



SOUTHERN TRAILS

April 2016

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Sadly we have been advised that Mike Rothery, who joined the club in July 2013, passed away in early February after a brief battle with cancer. We convey our sincerest condolences to Mike's partner, Paula Barnes, family and friends.

President's Post

Author Jim Anderson

As a trainee driver trainer I was involved the three day basic course held at Talooge commencing on Thursday 31 March. Nine keen students have been trained and are ready to practice their new skills and get involved in club trips. The students all pitched in to help each other out and we enjoyed the traditional campfire get together.

Scott Cumming, the new property coordinator was also at Talooge to progress a number of property tasks. The driver trainers and their partners who were at Talooge also helped out when time permitted. We have a great club property for all members to use and enjoy and members are encouraged to get involved in the regular Talooge musters when they can.

During the month I will be involved in a meeting of representatives from the NSW NPWS (Far South Coast Region), the NSW and ACT 4WD Association and some regional 4WD clubs. This will involve a site visit to Bendethera in the Deua National Park, a popular 4WD and camping area - details will be provided in next month's Southern Trails.

Our next general meeting is on Tuesday 12 April - hope to see you there.

Talooge Park

Author: Scot Cumming



The temperature is starting to fall and it won't be long before we start to see some frosts but the days are still very pleasant and the nights are perfect for sitting by the campfire under the stars. Now that the disabled toilet and shower have been christened thanks to Michael Patrick and a few others we need to be aware that the water supply at Talooge is a precious resource and we need to look after our water supply. Please supply your own water for showering and usually 8 to 10 litres should be plenty for a decent shower. Every flush of the toilet is around 4 to 5 litres so just be aware. There hasn't been much good soaking rain over the recent months so although our tanks are all more than half full, we don't want to run out and have to pay for a tanker to deliver water so please conserve our supply.

Talooge Security: Recently there has been unauthorised tree felling on Rayner's fire trail where more than 35 trees have been cut down along the track beyond the start of track 6. Investigations are ongoing as to who did this and the local authorities and neighbours have been

notified. If you are visiting Talooge and notice any suspicious behaviour or a vehicle you don't recognise, it's your property and you have the right to politely ask who they are and what they are doing. Report any suspicious behaviour to either myself or Jim Anderson.

Talooge Gate Security Codes: On April 3 2016 the gate security codes were changed. A reminder that before travelling to Talooge you should always contact one of the relevant officers for advice on the updated gate codes which can change regularly, and to receive information about any other activities which may be planned such as aerial weed spraying etc.

Scott Cumming property@st4wdc.com.au 0490 000913 or Satellite text only +61 405 894 135

Jim Anderson president@st4wdc.com.au 0408 283496

Peter Butterfield education@st4wdc.com.au 0417 480856

Talooge Park Cleanliness: It is your property to use and look after so please leave as you found it in the same or better condition. Many members spend plenty of hours keeping this property looking good so if you use a heap of the firewood that is there to be used, remember to replace it. If you leave skid marks in the toilets, use the toilet brush supplied, If the toilet roll is finished, remove it and put it in your bin. Please leave the kitchen tidy at all times and clean the bbq after use. This club and property is managed by many volunteers who are not paid for what they do so if everyone respects the other members using the facilities, we will all continue to enjoy our great property.

During the weekend of 2nd & 3rd of April we continued to improve some of the facilities at Talooge Park and with some help and a bit of hindrance from a few members of the driver training team we were able to continue the excellent preparation work Kelvin Berry had already done to almost complete the shelter for the generator area. Roofing to go on next visit and sound reducing wall soon after.

Painting to protect to exposed timber on the Brad Wells disabled toilet extension was done and a new toilet lid installed with Michael Patrick's shower pulley system prototype tested.

Final marking out of the absorption area fence was completed follow-

ing a visit to Cooma council on Friday by Jim and myself to confirm requirements. Track 2 was taken off the Friday's driver training plan due to a problem with an off camber loose corner near the top so after further inspection, a plan was agreed to modify the track on the corner using a jack hammer to chisel out the shale type rock and level off the area. As it would be a few hours before the jack hammer arrived courtesy of Lyn Donaldson I assembled a crew of tough and hard working members to start on the project. The look on Rob Donaldson's face when I said that I wanted to cut 500mm down on the high side of the corner was priceless!! His comments can't be printed... After about 2 hours hard labour by Rob Donaldson, Bronwyn Squire, Jim Anderson, Michael Patrick and myself the track was repaired and good to go on Saturday for the continued driver training. Well done to a good team effort!



We will be doing some aerial weed spraying from the 18th of April in conjunction with the Cooma Council as we did last October with some

good results on Wombat Flat and The Orchard area. This time concentrating on Serrated Tussock around The Hole in the Wall area. About 8ha to be done.

I have received some excellent ideas from a number of members already as to what they would like to see at Talooge Park so I encourage you to attend the April meeting when we will be doing an activity to receive feedback as to the 5 Must do's, 5 Wishes and 5 Don't wants.

Talooge Park Musters – April 16th / 17th , May 14th / 15th , June 11th / 12th

See you at Talooge Park. Scott Cumming - Property Coordinator
property@st4wdc.com.au

To Always Look Over Our Great Environment



Driver Training

Congratulations to the students who have just completed “Safe One” Basic Driver Training at Talooge Park. This training exercise was run differently to our normal training as it was run from Thursday night all the way through to Sunday afternoon. The students handled the continuous training very well, though they were tired on the last day. Unfortunately Vlad Markovic could not complete his training due to a damaged tyre, Vlad will be able to complete his last day of basic training very soon. The students who completed the training were

Ross Hincksman

Warwick Campbell

Glennis Weatherstone

Kel Hately

Thomas Poole

Keith Matthews

Bernard Morris

Steve Odell

Please note that due to a very large basic training commitments, there will be no Sand and Water training this year



Lynne's Latest

I hope everyone has had a great Easter. My family and I went to Talooge for a few days over Easter, there were quite a few members out there enjoying our block.

Also in the last month Rob and I had the pleasure of joining the Vic High Country trip hosted by Michael Patrick, this was the 1st time I have actually been away for 5 days straight camping- we had a blast and will be putting our name up on the next one.

The friendships that are made around a camp fire or on a trip are the reason why we enjoy being members of this Club, if you haven't been on a trip lately you should look at the trip calendar and join a trip soon.

Below are the numbers for Memberships:

Ordinary – 215

Life – 9

Associate – 2

Partners – 178

Family – 5

Total memberships – 409

It will be a busy year with the 40th Anniversary of the Club. If you know of any old members that you are still in touch with, please tell them to email or give me a call so that I can put them on the mailing list to invite.

We are also after any old photos for the night. Scott Cumming has kindly agreed to organise the slide show for the evening, if you could contact him by phone 0490 000 913 or email proper-ty@st4wdc.com.au if you have anything for him – it would be muchly appreciated.

Looking forward to catching up with you either at a meeting or on a trip.

If you have any membership queries at all, please contact me.

Safe travels.

Lynne.



Camp Oven Cooking – the basics

One of the joys of camping is having the time and opportunity to put together a good meal in the camp oven. While the recipes are often simple, the fresh air, the scenery and the great company usually makes for a memorable meal.

The camp oven is a versatile and practical vessel for the preparation of some great dishes, and it can be used over the fire, on a gas stove -top or barbecue or even in the oven at home. Let's look at some of the ways we can use the camp oven, how to prepare it, and some of the gadgets that make it easier to use.

Essential items

Camp oven- cast iron

Trivet – small round mesh on short legs to fit inside the base of the camp oven

Lid lifter or multi-grip pliers

Welders gloves or leather pruning gloves with long wrist

Small brush with natural bristles, not synthetic

Tongs for moving coals or heat beads (not for handling food)

Some way to hang or support the oven above the coals

Shovel for coals

Useful items

Camp oven base for use with heat-beads (from BFC)

Gas torch, firelighters, bbq heat-beads

Tripod, chain and hooks

Post and adjustable arm

Metal grill, old fridge shelf.

Old towels for cleaning up

Sheet of plastic for preparing dough on

Stiff-bristle pot brush for cleaning

Camp oven. Cast iron is the usual material. Get one big enough to do a roast for four people (or bigger if you plan to feed a crowd). Make sure you get one with a dished lid so you can put coals on top. To prepare a new oven, wash the oven and the lid with detergent and very hot water to remove the oil that the oven is packed with to prevent rust. Rinse with clean hot water. Then get the oven very hot (on your stove, in the oven at home, or over a fire) and oil your oven with cooking oil. Wipe it out with paper towel. Give it this same treatment after use and before packing away.

Packing your camp oven. I like to pack my oven inside a rectangular plastic washing-up basin, padded with old towels and with a layer of sealed-cell foam (a piece from an old sleeping pad) between the lid and the oven. That stops it rattling and rubbing, and makes it easier to pack in the car or the camper. Keep it secured behind the cargo barrier.

The trivet is to let you keep your damper or roast up a little off the base of the oven, to avoid burning. A layer of heavy tin foil over the trivet is a good thing when cooking damper. Not always essential but many find it useful.

Lid-lifter or multi-grip pliers. The lid is heavy and tends to tip to one side when lifted, especially if loaded with coals or heat beads. The lid-lifter or multi-grip pliers will help to keep it under control. Do practice first if using the lid lifter. Try not to dump ash into you camp oven. Keep a couple of short bits of timber beside the fire to place the lid on (to keep it out of the dirt) and don't let anyone throw them into the fire.

Gloves, small brush with natural bristles, tongs. The quickest and most common way to ruin a camp oven dinner is to lift off the lid while you have a pile of coals or heat-beads on it. Unless handled very carefully, the lid will tip to one side and drop the coals on to your dinner. The safe way is to use your tongs to remove the coals or heat beads to a safe spot at the edge of the fire, then use the brush to clean the lid before lifting it away to check your meal. There's a lot of radiant heat where your camp oven is placed, and gloves will help you to avoid burns.

Fire. Most people will want to use their camp oven with a camp fire. Be aware that it takes a few hours for a fire to build up a good bed of coals in the base of the fire, and allow time for that. It's difficult to cook with more than two or three ovens at the average size camp fire and it's often better to have one fire for cooking and a separate fire for socialising and heating water. If you're serious you'll want to set up a [keyhole fire](#) with the main fire kept hot and producing coals, and a trench leading off the fire with the coals raked in for cooking over.

The best wood for a cooking fire and producing coals is very dense, very dry hardwood found in desert country. The coals will last for hours and burn down to a fine white ash that holds the heat. With the right sort of timber you will get coals that will let you place your camp oven on a shovel-full of coals, with another half-shovel on top, and that will be all you need to cook your meal. Just like in the books and videos.

The firewood usually found in the coastal ranges is typically terrible for producing coals, and won't retain the heat. With this type of fire, typically if you place your camp oven directly on a shovel-full of coals at the edge of the fire, that little bed of coals will cool rapidly and will have to be replaced, continuously. If this is the case it's better to suspend the camp oven above the fire so you can keep feeding the fire. Use a system that allows you to adjust the height of your oven. For a single night camp a simple steel post with an adjustable arm will serve, or a tripod with a chain and hooks. For a standing camp a horizontal bar supported between posts will serve to support several camp ovens, again with chain and hooks to raise or lower the camp oven to vary the heat. Camp ovens work best in the even radiant

heat from the fire, not suspended directly in the flames.

A good alternative is to use bbq heat beads. Even without a camp fire, or at the edge of your camp fire you can make a small bed of heat beads and arrange a few rocks to support the camp oven. Regulate the heat by the number of beads under the camp oven and on the lid. BFC sell a metal support and base designed especially for this. BBQ beads are strongly recommended especially when sharing a fire with other people, and for newcomers to camp fire cooking, as they provide radiant heat rather than flame, and make it much easier to regulate the heat. Get the heat beads burning properly with no visible flame by building a pyramid of beads over two firestarters and letting them burn for 20-30 minutes before using (they will go white/gray all over when ready for use). About 15-18 beads is enough for a damper. Remember to place some of the beads on the lid for a damper, scones or a roast.

Slow cooking is the go, especially for damper. Tumut historian Harry Hill wrote a history of Cooinbil Hut on the Long Plain near Blue Waterholes, and recorded this advice from Robert Smith:

“Always heat the camp oven and lid before putting the damper in.

Test the heat of the oven by throwing in some flour. It should spread and turn light brown.

Don't grease the oven.

Use icing sugar, rather than plain sugar, in the mix and sprinkle some on top.

Use the leftover tea in the billy (with the tea leaves) in preference to milk or water. It's good in plain damper and perfect in a brownie.

Rob's father used to put a damper in a preheated oven, swing it over the remains of the morning's fire, leave it all day and come back to a perfectly cooked damper in the evening.”



Here's a couple of tested and proven recipes to get you started.

Birdsville Chicken

The original dish was invented by a friend of ours, during a stopover at Birdsville, using the simple ingredients we were able to buy in the small shop. Julie has developed the recipe further over the years, and it rarely has the exact same ingredients twice! Serves two.

Ingredients

Two chicken breasts

Tablespoon of margarine or cooking oil

One chopped onion

Diced half carrot

Two diced bacon slices

Clove of garlic, crushed or finely chopped

Teaspoon of dried oregano

Half a teaspoon of dried basil

Pepper and salt

Half a cup of long grain white rice

Half a cup of good white wine

Tin of chopped tomatoes

Method

Brown the chicken breasts in the camp oven, then set them aside.

Sauté the onions, bacon and carrots until the onions are translucent. Add the dried herbs, garlic, a grinding of pepper and a small pinch of salt.

Add the rice. Stir it through making sure there is enough oil to coat the rice generously. Add the wine and simmer for a minute. Stir through the tin of tomatoes and add a can of water. Place the chicken breasts on top of the mixture.

Put the lid on the camp oven and suspend the oven above the fire at a height where the radiant heat striking the base is a little hotter than is comfortable on your hand. If the heat is off to the side, remember to rotate the camp oven regularly. Check inside the camp oven occasionally – it should be barely simmering. Add more liquid if necessary. Don't burn the base. Cook for about 20 to 30 minutes. Serve with a couple of glasses of that good white wine.



Scones

2 cups of self-raising flour

1 Tablespoon sugar

25 grams of butter

1 cup of milk

Set aside a little flour for dusting the oven and the surface you are working on.

Mix the sugar with the bulk of the flour in a mixing bowl.

Slice the butter in small pieces and add this to the flour. Work the butter into the flour with your fingers.

When the butter is evenly worked into the flour, start adding the milk and mix it through with fingers of a butter knife. Keep adding more milk and mixing it through until you have a dough that is even and not too wet. Knead the dough for a few minutes.

By hand, flatten the dough into a layer about 20 to 25mm thick. Using a small glass (old vegemite jar is perfect) stamp out your scones from the dough. Gather up the remaining dough and remake it into a layer to stamp out more scones.

Brush a little milk on the top of the scones.

Use a trivet in the base of the oven if you have one. Again if you have one, place the stamped out scones on a plate that fits in the camp oven on top of the trivet. If you don't have a suitable plate just place some aluminium foil on the trivet and place the scones on that.

Cook in a moderately hot camp oven for 20 minutes then check. If necessary cook for longer, checking every 5 minutes.



40th Anniversary

1976 - 2016

Where – Deakin Sports Club

2 Grose St, Deakin

When – Saturday 5th November 2016

Come along and celebrate the last 40 years of the Club.

There will be entertainment, guest speakers, lucky door prizes and lot of fun.

Great opportunity to catch up with friends.

There will be a sit down 2 course meal.

Please put your name down on the website to show your interest.

Tickets are \$50.00 each.

Tickets will be on sale at each meeting from May.

If you have any queries, please call

Lynne 0418 631 669.



CELEBRATE!

Rebuilding Track 2 at Talooge

