along all routes,  
 children hand out cold drinks and flowers at  
 the different villages, and each night the  
 massed competitors join in a multi-national  
 singing session.

Normally more than two-thirds of the  
 competitors manage to stagger past the  
 finishing line on the fourth day.

An Alpine Search:

He murmured "Edelweiss" and gazed above  
 Where lay, he hoped, the object of his search.  
 Testing the lowest foothold, then began  
 To climb towards his goal, this daring man.  
 One foot was safe, the other followed soon  
 His hands secured a hold above his head.  
 Another step, another and half-way  
 Pausing and panting - "Edelweiss," he said.

/16.

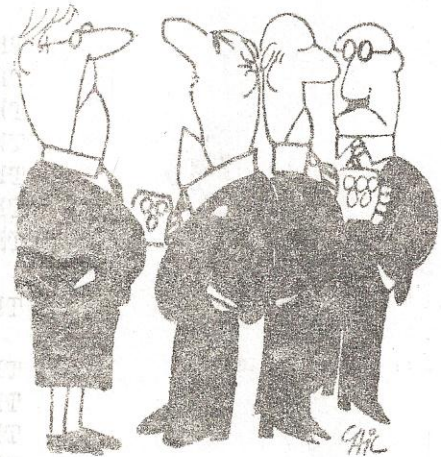




Leaning precariously to his right  
 He lost his glasses and with them his sight;  
 But skilful fingers grasped and firmly held  
 His eagerly pursued and precious prize,  
 And, satisfied, he made his slow descent  
 Till at the bottom, specs replaced on his eyes,  
 He saw with anger that the thing he held  
 Was — Volume 5 containing EGG — ELD.

Mary Dawson; Punch, November 2, 1960.

"What d'you think about this  
 ridiculous idea of ladies on  
 search and rescue, old chap?"



A typical day's skiing programme:

For the keen skier:

8.30 a.m. Breakfast. 9.30 a.m. Collect gear and set off for ski slopes.  
 10.00 to 12 noon. Ski class, probable up mountain by ski lift. 12.30 p.m.  
 Packed lunch eaten at mountain restaurant (hotsoup and drinks available  
 as well as full menu for those without packed lunch from their hotel).  
 2.0 to 4.0 p.m. Ski class — ending with ski run back down to village.  
 4.30 to 6.0 p.m. Tea dance. 6.30 p.m. Bath and change for dinner.  
 7.30 p.m. Meet friends for aperitif. 8.0 p.m. Dinner. 9.30 p.m. Off to  
 local night-spot for evening's fun — dancing, folklore evening, etc.  
 12.0 midnight. Bed.

For a keen après skier:

9.30 a.m. Breakfast in bed. 10.0 a.m. Gentle walk down to village  
 to buy papers, look at shops, especially photographer's where photos  
 taken at night spots are displayed the following morning (great source  
 of information on who's going round with whom), have coffee.  
 11.30 a.m. Take chairlift up mountain to sit in sun and watch the experts.  
 12.30 p.m. Join skiing friends for lunch at mountain restaurant. 2.0 p.m.  
 Take chairlift back down to village. Go skating or indoor swimming  
 (several resorts have indoor heated pools), or tobogganning or sunbathing —  
 or go back to the hotel for siesta. 4.30 to 6.0 p.m. Tea dance. 6.30 p.m.  
 Bath and change for dinner. 7.30 p.m. Meet friends for aperitif. 8.0 p.m.  
 Dinner. 9.30 p.m. Off for another evening's entertainment in favourite  
 night spot. 12.30 a.m. On to drink bowls of hot soup in a keller-bar.  
 1.30 a.m. Dancing at another night spot. 4.0 a.m. Bed.

For the ski tourer:

7.30 a.m. Tent collapses under weight of snow; breakfast.  
 8.30 a.m. Puts on purple klister. 8.45 a.m. Scraps off purple klister  
 and puts on red wax. 9.15 a.m. Snow conditions change — put on  
 purple klister. 12.30 p.m. Lunch — rye bread and cheese, sheltering  
 from wind, etc. as best as can. 12.40 p.m. Back to ski touring —  
 more on and offs with the waxes. 4.30 p.m. Pitch camp, tea; don't envy  
 the other breeds of skiers in all their luxury, not one little bit.  
 6.0 p.m. Bed. 6.00.15 p.m. Asleep. 12.30 a.m. Drat, too much  
 drinking chocolate.

W.H.C.



Book Review. "Rope and Rucksack". Edited by John Davis, Angus and Robertson, 1969; 128 pp + photographs. Price: \$4-50.

Written by a group of Sydney-based mountaineers under the editorship of "Rucksack" editor, John Davis, "Rope and Rucksack" deals in varying depths with "the seven rucksack sports", bushwalking, rock climbing, canoeing, canyoning, caving, skitouring and cascading.

The book presents a general picture of each of these sports and offers an array of information on equipment and technique which, while generally directed at the novice, contains points which could be useful also to someone with a reasonable amount of experience. The rock climbing section occupies nearly half the book and is by far the most comprehensive section with abundant illustrations. While a book is no substitute for a competent instructor in teaching rock climbing, the up-and-coming rock climber would find much useful information to build on with practical experience.

On reading the bushwalking section, one gets the impression that it is basically a condensed version of "Equipment for Mountaineering" and "Safety in the Bush", and some people may disagree with some of the author's rather dogmatic statements which are in many cases applicable to walking conditions in N.S.W. but not in Vic. The skitouring section, which includes a lot of general advice on snow techniques and equipment, and the canoeing section both give a broad outline of these sports, which would best be deepened by personal experience. Caving is skimmed over in only 1½ pages, as also are canyoning (abseiling down waterfalls) and cascading (floating down rivers with one's rucksack), these sports being better suited to the rivers around Sydney than those of Victoria.

As a general introduction to the rucksack sports, "Rope and Rucksack" is a creditable effort on the part of John Davis and his colleagues. However, as an authoritative guide to any one of these sports with the possible exception of rock climbing, it falls short of the recognised hand books (e.g. "Equipment for Mountaineering", "Safety in the Bush", "Skitouring" by Michael Brady), which, while not as attractive in presentation give much more information for their cost than "Rope and Rucksack"

Dave Hogg.

#### The Australian Andean Expedition 1969:

The following is condensed from Progress reports put out by Ross Wyborn, the leader of the expedition. The full reports are on the board at Aikman's Rd.

The advance party arrived in Lima on May 9th. and everything went to plan except for delays which put the expedition about two weeks behind its hoped for schedule. However by May 29th the required Ministerial Resolution was signed and so customs formalities could be started. The Australian Embassy helped to post the postcards so as to ensure that they were sent. From Lima the equipment was sent by truck to Cuzco (11,800) where the others were acclimatising, and then by train to Santa Teresa. The load was then carried to base camp by mule train.

Base camp was established and fully occupied on June 21st. The site of the first base camp, situated at the head of the grassy valley of the Yanama River(13,700'), was selected by the advance team of Mike Feller and John Gamlen. On June 24th, these two and Richard Bennett attempted Quillucocha.



Leaving a high-climbign base (16,000') at 8 a.m. they reached the summit ridge at 3.30 p.m. and turned back barely 100 ft. below the summit, defeated by exhaustion caused by lack of acclimatisation. The same day Dot Butler and Keith McNaughton made the first ascent for the expedition - a snow peak opposite base camp.

With 9 in the party, it is a case of 2 groups of 4 climbing and one minding base camp: doing the usual camp jobs of washing, chasing away cows, reading and sunbaking or just admiring the surrounding peaks.

On July 4th John Retchford, Jack Higgs, Mike Feller and Ross Wyborn carryign 60lb. packs slogged up to reach the camp under Yanaccacca (The camp had been set up early by JR and RW at a height of about 16,400.) The following day they attempted Yanaccaccra. The first obstacle was a wide crevasse which had to be crossed on a narrow snow bridge a le cheval. Above this the party gained an ice gully which lead up for about 500 feet at a consistantly high angle. The party noticed the effects of high altitude while front pointing up this strenuous part of the climb. They felt tired and breathless. At the head of this ice gully they found a large crevasse draped with huge icicles like organ pipes up to 50' long. (Large icicles in crevasses are common in this region.) The crevasse provided a wide ledge which gave easy access to the summit ridge. From the first sight of the summit ridge it was obvious that the rest of the climb was not going to be easy. The ice was rotten and would not hold ice screws properly, so it was necessary to use angle-staves for belays. John Retchford led up a near verticle section of rhe ridge on crumbly ice, using two angle staves for runnign belays. Above this two pitches on steep green ice brought the party to what they thought was the summit. They were very disappointed to see another summit about 10' higher about 50 yards along a narrow ridge. This summit was an ice tower, comparable to the summit of Pumasillo, as shown on our postcards. It was already 3.30 p.m. and there was no time to attempt the summit that day. As it was, the party did not return to their tents until well after dark.

Two days later, the party returned to their attack of the mountain by their original route. This time, with an earlier start and the help of their old steps, they gained the shelf below the summit ridge at 10.15 and carefully made their way over the narrow ridge of the first summit to reach a platform before the final ice tower at 1.30 p.m. Finally, at 2 p.m., John Retchford succeeded in cutting his way to the top of the tower. Next day the party returned to base camp.

July 9th was a rest day and on the 10th two parties of four again set out for the high camps leaving Mike as camp guardian to practise his Spanish on any locals that happened along.





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SWANNDRY JACKETS

BRANDLER CAPS

EVEREST SOCKS

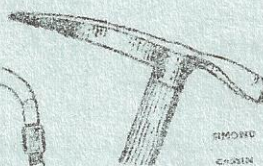
HUSKY & PETONE  
TROUSERS

EVEREST BUSHMAN  
& POLAR KNITWEAR

FAIRY DOWN  
SLEEPING BAGS

EIDEX PARKAS

BORDE STOVES



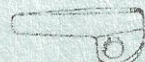
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CARSTEN  
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1.200 g



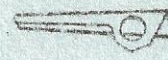
Knifeblade



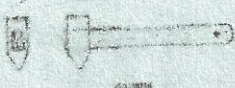
Last Arrow  
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Bang  
Bang



Leeper



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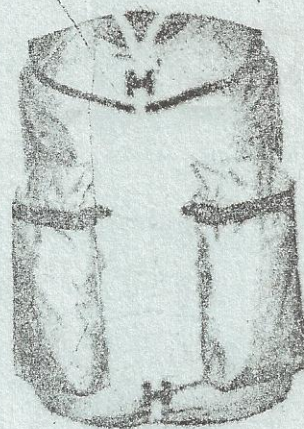
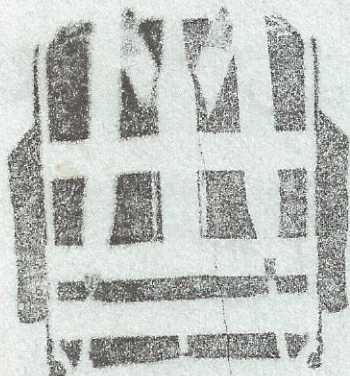
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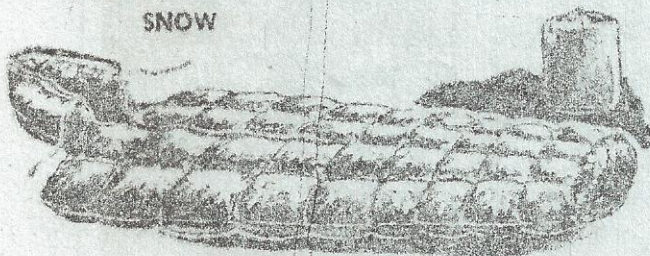
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