

## P.N. TRAMPING & MOUNTAINEERING CLUB INC.

Hon. Secretary  
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### NEWSLETTER 10/70

#### COMING EVENTS.

##### 24<sup>th</sup> SEPT.

Club Night, Berry Engineering Works Social Room at 7.30. Dr. James Willis will speak to the Club on First Aid and members are urged to make every effort to attend this important meeting.

The time of a busy doctor is very fully occupied and we are indeed indebted to him.

Supper Duties – John Stewart, Gavin Rogerson, Russell Johnson.

##### 1<sup>st</sup> OCTOBER

Thursday Coffee Meeting. 8 o'clock at the Nicoberg.

##### 3rd-4th OCTOBER

Trip to Roaring Stag Lodge, N.E. Tararuas. Report Izadium 6.00 a.m. Saturday.  
Cost \$1.10. Names to Heather Crabb, 77-668.

Grading: Medium.

##### 7<sup>th</sup> OCTOBER

Monthly lunch meeting, 12 noon, Collinson & Cunninghame's Tea Rooms.

##### 15<sup>th</sup> OCTOBER

Committee Evening, 8 o'clock at the Nicoberg.

##### 17<sup>th</sup>-18<sup>th</sup> OCTOBER

A trip for a party of not more than seven to Rangiwahia hut and on to the Triangle Hut for Saturday night, returning to the cars on Sunday.

This trip will be led by Roger (Hunter) Clarke - Ring him for details. Phone 76-719.

##### 19<sup>th</sup> OCTOBER

Committee meeting at Russell Johnson's, 11 Lifford Place.

##### 24<sup>th</sup>-26<sup>th</sup> OCTOBER

Labour Week-end. A trip to suit all types of trampers. This will be the Club's first visit to the new Kaimanawa Forest Park on the Eastern side of the Desert Road. Note We have two trips.

Party A For those who like to relax and do easy day trips, to swim in the river or to fish (there are some really good trout in the river) the party will go up the Waipakihi river until about lunch time. The tramping is on easy tussock river flats with quite a number of river crossings where we will make a camp for the weekend. From here we can get onto the tussock tops for day trips with fantastic views of Lake Taupo, the National Park mountains and the Kaimanawa ranges, possibly over Thunderbolt to the Rangatikei river.

Party B For the rugged types. We will proceed further along the Desert Road and then climb onto the tops and later drop down to the Middle Waipakahi where we will meet with the other party at the camp site. This trip should take 6 hours.

All members of both parties should wear warm woolen clothing and MUST have sleeping bag covers.

FOOD For the Saturday night meal bring about ¾ lb meat (cut this up before you leave) onions, peas, potatoes etc. for a stew.

Kevin has promised to show us how to make a really delicious stew and this will probably be the event of the year only rivaled by that master Chef, Graham Kerr.

The other meal will be own choice (put food in Plastic bag, not heavy containers.)

For any other information please contact Trip Leader: Russ Lacey, Phone 81-436 between 7-8 p.m. Depart Izadium, Saturday 24th 5 a.m. sharp.

##### 26th OCTOBER

Day trip to Blue Range – Names to Heather Crabb, 77-668.

29<sup>th</sup> OCTOBER

Club Night. Films - it is hoped to have "Hazard" – a mountaineering adventure in the Dolomites illustrating the basic principles of accident prevention. The lessons learnt are applicable in every walk of life. Joe Brown, a famous British climber features.

"Bushcraft" - a National Mountain Safety Council Film.

Supper Duties: Robert Wellington, Alan Looser and Ian Hoare.

26<sup>th</sup> NOVEMBER

Quiz - Ruahines (?) The Social Secretary is looking for somebody who is well informed on the Ruahines to present the quiz. Supper Duties: Peter Baxter & Robin Paul.

NOTICES

POSSIBLE CHANGE OF CLUB ROOMS.

Please read next newsletter carefully for a possible change of club rooms.

BIRTH

To Hilda and Alton England, New Plymouth, a son, Christopher Philip, on 29/8/70, both well.

Heartiest congratulations and best wishes to Hilda and Alton. This could be your lucky break, Hilda, a young man to assist Mum with her pack.

CLUB LIBRARY

The latest editions to the "free" library of tramping journals include the "Massif '70", and "Wanganui Trampler, July-September."

COOKING FOR TRAMPS

PART II PORRIDGE

Porridge is a soft food made by stirring oatmeal or other meal or cereal in boiling water or milk. Not to be confused with porrigo which is a scaly eruption of the scalp. (Concise Oxford Dictionary, 5th Ed.)

There are some misconceptions held concerning the dietary value of porridge. The average sized plate of porridge contains less than 2 ounces dry weight, mainly of carbohydrate. The calorific or energy value of 2 oz. of dry oatmeal is about 220 K calories. The average trampler requires more than 3,000 K calories per day. Thus a plate of pure porridge would provide less than 7% of a day's energy requirement. Clearly porridge alone is not adequate as one of the three main meals of the day. Porridge has some value in providing bulk to the diet and also provides some protein, vitamins and minerals. Porridge can be 'beefed up' by the addition of suet or butter, and raisins during cooking and by eating it with large quantities of milk and sugar.

Instructions

Take one shovel and dig a hole not less than 12 inches deep. Take 2 oz. of porridge per person and tip this into the hole. Fill in the hole. Take frying pan, eggs, bacon .....

Alternatively place one cup of water per person in a suitably large billy and heat to boiling.

Meanwhile mix 1 heaped tablespoon of porridge per person and ¼ teaspoon salt per person with a little cold water to produce a smooth cream. When the water boils (not before) pour the mixture into the boiling water while stirring briskly. Add butter or suet (½ oz per person) and raisins (1 oz per person). Continue stirring until the porridge boils and then immediately remove from the heat. Stir in a little instant non fat milk powder and serve with brown sugar and lots of thick creamy milk.

Warning

Do not add porridge to cold water and heat the mixture unless you require wall paper paste.

Definitions.

Master Chef:

A supervisory position involving no manual labour, operates from the sleeping bag.

Master Cheffess: Female master chef.  
Scullion: Underling who cuts wood, lights fires, peels potatoes, stirs stews, washes billies and takes any blame.

LETTER TO THE EDITOR (who ever you are, and I am not a tramp, but a RampER.)

Dear Sir,

With reference to the "STU" notes I dislike his method of packaging and carrying the meat. Meat in a plastic bag allows the blood to drain out of the meat and retains some warm moist air in close contact with the meat. These conditions are just the conditions which bacteria and fly eggs just love.

May I suggest that you do not consider eating a stew which has had meat carried in this manner. I suggest you obtain some aluminium foil in which to wrap your meat. This, upon being placed in your pack, and pushed upon heavily with other articles, removes air from the wrapper and forms a water tight seal around the meat. Thus you will have removed the putrefying conditions mentioned above and retained the juicy blood for use in the cooking.

Yours etc.  
David Ryrie.

PAST TRIPS.

At 8 a.m. on Saturday morning the first car load of trampers arrived at the track into Waihohonu Hut. After biscuits and several mugs of tea we trudged up the muddy track to the hut. Had it not been for the horizontal type rain and wind it could almost have been a summer stroll.

The hut was reached without too much suffering and after half an hour the second car load arrived.

From behind Waihohonu a new track sidled up, through the bush at first, then in the open, travelling west across the grain of the country. Two hours later we began to wonder where we were, as we had long since missed the as yet unmarked track. However, we soon saw and heard the waterfall behind the hut and trudged into the hut. It was empty, brand new, and built to the familiar Lockwood design.

It was fairly late by the time stew was cooked and consumed so before long the new Dunlopillo mattresses were put to use.

Next morning conditions had not improved, and the mist was as low as ever. The party separated -Sue, Ian and Kevin returning to Waihohonu Hut via the Red and South Craters, while the remainder tramped back through the maze of fantastic rock knobs and laval spires.

At 3 p.m. Kevin, Sue and Ian stumbled into the hut after battling through gusts of wind and patches of frozen snow. A well earned rest was had before tramping back to the cars.

We arrived home late after having trouble on the Desert Road with Lawson's car.

Those taking part: Sue Streeter, Lawson Pither, Mike Stott, Kevin Pearce, Gavjn Rogerson, Peter Flaus, Russ Lacey, Ian Hoare.

Read next month's newsletter for an exciting sequel to this report.

CLUB MEMBER RUSS LACEY RESCUED BY S.A.R. (TWICE)

On Tuesday 1<sup>st</sup> September Russ Lacey, a stalwart of our Club, and a friend entered the Ruahines from Takapari Road for the Purpose of deer hunting. When they did not return on Thursday evening as planned worried relatives contacted the Police. On Friday an unsuccessful reconnaissance was made. Grave fears were now held for the safety of the missing men. On Saturday morning more than 40 members of S.A.R. entered the area. Among the searchers were Russ Johnson, Ian Hoare, Peter Baxter, Denis Arnott, Kevin Pearce, Stephen McGill, Robert Trout and Denis Moore. Seven teams carried out a general search of the area bounded by Takapari Road, the bush edge, Pohangina River - Center Creek and a tributary stream of Center Creek about two miles in from the bush edge. About mid afternoon the missing men were located fit and well after rifle shots and shouting had been heard.

Neither could offer a satisfactory explanation of why they had not returned home. Certain items of ladies' clothing of the most intimate kind had been found in the search area. Everyone spent Saturday night at base camp.

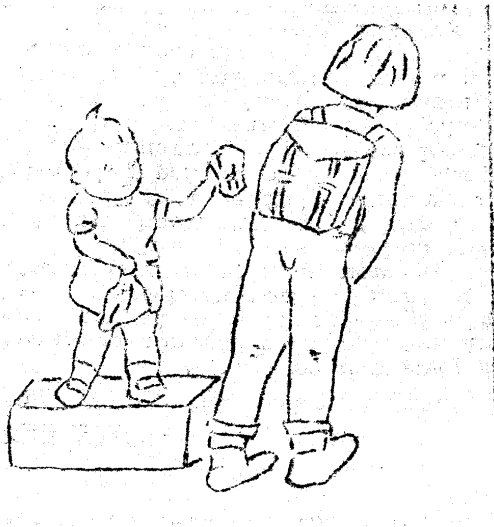
Next morning Russ Lacey and his friend were again missing. A contact search of the area in which they had previously been found was organised. Shortly after its start, base camp received a radio message that Denis had been attacked by a slasher and had been wounded in the hand. Denis was at the time in the company of some Manawatu Ski Club members. An argument between Denis and these skiers had earlier been observed. Denis was taken to hospital where he received three stitches.

Shortly after mid-day Russ and his companion were again located. This time Russ had a leg broken below the knee. He was carried by stretcher back to base camp. We packed up and headed for home, just as the rain started, after a most successful trial search.

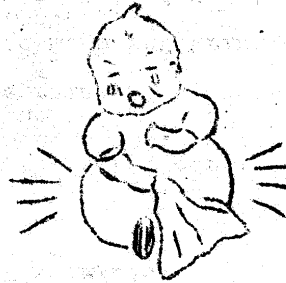
N.B. Some of the above events are imaginary.

WARNING:

Male members are warned that it is inadvisable to put stones in ladies' packs.



If I do I get a whipping -----



I dood it!