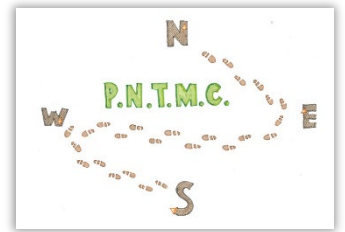

PNTMC NEWS

www.pntmc.org.nz

8 May 2020



We remain at Covid-19 alert level 3 but are looking forward to moving into level 2. Level 2 will see some changes for all of us. At our committee meeting later this month, we will discuss implications of this for the club. In the meantime, all club meetings and trips remain suspended. We will keep you informed of any changes to this through the PNTMC NEWS.

This edition was looking a little light so I sent out a request for contributions – and was delighted with the response. Thanks to all those who responded, we have a really interesting selection.

What can I do when we are at level 2?

Once we are at level 2, travel is allowed, so long as you do it in a safe way.

- You need to follow good personal health measures.
- You will need to keep records of what travel services you use and keep track of who you have been in contact with.
- You should keep your distance from groups of people you don't know.
- You should minimise the number of places you stop on the way to your destination.

You will be allowed to do your usual exercise, sport and recreation activities, provided you can do them safely. Activities permitted include:

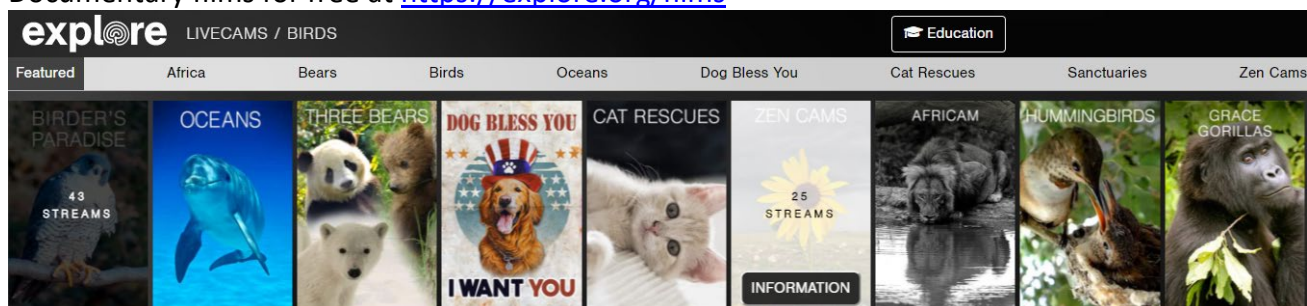
- walking, biking and hunting on public conservation land swimming at a public swimming pool, but there will be restrictions
- going to the gym, but there will be restrictions
- boating and motorised watersports
- hunting during duck shooting season — start date to be announced.

For up-to-date information go to:

- the official government site covid19.govt.nz
- the mountain safety council site <https://www.covid19outdoors.nz/>

Movies to watch

Documentary films for free at <https://explore.org/films>



They also have live cams... You can watch an eagle nests live in Decorah, Iowa, USA

<https://explore.org/livecams/birds/decorah-eagles>

Thanks to Warren for more movie recommendations. (He never seems to run out of suggestions!)

- Walkabout (1971)
- Monty Python's The Meaning of Life (1983)
- The Horseman on the Roof (1995)
- 2012 (2009)

- World War Z (2013)
- The Farthest (2017)
- The Biggest Little Farm (2018)

Reports

A very different kinda world – Welcome to Strongman

by June Wirihana

Hopefully everyone is doing well and are safe in their wee bubbles. Like a lot of people, our garage has become the families, time out area. What housed our cars, has now become a gym for our family. My family are heavily involved in the Strongman competition here in New Zealand, with our daughter representing New Zealand in Ohio last year, and ranking number 13 in the World. Before COVID came to our doorstep, both my son and daughter (twins) were off to Australia to compete in the Southern Hemispheres Strongest Humans competition – a competition where entry is by way of official invite only. They both do pretty well in this sport. Because the sport is dynamic in its lifting apparatus (it be anything from pulling a truck to lifting kegs), it continues to evolve and change, so too, does the athlete have to be able to compensate for this.

And so, while for some, the closure of the gym is a near death experience (😞), the twins instead, look to what is in our household to use. The deck has become a bench to push weights. The backpack, rather than being packed with lunch, is now loaded with a heavy weight to go on a walk with, or do squats. And our stones in the garden, are now a lifting apparatus. They don't let change interrupt their routine. And I have seen this nationwide with our athletes coming up with other ways to train (I watched Nicole van der Kaay – NZ tri-athlete swimming in a pool dad had made in the deer shed, with a bungy chord strapped to her) – gosh it shows me how resilient we truly are. Anyway, here are a couple of shots that show the type of sport, my family is involved in.



Shayna Wirihana



Eruera Wirihana

Editor's note: Eruera and Shayna won the won the Manawatu strongest man and woman competitions respectively that was held in The Square in October last year. The Manawatu Standard report said: 'All the competitors wowed the crowd with amazing feats of strength but it was the Wirihana siblings who were the strongest for the second year in a row.'

<https://www.stuff.co.nz/manawatu-standard/news/116506801/wirihana-twins-push-each-other-to-victory-at-strong-man-and-woman-competition>

Six squares of chocolate

By Chris Tuffley

Twenty five years ago Chris Tuffley spent a summer in Australia and had his first (and so far only!) unplanned night in the bush. He came home with a hole in his leg, and a lasting memory of sharing a bar of chocolate. You can read all about it (and see pictures of young Chris to boot!) on Wilderlife:

<https://wilderlife.nz/2020/04/six-squares-of-chocolate/>

Chris adds that over the years he has on other occasions walked in the dark, rappelled in the dark, climbed in the dark, ridden in the dark, and generally found many and various ways to arrive back at camp or at his destination well after dark...but (touch wood!) this is so far still his only unplanned night out.

Water Retention in Thermal Clothing

by Grant Christian

I favoured polyester fabric over wool to keep me warm because I believed it dried faster and retained less water. I accept that wool has better odour resistant qualities and is better for the environment but when it comes to survival in cold wet conditions the most important thing is to keep warm.

A few years ago, I did an experiment with four different fabrics to test how fast they dried and how much water they retained when soaking wet. My hypothesis was that artificial fabrics would dry faster than wool and retain less moisture. I always intended to write up the results for our newsletter but haven't got around to it. I'm not a scientist or academic so please make allowances.

I had four long sleeve thermal tops, one was light merino and the other three were various polyester or polypropylene fabrics that I don't have precise details of but they were all different. A was coarse fabric (basic polyprop), B was a much finer weave with a matt surface, C had a smooth or glossy, more wind resistant fabric.

I soaked each of the tops in water and weighed them soaking wet.

The results of this were:

	Garment Dry Weight (grams)	Soaked in water weight	Weight of water	% incr. When wet
Merino	260	650	390	150%
A	170	465	295	174%
B	220	560	340	155%
C	240	785	545	227%

I hung them on a clothes horse in the shade and out of any breeze to dry.

After 80 minutes the results were:

	weight after 80 minutes	decrease in weight of water	balance of water	cumulative % decrease in water
Merino	530	50	270	31%
A	380	25	210	29%
B	450	40	230	32%
C	615	85	375	31%

After 200 minutes:

	weight after 200 minutes	decrease in weight of water	balance of water	% decrease in water
Merino	440	90	180	54%
A	285	95	115	61%
B	350	100	130	62%
C	520	95	280	49%

After 390 minutes:

	weight after 390 minutes	decrease in weight of water	balance of water	% decrease in water
Merino	305	135	45	88%
A	180	105	10	97%
B	220	130	0	100%
C	340	180	100	82%

After 23 hours:

	weight after 23 hours	decrease in weight of water	balance of water	% decrease in water
Merino	290	15	30	92%
A	175	5	5	98%
B	220			100%
C	240	100	0	100%

Summary

Merino increased in weight by the smallest percentage but being a heavier garment it was the second highest weight increase at 390 grams. The lightest garment had the least weight increase. After 80 minutes the percentage drop in water was similar. After 200 minutes and after 390 minutes A & B showed the best results with merino third. The merino was still a bit damp after 23 hours while the other three were dry or close to it. My scales may not have been accurate enough to make this measurement meaningful.

Conclusion

Fabrics A & B are probably better than merino but it would take a different experiment to measure how warm a garment kept a person when wet. Factors such as wind and other garments could also make a difference to performance.

Maybe if I can get 10 volunteers to try the different garments, in identical conditions, while I measure body temperature. Something for the next pandemic perhaps!

Idioms from Doug

1. Stagflation: hunters telling tall tales when trampers ask them how it's going.
2. Bring down the house: when DOC removes a hut.
3. Social climber: someone who climbs just for fun and is unconcerned about getting higher.
4. A tall order: that massive ice cream you get after a tramp.
5. A penny for your thoughts: a pen you can use to write a comment in the hut book.
6. To be the meat in the sandwich: be in the middle when 3 people are lying in a 2-person tent.
7. Rangiora: a halo that surrounds Rangi Hut.
8. Have a one track mind: said of people who just keep doing the Manawatu Gorge Walk.
9. Way to go!: not there yet.
10. Seize the day: take the day trip option.
11. Bear necessities: things like pepper spray you need when tramping in the US.
12. Back in the saddle: when you arrive at the low point between two peaks.
13. Come to pass: What you have to do before you're back in the saddle.
14. Sleep tight: what you do when the hut's crowded.
15. Suspension of disbelief: that incredible swing bridge that even the brave fear to cross.
16. The grass is always greener on the other side: west of the ranges is greener than out east.
17. Grab the bull by the horns: one option for trampers crossing farmland.
18. Propaganda tool: binoculars.
19. To bottle things up: prepare your water and primus fuel.
20. Oops-a-daisy: said when you realise it's not a mountain buttercup.
21. To wear many hats: what you do on a trip where you need your sunhat, balaclava, bash hat and raincoat hood.
22. Pull your horns in: what you say to successful hunters you pass on narrow tracks.
23. Put in your two cents worth: what you do when the decision is made to combine dinners in one billy.
24. Silly billy: a billy that is too small, doesn't have a flat bottom or has an ill-fitting lid.
25. To look like you've been dragged through a hedge backwards: bushbasher
26. Butter someone up: help someone apply sunscreen.
27. Cook the books: can happen if you leave the hut book on the pot belly fireplace.
28. Pour cold water on an idea: go ahead with the tramp despite an atrocious weather forecast.
29. Go the whole nine yards: decide to take a whole roll of toilet paper, despite the extra weight.
30. TV remote: the reason you can't watch telly when you're far from civilisation.

PNTMC Huts and Highplaces Challenge

Following on from Grant's analysis in previous NEWS, here is Chris Tuffley's 2019 Huts and Highpoints round up.

- **Number of trips, days with activity recorded and points:** 27 trips spanning 46 days for 156.5 points (25 from bonus challenges).
- **Areas visited, by order of first visit:** Ruahine FP, Tongariro NP, Kaweka FP, Gwavas CA, Tararua FP, Whanganui NP, Pureora FP, Kahurangi NP.
- **Area with most trips, days and points:** over half on each count were in the Ruahine, with 16 trips spanning 27 days for 87 points (20 from bonus challenges).
- **Most points in one day:** 13 – Holdsworth Lodge to Tarn Ridge via the tops.
- **Most points in one trip:** 18 – Two day loop to Tarn Ridge from Holdsworth, there via the tops and returning via the valleys.
- **Longest trip:** 5 days – one in Whanganui NP, one in Kahurangi NP.
- **Points gained by mountain bike:** 4 – Ellis Hut completely by mountain bike; Poutaki and North Mangahao Biv using the bike to get partway there, then walking the rest.
- **Number of points I discovered I'd inadvertently omitted from the spreadsheet, while preparing this round up:** 1.5, for passing through Top Maropea on a club trip
- **Number of points I added to the spreadsheet, while preparing this round up:** 0
- **Most repeat visits:** 5 to Longview, 4 to Rocky Knob, 3 to each of Top Gorge and Leon Kinvig.
- **Highest peak:** Tongariro (1978m).
- **Most distant location:** Balloon Hut in Kahurangi NP, 267km from home.
- **MUDIPOP (most unrewarding detour in pursuit of points):** Te Pōhatu, just off the Longview – Leon Kinvig track. Don't do it! The points aren't worth the burrow through thick leatherwood.
- **Magic moments (because after all they're what it's really all about):**
 - Freezing while photographing a beautiful golden sunrise, on a frosty windchilled morning camped at Kylie Biv
 - A close fly-by from a kārearea, somewhere near Piopio
 - Walking back across a Tongariro Crossing empty of people, after climbing Tongariro via the west ridge and then traversing North Crater to Blue Lake
 - Taking part in the big volunteer effort to install 200 new traps in the northern Ruahine
 - Really ticking off my last Ruahine hut, after thinking I already had then learning I'd missed one (sneaky Ellis Hut!)
 - Team effort trimming overgrowth on the Ngamoko and Purity tracks
 - Trips splashing about in rivers, especially new-to-me or less frequented sections: Ikawetea Stream, the Kawhatau from Waterfall to Crow, the gorge between Top Gorge and Leon Kinvig
 - Many encounters with whio, in the Pohangina, the Maropea, Ikawetea Stream, the Kawhatau
 - Backcountry adventures in macro lens photography
 - Sunrise on New Year's Day at Pouri Hut on the Matemateāonga, with fantastic views of Ruapehu

- Hearing a kiwi call on dusk at Puketōtara on the Matemateāonga
- Pulling possums out of two traps on the Longview lines (memorable if not necessarily magical!)
- Two nights camped at a lake in Kahurangi
- Asbestos Cottage in Kahurangi, with all its history
- Close encounters with toutouwai / SI robins, weka and other birds
- And really, when it comes down to it, every day out in the hills.

Quick 10 Quiz

Thanks to Warren for producing another quiz. Answers at the end of this NEWS.

1. What is the Maori name for the constellation known as the Seven Sisters?
2. What 3 states in the USA would you walk through on the Pacific Crest Trail?
3. What is the mountain range between Spain and France?
4. What small settlement is at the south end of the Queen Charlotte Walkway?
5. What river flows past Stanfield Hut in the Ruahine Forest Park?
6. What is the closest hut to Pukemoremore (1474m) in the Tararua Forest Park?
7. What is the glacier between Paretaitonga and Ruapehu summit?
8. What word can precede flower, shower and stroke?
9. In what National Park would you find The Puffer?
10. What is the lighthouse close to Khyber Pass south of Wainuiomata?

Eating in Lockdown

New eating and shopping habits brought about by the Covid-19 pandemic will continue to be the norm long after the worst of the crisis has passed, forecasters predict. Curbing food waste will remain a priority once lockdown rules have been relaxed and product availability is no longer a pressing concern, analysts believe. This is partly because people will have grown accustomed to making the contents of their cupboards stretch further during the crisis, and also because the pandemic has caused consumers to more seriously consider the effect their shopping habits have on their health and on the environment, according to consultancy firm Accenture.

Almost two thirds of consumers said they are currently focusing more on limiting food waste and will likely continue to do so in the future, while nearly half (45 per cent) revealed they are making more sustainable choices while shopping and do not plan on stopping, a survey of more than 3,000 people across 15 countries found. Half of those questioned said they are now more health-conscious when they shop and will likely remain so long-term. The research was conducted in April, after many countries had implemented stay-at-home orders, and illustrates how people's purchasing habits have shifted as a result of the pandemic.

Feijoas galore

With feijoa season upon us, I sent out a call for feijoa recipes – and the replies flooded in (see below). But first, let's see how much you know about this fruit.

The Feijoa quiz

Answers at the end of this NEWS.



1. What months are feijoa available in NZ?
2. Should you keep feijoa in the fridge?
3. What countries are feijoa native to?
4. True or False? Feijoas were named after a Brazilian botanist, Joao da Silva Feijo.
5. In what decade were feijoa first introduced to New Zealand?
6. Why were the Apollo and Gemini varieties of feijoa so named?
7. What are the other two varieties of feijoa that were developed in NZ?
8. In what country is feijoa known as the “pineapple guava”.

Feijoa have also been called New Zealand’s most socialist fruit. This site tells you why:

<https://thespinoff.co.nz/society/04-04-2017/in-praise-of-the-feijoa-new-zealands-most-socialist-fruit/>

NZ Herald has a list of 10 things to do with feijoas:

https://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11624580

Read on for the Feijoa Recipes contributed by club members.

Thoughts on feijoas (from Janet Wilson)

Despite having a hedge of feijoa trees and therefore a large surplus of feijoas – and having done lots of experiments with feijoa recipes (AND owning a Feijoa Cookbook) – I reckon the best way is fresh! My traditional method was perfected as a kid sitting under the neighbour’s tree in the dark..... just squeeze or bite in half and suck out the insides. Or by the rather more civilised method of cutting in half, scooping out the contents and enjoying with yoghurt or icecream. However just writing this has got me thinking of more ideas and I plan to try feijoa icecream and another feijjoa and ginger cake – now that one is quite good! Yum. If anyone needs some “joas” just let me know – out here in Pohangina, our season goes later than most.

World’s best feijoa crumble (from Catherine Jackson)

Fruit

- Ratio of 2 fejoas to 1 apple and for every 5 fejoas, a small feijoa-sized knobbin of fresh ginger, cubed into 3mm squares.
- Peel and cut up, cook lightly with sugar and MINIMAL water – ratio about ½ cup sugar for ½ a pot of fruit.

Topping

For fruit enough for 8 medium servings this quantity of crumble:

- 125 butter, melted
- Dollop Dessertspoon treacle, melted
- 1/3 cup sugar, let it bubble away on low
- 2 heaped tsp ground ginger
- Dash of salt
- Oats
- Flour



Directions

1. Weigh out the 2 cups+ of dries: oats and flour. I use $\frac{3}{4}$ cups flour and 2-1/4 C oats to start with, then add more and more flour (? $\frac{1}{2}$ cup more) until it takes on a texture of small balls about thumbnail size.
2. Tip fruit into baking dish – something that can cope with being spooned out – if it's non-stick special tin, you will need to line it so it isn't ruined by the big serving spoon.
3. Pour over the crumble and spread across the top.
4. Cook 180C for 16 mins in stove top oven, or experiment in big oven.

Feijoa Upside-Down Tart (from Gaewyn Grant)

Gaewyn says this is a favourite with her family.

Ingredients

- 100 g butter
- 1 cup brown sugar
- 2 Tablespoons golden syrup
- 14-16 large ripe feijoas, peeled and cut in half lengthways
- 800 g sweet short pastry



Directions

1. Heat oven to 200C
2. Melt butter, sugar and syrup together in a pan
3. Pour mixture into 2 x 23cm round cake pan
4. Arrange feijoa halves over the mixture
5. Roll pastry out in a circle to cover the fruit
6. Bake 25 to 30 minutes until pastry is golden
7. Remove and stand for 10 minutes
8. Hold a large plate over the top of the pan and turn upside down so the pastry is on the base of the serving dish

9. Cut the tart into wedges
10. Serve warm with ice cream or custard

Feijoa loaf (from Derek Sharpe)

Derek just got this recipe from his sister. He says: 'I haven't tried it as yet. Apparently it's quite yum if your feijoas are tart. I've just finished bottling about 20kg of feijoas, but will need to get some more for this recipe!'

Ingredients

- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 3 or 4 tsp Mixed Spice
- 1 cup raw sugar
- 3/4 cup vegetable oil
- 1/2 cup of milk
- 1 egg
- 1 cup of mashed semi or ripe bananas
- 2 cup chopped feijoas
- 1 cup of sliced walnuts



Directions

1. Preheat oven to 180
2. Grease loaf tin
3. Sift flour, baking powder, baking soda, mixed spice into a bowl and mix together, then add feijoas and walnuts
4. In a separate bowl, beat together well, raw sugar, oil, egg, milk and mashed bananas
5. Pour into dry ingredients and mix together
6. Pour into loaf tin and bake, occasionally checking to see if it is cooked

Fiona's Feijoas (from Fiona Donald)

Fiona recently created this recipe to deal with an excess of feijoas. She says it has turned out well.

Ingredients

Feijoa pulp, Orange, ground cinnamon, butter or margarine

Tools

Squeezer, glass container, two teaspoons, knife

Directions



1. Slice feijoas and use a teaspoon to scope out the pulp so that there is enough feijoa pulp to cover the bottom of a greased glass container. (The container only needs to be greased if you are cooking it in the oven).
2. Squeeze an orange and pour the juice over the feijoa pulp.
3. Sprinkle a teaspoon of ground cinnamon over the juice and pulp.
4. Your choice what to do next!

Option 1: Warm it for dessert in the microwave (1000 watts at 40 secs).

Option 2: Put a rolled oats crumble on top then heat it in the oven 180 degrees for 20 minutes. Good with a dollop of plain yogurt on top.

Any-kind-of-fruit tart (from Anne Lawrence)

You can use any sort of fruit- apples, pears, berries, feijoas and all kinds of stone fruit. The mixture is big enough to make two tarts: one large and one small.

Ingredients

- 2 large eggs
- $\frac{3}{4}$ cups white sugar
- 100 grams butter
- $\frac{2}{3}$ cup milk
- $1\frac{1}{4}$ cups flour
- 3 tsps baking powder
- enough sliced fruit to cover the tart(s).



Directions

1. Whisk the eggs and sugar until thick and creamy.
2. Put butter and milk into a saucepan and stir until just boiling. Remove from heat.
3. Sift flour and baking powder into the egg mixture, then pour in the milk mixture.
4. Fold all the ingredients together until smooth. (Can use an electric beater for just a minute.)
5. Pour into a pie or quiche dishes.
6. Arrange the sliced fruit over the top.
7. Bake at 180C for 20-30 mins.

Optional: sprinkle with raw sugar or sliced almonds before baking.

Roast Feijoa and Manuka Chutney (from Fiona Burleigh).

Fiona says 'It is our best recipe. From the Listener April 2000. So far Anthony has done two batches. Easily cooked in a pot. But it caramelises better in the oven.'

Ingredients

- 3kg feijoas, peeled and roughly chopped
- 1kg red onion, finely chopped
- 8 large green chillies, stems removed, julienned
- 2kg white sugar
- 2 large dessertspoons sea salt
- 300 ml cider vinegar
- 5 sweet lemons, use the juice and julienned zest
- 1 x 10cm piece of manuka branch, with leaves attached, washed
- 1 cinnamon quill, broken up roughly
- 6 green cardamom pods, crushed
- 6 black cardamoms
- 1 dessertspoon dried chilli flakes



Directions

1. Mix the first 7 ingredients (from feijoa to lemons) together and leave in a covered bowl overnight.
2. Next day, add the remaining ingredients. Mix well, then place in a wide non-corrosive roasting dish and place in an oven preheated to 180C.
3. Cook the chutney for 2 to 3 hours, stirring from time to time. It's ready when the liquid has mostly evaporated, and the onions and fruit have started to caramelize.
4. Taste for seasoning, then spoon into very hot sterilised jars and seal. Let them cool down, then store in a fridge or very cool room away from the sun.
5. Leave for at least a week before using.

Last word (from Warren Wheeler)

Warren says: 'No feijoa recipes but here are some of the food items I have found at the back of the cupboards. Anyone for a BYO Pot Luck Tea once we get to Level 2?'

- Army Ration Pack (1999) Milo eaten by bugs, but chocolate, tube of Vegemite, Cabin Bread, Gingernuts and dehyd Chicken and Cashew looks good as new.
- Hardy's Shiraz Cabernet Sauvignon 1999 (Australia) (ex-Air NZ flight from Sweden...saved for a "special occasion")
- Dona Dominga Cabernet Sauvignon Merlot 2005 (Chile) (ditto)
- Yeast (Best by 1/10/05)
- Brandy Self Saucing Christmas Pudding (Best by 02/02)
- Weetbix (in Rugby World Cup tin) (Best by 7/2004)
- Danish Choc Chip Cookies in America Cup 2000 tin (Best by 04)
- Long Life Noodles (Dated 0280??...Aug 2000??)
- Fettuccine (dated 1202???)
- Palm Corned Beef (Best by 27/9/10)



A tantalising view – Tunupo from Janet and Graham's place

Answers to the Quick 10 Quiz

1. Matariki; 2. California, Oregon, Washington; 3. Pyrenees; 4. Anakiwa; 5. Tamaki River (North Branch); 6. Dundas; 7. Mangaturuturu Glacier; 8. Sun; 9. Egmont/Taranaki NP (first section of summit track from North Egmont Visitor Centre - a 4WD track to repeater tower/Tahurangi; 10. Baring Head.

Feijoa quiz answers

1. from March to June.
2. Yes. You should let them ripen at room temperature then store in the refrigerator.
3. Native to Brazil, Uruguay, Paraguay, and Argentina.
4. True
5. the 1920s
6. Named after the American space missions because the fruit is shaped like small rockets.
7. Kakapo and Pouamau
8. California