



PALMERSTON NORTH TRAMPING
& MOUNTAINEERING CLUB (INC)
P.O. Box 1217 Palmerston North

NEWSLETTER

12/72
Hon. Secretary, Heather Crabb.
Phone, 77-668.

COMING EVENTS.

30th November. CLUB NIGHT.

At the Society of Friends' Church Hall, 227
College St., at 7:30 p.m. Everyone welcome.

SUPPER DUTIES: Trevor Stretton, Chris
Dench, Peter Darroch.

3rd December. GRANDE ANNUAL DINNER.

At Rangiwahia, P.N.T.M.C. Chalet. There are still a limited number of vacancies so
be quick and ring Trevor Stretton, phone 84-925.

Cost: \$3.00.

6th December. COMMITTEE MEETING.

At Sue Streeter's, 32A Rangitira St., at 7:30 p.m.

9th-10th December. SOUTHERN CROSSING OF THE TARARUAS.

Grading:	F.E.	Cost:	\$3.00
Leader:	Ian Hoare.	Names to:	Trevor Stretton, 84-925.

10th December. WEST TAMAHI.

Grading:	Easy.	Cost:	\$1.20
Leave Izadium:	7:30 a.m.	Leader:	Karyn Bishop, 84-925.

A pleasant stroll up the creek.

16th-17th December. DUNDAS RIDGE.

Grading:	F.E.	Cost:	\$1.20
Leave Izadium:	6:30 p.m. Friday.	Leader:	Trevor Stretton, 84-925.

17th December. PUTARA.

Grading:	Easy.	Cost:	\$1.20.
Names to:	Trevor Stretton, 84-925.		

HOLIDAY TRIPS.

Those wishing to organise or take part in any trips over the Christmas/New Year
period are invited to contact Trevor Stretton, phone 84-925.

NOTICES.

CLUB VEHICLE.

Members will be aware that through the generous donation of Lawson Pither the Club
is now the owner of a truck which will be used for Club transport for future trips.

We are confident that this vehicle will solve all our transport difficulties, which in recent months have forced us into the embarrassing situation of having to cancel some trips because sufficient transport was not available.

A sub committee has been formed in during the short time we have had the vehicle they have already spent many hours in preliminary stripping and restoring.

The truck will be on view at the hall next Club Night, 30th November, and members will be able to see that a considerable amount of time is required to fully restore the vehicle. This, of course, means that monetary expense will be required for the purchase of materials to bring it up to the standard we require. To this end the Committee feels that members will wish to contribute to this worth while cause and donations would be most appreciated on Club Night.

You can be assured that your contribution will be used solely for restoring purposes and all donations received will be placed in a special account for this purpose.

FANTA STIC BARGAINS.

ANKLE PUTTEES \$2.25 (elsewhere \$2.85) and KNEE HIGH \$5.50 (elsewhere \$7.50.) Made out of hard wearing rotproof terylene.

Interested: contact TIM SHORT, Phone 76-906 or ask him to give a demo next Club Night.

FOUND

Brad found a fawn jersey in his car after the Egmont trip. Inquiries to Brad Owen, phone 83-467.

PERSONAL.

Ron Haxton arrives back home before Christmas after spending some time overseas. CONGRATULATIONS and felicitations to Tom Easterbrook, now of Auckland, and his bride on their forthcoming marriage.

RECIPE FOR FOUR JOURNEY CAKES (a two day supply for one person.)

Can be used as an alternative to Tararua Biscuits.

1 cup soya flour

1 cup whole wheat flour

1 cup whole milk powder

$\frac{3}{4}$ cup whole milk

4 ounces butter

$\frac{2}{3}$ cup honey

3 tablespoons deactivated nutritional yeast

(deactivated means dead.)

2 tablespoons wheat germ

1 teaspoon salt. Sea salt is preferable.)

In a large bowl, mix together all dry ingredients. Set aside. In a saucepan, heat milk, butter and honey until mixed. Pour this mixture into a large mixing bowl. Add dry mixture a cup at a time, stirring well (don't worry excessively about lumps.) When you have stirred in about $\frac{2}{3}$ of the dry mixture, so that you have a wet batter, beat well (about 200 strokes.) And rest of dry mixture (you will have to knead in the last cup for so.) Turn dough onto a floured board and knead well. Divide dough into fourths, shape each into a hamburgerish shaped cake, and place on a greased cooking sheet. Bake at 325° for 70 minutes, or until very brown.

Nuts, fruits and raisins can be added to the batter or chiaseeds can be sprinkled on top before baking (use an egg-white wash.) Then – enjoy!

This is a nutritional recipe with excellent keeping qualities, from America, by courtesy of Mrs. O. Jensen, Feilding.

ASCENTS LIST.

RUAPEHU - TAHURANGI (9175')	4/6/72 K Pearce.
	30/9/72 B. Owen, K Pearce,
TE HEU HEU (9040')	5/6/72 L. Sandes, K Pearce, G Potter.
PYRAMID	4/6/72 L. Sandes, K. Pearce, G. Potter.
FIRST PINNACLE	24/6/72 B. Owen, K. Pearce.
Great & SECOND PINNACLES	9/7/72 B. Owen, S. Streeter, K. Pearce.
EGMONT (8260')	20/8/72 Wesley Dalefield, David Hay, Kevin Pearce,
Lindsay Sandes.	
	17/9/72 Club party of 11 members.
AVALANCHE (5750')	1/8/72 Scotts Track-Rome Ridge traverse. B.
Owen, K. Pearce.	
HOPELESS (7274')	6/8/72 K. Pearce.
PARITUTU (500')	12/11/72. A Thompson, J. Scrymgeour, T.
Stretton, I. Komene.	

PAST TRIPS.

WORK PARTY AT RANGI.

On 28th-29th October Trevor Stretton revealed his true genius for organisation by sending off a work party which excluded himself. However seven chosen members set off on what might be described by those without literary talent as "the noblest roamin' of them all." Our objective was to dam the raging torrents said to be washing out the track above the Rangiwahia hut and threatening the hut itself. To tackle this Herculean task our heroic band struggled cacophonously up through the savage bush barely evading Karyn Bishop's bloodsucking plants (but not Karyn herself.) After lunch and due consideration we strategically built a magnificent dam at the top of the hill where the water could run up hill to it with a diversion channel so that erosion could proliferate on the other side of the hill. Exhausted by this effort Adrian Turner and Karyn Bishop had to be sent off home and the survivors continued with the working party in various supine positions. Vivien Mawson, admirably filled the role of den mother -- to the all night gambling den and we started Sunday as a row of smoked kippers worth too much smoke and too little "kip". (Working instructions didn't include throwing out the old range.) Inspired by the biblical stories told in the night we surveyed the work still to be done -- and took a walk up to the top of Mangahuia, where Neil, Keith and Martin used up most of the remaining snow drifts throwing them at one another. We hurried back to work with numerous stops and diversions. Neil was so keen to get at it that he sprained his ankle and had to spend the rest of the day resting it. He assures us that the pain of his ankle was nothing to the discomfort of being unable to join the rest of us working so he went to sleep instead. We spent some time building another dam of the scoured track cleverly located, where it would be easily washed out but not before damming up enough water to successfully flood the hut when it broke. The diversion channel was built on an upward slope so that it wouldn't scour out taking care, however, that if the dam did hold and if any water went down the diversion it would all run down the main approach track to prevent any further parties reaching the hut and falling into the pool left when the hut floated away.

Carried away by enthusiasm at this stage -- will perhaps shamed by Vivien's "Womens lib" attitude to pick and shovel work ("Up from under and -bash 'em down again") -- we dug a new rubbish pit and filled in the old one and dug drainage diversion ditches round the hut.

Surprisingly we all got home on Sunday night despite Neil's independent attitude to finding his own way, and slept the sleep of the dammed.

5th November. BAR-B-CUE.

We departed from the city around 2 p.m., but, you see, it's like this, there is an urgent need for map reading exercises.

After much frustration – London's Ford. Then with a maddening rush to the water, except those who just dipped their toes in and others not even that. Next on the programme came the baseball which eventuated with many irregularities in the rules. By this time another plunge into the drink was due.

Soon, with the lighting of fires, all that was in the air was sausages and sauce plus a few who found themselves dancing to fireworks. In a few minutes the night sky was ablaze with the hue, not for getting the dear old "Guy" who did his thing admirably.

Thus, with the dashing of time came the dashing of those who braved one final splash into the old Adam's ale and of those who just sat down and sang.

On the whole the late afternoon (due to the leading driver) and evening were an entire success.

Revellers: Mr. & Mrs. O. Jensen, Karyn Bishop, Ruth Arlidge, Heather & Maire Crabb, Marie Thessman, Shirley & Eddie Bell, Tony Croad, family & friends, Ian Hoare & family, Russ Johnson & family, Owen Robertson, Glenn Dixon, Chris Dench, Tim Short.

Late Arrivals (the choir): Trevor Stretton, Allan Stretton (Milkmen) Judith Domney, Jill Bysouth, Elli Schlee, John MacFarlane (snow Dwellers.)

12th November. OHAU RIVER.

Two cars and 10 people arrived at the Izadium before 7 a.m. (first it was 3 cars and 16 people.) We arrived at the Ohau Pipe Bridge at approximately 8 a.m. Thence we wandered into the Ohau Hut, where we awaited our "shutterbug" member who had assumed her position at the rear of the party.

Six keen types then splashed their way up the river in the direction of South Ohau Hut. At the junction with the North Ohau River we met Kevin and Lindsay who were returning from the Park River. Some of the shorter types found the water particularly wet but everyone was back at Ohau Hut by 4 p.m., where it was decided to follow the bush track back to the Pipe Bridge instead of going down the gorge. Everyone was back at the bridge by 6 p.m. -- the not so keen types (he means the more civilised ones – Ed.) having left half an hour earlier.

Those participating: Karen Davis, Vivien Mawson, Louise Sarrell, Heather Crabb, Maire Crabb, Wendy Adams, Maureen Clark, Raymond Mills, Stuart McLauchlan, Ian Hoare.

"LOCH'ST EGMONT"

Written as a lament for a lost intimate after a distressing incident on Egmont.

(To the tune (sic) of "Loch Lomond.")

By yon boggy banks and by yon stony streams
Where the sun never shines on Mt. Egmont,
Where wet are the trampers and cold are their dreams
On the boggy, soggy slopes of Mt. Egmont.
O you'll take the Falls track, and I'll take the Dive track,
For me and my trousers will never meet again
On the boggy, soggy slopes of Mt. Egmont
'Twas, there that we parted, my old bags and me
On the steep, steep slide of the Fantom,
Where in rosy hue my buttocks came to view
And the rest of me out in the gloaming.
O you'll take the Falls track etc.

The wee birdies screeched and the wild flowers bleached
As the scoria my breeches was rending
But clutching my ice-axe I had no hand to spare
For my trousers the ice-fall descending.

O you'll take the Falls track, etc.

J. McF.

18th-19th November. SEARCH & RESCUE EXERCISE.

The P.N. S.A.R. Committee would like to thank all those who took part in the exercise and debrief on the weekend 18th-19th.

It is only by having these exercises that faults and problems with the organisation can be ironed out before a real search of this magnitude develops. Everyone seemed to have learned something and enjoyed themselves. At Field Search Headquarters (Gorge Base) it was found that five men could not run the base efficiently with such a tremendous flow of messages. Radio messages were flowing from and to the five teams, a jet boat and P.N. H.Q. -- stretchers, ambulances, traffic wardens and mortuary wagons were ordered and delivered -- teams were picked up from one location and taken to another. Brad used an 'Indian type' canoe to ferry his team around bluffs on the railway side of the gorge -- some of his merry men even tried to stop a train ? Sue's team assisted Lawson's in a 'live' stretcher carry up the steep road side of the gorge.

At 2.00 p.m. the operation was over and three demonstration rescues took place. The first was carried out using manpower alone, while in the other two a vehicle break down truck was used to winch the stretcher up the side of the gorge ably assisted by two climbers.

Those from our club on the exercise were Lawson Pither, Brad Owen, Sue Streeter, Neil Wanden, Karyn Bishop, Brent Bishop, Glenn Dixon, Tim Short, Kevin Pearce, James Read, Judith Domney, Lindsay Sandes, Peter Sutcliffe, Russell Johnson.