

The

BRISBANE BUSHWALKER

Apr-Jun 2019



BRISBANE BUSHWALKERS QUARTERLY NEWS



BRISBANE BUSHWALKERS CLUB INC (EST. 1948)
GPO BOX 1949, BRISBANE 4001
www.brisbanebushwalkers.org.au

MEETINGS

CLUB MEETING: The Brisbane Bushwalkers Club meets every 2nd & 4th Wednesday of the month at the Newmarket Memorial Hall, cnr Enoggera Rd. & Ashgrove Ave., Newmarket. Except for December when the only meeting is on the 2nd Wednesday. All welcome.

Start time: 7:30pm for new members (for an introductory talk).
8:00pm (or a bit earlier) for existing members.

COMMITTEE MEETING: Committee meetings are held on the 1st Wednesday of the month at 7.00pm at 228 Stafford Rd. Stafford. (cnr Gamelin Cres). All members are welcome to attend. (Check for December and January in case meetings are rescheduled.)

MEMBERSHIP FEES

Full Members: Singles \$40 per annum
Couples \$60 per annum
Annual membership falls due 28th February.

Probationary Members:
Singles \$20 per 6 month

FIRST AID CERTIFICATES

To encourage members to maintain a current First Aid certificate, the Club will organise courses for Full members (not Probationary members).

The Club will refund 50% of cost upon completion.

EQUIPMENT HIRE

The following equipment is available **for club activities**.

The charge *between meetings* per item is:

Foam mat	\$2.00
Self inflating mat	\$5.00
Stove	\$5.00
Tent or Pack	\$10.00

Members can hire up to 4 items at one time for a maximum charge of \$10 per person.

All equipment may be booked for hire by emailing the Equipment Officer. Pre-booking will ensure availability.

PLB: The Club has several PLBs which Leaders may borrow, at no cost, for approved club activities only.

LIBRARY

Free loan to members:-

Books, Magazines, DVDs, CDs

Free loan to leaders:-

Maps and Rasters

Duration of loan:- 2 weeks for Maps, 4 weeks for all other items. If unable to return items on time please put them in the mail.

For Sale:-

Snake bandages: \$10.00

Car stickers and badges: 3.00

Club T shirts, jackets, vests

COVER PHOTOGRAPH

"Very Scenic Rim" - Scenic Rim view from Mt Cordeaux / Bare Rock walk. Photo: Stephen Simpson

CLUB OFFICIALS

Committee Members for 2018/2019

President Stephen Simpson
email: president@brisbanebushwalkers.org.au

Vice President Marion Darveniza
email: vicepresident@brisbanebushwalkers.org.au

Secretary *vacant*
email: secretary@brisbanebushwalkers.org.au

Treasurer Tom Cowlshaw 0427 226 006
email: treasurer@brisbanebushwalkers.org.au

Outings Diana Norkaitis
email: outings@brisbanebushwalkers.org.au

Safety & Training Nick Brooking
email: training@brisbanebushwalkers.org.au

Membership Dwan Moore
email: newmembers@brisbanebushwalkers.org.au

Librarian Margretha Gould (& Julie Brown)
email: library@brisbanebushwalkers.org.au

Equipment Steve Cockburn (& Jenny Howell)
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Photographic Angie Sobyra (& Ian Poynten)
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Social Libby Andersen
email: social@brisbanebushwalkers.org.au

Technology Officer Shaun Johnston
email: technology@brisbanebushwalkers.org.au

Abseil Coordinator Lynley Murtagh
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Non-committee assistants

Members Registrar Anna Bransden 0432 248 945
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Web Content Editor Peter Hunt
email: content@brisbanebushwalkers.org.au

If you would like amendments made to pages on the website, discover that documents are missing or need updating, or have suggestions or questions about the website's content and structure, please forward your requests and concerns to the new Web Content Editor's email address, and Peter will address your query.

Contact Officers

0431 691 773 (Tom Cowlshaw) or
0423 095 580 (Stephen Simpson) or
0434 194 996 (Stephen Cockburn)

In an emergency, contact police on 000.

For a response from the club in urgent circumstances, these numbers may be used to reach a club contact officer.

These are VOICE ONLY numbers (ie. no SMS)

The Brisbane Bushwalkers Quarterly News is a selection of articles that have been posted on the Brisbane Bushwalkers web site over the past few months. This newsletter will be published quarterly - or thereabouts - depending on the number of articles that are posted.

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Compulsory items for Day Walks and Other Activities

These items are also referred to by the club as "Always Take" or "Page 3" items.

Back pack	Paper and pencil
Warm clothes (3 layers)	Whistle
Raincoat	Torch
Food (lunch, snacks, spare)	First aid kit
Hat & sunscreen	Matches or lighter
Footwear (closed-toe)	Change of clothes and shoes for driving home
Water (at least 2 or 3 litres)	Money for car pooling & drinks/snacks

Transport Costs

Passengers are asked to pay a contribution to the driver for their share of car expenses. Each passenger should expect to contribute 10-15 cents per km. Large cars and 4WDs cost more to run than small cars. If there are 3 or more passengers then 10c/km is a reasonable contribution. If you are unhappy with the contribution amount, you are free to take your own vehicle.

Activity Gradings

Distances	S Short	Under 10 km per day
	M Medium	10 to 15 km per day
	L Long	15 to 20 km per day
	X Extra Long	Over 20 km per day

Example – **SDW-3B**
Short Day Walk (**SDW**)
Graded track with obstacles (**3**)
Easy (**B**)

Activity Type

Abbreviations for some common activities are: **DW** (Day Walk), **BC** (Base Camp), **S&T** (Safety & Training), **TW** (Through Walk), **SOC** (Social).

For a full list of Activity Type abbreviations, refer to: "What We Do / Activity Types" on the BBW website.

Terrain Gradings 1 to 9

- 1 Path with smooth surface and low gradient
- 2 Well-formed path or graded track with some minor obstacles
- 3 Graded track, with obstacles such as rock or root intrusions, fallen debris, or creek crossings
- 4 Rough, unformed track or open terrain, with obstacles such as rock or root intrusions, fallen debris, or creek crossings
- 5 Rough or rocky terrain that may require use of hands, and/or creek rock hopping that requires small to moderate steps. Fallen debris possible
- 6 Steep, rough or rocky terrain requiring use of hands, and/or creek rock hopping requiring moderate to large steps or jumps. Fallen debris possible
- 7 Climb or descend steep rock, using hand or foot holds. May be some exposure. Good upper body strength required
- 8 Climb or descend near vertical rock with exposure, using widely spaced or small hand or foot holds. Climbing skills may be required. Good upper body strength required
- 9 Sustained climbing or descent of vertical or near vertical rock with exposure, using widely spaced or small hand or foot holds. Advanced climbing skills may be required. Good upper body strength required

Fitness & Endurance Gradings A to E (Note: Walking times do not include breaks.)

- A** Basic - Generally suitable for new bushwalkers. About four hours of walking and possibly minor hills. Slower pace with frequent breaks.
- B** Easy - About five hours of walking and about 300m of elevation gain/loss per day.
- C** Moderate - About six hours of walking and about 600m of elevation gain/loss per day. Agility required.
- D** Hard - Good fitness, endurance and agility required. About seven hours of walking and about 800m of elevation gain/loss per day.
- E** Very Hard - High fitness, endurance and agility required. About eight hours of walking and about 1000m of elevation gain/loss per day.
- F** Extreme - Very high fitness, endurance and agility required. About twelve hours of walking and greater than 1000m of elevation gain/loss per day.

President's Report

Our Club is the best Bushwalkers Club in Australia in my humble opinion, made so by our members, leaders and Committee. The Club ceases if the Management Committee is unable to fill positions at our Annual General Meeting to be held on Wednesday 23rd October 2019, so I encourage any members who want to give something back to the Club to consider nominating for the positions.

"Volunteers do not necessarily have the time; they just have the heart."

~Elizabeth Andrew

The Committee has already had a busy year to date. Several Committee members have had leave to pursue overseas and local walking activities. Our Secretary position has been vacant for the past 2 months and still needs to be filled. Over the past 6 months the Committee has been undertaking a review of Club documents and procedures to ensure they continue to be relevant and up to date and also to give them a fresh and consistent look.

The first area of review was in selecting and supporting our leaders. Our leaders are the life blood of the Club. Without Leaders there would be no activities and with no activities, there is no Club.

The first tranche of revised documents have been released. They can be found on the Club website under Resources/Rules and Forms.

The 2019 Pilgrimage is the 50th anniversary event and is being organised by Bushwalking Queensland. It is a great opportunity to meet others in our walking community so try and attend the Lake Moogerah event between 27th to 30th September as shown on our Activities Calendar.

Stephen Simpson
BBW President

Photographic competition 2019

It's coming up to that time of year again when we will be accepting entries to the Photo Comp. This is a friendly reminder to start thinking about which photos you would like to submit. See below for the categories and we'll let you know when it's time to submit your prize-winning photos!

The Photo Comp has two main categories:

- Amateur - aimed at the compact camera user with no post processing on images.
- Enthusiast - aimed at the DSLR/SLR enthusiast user, basic post processing may be used.

Each category has five sub-categories:

1. **Landscape**
Photographs in any natural scene which may be a seascape, mountain vista, bush scene or any scene you deem to be a landscape with little or no presence of humans. Let's see the natural wonders of the great outdoors.
2. **Wildlife/Macro**
Photographs may include any native wildlife encountered on your walk including any macro of fungi, flora or anything abstract you deem to be macro along the way.
3. **Bushwalking/Action**
We want to see what activities you are participating in the great outdoors including social activities. This category includes bushwalking, abseiling, kayaking, cycling, base camping - anything sanctioned by the club but we want to see how you or your group enjoyed the action!
4. **Best Capture of Natural Light**
This category can include any outdoor scenery with natural light. Examples could be a sunset, a moonrise, the play of light on trees, plants or people.
5. **Overseas Tramping**
Tramping, glamping or camping as long as it is overseas and it can include anything you want. We want to see the natural landscape you visited as part of your holiday.

Happy snapping and we're looking forward to seeing your pics!

Angie Sobyra - Photographic Officer

Notice: Limits on Offtrack and Terrain Grade 5+ walks

Emailed to Leaders List, 13 Jun 2019

As per recent emails and posted News items (<https://www.brisbanebushwalkers.org.au/news/2019-06-updated-bbw-documentation>), the BBW Committee has reviewed, updated and published to the Web, The Guide for Leaders (Schedule 06) (<https://www.brisbanebushwalkers.org.au/document/guide-leaders-2019>). In this document you will find reference to a limit of 15 for QPWS off track walks (ref 4.5 Group Size).

As of today for **ANY new offtrack walk (or Terrain Grade 5+ walk)** the Max Persons limit of 15 is to be applied and will be monitored. Any currently approved walk meeting this profile is not affected BUT must NOT have the existing limit raised beyond 15. If there is any attrition (ie withdrawals) on walks where the current accepted numbers are more than 15, please do not replace with reserves until below 15.

This limit is consistent with QPWS policy (<https://parks.des.qld.gov.au/policies/pdf/op-pk-vm-organised-event-permits-qpws-man-area.pdf>). The QPWS limit is not only for protection of the environment and our heritage but also for safety. (As an aside, permits to extend numbers can be lodged but you must give 40 days notice!!) .

In summary, **BBW will limit ALL off track walks and Terrain Grade 5+ to a maximum of 15.**

Also, please try to keep your posted "Max Persons" in line with how many you do accept (within +/- 2). For example, if you post a walk for (say) 8 Max Persons and due to demand you accept 12, please change the Max Persons to 12. However, if accepting 10, it is OK to leave as 8. This is to give a better profile of the actual walk. There are quite a few approved walks where the actual numbers accepted far exceed the stated Max Persons. If this applies to you, please update when you can. The Outings Officer approves the walk as originally posted.

As mentioned in previous emails, it is a courtesy to your walk nominees to alert them to a change in the type of walk they thought they were undertaking ..eg a walk of 12 is very different to a walk of 20. So do email the list of walkers if changing the profile of the walk - and let the Outings Officer know.

If any of the above raises concerns for you, please email and I will get back to you.

Regards

Diana Norkaitis
Outings Officer

Management Committee - volunteer position available

Posted by Lucy Guzman, April 2019

Hi members,

Hope you are going well.

There is an exciting opportunity for a capable BBW member to join the Club's management committee. The Secretary role is becoming available from May to October 2019. This is six (6) months to assist the Club and contribute to the decisions made for the benefit of all members.

I am the current occupant of this position until the end of April 2019. It is unfortunate I have to vacate due to pressing work and study commitments.

This role has few responsibilities that are listed on the committee handbook. I am and will be available for a period of time to assist the new incumbent settling in the role.

If you are still in the workforce, being a volunteer in a management committee position can open few doors for you. It is an unpaid work experience that shows your willingness to do good for the benefit of a community and where multiple admin skills are developed.

Please let me know if you are interested in assisting in this role by Wednesday 24th April 2019. We will get back to you with few basic questions related to carrying out the responsibilities of the role.

Kind Regards

Lucy Guzman
secretary@brisbanebushwalkers.org.au



Notice: Updated BBW Documentation

Posted by Diana Norkaitis, June 2019

Over the past 6 months the BBW Committee has been undertaking a review of Club documents and procedures to ensure they continue to be relevant and up to date and also to give them a fresh and consistent look.

The first area of review was in selecting and supporting our leaders. Our leaders are the life blood of the club. Without Leaders there would be no activities and with no activities, there is no club.

The first tranche of revised documents have been released. They can be found on the Club website under **Resources/Rules and Forms**.

- By-laws of the Brisbane Bushwalkers Club Incorporated
- Schedule 06 – Guide for Leaders
- Schedule 08 – Risk Management Procedure
- Schedule 09 – Incident Report
- Schedule 13 - Selecting BBW Activity Leaders

Please note – there is no change to Rules of the Brisbane Bushwalkers Club Incorporated.

A summary of each change is below. Please take time to review the revised documents. If you have any comment, please forward to the club secretary (secretary@brisbanebushwalkers.org.au).

Other revised documents will be released in the following months.

Summary of Changes

1. By-Laws:
 - New format; Inclusion of 2 new committee roles- Technology and Abseil; clearer wording.
2. Guide for Leaders
 - New format, clearer wording, removal of redundant, obsolete text
 - Inclusion of BBW Expectation of Leaders
3. Risk Management procedure
 - New format
 - removal of redundant, obsolete text
 - updates in line with our increased use of the web site to manage club activities
4. Incident Report
 - New format
 - Instruction for use and separate form for reporting incidents involving property
5. Selecting BBW Activity Leaders
 - New format
 - Changed requirements for applicant leaders
 - Clarification of the process of training and approving new leaders.

Notice: New Leaders

Emailed to Leaders List, 9 Jun 2019

It is with great pleasure that the Committee has endorsed the following members as leaders at its Committee meeting on June 5:

The Committee welcomes:

Ariane Milinovich,	Murray Haines,	Kate Palmer,	Mark Palmer
Michael O'Neill,	Matt Dunleavy,	Henny Shone,	Mark Naumann
Barbara Ferries,	Rosy Exner,	Darren Hepe,	Steve Pritchett
Libby Anderson,	Morag Stewart		

It will take a little while for the system to recognise these folk as leaders. Please offer them any assistance / support as they take on an important role in BBW. This group of new leaders offers a range of skills and interests that are likely to be reflected in the activities they lead and thereby increase the variety of BBW activities.

Please make them welcome.

Diana Norkaitis
Outings Officer

Trip Report: Leader Training at The Barracks (May 2019)

Posted by Chris Hall, May 2019

When you camp and spend a night with people, you really get to know another side to them. Matt's photos show some of that 'other side' and give you a great idea of what the mateship was like over this great weekend.

Despite not being able to use the shed and despite a bit rain and cold, we had a great outcome. Leaders and trainee leaders alike learnt a lot from each other. A big thanks to Nick Brooking, Safety & Training Officer for leading the weekend and introducing us to the revised Leader documents. Good luck to those who have applied to the Committee to be a Leader and we look forward to seeing you on the track again very soon.

Photos by Matt Dunleavy



Major upgrade and temporary closure of Mt Ngungun Summit Track

Posted by Diana Norkaitis, April 2019

QPWS - PARK ALERT

Commencing in 8 of April 2019, Queensland Parks and Wildlife Service (QPWS) will undertake a major upgrade of the Mt Ngungun Summit Track, in the Glass House Mountains National Park.

The Summit Track will be closed from Monday 8 April to Saturday 27 July 2019.

In order to complete the works as quickly as possible, visitor access will be restricted for the duration of the works. All tracks, firebreaks and entry points will be closed to public access during this time.

This work is part of QPWS 2018-19 capital works program to upgrade visitor facilities in the Glass House Mountains National Park.

QPWS thanks visitors for their patience and apologises for any inconvenience. As an alternative, visitors are advised to use the extensive trail network at the nearby Tibrogargan Section of the Glass House Mountains National Park.

Signs and barriers will be in place at the car park on Fullertons Road when works commence.

For your safety, please obey all signs and directions from authorised officers on-site; and do not enter closed areas.

Trip Report: "With Or Without You On Moreton"

Moreton Island Central - Throughwalk, April 2019

Posted by Greg Kuss, May 2019

Will my knee be right or won't it? Will the walk go ahead or won't it? Will I have permanent knee pain? What if I break down on the circuit? The dark thoughts plagued Greg's mind in the depths of the night, when he lay awake rolling from side to side.

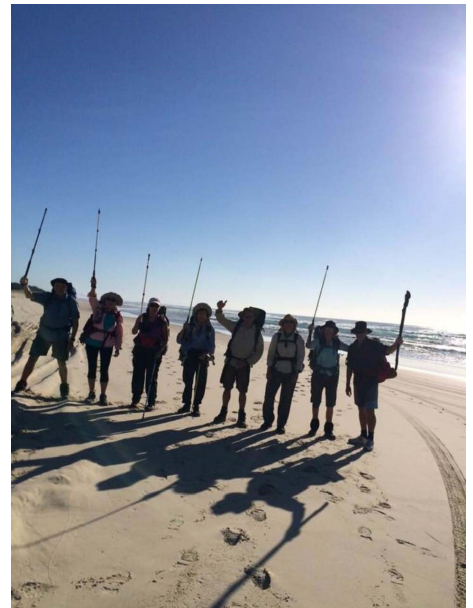
Greg's through walks were plagued by misadventure, as if someone from the other side was trying to prevent him from walking with the club. In 2013, the week before the 125km Cooloola/Fraser trip I was rushed to hospital by ambulance with excruciating back pain. The walk still went ahead. In 2014, the day before a Cooloola North trip the heavens opened up and the road was flooded between Gympie and Rainbow Beach forcing us to camp on the side of the road on the way up, until the water subsided. In 2015, the week before the 95km Fraser Great Walk, a giant sink hole swallowed up vehicles, vans and tents forcing the closure of the camp ground at Inskip Point where we were going to camp on the way to Fraser. In 2016 on a 65km Moreton South through walk, the track to the Big Sandhills was so overgrown from rains, the route and the last night's camp site had to be changed dramatically. As if someone was saying don't go there, don't go there. This time in 2019, in the weeks leading up to the 65km Moreton Central walk, I had a sore knee and an ultrasound revealed a Bakers Cyst, and it was unknown whether I would be able to complete the Moreton Central hike.

Finally, the week before the trip, after walking 10km a day, according to the fitbit, in the parks at Broadbeach on a weekend in a highrise, Greg decided the pain was too much and he would withdraw. A dawn phone call to his good bushwalking mate Tom Pursiheimo caught him out doing dawn fishing, on the Monday. Tom, an experienced leader in his own right, leading the annual Oxley/Wild Rivers through walk and having done 6 Moreton through walks with Greg, agreed to take on the leadership of the Moreton trek.

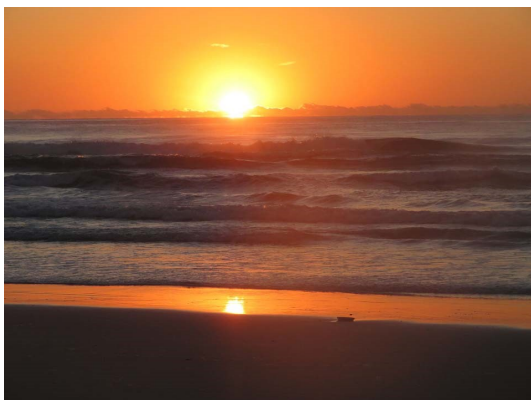
Greg, picked Tom up and dropped him off at the Micat ferry on the Anzac Day morning. Greeting the hand-picked group of 9 people. Some of them had been walking with Greg for 11 years, such as Jan King who was on Greg's first through walk he led in 2008, a 4 day Fraser trip. A sad moment, and a tear was shed as Greg took the final salute as Tom walked on board for the trip across the bay.

At 9:30am Greg received a text picture of Tom with 2 Coronas in front of him on the ferry with the caption having one for you. After leading 8 Moreton through walks Greg had the route memorised and constantly thought of where the group would be over the weekend. On day 3, when the group should have been at Bulwer/Comboyuro camp ground, there was no answer as Greg rang every mobile number on the walk list, and became concerned. The next day Greg got a text from Tom at 8:50am saying that they had arrived at their return ferry transfer and all was well. Greg spoke to Maureen and Tom once they had set sail, the drinks were going down, they were having their last hooraa, and the sound of excitement could be heard in the background. The sweet smell of success!

Circulating emails over the next few days revealed the group had enjoyed the trip. Another of Greg's successes. The MRI on the knee over the ensuing week revealed the wear was normal and limited arthritis for someone of his age who had been as active as him on his legs. The inflammation was improving and would continue to heal over time. Greg's long-distance hiking was still in jeopardy, and the level of difficulty would probably have to continue to be eased back gracefully.



The Salute



Moreton Sunrise



Mt Tempest

Tom's memoirs:

Day one was a very pleasant walk along the inland track to Rous battery, we all made good time, and even had time to check out the ruins. While preparing at the day-shelter, I invited everyone to photograph the map, just in case something happened to my copy. The Desert was the same - just like The Sahara...desolate and foreboding, offering a great contrast.

Day two was a highlight. After arriving at Eagers Creek just after lunch, we all relaxed for the rest of the day. Although the fish weren't biting, I was casting in waist deep water with just speedoes on...the conditions were so warm. Never done that before.

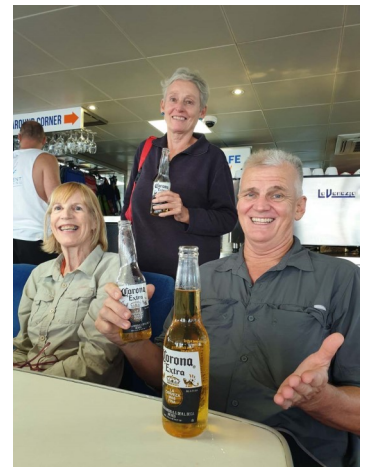
Total freedom. Everyone had the chance to recuperate. In fact, the weather was perfect for the whole weekend. Sea-eagles were hunting close-by, a spectacular sight. Eagers Creek had turned into a swamp...not enough rainfall to keep it flowing. We had a bit of navigation upon arrival, and Phil got us to the campsite. And a great social evening too. Chenghua offered some incredible insights and philosophies on life...that I'm sure none of us will ever forget. Thanks!



The Wrecks

Day three was longer than expected, not arriving at Bulwer till around 4:00 pm, and setting up our tents just on sunset. It wasn't all that bad, as we just had dinner and (quite a few) drinks at Bulwer Cafe. While having a break at the end of the Telegraph Track, we were met with a metre long red-bellied black snake, that changed direction when Jan took the initiative and started making noise. Could have been interesting. And just for good measure, at Bulwer, we encountered a two metre python next to the road, relaxing after devouring a small creature. Another discovery was made on this leg...have your roll of toilet paper handy, not buried deep in the backpack! After setting up, we indulged in a real shower (although a bit dirty, and cold water only) at Bulwer campground. I even bought soap for the occasion, and felt much refreshed. A pleasant alternative to the previous days' contortions under a tap.

The last day was a challenge to get going by 5:30 am, but we did, extremely well! I was deep asleep, and suddenly I heard a most beautiful angelic voice: "Good morning Tom, it's 4 am..." Thanks Maureen! A new way to pack was soon discovered: fold up the sleeping bag just after waking up, still lying in the tent, then take the plug out of the Therma-Rest while still lying on it...then folding/rolling it up. Saves heaps of time. We left just after first light, and still had the half-moon lighting up the beach as we walked. We made good time, averaging around 4 km/hour, and realised that we were going to have plenty of time to spare before the 10:00 am ferry, so quite a few of us eased back on the accelerator pedal, and just absorbed it all in. A great way to finish. And Chenghua, thanks for that delicious cup of coffee at the day-shelter.



Having one for Greg

Living Off The Land: Recipes for Extended Bushwalks - A Survey

Richard Walton

Anyone who has undertaken extended bushwalks (say greater than five days) will know that having a diet that is interesting, varied, edible, light weight, affordable and available is a challenge. Sure, if one is in Australia and the walk is only about eight days then one can dehydrate ones meals at home and all the criteria are readily addressed. However, when bushwalking overseas dehydrating food before leaving is rarely an option (with limited exceptions it is never an option for New Zealand). In these cases one must "live off the land". By this I mean one must buy what is available in the shops, put it into ones backpack with limited re-packaging and head off into the wilderness. Sometimes the shops are small corner stores but even if they are large supermarkets my surveys of bushwalkers have revealed that most people's dinner repertoire consists of only about two or three meals (at most).

So, where is all this going? I have just returned from about two months on the TeAraroa in New Zealand; where one has plenty of time to ponder all sorts of complex philosophical problems. And yes, meal variety was one such ponderable. One thought I had was that there must be a few different ideas within the BBW community. If we pooled our ideas we could all greatly increase our repertoire. Even if we only get (say) 10 different main meals that is more than a 300% increase in variety (if one currently only has three different main meals).

I therefore invite you to a survey of meal/food ideas that fit the above criteria. I'll collate the meals/ideas and publish them in the next magazine; ready for your Christmas adventures!!!

I thought I would keep the criteria pretty open so people's creativity is not constrained. Further, I will just compile the recipes without much editing (if any) except for deleting duplicates. Notwithstanding that, the broad guidelines I propose are as follows:

- The ingredients must be available in shops (agreed, not all shops have all ingredients).
- In general, dehydrators are not allowed. Remember these are meals we buy in a shop, put in our pack and then go. But hey if you have an idea regarding a dehydrator then throw it in an we will see if it fits. For example, dehydrating certain ingredients while back home which can be used to supplement store-bought food when travelling.
- Add a few notes/ideas/thoughts if desired
- Any meal is fair game; breakfast, morning tea, lunch, dinner etc
- Meals, drinks and snacks are also fair game.
- It may not be a recipe per se, just a product (e.g. weet-bix or a particular brand of something)
- It may be an idea of what is available in other countries (e.g. commercial - is dehyd cheap and more readily available in such and such a country).
- We are after variety. So, if you know of a spice that really helps a simple meal; let us all know.
- List any possible variations/thoughts/comments

As an example....I will get in first with macaroni cheese; a staple for most bushwalkers.☺

- Name
Macaroni Cheese
- Ingredients:
Pasta – Angel Hair is best as it cooks in two minutes, thus saving gas.
Cheese – Tasty cheese is best as it has the highest flavour to weight ratio.
- Method:
Cook pasta. Cut up cheese into small chunks. Drain pasta and throw in cheese.
- Variations:
I was told recently that blue vein cheese works well. Sounds good but I have not tried it yet.
Some spice thrown in with the cheese can help. Paprika works.

Please send all recipes to me at richard@jaliso.com.au. Also contact me if you have any questions/thoughts.

As mentioned, I don't intend to undertake much re-formatting (none if I can avoid it) and I certainly don't intend to put the recipes in a database or spreadsheet. So how you send something is probably how it will appear in the mag. I would like to add the contributors name to each entry; please let me know if you don't want your name included.

Bon appetite

Richard



The Budawang. Winter. Rain. Night..... Yum. I'll bet she wished the BBW "living off the land" good food guide was around before she set out on this trip.