



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

NEWSLETTER

10/76

Hon. Secretary,
Karyn Bishop, 84-925
Membership Enquiries
Janet Maesson, 73-524.

COMING EVENTS

28th October CLUB NIGHT

Learn to get fit for Christmas. An instructor from the Teacher's College will speak on Physical Fitness and give demonstrations so come along and join in. Girls please wear trousers – men – dress optional!

Venue: Society of Friends' Hall, 227 college St.

Time: 7.30 p.m.

Supper Duties: Heather Crabb, Alan Crewes, Anne Clark.

30th-31st October AVALANCHE FLATES (Medium)

31st October MANGAHAO RIVER (Easy)

Begin your season's swimming in sunshine behind Shannon.

Names to:

Peter Darragh (both trips.) Fg. 5633

Grading:

Medium & Easy

Cost:

\$1.80 approx.

Depart Supersave:

6.30 a.m.

6th-7th November BLUE RANGE – COW CREEK

Enjoy this pleasant wander in the Eastern Tararuas. There are strong rumours of fine weather and good views.

Leader:

Viv Mawson, Ph. 83-335

Grading:

Medium

Cost:

\$3.50

Depart Supersave:

6.30 a.m.

7th November BLUE RANGE

If you haven't a whole weekend to spare come for the day and meet the weekenders.

Leader:	Viv Mawson, Ph. 83-335
Grading:	Easy
Cost:	\$3.50
Depart Supersave:	6.30 a.m.

8th November COMMITTEE MEETING

7.30 p.m. at Heather's, 3 Clyde Cres., Palm. Nth.

13th-14th November MAKERETU RIVER – POHANGINA SADDLE

Keep Peter company in the Ruahines.

Names to:	Peter Darragh Ph. Fg. 5633
Grading:	Fit
Cost:	\$3.50
Depart Supersave:	6.00 a.m.

14th November MAKERETU RIVER – HAPPY DAZE HUT

Names to:	Peter Darragh Ph. Fg. 5633
Grading:	Easy
Cost:	\$1.50
Depart Supersave:	6.00 a.m.

20th-21st November FULL POHANGINA RIVER

Conquer a river, see the real Pohangina and not just the tourist attraction. After a short climb it's downhill all the way.

Leader:	Trevor Bissell Ph. 68-644
Grading:	Fit
Cost:	\$4.00
Depart Supersave:	6.00 a.m.

21st November POHANGINA RIVER

Help pick up the shredded pieces of the weekenders and enjoy a pleasant stroll up the Pohangina.

Leader:	Sue Streeter. Ph. 80-874
Grading:	Easy
Cost:	\$1.50
Depart Supersave:	7.00 a.m.

25th November CLUB NIGHT

7.30 p.m. at the Society of Friends' Hall, 227 College St, Palmerston North.

27th-28th November WAITOARA RIVER

Take the opportunity to enjoy this rare trip north of Wanganui.

Names to:	Viv. Mawson Ph. 83-335
Grading:	Medium
Cost:	\$2.00
Depart Supersave:	6.00 a.m.

NOTICES

SOUTH ISLAND CHRISTMAS TRIPS 76/77

An easy trip has been planned in the Wilkin, Matukituki and Shotover River areas between Lake Wanaka and Queenstown. There are plenty of possibilities for fitter trips from this area, perhaps venturing into the Arawata and Waipara Rivers. Those who are keen on tramping and those who are keen on climbing should find many interesting exercises in this area.

Bookings have been made to Christchurch on Monday 27th December and home from Christchurch on Thursday, January 13th. This permits a day for travel south of Christchurch, a day to return to the city and 14 days in the field. The party food and transport are expected to cost approximately \$75.

For those of you who have just recovered consciousness from reading the price, cheaper trips can be arranged in areas in the northern half of the South Island. Trips to the North West – Nelson, Nelson Lakes or Arthurs Pass areas would cost between \$40 - \$50.

If interested in any of the above possibilities please let Trevor Bissell (68-644) known by Mid November.

TRUDGE

This newly produced club songbook is available from Karyn Bishop for \$1.25.

NEW MEMBER:

We welcome Jan Simmons into the Club.

CARRY MATS & PACK BUCKLES:

One of our members visits Wellington about once a month or so and can call easily on the Alpine Centre. He is prepared to buy and bring back for Club members, carry-mats which at present cost about \$3.50 for the thinner ones, and about \$4.50 for the thicker ones. The Mountain Mule type of instant release buckle for packs is also stocked at the Alpine Centre at a cost of 40 cents each (i.e. 80 cents per pair.) If you want any of these items, please ring Bruce Parker, 87-458, evenings or weekends and place an order. Cash on delivery to the next Club meeting.

NATIVE FOREST ACTION COUNCIL TRIP

30th & 31st October.

Names to Willie Kolff, Ph. 69-458

Cost: Bus - \$12. Lodge accommodation: \$9.

Saturday's itinerary includes a visit to the Waihaha and Tihoi forests to see some virgin forest which is about to be milled.

Saturday evening will be spent in the town of Mangakino on the Manawatu? River. Dinner, bed and breakfast is available at the lodge for \$9, and slides will be shown during the evening.

Sunday's trip home will be made via Taumarunui and the King Country through "burned off" areas.

PAST TRIPS:

THE HOWLETTS TRIP THAT ONLY GOT AS FAR AS DAPHNE HUT.

28th-29th August.

On Saturday morning, Janet Maessen, Peter Darragh and Peter and Chris Croad headed for Daphne Hut. The weather didn't look too good but we kept our fingers crossed. Peter's car seemed to have trouble keeping up with the pace and required a little light refreshment at the road end (two litre ice cream cartons of river water.)

We set off up the river foolishly trying to avoid the inevitable, wet feet. That water was cold! Everything appeared to be fine with the whole party keeping up a brisk pace until we stopped for a short rest. Then we realized that Chris was making a horrible rasping noise something like an asthma attack and it took a surprising length of time before we realized he was quite upset and could not get his breath. He said he was cold but he wouldn't eat anything or move. It was then we realized he was suffering from exposure. We took his boots and wet socks off, dried his feet with a towel and put dry socks on him. Next we changed his wet shirt and trousers and put his jersey on. There was an almost immediate improvement, he started eating and looking after himself. We rested for a while then set off again with Peter C. carrying Chris's pack, Peter Darragh piggy-backing him across the numerous river crossings and Janet providing assistance wherever it was needed which apparently included throwing Peter D's pack in the river. We got to Daphne Hut fairly uneventfully and spent the rest of the afternoon eating and sleeping until teatime, when we ate and slept. It was that night that Chris admitted he hadn't had time for breakfast that morning.

After breakfast Sunday morning we all tramped back to the car in continual drizzle under our own steam.

From the trip it was evident to everyone on the trip that breakfast is extremely important as is wearing as much wool as possible. It doesn't necessarily affect the least fit (Chris was probably the second fittest person on the trip) and it happens extremely quickly. Exposure probably happens more often than most trampers realize as the sufferer always attempts to cover it up.

SNOWCRAFT II EGMONT

11th-12th September.

The trip started on Friday night when 9 would-be mountaineers packed themselves and their gear into Trevor's faithful and trusty van. The trip up was fairly uneventful apart from upsetting one of the natives in one of the villages we passed through.

The fun really started at the road end when 3 stubborn people refused to budge from the relative warmth and comfort of the van much to the disgust of the other 6, especially our leader. However, the other brave souls ventured into the dark, cold rain of the Goblin Forest, up and onward past Anderson Shelter and started on the "endless steps". Here the rain

stopped so we enjoyed a pleasant moonlight slog up to Kapuni Hut with the moonlit snow lighting our way.

Saturday morning's weather was very disappointing and the "terrible trio" came up in wind and rain in time to feast on rice and raisins for breakfast. In spite of the inclement weather almost everyone went for a little walk in the snow, (some littler than others). However, the weather deteriorated and we retreated back to the hut where the remainder of the party had gathered.

It was then that Peter and Janet started out on their trek to North Egmont Chalet to attend the 46th Anniversary Dinner of the T.A.C. They got as far as Dawson Falls and decided that perhaps it wasn't such a marvelous idea to walk all the way so they rang Janet's brother who picked them up at Stratford Plateau, another hour's tramp away. It wasn't long before they were in Waitara for afternoon tea and a hot shower. Five of us, in evening attire, set off back to the Chalet in Jim's A35 and had a most enjoyable evening with lots of good food, good wine and terrible dancing. In the wee small hours it was back to Waitara with electric blankets and later a good civilized breakfast. After lunch Peter and Janet and Janet's family (11 in all) drove back to Dawson Falls to meet the rest of the party.

The trip back was more eventful with much fun, grapefruit pips and attempted suffocation, but we all arrived back in Palmerston in surprisingly good condition.

The hardy mountaineers were:

Trevor Bissell, Keith Margrain, Glenn Dixon, Philip and Craig Beech, Peter Croad, Janet Maesson, Ross Meder, Roy Wilson, Brad Owen, Peter Darragh, Sue Streeter, Lawson Pither, Viv Mawson, Julian Dalefield.