



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

NEWSLETTER

8/77

Hon. Secretary:
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Membership Enquiries:
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Newsletter Editor:
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COMING EVENTS

ALL TRAMPING TRIPS LEAVE FROM THE SUPERSAVE CAR

PARK, FIZHERBERT AVE.

20 – 21st August SNOWCRAFT II Mt. EGMONT

Advanced snowcraft instruction, suitable only for those who have been on Snowcraft I, or who have had some previous experience.

We will be based at Kapuni Lodge, one hour's walk above Dawson Falls.

Leader:	Kevin Pearce, ph. 83-467.
Grading:	Fit
Cost:	\$11.00 (very approx. due to hut fees and food. So check with the leader.)
Departs:	5.00 a.m. Saturday. (N.B. <u>FIVE</u> A.M.)
Return to P.N. about 7.00 p.m. Sunday.	

25th August CLUB NIGHT

The two new Mountain Safety Films will be shown – Bushcraft and River Crossing.

7.30 p.m. Thursday, in the Society of Friends' Meeting Rooms, 227 College St., Palmerston North.

27 – 28th August OHAU – WAIOPEHU AREA

Three trips have been scheduled to this delightful area behind Levin. Both a Medium and an Easy day trip will be walked and also a fit weekend trip. Advise Colin of your preference.

Names to:	Colin Hoare	83-448
Grading:	E, M, F.	
Cost:	\$1.50	
Departs:	Details from Colin.	

2nd – 4th September BANNISTER CROSSING OF THE TARARUAS

This is one of the more interesting crossings of the Range. We will travel by railcar and taxi Friday night so bring a bit of money.

Leader:	Kevin Pearce, ph. 83-467.
Grading:	F.E.
Cost:	What, with inflated rail fares, who knows?
Depart:	Railway Station 5.50 p.m. Friday night.

3rd – 4th September SPION KOP – MAKARETU STREAM

Western Tararuas near Levin. A good trip away from the maddening crowds.

Leader:	Peter Darragh, ph. Fdg. 56-33.
Grading:	Medium
Cost:	\$1.50
Depart:	6.00 a.m. Saturday.

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4th September MAKARETU STREAM

An easy Sunday trip starting from the Ohau Pipe Bridge. Suncream could be useful if you burn easily.

Leader: Peter Darragh, ph. Fdg. 56-33.
Grading: Easy
Cost: \$1.50
Depart: 7.00 a.m. Sunday

8th September COMMITTEE MEETING

7.30 p.m. Thursday at Kevin Pearce's, 22 Pahiatua St.

10th – 11th September NGAMOKO RANGE TRAVERSE

This trip along the main range in the Southern Ruahines should be an exciting break out onto the tops.

Leader: Trevor Bissell, ph. 68-644.
Grading: Fit
Cost: \$1.50
Departs: 6.00 a.m. Saturday.

11th September ASCENT OF MT. TOKA

Did you know you could climb a mountain in the Ruahines?

Leader: Trevor Bissell, ph. 68-644.
Grading: Medium
Cost: \$1.50
Departs: 7.00 a.m. Sunday.

13th September SEARCH AND RESCUE RADIO EVENING

At the time of this newsletter going to press full details have not been decided. The evening will be open to all and will be designed to give training in the use of radios and in message handling. It is a forerunner to the District Search and Rescue Exercise on 1st – 2nd October.

7.30 p.m. Tuesday at the Police Station.
Names to: Kevin Pearce, ph. 83-467.

17th – 18th September MT. EGMONT. (STRATFORD SIDE.)

This trip is going to be designed to suit varying fitnesses and skills, so it should be a good trip.

Leader: Kevin Pearce, ph. 83-467.
Grading: Fit and Easy.
Cost: \$6.00
Departs: 6.00 a.m. Saturday.

20th September SEARCH AND RESCUE NAVIGATION EVENING

Accurate navigation is an essential skill for all S.A.R. volunteers. Bring your compass and the map, NZMS 1, N 140, Ongaonga. The evening will be open to all but is especially for those taking part in the SAREX 1st – 2nd October.

7.30 p.m. Tuesday at the Police Station.
Names to: Kevin Pearce, ph. 83-467.

24th – 25th September GOLDEN CROWN – IKAWATEA

This trip is into an area in the N.E. Ruahines now seldom visited by our Club, due to petrol costs, so it must be hoped that plenty of Club members will go this weekend.

Leader: Peter Darragh, ph. Fdg. 56-33.
Grading: Fitness Essential
Cost: \$5.00 approx.
Depart: 6.00 a.m. Saturday.

24th – 25th September ARANGA HUT

This will be an easier variation of the above.

Leader: Peter Darragh, ph. Fdg. 56-33.
Grading: Easy
Cost: \$5.00 approx.
Depart: 6.00 a.m. Saturday.

29th September CLUB NIGHT

30th September – 2nd October DISTRICT SEARCH & RESCUE EXERCISE

Operation Camp Rangī Woods will take place in the Southern Ruahines. It will be a major exercise involving approximately 100 people, some being drawn from as far away as Wellington, Wanganui and Napier. It is designed for those people who are likely to be called out on future searches – i.e. the up and coming trumper. Numbers from our Club will be limited. Contact Russ Johnson, ph. 87-777 if you are interested.

CHRISTMAS TRIPS TO NELSON LAKES

Ferry bookings have been made and names are now being accepted. Nelson Lakes provided some really delightful tramping and even a bit of mountaineering.

Organiser:	John Carter, ph. 74-344
Depart:	28 th December.
Return:	6 th and 14 th January, 1978.

NOTICES

1. WANTED TO BUY

Size 8½ Tramping Boots, John Cater, ph. 74-344.

2. NEWSLETTER DEADLINE

The Monday following the monthly Committee Meeting (i.e. the next deadline is 12th Sept.) There are quite a few trip accounts overdue so please get these in by the deadline. Either hand them to Kevin Pearce at Club Night or post or deliver to 22 Pahiatua Street.

3. NEW MEMBERS

We welcome the following new members to the Club:

Lee and Cheryl Nixon.
Dale Rosvall.
Rosemary Hall and family.
Susan Cade and family.
Gill Davies and family.
Rosemary Buchan.

4. SUPPLEMENTARY LIST OF FINANCIAL MEMBERS

In addition to those listed last newsletter –

Bruce Stout	523A Ferguson St., P.N. ph.	79-139
Mike Sullivan	3 Duncan Place, P.N. “	75-691.

PAST EVENTS

10th July WAIKAMAKA

Unaware of the difficulties (sic) about to be faced we five thrill seekers left the road end and made our way through the rigorous rapids of the Waipawa River. The party were eventually forced from the river and had to bash the way up to Waipawa Saddle where a rewarding view of snow covered ridges and mist was enjoyed.

Combining efforts for lunch two primuses were produced but no fuel however, and only a warm cuppa was had.

The trip down was short and we were soon back at the road. After some performance handling Glenn's new status symbol returned us to a raging Manawatu.

Glenn Osborne, Elizabeth Williams, John Valentine, Dale Rosvall, and Colin Hoare made up the party.

16th – 17th July TRIP TO WAITOMO CAVES UNDER THE GUIDANCE OF M.S.G.

Departure time at Supersave set the prospective weekend tone. Cavers screaming up half an hour late, and tumbling disorganized with ropes and sleeping bags out of their own cars before the amused, patient row of trampers. Then sudden disappearance to Gibb's Burge Bar for packets of hot chips.

What a change this meant from the Trampers' normal weekend existence. Company, activity and even weather.

Saturday morning was a very leisurely 10 a.m. departure. We divided ourselves into two groups and bundled into vans like paratroopers, clad in fresh overalls, helmets-front heavy with carbide lamps.

The caves visited over the weekend were Burr and Exit 7.

Exit 7 was impressive with its formations its areas to explore such as Golden Stairway, Ratrace, Organ Grinder (through which not even the slimmest could slither) and Halapuite Cave, and an introduction across an abyss down a rope ladder, medium slope, and a stretch out to t'other side.

Burr presented some exciting challenges – a taste of more technical aspects of caving. Wanders through thigh deep mud pools, squeezing, chimneying, climbing waterfalls, passages that extend for miles, winding long creeks.

Some, on Saturday, returned early enough to wander over the farmland to Reserve to explore more large caves. On the way back, summery warmth led to stripping off t-shirts and boots on a wooden stock bridge, and a plunge into a stream.

- And whoever has heard of trampers on a weekend trip entertaining themselves at the pub on Saturday night? Showing their lack of skill at darts

Thanks very much to Ian, Grant, Neil, Bruce and Biff of M.S.G. who led us on this.

Those taking part were: Carol Nash, Jan Simmons, Sarah Godfrey, Susan Cade, Mr. Cade, Nick Bishop, John Williams, Karyn Bishop, Anne Flux, John Carter, Don Scott, Philip Beech, Terry Beech, Philip Budding, Ron Bremner, Trevor Bissell.

INTER CLUB DEBATE 28th July.

It has happened again! Our third defeat in a row! By resorting to such underhand tactics as sticking to the rules the Massey Alpine Club swayed the adjudicator (Alison Grant) into awarding them 207 points to our 184. The topic was Tramping is a form of escapism, and we argued the negative – after all how can: day after day of snow, hail, sleet, wet sleeping bags, wet grub, soggy biscuits, wet boots, sloshing boot laces, swimming socks, frozen feet, cold hands, getting up at 4.00 a.m., blundering around in damp, dark, grotty, mouse, trampler and flea infested huts or sodden tents, sore feet, blisters, sock stews (results of “drying” smelly, evil, rank, foul socks over the stew billy, (probably burnt anyway)), up to your neck in icy water crossing rivers, nights smitten with a variety of smells, honks, snorts, gurgles, groans, gnashing of teeth, nightmarish shouts, creaking and groaning of joints and limbs, itching, aching, shaking, scratched, bruised, bumped, banged and battered by leatherwood, weighed down by a 100 kg. Pack, lurching and staggering for eight to ten hours a day etc. be called escaping from the hardships and frustrations of civilization?

Our team was lead by Sue Streeter who was supported by Jan Simmons and John Williams. A large crowd, including many Masseyites was in attendance. Wait until next year!

WHAT TO DO IF YOU ARE LOST AND THERE IS LIKELY TO BE A SEARCH FOR YOU

Most trampers expect to get “lost” occasionally. Almost always this will be just a minor loss of route which can be rectified by one’s own efforts. Incompetence, inattention or a blunder or a combination of these occasionally causes people to get really LOST and the Search and Rescue have to be called out. The rest of this article explains some of the things you can do to help if you find yourself the subject of a search.

1. Make brief and concise entries in hut log books beforehand – you can’t tell in advance that you are going to get lost. Your name, the time and date, where you have come from and where you are heading for, and, if relevant, the weather and the state of rivers. Also, make sure that someone reliable at home knows what you are doing. (On Club trips the leader always makes sure that some responsible Club member knows of his plans.)

2. Searching for someone you expect to find alive is much more fun than looking for bodies. Don't disappoint the search teams. Many lost persons have died from exposure (Hypothermia), drowned in rivers or fallen down waterfalls while trying to get out of the mountains. Probably the most difficult decision to be made if lost is when to cease one's efforts to get out unassisted. If you carry the normal tramping equipment, seek the shelter of the bush and conserve your energy, there is no reason why you shouldn't survive until you are found – it takes a long time to starve (falling, drowning and hypothermia act very much more quickly.)
3. Ridge tops and valley floors are the most easily searched areas. Faces, hillsides and minor spurs are much more difficult to search. Therefore keep to the former areas if possible.
4. To carry out a thorough search is a slow business. If you keep moving you may go faster than the search parties and keep ahead of them and never be found. Alternatively you may stray into an area that has already been searched and which won't be searched again. If you don't know where you are it may be best to stay put in some sheltered spot (as in 3 above) until you are found or until the weather improves.
5. Leave plenty of signs as to your whereabouts or direction of travel. Cairns (piles of stones) knots in grass, messages and arrows spelled out with pebbles or twigs, smokey fires, notes written on paper etc. are all useful, especially if left in river beds (above flood level) or on ridge tops. Include the time and date on any written messages as well as your intentions and state of health.
6. If you hear a helicopter above while in the bush vigorous shaking of a tall sapling will make your presence more obvious. "Flashing" of bright coloured clothing is useful when there are no saplings, especially if you are in an open area. Planes can be signaled by flashing.
7. It is customary in articles like this one to advise people to "remain calm and not to panic." It is very doubtful that this advice, although quite sound, has ever done the least good. Panic isn't prevented by advising against it. We suggest instead you give a bit of thought to the problems (practical and psychological) of being "lost", now before you are lost.
8. Finally, and most important, stick together if you don't know where you are. Parties that scatter are a menace to themselves and the curse of Search and Rescue.

Great things are done when men and mountains meet;
This is not done by jostling in the street.

The above quotation is a fragment of verse from the notebook of William Blake (about 1808-1811.) Blake, a poet and engraver of note, was born in London in 1757 and died in 1827. Mont Blanc was first climbed in 1786 and a number of other peaks had been climbed by 1811. However, the Golden Age of Mountaineering didn't begin until much later (1854.) It would seem that Blake was very modern in his thinking.

MULTIPLE CHOICE QUIZ – WHAT KIND OF TRAMPER ARE YOU?

You are out tramping in the Tararuas. Whose fault is it when –

1. You lose your way trying to follow a poorly marked track.
2. Your sleeping bag gets wet when rain blows in under the tent fly.
3. You are late home because there is no bridge across a flooded river.
4. You can't get a fire going because there is no dry firewood.

ANSWERS (MULTI CHOICE)

- (a) The Forest Service.
- (b) The Trip Leader.
- (c) Divine providence.
- (d) Your own.

Record you answers (e.g. 1 (a), 2 (c) etc. and look elsewhere in this newsletter for your score, and what it means.

QUIZ ANSWERS AND SCORES

1. (a), (b) & (c) 0 : (d) 1
2. (a), (b) & (c) 0 ; (d) 1
3. (a), (b) & (c) 0 ; (d) 1
4. (a), (b) & (c) 0 ; (d) 1

Total score 0. You are a true product of the welfare state.

Perhaps you should spend your weekends watching T.V.

1 – 3 You are a small “t” trumper but there is hope.

4. You are a big “T” Trumper of the hard school.