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## PNTMC NEWS

www.pntmc.org.nz

9 April 2020

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Covid-19 alert level 4 means that all club meetings and trips are suspended until further notice. In place of the newsletter, we are posting the PNTMC NEWS on a more frequent basis.

Please send contributions to Anne Lawrence  
[anne.lawrence.nz@gmail.com](mailto:anne.lawrence.nz@gmail.com)

### Things you CAN do during the lockdown:

#### Celebrate a birthday

Congrats to Bruce who celebrated a significant birthday this week. Let's hope he enjoyed cake even though he couldn't get out tramping.



#### Watch a movie

- Explore Antarctica this Friday!

Escape lockdown and join Heritage Expeditions aboard Akademik Shokalskiy as they expedition cruise from Bluff to Antarctica on an adventure of a lifetime in 12-hour slow TV documentary *Go Further South* from 7:30am on Prime TV, Good Friday, 10 April.



Filmed on their 'In the Wake of Scott & Shackleton' Antarctica expedition in January this year, you'll be among 50 guests on the purpose-built polar expedition vessel as they cross the famed Southern Ocean and sail down to the Ross Sea navigating icebergs following in the footsteps of legendary explorers Robert Falcon Scott and Ernest Shackleton.

*Go Further South* is the perfect opportunity for everyone who has ever dreamed of visiting Antarctica to experience what it's like to step inside Scott and Shackleton's historic huts, be among the ordered chaos of some of the world's largest penguin colonies, walk on the ice with an Emperor Penguin, observe lazing Weddell Seals and Killer Whales patrolling the ice edge, cruise along the towering Ross Ice Shelf and marvel at some of the most spectacular scenery on the planet - all under 24-hours of Antarctic sunshine.

#### *Go Further South*

From 7:30am, Prime TV  
Good Friday (10 April)

The 12-hour documentary will be followed by a condensed, 3-hour version of *Go Further South*. Both documentaries can also be streamed live in New Zealand on Sky Go.

## Other film suggestions – thanks to Warren

- Cabin Fever (2002)
- Carry on Camping (1969)
- Alien: Covenant (2017)
- Sound of Music (1965)
- Deliverance (1972)
- Touching the Void (2003)
- Tramp Tramp Tramp (1926)

## Make a video

Enter it in the Cactus vid competition Lockdown spectacular.

Cactus are keen to know what you've been doing to get among the great outdoors while being in the great indoors, using your kiwi ingenuity or wicked Cactus Tough sense of humour.

- Create a video no longer than 30 seconds
- Upload to You Tube, Facebook or Instagram
- Tag #cactusoutdoor in your video
- Go into the draw to win a \$100 voucher.

Rules: keep it clean, it's a family show. Winner announced 20 April.

<https://www.cactusoutdoor.co.nz/>

## Improve your rope skills

Start by practising knotting. All you need is some cord and some time. There are plenty of resources on the web. Try this one for starters: <https://www.youtube.com/watch?v=OORWQQf8-dU>

You can also explore splicing.

<https://www.animatedknots.com/splicing-knots>



## Take in a bit of culture

- Visit Te Papa

Te Papa's little page of calm has allsorts on it including the NZ bird quiz. You can also do jigsaws, watch a sunset video from Mahitahi Bruce Bay, or browse animals and teaspoons from the Te Papa collections



While there you can do a quiz: How well do you know your New Zealand birds? Do you know the difference between a hihi and a huia? Or how many species of kiwi there are in NZ? Put your native bird knowledge to the test.

<https://www.tepapa.govt.nz/discover-collections/read-watch-play/little-page-calm>

- Learn a language.

Alliance Française have a variety of online French classes. Classes for complete beginners start on Tuesday 14 April. They are scheduled at a range of different times each weekday.

[https://www.french.org.nz/af/course-](https://www.french.org.nz/af/course-selector/?age_group_id=1&clicked_link=1&type_id=1&level_id=23&session_id=74)

[selector/?age\\_group\\_id=1&clicked\\_link=1&type\\_id=1&level\\_id=23&session\\_id=74](https://www.french.org.nz/af/course-selector/?age_group_id=1&clicked_link=1&type_id=1&level_id=23&session_id=74)



- Listen to the 'Covid Rhapsody'  
<https://www.youtube.com/watch?v=8KPbJ0-DxTc&feature=youtu.be>

Here is poetry in a similar vein  
by Warren Wheeler, the inimitable plagiarist.

*What do you do  
when you've got the flu?  
You cough and sweat  
then drop down dead.*

(Sing, dance around holding hands together in a circle, then drop to sit on the ground.....such fun !)

### What have you been doing under the lockdown?

One committee member was spotted going into Palmy hospital. No, not sick – he was donating plasma as shown in the photo. Can you work out who it was?



Blood services are running during Lockdown and they want blood.  
Give them a call on 0800 GIVE BLOOD

### Repurposed Tramping Gear

By Bruce van Brunt

In earlier articles I spoke of repurposed gear for tramping. For example, I found an old leather Army Air Corps high altitude hat/helmet from WW2, and I used this as my warm headgear for years until told it was too valuable to use like this. Here, however, I want to look at the reverse direction where tramping gear becomes useful for other things. This does not mean it is no longer used for tramping, but simply that it has found an additional application. This is important, because when we spend a stupid amount on a tramping gadget, and if you have a family, we feel the pressure to justify the expense. Yes, safety, convenience, 'existing stuff worn out' is always our front line of defense, but it also easier to justify things if we call attention to how it might in the future be useful to the family in general. I can only relate my personal experience.

1. Clothing: We never need to justify a basic raincoat. These are used indifferently tramping or going to work. Overtrousers are perhaps more challenging, but those who cycle can claim that someday they will use these (expensive gortex) trousers when their cycling (cheap) trousers wear out. This day may never come, but it is a pretty sound argument. Tossing out stuff like rain gear and hats we are left with stuff like fleeces and down jackets. Here, this is also easy to justify and in fact a lot of this stuff gets used for non-tramping purposes. As an aside, I mention that I acquired a fair bit of cold weather gear in the 1990's when I was doing winter trips down at Mt Cook. Up to the late 1990's our house had no heat aside from a small electric heater. My family eventually found my cache of clothing. For a month or two thereafter I would wake up to find them all dressed in various climbing garments eating breakfast... this was a hint that I took. Next year I got a wood stove for the house.
2. Climbing equipment: This is much harder to justify than clothing. I have yet to find an alternative use for an ice axe nor would I want to use it except for climbing. I can say, however, that I once had an old fashioned, short shafted, north wall hammer that was given to me some years ago. I never used it climbing, but it was great for chipping out ice in the freezer and nailing a few things on the wall. Ropes are always useful, though it is difficult to

justify the expense of a climbing rope when you can get the same length stuff for 1/10 the price. I managed to repurpose the furry 11mm rope called "old yeller" that the club used in the early 1990's. I also had a few steel carabiners that helped with towing etc. For those who remember "old yeller" I still have him along with Lawson's steel carabiners and it is used occasionally to drag stuff.

3. Stoves: I have never had to justify a stove. We have had so many power outages that my stoves have always proved their non tramping worth in the house. Once, I was seriously criticized in the summer for leaving my stove in Christchurch between trips...we had a power outage for a day or so. In real terms this meant I could get another stove!
4. Navigation: Maps and navigation stuff are always useful, even when the family decides to drive/travel from west to east choosing less interesting routes that use roads upon which cars can travel. The problem is how does one promote navigational tools to make it seem a crucial purchase beyond tramping. I have never had trouble justifying a good compass, as I used it for rough surveys in the US as a civil engineer (this is "business") and tramping compasses are cheap in any event. The pressure now, however, is to get better and better GPS stuff. What else do you use your GPS for outside tramping??? Oh yeah for navigation in our car driving to say Auckland: you are probably better off to get a car GPS (and they are usually cheaper). The problem for me was always maps... we are going to Castlepoint for the weekend and I need a 1 to 50 map. I love maps. It is hard to justify such detailed maps, but at least they are inexpensive compared to other stuff.
5. Water: I bought a few water bladders for tramping. They are rather useful for tramping when staying at a hut near a river where there is no water tank (e.g. Leon Kinvig). In addition, I bought (at great expense) a very, very good water filter with the intension of using it in India. This year it turns out that I have used these items almost exclusively at home and they have played a crucial role in keeping us in water. I can now tell my wife how much I spent on this the filter! That is how useful it is.
6. Boots: We will never win this battle. Good tramping or mountaineering boots cost way beyond that for normal for boots. Our only argument is that when these boots become no longer suitable for the job, they are relegated to local tramps and eventually to garden work. My boots have a definite trajectory:
  - SI Mountaineering/tramping;
  - NI Mountaineering/tramping;
  - Overnight tramping in the Ruahines;
  - Day tramps in Rivers in the Ruahines;
  - Local day tramps;
  - Garden.

I have a large box of boots near my front door. Some date back 10 yrs, but they are still useful (in some extended sense). Gaiters are another story: I have used most of mine to the point of exhaustion in tramping and mountaineering. Only as a vague gaiter shaped rag do they find their way from my climbing closet. Even here they are useful: I have used them a lot for weed eating and related jobs including the occasional wood gathering job when I did not want too much sawdust in my boots.

7. Tents and sleeping gear: I have not had a lot of trouble with this sort of gear. Tents have been used on family holidays and in emergencies of various kinds. Sleeping bags are always useful, particularly the 1-2 season ones. I even managed to justify rather expensive inflatable sleeping mats as we used them to save money on trips in Europe. Having said this, it is hard to “justify” a super lightweight (and \$\$\$) tent because it might be used for other purposes. Similarly, nobody is going to believe the (\$\$\$) bivvy bag is really useable by any normal family member. Here, we need to be creative.

It always feels good to use any tramping purchase in other meaningful ways. What have you recycled or found and additional purpose for?

## Trip reports

### Art Trip report – there’s a fine art to cycling

6 April 2020

#### Reports and Photo: Doug Strachan

There have been recent news reports of wild Welsh mountain goats reclaiming urban areas for themselves, happily munching away at hedges and gardens while people are holed up indoors to prevent transmission of covid-19. The corollary in Palmerston North is that when there is lockdown, and traffic has pretty much dried up, cyclists reclaim the roads, running red lights, riding on footpaths, and ignoring one-way street signs.

A bubble of 4 ‘mountain goats’ risked venturing outdoors to reclaim downtown, counter-balancing their unconscionable cycling behaviour with a dollop of cultural edification. At 8.30 am the kids (pun intended) learned that the ‘mystery trip’ Mum and Dad were taking them on was a tour of the 17 wall murals that adorn buildings downtown, all just a stone’s throw away from the Square. Then they learned that, actually, they would be taking us parents on tour, as I dished out copies of the numbered map.

The weather was, to borrow a Trumpism, great.

The first painting on the list was behind the Grand Hotel near the Square Edge corner of The Square. The latter was like a ghost town, with all the shops shut and no cars on the road, as if the bulk of humanity had already been taken out by the pandemic and we were among the few survivors in a post-apocalyptic world where the old rules need not apply. I took a mental note of which shops I’ll hit once the looting starts, including the capital of Nepal.



We made our way in a clockwise circuit with the Square at the hub. Some of the paintings we encountered are new, and not all are visible from the street, so there was an element of discovery. Coming out of King Street into Princess Street we saw two police cars and hastily dismounted lest we got spoken to by potential virus vectors. There were no civilian cars coming, but I walked over to the pole with the cross-signal light on it and kned it in the groin. Anne Lawrence had shared a photo of herself performing a similar manoeuvre with her foot (as a “novel way to avoid the novel virus”),



which I took as a green light (pardon the pun) to bend all rules of social propriety during these unprecedented times, to protect my bubble buddies from the unseen enemy.

Finally, sufficiently cultured and exercised, we biked home along Ferguson Street and I noted it took exactly an hour, starting and finishing from Milverton Park. If any of you wish to do this tour by bike or on foot, you can find a link to the map in the first edition of PNTMC NEWS ([https://www.pntmc.org.nz/news/NEWS\\_04-03-2020.pdf](https://www.pntmc.org.nz/news/NEWS_04-03-2020.pdf)). We do recommend this trip.

We're operating in a sort of grey area where citizens are urged to walk and cycle for the good of their health during lockdown, and yet Health Minister David Clark was reprimanded by the PM for mountain biking just 2km from his home. The government prefers it if we stay at home and fall off of ladders and rooves doing DIY rather than burdening the emergency services by spraining our ankles tramping. This art tour is the perfect compromise as the risk of falling off you bike on the flat, or getting run over on the deserted roads, is negligible. Just don't touch the signal light button with a naked finger!!!

*We were the Strachan Bubble (Minami, Conan, Maho, Doug)*

### **Mana Island and Kapiti Coast Explorer**

**March 7 & 8 2020.**

**Report: Janet Wilson**

**Photos: Martin Lawrence and Warren Wheeler**

It was a toss-up when I scheduled this Kapiti Coast weekend (back in November when the trip card was put together) - it was to be my birthday on the Saturday and it was a tough call. The Ruahines are always calling to me in March when we hope for the best late summer weather. In the end, Mana Island won out by a small margin - a nice easy weekend for a change, there were places available on the boat and it coincided nicely with what looked to be an interesting day out on the Sunday.

As it turned out it couldn't have been more perfect. Well - apart from a slightly rushed start from Milverton Park for some of us. Luckily there were no traffic holdups and all 15 of us arrived, mostly on time, at the Mana boat club assembly point by 8.30am. There was a biosecurity check done here by two volunteer Friends of Mana Island guides - packs emptied to check for mice and velcro checked for stray seeds. It was then on to the boat for an only slightly bouncy 20-minute ride out of Porirua harbour and over to Mana Island. The total group size was around 30.

When you arrive, the ramp is put from the boat onto the beach - no wharf there. We were met by a DOC ranger who took us on a short walk to the old woolshed where we had the safety briefing and were told about the history of the island. It was then up to us to either follow our guides or to wander around the well-defined tracks on your own.



Many of us chose to follow a guide around the tracks, where numbered signposts marked points of interest. The bird song was loud in the forest as we started off - bell birds, tuis and a robin were soon spotted. It was not long until we came across a pair of Takahe - they were wonderful to see - just wandering around, not caged up at all. Someone commented that it was like being in Jurassic Park - they are so special. They were not the last we saw - no one seemed to be able to tell us how many Takahe are on the island (I'm sure someone knows) and they are breeding successfully over there.



There is a lot of information on Mana island online - the Friends of Mana Island history information is worth a read if you are interested in finding out more.

<https://manaisland.org.nz/mana-island-2/history/>

This year on the island there has been a project involving White Faced Storm Petrel chicks, relocated from the Chatham Islands. At a special site on the island, these chicks are fed regularly via a tube until they are big enough to fledge. The hope is that they will return to the island to breed when they are old enough. Many of us were lucky enough to observe this feeding routine through the window of the project caravan. They are very small sea birds - it was a fascinating opportunity to see this in action. The young birds live in man-made burrows until they leave - there weren't many left to fledge when we were there. See this article for more information.

<https://www.stuff.co.nz/environment/110584993/mana-island-greets-the-return-of-the-whitefaced-storm-petrel>

Further around the island we came to another rather fascinating and unusual sight - a colony of concrete gannets, complete with realistic colony sounds. So far this has only attracted one lone male gannet, who unfortunately died (of loneliness perhaps??).



We regrouped on the beach in time for a 3pm departure - any excellent day out. Thanks to Friends of Mana Island for making this trip so enjoyable.

Five of the group had signed up for the Sunday day trip - Ernie, Warren, Kathy, Graham and myself. Along with Vicki and Grant, we camped for the night at the Paekakariki motor camp, which seemed to me to be surprisingly busy. Kathy, Warren and I had a lovely swim in the warm ocean. Fish and chips by the sea was my first choice for a birthday meal out - and we were all disappointed that there is no fish and chip shop at Paekakariki. So off we went to Waikanae where we found plenty of choices - we ate on the beach under the watchful eye of the ever-present seagulls.

The plan for Sunday was to take part in the Wellington Arts Festival "Urban Huts Club" event. Five special small huts had been made at different locations between Paekakariki and Otaki. Details, including clues on how to find them, were available online. As some of us were slightly under-entertained later on Saturday evening, we went in search of the first hut as it appeared to be close to the camp. Warren had a sneaky look for it on his own but had no luck. The following search by



four of us, trying to cooperate, understand and interpret clues in the dark was quite an amusing and somewhat frustrating activity but we eventually got it sorted and found the hut, hidden in an overgrown area of blackberry and fennel. Each hut had a story written for it in the hut or online (when you enter the code found in the hut) - and so we sat around the hut in the dark while the first story was read aloud. It was a very nice end to the evening.



On Sunday morning, while Grant and Vicki went off with their kayak, the remainder of us proceeded up the coast. First stop was the farm park at McKays crossing where we went in search of Whareoa Hut. This involved a circuitous walk starting uphill to a viewpoint. Given our combined level of navigational expertise, the hut should have been easy to find - too many chiefs maybe - we eventually found the correct way. There was a very nice hand painted caravan to visit as part of this walk. Situated up a hill with a good view of the coast, it was lovely to lie back on the grass as the story was read aloud.



Then it was off the Paraparaumu to find Kaitawa Hut. Not so much discussion on the way to find it - this one positioned by a stream in a park. Beautiful design and placement. Again, the story was read aloud. On the way back to the car some of the team tried out the flying fox.



Next stop was Waikanae. The navigation took a turn for the worse here – Warren’s turn to navigate and was he trying to mislead us as we turned left instead of right, again? The correct way was off the Hemi Matenga track and the story here was, for me, the best one. Written by Chris Mclean and entitled the Hut Maker. If you only read one of these hut stories, I'd recommend this one. There was a lovely atmosphere sitting there in the bush as Ernie took his turn at reading, thinking about the early days in the Tararuas.





Last stop was Otaki beach - no trouble finding this hut in the sand dunes well down the beach. A nice way to end the journey with another swim in the sea.

Thanks to everyone who came along - a most enjoyable way to spend my birthday weekend. Offering to lead this trip meant I finally got to Mana - something I had thought about for some years. The same could be said for many of the places I have led trips to - so if you need an excuse to go somewhere interesting, consider offering to lead a trip there!

A link to the stories written for and located in each hut can be found at <https://www.festival.nz/festival-info/access-inclusion/urban-hut-club-additional-resources/>

I don't know how long this will be available for so if you are interested download the stories to read or listen to at some later stage.



*We were Warren, Ernie, Kathy, Graham, Martin, Anne, Grant, Vicki, Catherine, Jo, Lawrence, Roy, Sally, Rachel, and Janet.*

### Quick 10 Quiz

Thanks to Warren for producing another quiz.

Answers at the end of this update.

1. When Daylight Saving ends, the afternoon will be approximately ½ hour longer than the afternoon. How many more hours are there in the afternoon than morning during Daylight Saving?
2. North is roughly halfway between the 12 and hour hand on your watch. To find this direction do you need to point the 12 or the hour hand towards the sun?
3. During Daylight Saving does this method point left or right of true north?
4. In the northern hemisphere you can likewise find south by your watch and the sun, but do you need to point the 12 or the hour hand at the sun?
5. Which direction do autumn leaves blow in a westerly wind?
6. Barlow Hut is in what nearby forest park?
7. What river flows beside this hut?
8. What river flows through New Orleans?
9. The Milford Track Great Walk starts with a boat trip across what lake?
10. In the off season this boat stops running, but you can walk in over what pass?

### Eating in Lockdown



The 15% discount for club members on Radix Nutrition products is valid till 14<sup>th</sup> April. Their foods are made by freeze drying – that's one of the reasons they are so much lighter and tastier than the more traditional dehydrated foods. Watch out for new products coming out shortly. Use discount code **PNTMC15** [radixnutrition.com](https://www.radixnutrition.com)

Ribollita is a traditional Tuscan soup which is great for clearing the fridge. Soup is great during lockdown – when you are at home it is nice to have a pot slowly simmering on the stove, filling the house with nice smells, and it's such great comfort food for lunch or dinner. For the following recipe, all you need is some greens, a starchy veggie or two, a carrot or two, some herbs and some stale

bread and time for the long, slow cooking. It might not end up as a totally traditional ribollita, but you'll have used up everything in your fridge, and I reckon that is up there as one of the most satisfying things you can do!

### **No-waste ribollita**

***Makes enough for 6 generous serves***

***Prep 30 min Cook 1 hour***

#### Ingredients:

- Olive oil
- 2 onions, peeled, or 2 leeks; washed and finely chopped
- 3 garlic cloves, peeled and finely chopped
- 2 medium carrots, finely chopped
- 6 sticks celery, trimmed and chopped, yellow leaves reserved
- A few sprigs rosemary or thyme, roughly chopped
- 4 fresh tomatoes or 1 x 400g tin plum tomatoes
- 300g root veg (potato, sweet potato, parsnip or squash), peeled & chopped into 2cm pieces
- 1 whole parmesan rind (optional)
- 1 x 400g tin white beans or chickpeas (or 250g home-cooked beans, liquid reserved)
- 3 big handfuls greens, such as rainbow chard, spinach, cavolo nero (about 400g), leaves picked and roughly chopped
- 2 litres hot vegetable stock
- 4 slices good-quality stale bread
- Good extra-virgin olive oil to serve

#### Method:

1. Heat a little oil in a large saucepan and fry the onions or leeks, garlic, carrot, celery and picked herbs over a medium heat for 15-20 minutes, until soft, sweet and slightly caramelised.
2. Add the tomatoes, root veg and parmesan rind, if using, squashing the tomatoes with a wooden spoon – it will look a bit dry, but don't worry, it is meant to. Cook on a low heat, stirring from time to time, for 15 minutes, until the tomato liquid has been almost completely absorbed and the vegetables look quite dry.
3. Add the beans – tin juices and all – greens and stock, bring to a gentle simmer and leave to cook for 30 minutes.
4. Turn off the heat and lay the slices of bread on top of the soup, like a lid. Generously drizzle with extra-virgin olive oil and leave to sit for 10 minutes or so.
5. Stir to combine – the soup should be thick, almost stewy – then season with salt, pepper, celery leaves and more extra-virgin olive oil. Ladle into bowls and serve.

### **Answers to Quick 10 Quiz**

1. 2 ½ hours; 2. The 12; 3. Right; 4. The hour hand; 5. East; 6. Ruahine; 7. Makaroro River; 8. Mississippi River; 9. Lake Te Anau; 10. Dore Pass.