



PALMERSTON NORTH TRAMPING AND MOUNTAINEERING CLUB INC.

P.O. BOX 1217, PALMERSTON NORTH

Newsletter - July 2005

CLUB NIGHTS

Club nights are on the second and last Thursday of each month at the Society of Friend's Hall, 227 College Street, at 7:45pm sharp. All welcome! At the club night: Please sign the visitor's book.

14 July	Club Night - Special General Meeting and Gear Auction
	See notices for the details of the gear auction.
21 July	Committee Meeting
28	Club Night – Photo Competition
	Time to get out those slides and prints from those summer trips (see notices for details)

Articles to Lance gray.family@actrix.co.nz or post to 37 Parata Street, Palmerston North (by 20th of the month)

TRIPS

July 2-3	Holly Hut Egmont NP	E/M
	Malcolm Parker	357-5203
	Up to Pouakai Hut (on Mt Egmont) for lunch, then on to Holly Hut with its solar powered lighting. Should get there in time to whip down to the impressive Bell's Falls. Returning by same route on Sunday.	
July 3	Kapakapanui	M
	Andrew Lynch	325-8779
	Departing Countdown at 8am. A popular loop track in from Waikanae which on a clear day gives you good views east towards the main range and west to that of Kapiti Island. The loops takes	

approximately 5½ hours and climbs to 1104 metres with an interesting variation on the classic NZ Forest Service Hut. Remind your leader of the bakery as well!

July 9-10 **Kelly Knight Hut** **E**
Llew Pritchard **358-2217**

A gorgeous hut up the Pourangaki River in the Western Ruahines. Ideal overnight trip for those new to tramping. Please contact Llew for more details.

July 10 **Huntermville Lakes Walk E/M**
Malcolm Leary **06 322-8533**

I can smell the scones from here! Always a privilege to visit Malcolm and Edith's farm at Huntermville. Come see how the farm is recovering as well as wander around the two nearby lakes.

July 16-17 **Keretaki Hut** **M**
Janet Wilson **329-4722**

Leaves Countdown 7.30am. Going in from the western side, over Maharahara, along to Matanganui, down the the stream and back up to the hut. Keretaki is a nice, well maintained standard hut. We'll probably return the same way.

July 17 **Purity Hut** **M**
Dave Grant **357-8269**

We travel north to Mangaweka then up the Kawhatau Valley to reach the start of this day trip to Purity Hut. From Mangakokeke road end we climb steeply, firstly through farmland, then grading through podocarp, beech and subalpine forest, to reach Purity Hut just below the tussock line. From here we will hopefully venture up to the tops of the Hikurangi Range for a lunch spot at Iron Peg, with panoramic views of Ruapehu and the Ruahine backbone. Then back to Purity and home. This may be your last chance to visit this iconic hut before it is replaced !!! We leave Countdown carpark at 7am.

July 23-24 Roaring Stag E
Anja Scholz 356-6454

Leaving Countdown at 9am this trip into the Northern Tararuas will be inspecting the new Roaring Stag Hut. Given the old one was a dive by the end of its time this will be rather special. No need to climb Cattle Ridge! A very relaxing overnight tramp, bring a warm sleeping bag, book, and soak up the atmosphere.

July 24 Rangī Snow M
Peter Wiles 358-6894

Rangī trip - leave 7:30 am at Countdown. Then depending on interest and conditions can organise where we go (which track) and how to best fill out the day.

July 28 Applications close for
Snowcraft

"See Notices".

July 30-31 Otokota Hut M
Graham Peters 329-4722

Departing 7am. Starting from Kawhatau Base, climbing up to Colenso and tramping North along the Mokai Patea Range before dropping down to Otokota Hut. Returning the same way. This hut isn't often visited by the club so is worth a visit, it's had a new fire installed recently. There will probably be plenty of snow on the tops so you could well need an ice axe.

July 31 K2 & Mt Cook E/T
Warren Wheeler 356-1998

Depart 6am for a dawn assault on the South Face of K2, altitude 32,000m above sea level. The team will use ropes and ropes depending on conditions, and solo climbers will attempt to break the unofficial in-crampon ascent time record of 30 seconds.

Following a successful summiting we will breakfast at base-camp and proceed to knock off the south face of Mt Cook, 58,000 asl – the highest point between PN and West Island. No experience required. You don't have to be mad but it would help. Ice axes and crampons essential (contact Warren if you need to hire from the club).

Trip participants:

Contact the leader at least 3 days in advance. Trips leave from Countdown carpark. A charge for transport will be collected on the day. Leaders should be able to give an estimate in advance. For general info, or any suggestions for future tramps, please contact Terry Crippen (356-3588), Janet Wilson (329-4722) or Tony Gates (357-7439).

Trips

Easy (E): 3-4 hrs Technical skills reqd (T)

Mid-Winter Celebrations
 Medium (M): 5-6 hrs
 Fit (F): about 8 hrs Fitness Essential (FE): >8 hrs
 Trip leaders:

Please advise a trip coordinator, as soon as possible, if you will be unable to run your trip as scheduled. This is so that alternatives can be arranged, put in the newsletter, or passed on at club night.

*** OVERDUE TRIPS ***

Enquiries to: Mick Leyland (358 3183), Terry Crippen (356 3588), or Janet Wilson (329 4722)

From the Editor's Desk

Just briefly, it was a great night at the Yatai Restaurant for Yuko's send off. Still pretty hard to accept that Yuko won't be gracing our trips anymore. You only have to read Peter's trip report to see that Yuko had wholly embraced bush-bashing! Second, Ian Harding severely broke his ankle the other week on the farm and for those that visited him in hospital I know he appreciated it. He almost gave the impression he was enjoying himself. Must be finally getting something for those ACC levies! You won't hear a complaint from Ian about the state of the health system. Ask him about the menu!

For those of you wondering where Heather Purdie has been recently, she just sent an email saying that her research site at Fox Glacier receives no direct sunlight! So to say it must be a tad cold at the moment is an understatement. She tells me that all is well and that the guides have put her up with excellent accommodation. Like Yuko, we are going to struggle to keep this Mainlander here for very long so make sure you get along to her presentation in October.

Terry's photo quiz

Perth River 1980, after a successful Garden of Eden Trip; all five were or still are PNTMC members. Who are they?



Left to Right

Back: Marty Robins, Nic Bishop.

Front: Kevin Pearce, Eric von Tor, Terry Crippen.

NOTICES

PNTMC Auction , Snowcraft, , Te Araroa Trail, Duke of Edinburgh, Trip Card, Club Apparel, Photo Competition.

PNTMC Gear Auction

It is time to clean out the closets and garages and prepare for the PNTMC gear auction. This year it will be held the same night as the special general meeting 14 July 2005. For those intending to put items up for auction we have the following rules:

- a. The proceeds from items that sell for less than **\$5-00** will be regarded as donations to the club.
- b. The club will charge **\$2-00** for items that sell between \$5-00 and \$10-00.
- c. The club will collect a **15%** commission for items that sell for over \$10-00.
- d. Please show up at **7:30pm** on the club night, so that the auctioneer can list the items and note the reserve.

For those intending to buy: Bring lots of money and leave extra space in the car to take home the tent, boots, and three ice axes you never knew you needed. This is a great way to raise funds for the club and lose/acquire gear.

SNOWCRAFT 2005

- Final notice

WANT TO TRAMP AND CLIMB IN THE SNOW?

The Club's comprehensive snowcraft programme has two aims: Firstly, to equip you with the necessary skills for safe tramping in snow, be it on winter trips, or summer trips above the snowline.

Secondly; to pass on the fundamental skills for snow climbing and mountaineering. The programme consists of three weekends (Friday night departure to Ruapehu or Egmont) and an evening session prior to each weekend.

A progressive approach is used, with Snowcraft 1 assuming little or no previous snow experience and Snowcraft 2 and 3 building on the previous levels. Most participants enrol in the complete programme, while others just in Snowcraft 1 and 2. Numbers are limited, so enrol now to confirm a place.

Dates are as follows:

Close off date for applications is **28th July**

Snowcraft 1 6-7 August (evening Tues 2nd)

Snowcraft 2 20-21 August (evening Tues 16th)

Snowcraft 3 27-28 August (evening Wed 24th)

Fees cover weeknight venues, transport, weekend accommodation, most food, group gear hire, and instruction. Individual gear hire, if needed, is an additional cost for non PNTMC members.

Fees

Snowcraft 1

PNTMC Member \$125

Non Member \$130

Snowcraft 2

PNTMC Member \$140

Non Member \$145

Snowcraft 3

PNTMC Member \$130

Non Member \$135

Total Package PNTMC Member \$380

Total Package Non Member \$395

Further info, costs, & registration form; contact Terry Crippen 3563-588, or Bruce van Brunt 328-4761

TeAraroa Trail – Christine Cheyne

As recently reported in the Evening Standard, the route that the Te Araroa Trail will take from Gordon Kear Forest (top of Scotts Rd) to Shannon is currently being developed and is expected to be officially opened in Feb 2006. Ian Argyle co-ordinates a group of volunteers who are working to develop the walking track. He would welcome offers of assistance (Ian's phone no is 354-0130).

If you want to receive the Manawatu Te Araroa Trust email newsletter please email John Todd (Trust Secretary) and ask to be included in the circulation list. John's email is: ajohntodd@clear.net.nz

The Trust has its first annual meeting on Tuesday 14th June at 5.30pm in the Board Lecture Room, Palmerston North Fire Station in Cook St. All interested persons are invited to attend. The meeting will be in conjunction with the regular board meeting and is an opportunity to meet trustees.

Duke of Edinburgh

The dates for helping with the Duke of Edinburgh are 16/17 July, 29/30 Oct and 3/4Dec. Please contact Andrew Lynch ph. 325-8779.

Trip Card July-Dec (Janet Wilson)

Thank you to everyone who contributed enthusiastically to the new trip card - it was nice to have many people volunteering trips without having to be chased along. We start off in July with plenty of easy and medium trips, which will hopefully encourage you to come out tramping during the winter - it's always nice to be in a hut with a good fire going, in your sleeping bag early with a good book to read.

We have enclosed a copy of the *Guide for Trip Leaders*. New leaders should read through this and it wouldn't hurt experienced leaders to have a look too - it explains how club trips are planned and run and reminds you of your responsibilities. Also included is a *Pink Form* - to help you leave your intentions with a club contact or responsible contact, and a *Club trip feedback form*.

CLUB APPAREL

Promote you club while out tramping or cruising the café scene round-town.

Would you like to have a beanie, cap, or microfleece top, with the world famous club logo on it? Or a badge to sew onto your pack? We have previously got caps and badges done. These have found homes in places as far afield as England, Canada, Japan and Mongolia. This time we will be getting caps, microfleece beanies and zip neck microfleece tops with the club logo, as well as the standard club badge. The caps and beanies are "one size fits all". The tops come in mens and womans sizes and are from the PEAK XV range (on display in shops such as Mountain Equipment, etc).

An order form is enclosed with this newsletter. Payment needs to accompany your order and to be received by 21 July (committee meeting night). Post to the Club or give to Warren or Terry. Goods will be available mid to late August. For further info; contact Warren 356-1998, or Terry 356-3588



Beanie, Patch, and Cap



Warren Wheeler as seen on the streets of Palmerston North sporting the fleece, beanie and cap.

Annual Photo Competition

Entries must not have been entered previously and must be related to tramping, climbing activities.

All slides must have a cross on the bottom left-hand corner of the mount.

Slides and photographs must be labelled with name and entry category.

Limit of 3 slides per person per category, but no limit on prints.

Categories

1. Alpine NZ – alpine scenery in New Zealand
2. Scenic NZ – scenery below the bushline
3. Natural History – NZ flora and fauna or detail
4. Topical NZ – the people shots on your trips
5. Overseas Alpine – overseas alpine scenery
6. Overseas People – climbers or people met while tramping, climbing overseas

Formats

- Slides
- B/w prints
- Colour prints
- Digital images (at the time of writing these are to be submitted as prints)

There will be an interclub photo competition later this year, between us, MUAC and MTSC.

TRIP REPORTS

Outdoor First Aid, Atiwhakatu Hut, Holdsworth Jumbo, Not Mitre Flats

Three Johns – May **By Peter Wiles**

Arrived at the carpark handy to the Waipawa River about 9 am. We were impressed with the improvements to the road. It's now roadworthy all year round with much metal laid recently. In fact there is now a bridge to the farm over the river.

The river was rather low so presented no difficulty through the gorgy section. We rapidly worked our way up the open valley along the series of paths – mostly on the true left. The weather was fine and sunny, which warmed us rather. Amongst the leatherwood a little below Waipawa Saddle we stopped for a latish morning tea. The weather conditions on the saddle were most conducive to continuing on and upwards to Three Johns. There was no one around, in fact we saw not a soul during the walk.

We arrived at the summit after negotiating the various subsidiary bumps at noon.

Over lunch we took in the extensive views – in all directions, but most especially the Hawkes Bay and Hawke Bay beyond.

There were three options to return to the car, back the way we had come, down Middle Stream, or down the ridge. I suggested that the ridge might be the most interesting. Yuko said she was up to it – a long bush-bash. (I had done this route many years ago but time had unfortunately diminished its detractions!) What is the shortest route by distance is probably the slowest of the options.

The bush-leatherwood section is moderately horrid, and once out of that, it just does not get much better with much knee to waist height fern and dense undergrowth and dense saplings. Remarking to Yuko that this was pretty horrible going, she replied "I think I quite like bush-bashing!" To which I did not have a ready answer!

Nevertheless, it was a good exercise in compass navigation. Care being taken to ensure that one does not get pushed too far from the crest of the spur by the impenetrable sections of vegetation. We emerged eventually onto the farmland just above the

river and were back at the car at about 5 pm. Another successful wander. Peter Wiles and Yuko Watanabe.

Kaiparoro- 1st May- **By John Feeney**

With the promises of spectacular views of the Wairarapa, a leisurely walk and then afternoon tea with the birds, six of us set off from Countdown. What a great way to celebrate the start of winter! Despite a dismal forecast the day looked promising. However, by the time we reached the top of the Ruahines it was obvious rain was setting in for the day and some in our party were wishing they had stayed in bed!

On reaching the Kaiparoro Road end about 9.30am we were surprised to find a road closed sign. Unconvinced, we traveled the three kilometer's along the gravel to ensure the road was indeed impassable. With our access route blocked a decision was made by our leader Chris to transfer the days trip to the near by Kiriwhakapapa Road End- the Mikimiki track. This also proved to be a more comfortable wet weather trip.

Our well clad group set off along the well defined track, (the path of an old bush tramway) about 10 am. We followed the Mikimiki stream and then up to the top of a small saddle and down to the river for lunch. The bush in this area was spectacular and the easy track afforded lots of opportunities to take in the environment and reflect on some of the deeper issue affecting our lives. For example one stimulating discussion (led by Warren of course) reflected on the dilemmas of indicating correctly when driving through a city round about.

The rain continued on and off during the our five hours of walking. The trip although uneventful was a great chance to spend a relaxing day in the bush. We finished content, wet and mostly happy. We concluded with a visit to the Mount Bruce Bird Sanctuary Café where various hot drinks were consumed.

The relaxed, wet and happy folk on this trip were- Neil Campbell, Yuko Watanabe, Warren Wheeler, Matthew Penn, Chris Saunders and John Feeney. Thanks to Chris for leading us and his excellent impersonation of David Bellamy.

Abel Tasman- Queen's Birthday 2005 By John FeENEY

It was a well organized party of eleven trampers who left Palmerston North on 1st June at 8pm for an adventure in the Abel Tasman National Park. Allowing five and a half hours to get to Wellington to catch the 1.30pm Ferry may sound excessive, but the plan was stop at several pubs on the way. We received a friendly welcome at the Manakau Hotel and left there with sober car drivers and headed for the Paekakariki pub finding it closed with the majority of patrons taking part in a pool competition at the Manakau pub we had just left! The next bright suggestion was to call at Tawa where it was thought a pub was sure to be open which would also provide as a toilet stop. Alas the only convenience we could find open in Tawa was the very clean public toilets. The "pub crawl" being abandoned we arrived at an almost deserted Ferry terminal at 11pm all very sober.

Day one Picton to Takaka.

Once on board the Ferry most of the group stretched out on the floor in sleeping bags and enjoyed a surprisingly calm crossing of Cook Strait. Several trampers actually going to sleep until we were awoken at the wee hour of 4.15am. After more hanging around (in a dazed state) this time in a deserted Picton, we travelled over the hill in convoy in search of an early breakfast in Nelson. Janet recommended a favourite haunt that served pancakes. The eating part of the trip was to begin! Large breakfasts including pancakes, bacon eggs and fruit were consumed. The weather in Nelson was stunning as we drove on to Mapua (Sorry, smoked fish shop closed) and then Motueka. A casual look around town and a chance for more eating and stocking up onyes food for the tramp.

About lunchtime we reached our first nights official accommodation. The Nelson Speleological Groups Caving hut. A well set up private hut with sleeping for about 20 folk. The hut was situated just below the summit of Takaka Hill. Close by were beech trees and spectacular clusters of marble rock, the predominant stone in the area. There was also a cheerful presence of native birds- Tui and Bellbirds and Fantails. We quickly spread our junk around the hut and investigated the immediate area finding the outside loo also being used as a telephone box. Feeling a bit guilty about this lack of tramping Janet recommended a tramp to investigate the Harwoods Hole area. The cave system situated close to the hut on Takaka Hill. The two and a half hour return tramp through icy beach forest to reach Harwoods Hole was a cold bleak event. One tarn was frozen over.

Sensible Warren who was determined to do this trip in sandals almost complained of frost bite.. Most in our group were new to the area and timidly peered into the top of the massive Harwoods Hole. Perhaps almost fortunately the weather started to deteriorate and Janet advised that for health and safety reasons we would have to abandon further tramping for the day. With the combination of eating, travelling and a lack of sleep, no one was interested in arguing with her!

Back at the little hut the wood burner was fired up and we were soon having a hot drink and thinking about an early tea and night in bed. Tea was preceded by nibbles and some folk consuming alcohol. Craig, John and Yuko whipped up a traditional trampers meal of pasta meat and sauce. The group soon discovered the guest tramper Cecelia, that Ian had brought along was an excellent cook. She prepared a desert of cherries and cream. The first of our group was in bed by .. 7pm followed by the rest with lights out at the scary hour of 8pm. Apart from the disturbance created by two nameless older men snoring we slept soundly.



Ian Harding or is that Elton John?

Day two.

We were awoken with a call by Janet to come outside and see the snow. Of course no one rushed outside, but there was some snow around and we sort of had to clean the snow off Graeme's car before it would move. It was still sleeting as we headed to the summit of Takaka hill and

down into golden Bay. We resisted the temptation of stopping in Takaka for an early morning tea and continued on to visit the Pupu fresh water Springs. The area is well appointed with accessible bush tracks, examples of regenerating bush and helpful information about the environment. A sign states the Pupu springs are the biggest fresh water spring in Australasia! Apparently there are 60 bigger springs but in other parts of the world. On this occasion the springs weren't bubbling but the clear water, fish and native bush were spectacular. We continued on to view the Pupu Hydro station and complete the two hour trek around the man-made creek that feeds the hydro. The power station built in the 1800s uses Pelton Wheel Technology and has been fully restored. Despite the history and beauty of the area the highlight for some in our group was the "poo sticks" race along the power station water race. Trampers in this odd event each placed small sticks in the water race and followed their progress to the top of the hydro dam. (where a sign basically said don't put objects in this creek as it could have dangerous consequences!) With the advantage of his engineering skills Graeme's stick won this event.

Having done about three hours of proper walking by now we were hungry. It was back into Takaka and a visit to the Wholefood Restaurant where a wholesome lunch was consumed by most. (Mick still managed to select the greasy fish and chips on the menu.) We were then given time off to look around the craft shops in the town, ponder the alternative lifestyles and take advantage of the several musical buskers plying their wares in the main street. Back in convoy we travelled the shingly road over to Totaranui. By some miracle Janet had managed to book us into staying for three nights at an outdoor Education Centre-Ngarata lodge. The lodge an old homestead built in 1924 contained 40 beds, with an additional modern kitchen block and bathroom being built at the rear of the dwelling. With 40 beds it was easy to escape the snorers! Janet and Graeme were quick to claim the only double bed. The bedrooms were freezing but we were so in awe of the atmosphere of the Californian Bungalow no one cared. We soon took full advantage of the excellent kitchen facilities (and wood burner) typical of an Outdoor Education Centre. For tea we were treated to both a fish stew cooked by Richard and a Japanese stew prepared by Yuko. Mustn't forget the pre dinner nibbles, drinks and after dinner desert of short cake and apple cake made by Marian. We were really roughing it!

Day Three

Mick and Graeme rose early for an unsuccessful fishing trip. They were later joined by Marian.

The morning was sunny after breakfast the rest of us finally got into some proper tramping, a walk over Gibbs hill and down to the Wharewharangi hut. We were treated to some fantastic views of the coast line and reminded of why the Abel Tasman walk is so popular and why we go tramping. We followed the coast in and out of the bush and had lunch at Separation Point. Warren summoned us down, advising us to ignore a sign saying "don't go down here with packs" to have lunch close to the sea and rocks. We were also able to experience a close encounter with several seals. We continued on, having the track virtually to ourselves. Warren gathered some mussels for tea and Ian nearly got swept off a rock while he was sort of helping to gather the shell fish. We got back to our lodge about 4.30pm. Janet who had earlier abandoned walking with us was helping Graeme to prepare a roast of lamb and beef for tea. Following a rest, pre-dinner drinks, nibbles and muscles we were treated to a fabulous roast meal, numerous vegetables and even Yorkshire pudding. After all that we were expected to eat an amazingly rich desert of eggs, cheeses and cream created by Ian's friend Cecelia. Ian entertained us with his piano music. It all seemed unreal. I'm sure the two of Richard's friends who arrived later in the evening thought so.



Team Photo1

Day four

Sunday and we were allowed a bit of a sleep in. With the casual start to the day several in the group took a walk around the Pukatea track. An area of spectacular virgin bush including Nikau palms situated at an end of Totaranui Bay. The main event for the day was taking a launch ride around to Tonga bay and then walking back the 4-5 hours to our lodge. Our boat man was very friendly, pointing out areas of interest around the coastline and taking us for a detour into Awanui bay and discussing the merits of the local marine reserve. We reached Tonga bay about lunch time which fitted in well with the low tide to allow us to

enjoy a relaxing walk back to Totaranui. We picnicked at Awanui hut. Some sensational tramping food including caviar, and fudge with fresh cream and walnuts was produced. Ian impressed us with his knowledge that the hut toilet had been opened by 32,000 people during the year. (How does he know these things?) Richard and Warren keenly gathered a large bag of cockles to take back for tea. The day remained sunny and the walking was the easy up and down pace of the Abel Tasman. We may have thought dinner could not get any better, or bigger. But Ian and his friend the cook (Cecelia) created a huge meal of pasta/vegetables, two meat casseroles and meat ball. The two who were obviously becoming an item coped well with the stress of being in the kitchen. Naturally there was also the pre-dinner drinks cockles and a desert of meringue pie added to all this. To top this off we were entertained by Yuko playing some classical music.

Back home.

Janet had us organized with cleaning tasks, everyone contributed and we were away from the lodge by 7.30am in time to catch the 1.30pm ferry in Picton. Poor Craig became car sick on the journey. The ferry crossing was rough and Ian who had commented on how useful eating raw ginger was in preventing being sea sick found he was very wrong! He even commented he felt so sick he couldn't talk. We arrived all safely back in Palmerston North about 7pm. We had experienced an eventful and relaxing few days in one of the best parts of NZ. Lots of highlights....sensational food, deserted beaches, natural wildlife, good company and lots of laughs, Ian Harding's sizzling new romance, the occasional bit of tramping. Thanks to Janet's superb skills in organizing us and making the trip happen. We were- Mick and Marion Leyland, Yuko Watanabe, Ian Harding and Friend Cecelia, Richard Lockett, Warren Wheeler, John Feeney, Craig Allerby, Graham Peters and Janet Wilson.



Team Photo2

Outdoor First Aid, 11-12 June By Doug Strachan

Jean Garman and myself joined the police and others to take part in this exercise at Highland Home, Pohangina Valley.

Some of the potential health hazards we identified for those who venture into the bush were: drowning, falling down a slip/bluff etc, hunters, vehicle crash getting there and back, CO poisoning, primus fuel accidents, hypothermia, and booby traps around marijuana crops. Poke your head above the bush line and you'll get sunburn or snow blindness, unless you get taken out by a rockfall or lightning strike before the UV exposure has a chance to burn you. All in all, it'd be better to stay at home on weekends and squeeze a stress ball. Tramping is just too hazardous. Don't do it. You'll probably trip over a root, land in a tree nettle, and go into anaphylactic shock. In fact, most recent search and rescue operations have been for despondent people, as the hills are the ideal place to go to for suicide - you'll probably die from an aforementioned hazard before you even get the chance to do yourself in.

It's a good idea for people involved in SAR to do these outdoor first aid courses. Refresher courses are also worth doing as correct procedure keeps changing. For example, it is no longer advised to put ice on a sprain. This first aid course was a good mix of theory and practice. The first day, I was a bit overwhelmed by all the mnemonics: S.A.M.P.L.E., P.Q.R.S.T., A.C.H.I.E.V.E. The only one that was easy to remember was the one for someone who is beyond help but hasn't totally expired: T. F. BUNDY. You should be able to guess the first two words - I did. The BUNDY means "BUt Not Dead Yet.

Cutting through all the theory, you could see there is a set pattern you go through when you arrive at an accident scene. First you have to consider your own safety: wear gloves, could more rocks fall? - those kinds of questions. Then you shout at the person and shake their shoulder to see if the person is conscious. Then comes the ABC - airway open, breathing? circulation - pulse? If those things are OK, you do a quick primary sweep over the body looking for blood. Then you do a secondary medical examination from head to toe. Check for soft spots on the head, but don't poke your fingers in any you find. Someone suggested that if you poked a pen in, you might be able to make a leg twitch or something. Such comments make it hard for the person playing possum to keep a straight face ("Let's insert the

catheter" and "bit of a soft gut" are other good ones). Still on the head, you check the pupils to see if they constrict when exposed to light- but don't get caught out by the ol' glass eye trick. Carry on down the body, firmly feeling your way along, and keep an eye out for signs of the patient wincing - a great way to find areas of damage. Press the pelvis together, not apart, when you check it - listen for graunching noises. Now check the arms and legs. It's a good idea to bandage any bleeding you find, and immobilise broken limbs. We ran through a number of scenarios. Our group encountered someone at the bottom of a bluff, another guy with burns, and a third person with a broken leg. We splinted the broken limbs, and put water on the burns- recycling the limited quantity we had. All victims had to be isolated from the cold too.

Back indoors, we watched as another group strapped a patient into the stretcher. The instructor checked the group's work by having people pick up the stretcher, turn it upside down, and shake the hell out of it. Not a very pleasant experience, I'm sure, for the poor bugger in the stretcher who can't move his arms. At least if he had fallen out onto his face, we knew some 1st aid. The most important lesson learned from this course was to never sit near the front of the class: you'll be the guinea pig for such procedures.

Sunrise Hut 11/12 Oct **By Liz Morrison**

7am and we set off for the Wairarapa, viewing the massive slips through the gorge; some problems driving as the sun was low on the horizon right ahead. Wakarara Rd gave us some good views of the snowy Ruahines, including the ridge from Sunrise to Armstrong Saddle.

After coffee in the carpark, Matthew headed upwards while I rambled up to Triplex, armed with a book and kindling for the fire. The hut had been left clean and tidy with tons of chopped wood, so, after socialising with several passers-by the fire was roaring by 4pm when the sun disappeared behind the ranges.

Birdsong is alive and well round Triplex, tuis, bellbirds, a flock of "white-heads," (the North Island version of the South Island's "yellow-head," both 'mohua') and a female kiwi at night calling from Triplex Creek. As Sunday dawned cold and wet I leaned out, lit the fire and breakfasted in bed, having slept on the mattresses by the corker-cooker. Leading "from below" is quite luxurious!

Later in the morning Matthew, full of enthusiasm descended from Sunrise. His trip report is detailed below.

Sunrise Hut Trip Report 11-12 June **By Matthew Penn**

We departed Palmerston North at 7am, hoping to get good bunks in the event a lot of people turned up at the hut. Sun strike was a real factor for us in the early morning fog, but fortunately the fog lifted some and we turned away from directly looking into the sun. Poor Liz! Liz and I set off around 9:30, Liz for Triplex and I for Sunrise. The trip up was relatively un-eventful. I passed no-one going up or coming down, however the bird life was wonderful and made much of the walk to the tune of Tui's and Bell birds. Amid frequent 'photo-op' stops and a quick stand-up to catch my breath was the odd fan-tail, and I stopped and had some trail mix with one about half way up.

Beyond the intersection to the Waipawa Forks hut, the track seemed to steepen more, and I was pleasantly greeted with smatterings of snow on the trail. This soon thickened as I got higher until sections of the track were all snow. Here the weather was still great, with lots of sun, enough to work up a good sweat and make the trip worth it!

Amid taking shots across to the surrounding ranges which were in varying degrees of being covered in snow I realized the surrounding brush had dramatically thinned and was at Sunrise just like that.

The view from the hut was unlimited and I could see all the way to Hawke Bay – the entire East coast as far as the eye could see was wonderful.

The new extensions to the Hut are fantastic, basically doubling the size of the hut, with the original hut area now the sleeping quarters and the addition the kitchen and dining area. There is also a facility for DOC staff. There is now a separate room with bunks for 6 at the rear of the original hut. The standard gas 30 minute limit is referenced in both the instructions for the cookers and the heater but there are none to be seen and I awoke Sunday morning to find another party had run the heater all night! Until this changes it may be best to be prepared with your own cooking facilities!

A trip across Armstrong Saddle and I met a couple coming down who had been trying for some time to explore the area above Waipawa Forks and met nothing but soft deep snow and had found it exhausting going. The weather was starting to close in here, and the view west didn't

even reach the other side of the ranges. There was quite a bit of snow up here though, and not too difficult to move around on.

There were a few day trippers who came up for the day, including a very surprising couple with a buggy and their 11 week old daughter! A group of four girls from Palmerston North doing their Duke of Edinburgh award with their chaperones stayed the night and provided almost non-stop entertainment between texting their boy-friends, singing, chain back rubbing and discussion on just how much preservatives in your diet was a risk.

Sunday morning arrived to quite poor weather, there was a slight hint that a sunrise might be on offer with a lovely pink line becoming an orange glow, but this unfortunately didn't last with the heavy fog and low cloud that had rolled in the night before.

The weather pretty much dictated a casual breakfast, amid waiting out what the weather would do. There was a slight tease that the weather was lifting as the surrounding ranges

could be seen below the fog. Unfortunately the weather closed in again almost immediately and it became apparent that it was set in for the day.

Exploration of the ranges, and a trip across to Top Maropea were out, as the weather on top was miserable and visibility was limited.

So the only real option left was the trip back down which was relatively pleasant. Much of the birdlife was no where as active as the trip up, and a wood pigeon did pay me a visit, albeit briefly.

There were again more people out visiting Sunrise, a party of three woman and their Labrador cross passed me on the way up, and when I picked up Liz from Triplex, a group of youths on what appeared an orienteering course were just getting set to head off.

The weather on Saturday certainly did make the trip, and the new facilities at the hut are brilliant. The touch of snow was a welcome surprise and all in all a great trip all around.



The new Sunrise Hut – Matthew Penn

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Coppermine Creek

We had a pleasant morning in the Coppermine Creek catchment, arriving as the morning mist was lifting from Woodville, and getting back to the car as the rain started. There are several slips on the early part of the track, but someone has made routes over or around them. However, we were defeated by a tree which had come down across the stream crossing on the Coppermine track. After trying to go round it, and trying to go over it, we decided to head back to the loop track (Stop heckling Warren - yes, I'm sure one could have beaten a way past it...)

Strangely, given the mess on the south side of the creek, the loop track was in good condition, clearer and less muddy than it has been. We made good progress, and were back to the fenceline surprisingly quickly. The poles marking the route across the farmland were useful (ie we took the wrong farm track at one point...)

We stopped in Woodville for icecreams and second hand books on the way back. We were Neil Campbell, Barbara Mare (blast, don't know how to do accents on this thing), Andrew McLachlan, and Duncan Hedderley

[What If... the club did satisfaction surveys? Maybe they would go like this.]

by Duncan Hedderley

1. Did the trip meet your **expectations**?

- Well, I'd expected it would be cold and wet, and it was
- But not as cold and wet as you thought it might be, so you could say it exceeded your expectations.

2. Now, the track, would you say it was **muddy**, very muddy or incredibly muddy?

- Very muddy, you should have seen us coming down to the hut, it was like ice skating...
- But it wasn't deep enough that it came over the top of your boots?
- No

- That's only "Muddy" then. Ah, I see you came out down the stream
- No lie. I assumed you meant alongside the stream, not wading...
- OK, I'll make a note of that.

3. Now, the **water**, was it knee deep, waist deep or so deep you had to swim?
- Yuko had to swim at one point
- But she's not that tall - I'll put that down as "Waist Deep". And the rocks...

- Boy, some of them were large, half the size of a house...

- I was going to ask if they were slippery enough for you...

4. Now, what would you say was the **best** part of the trip?

- Mick telling us when we got to the Forks that we'd done the worst of it. Oh, and Ian falling in the water was pretty good too

5. And what would you say was the **worst** point?

- Getting to the Waterford and finding they'd run out of coffee.

[The above should not be taken as representative of the actual views of Warren Wheeler, Mick Leyland, Richard Lockett, Craig Allerby, Yuko Watanabe, Ian Harding, Tristan Lavender (fresh from the UK) or Duncan Hedderley]

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