



# PALMERSTON NORTH TRAMPING AND MOUNTAINEERING CLUB INC. P.O. BOX 1217 PALMERSTON NORTH NEWSLETTER

4/81

Hon. Secretary	Catherine Farquhar	63-488
Membership Enquiries:	Kathy Crow	86-569
Gear Custodian:	Kevin Pearce	70-217
Newsletter Editor:	Kevin Pearce	70-217

Enquires concerning overdue trips

**N.B. work numbers are for emergency use only**

Kevin Pearce	home	70-217	work	74-129
Heather Crabb		77-668		77-668
Don French		73-543		80-449

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**SUBSCRIPTIONS** for 1981/82 are now due. Prompt payment helps the Club and saves you money too. Please bring your sub to next Club night or post your cheque to the Treasurer at P.O. Box 1217, Palmerston North. If you don't wish to renew your subscription please advise the Treasurer or Secretary.

Juniors (still at school)	\$4.50
Seniors	\$8.00
Family (one newsletter only)	\$9.00

The above amounts are increased by one dollar if not paid before 1 June 1981.

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**COMING EVENTS**

All trips leave Supersave carpark, Ferguson Street. If you wish to go on a trip, you must advise the leader at least three days in advance.

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**30 April – CLUB NIGHT – PHOTOGRAPHIC COMPETITION**

The Club's annual photographic competition will be judged by Mr John Cleland, a professional photographer and honorary Club member. New rules are in force for this competition (see last newsletter for details). Classes are 1. Novice Open, 2. Landscape, 3. Topical and 4. Natural History. Please get your entries in before 7.45 p.m.

At the Society of Friend's Meeting Rooms. 227 College Street at 7.45 p.m. Thursday.

**SUPPER DUTIES:** Philip Beech, Nigel Bingham, Peter Wiles.

All welcome.

**2 - 3 May – CHAMBERLAIN CREEK (Tararuas)**

This will be a great way of learning how to abseil and swim (both at the same time).

Leader: Don French, phone 73-543

Grading: F.E.  
 Cost: \$3.50 approx.  
 Departs: 6.00 a.m. Saturday

**2 May – IRON GATES HUT (Oroua River, Ruahines)**

A great place to forget lawns, gardens and other frustrations of modern living. An easy river trip with sunshine promised.

Leader: Alan Dunn, phone 80-249  
 Grading: Easy  
 Cost: \$3.00 Approx.  
 Departs: 7.00am Saturday

**7 May – COMMITTEE MEETING**

7.45 p.m. at Catherine's, 127 Rugby Street.

**8 - 10 May – RUAPEHU OPEN WEEKEND**

Only 12 places are available in the Massey A-frame hut, so get your names in early. Tramping and climbing according to conditions and inclinations.

Leader: Terry Crippen, phone 63-588  
 Grading: Medium and Fit  
 Cost: \$18 very approx. (bring more)  
 Departs: 6.30 p.m. Friday night

N.B.: Names must be in by 1st May so that hut booking can be confirmed.

**14 May – INFORMAL CLUB NIGHT**

At the Society of Friends Meeting Rooms, 227 College Street at 7.45 p.m. Thursday. All welcome. Bring along anything you wish to sell by auction.

**15 - 17 May – SOUTHERN CROSSING (Tararuas)**

The first of the classic crossings. Storm gear and torch are essential.

Leader: Ross Meder (Names to Peter Darragh 35633)  
 Grading: Fit  
 Cost: Unknown, depending upon transport arrangements.  
 Departs: 7 a.m. Sunday

**23 - 24 May – HARRIS CREEK (Mangahao, Tararuas)**

An interesting trip past the hydro power station and dams behind Shannon.

Leader: Roddy Henderson, phone 63- 588  
 Grading: Easy  
 Cost: \$3.50  
 Departs: 7 a.m. Sunday

**23 - 24 May – MOUNT HOLDSWORTH (Eastern Tararuas)**

A steady climb leads to this excellent view point near Masterton. Inspect the new Powell Hut on the way.

Leader: Mike Davidson, phone 77-767  
 Grading: Medium  
 Departs: 6.00 a.m. Saturday

**24 May – HOLDSWORTH – ATIWHAKATU (Tararuas)**

An energetic day trip with one of the Club's outstanding young ladies.

Leader: Carol Cullen, phone .63-588  
 Grading: Fit  
 Cost: \$4.50  
 Departs: 6.00 a.m. Sunday

**28 May – CLUB NIGHT**

The usual time and place. Details of programme in next newsletter.

**30 May 1 June – QUEEN'S BIRTHDAY – MT. EGMONT**

Details next newsletter.

**31 May – TUNIPO (Ruahines)**

A trip for those who can't get away for the whole weekend. Tunipo is a major peak in the western Ruahines and is remarkable for its easy access.

Leader: Vaughan Crow, phone 86-569  
 Grading: Medium  
 Cost: \$3.00  
 Departs: 6.00 a.m. Sunday

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**NOTICE FROM THE TRIP ORGANISER**

In future, except for trips requiring advanced hut bookings, only one month's trips will be planned, at a time. Assistance by way of suggestions for trips and offers to lead trips would be appreciated. If you happen to receive a telephone call from your trusting trip organizer -

**DON'T** 1. Slam down the receiver,  
 2. Yell abuse,  
 3. Be uncooperative.

**DO** 1. Think of an interesting trip,  
 2. Be communicative and sympathetic,  
 3. Be helpful (the organizer has a hard job!!)

Peter Darragh, phone 35633

**NOTICES:**

- The A.G.M. held 26/3/81 elected the following unopposed:  
 Patron: Mr Lawson Pither  
 President: Terry Crippen, phone 63-588  
 Vice President: Kevin Pearce, phone 70-217(editor, gear custodian, S.A.R.)  
 Secretary: Catherine Farquhar, phone 63-488  
 Treasurer: Don French, phone 73-543 (Club nights, S.A.R.)  
 Committee: Peter Wiles (74-129 day) (newsletter printer)  
 Peter Darragh, phone 35-633 (trip organizer)  
 Kathy Crow, phone 36-569 (membership enquiries)  
 Vaughan Crow, phone 86-569 (conservation)  
 Leonie Coenders, phone 75-401 (library)  
 Auditor: Mr Lawson Pither

**2. NEW MEMBERS**

Judy Hanson  
 John Seymore

**3. FOR SALE:**

1 pair size 9 climbing boots in good condition.  
 Also 1 helmet. What offers? Phone Christine Harmer 89-808.

**4. OVERDUE TRIPS**

From time to time Club parties have been late returning from trips. Generally the reasons for the late return have been trivial as far as the safety and welfare of the overdue party is concerned breakdowns, punctures, temporary loss of route, floods etc. Nevertheless parents and spouses worry over the non-return of loved ones. To avoid the embarrassment of not knowing who has gone on a trip the Club has arranged with the Police, for trip leaders to leave a list at the Police Station immediately prior to departure. The list should include the names and phone numbers of trip members, a brief indication of the area to be visited and the route to be taken. Forms are available from the Secretary or Trip organizer, but an ordinary piece of paper will do.

The list must be collected or the Police advised by phone to destroy the list upon your return. If you are seriously delayed for any reason, contact a responsible Club official or parent as soon as possible.

Finally make sure that the phone numbers concerning overdue trips on the front of this newsletter are known to your parents, spouse or flatmate. Write them into the back of your telephone book.

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**21 - 22 March – ISABELLE CREEK**

Daryl Rowan, Peter Wiles, Trevor Bissell and Kevin Pearce found their way through mist and low cloud to Holdsworth Lodge early one Saturday. They were laden with ropes; harnesses and karabiners as it was their intention to descend the infamous Isabelle Creek.

The first difficulty was to get into Isabelle Creek below the first series of waterfalls at G.R.913709. They missed an easy route through the bluffs. Consequently, they lunched late at the foot of the main fall. The stream is easy until the bend at about 913103 where there is a series of small falls. Our heroes abseiled these even though they could be climbed around. At G.R. 909763, just above the stream confluence, is the LARGE waterfall. Rumours mention heights of 300 feet, but a more realistic estimate is 150 - 200 feet. Although there are good anchor trees no attempt was made to abseil because of shortage of rope and faint hearts. An easy sidle on the true left lead the band across a wall onto moderate slopes.

Below the fall the stream opens out for a while with gravel flats before again becoming gorgy just before the Waiohire River. Again there was some abseiling although everything could be climbed around. The party camped and came out on Sunday via Mid Waiohine and Mt. Holdsworth.

A good trip in fine weather and definitely easier than Chamberlain Creek. The top series of waterfalls are probably passable if sufficient rope is carried together with disposable slings.

**15 March – ROKAI HUT**

After temporarily misplacing Alan we arrived at the Tamaki road end in due course. Actually it was suspected that Julian, who knows the way, led Alan astray.

A sign at the beginning of the track says "45 minutes to Rokaiwhana Stream". On the bush edge near the stream another sign says "1 hr to road end". We split the difference. After scroggin, wise-cracks and getting to know each other we straggled down the river up over the farmland, bush bashed down to the hut.

It was a hot, calm day so we lunched by the creek, then found an easier way backup to the farmland and once more struggled up the river, Reg showing his arboreal propensity on the way.

Those enjoying the trip were: Yoko Wakiya, Trudy McRobbie, Julian Dalefield, Reg Rickard, Margaret Smith, Glen Osborn, Susan Flett, Alan Dunn, Janet Hayman, Dan Rosen, and Heather Crabb.

**PALMERSTON NORTH TRAMPING AND MOUNTAINEERING CLUB**

March, 1980.

**SUGGESTED FOOD LIST FOR SAR**

Volunteers for Search and Rescue are required to bring four days' food on all operations unless specifically directed otherwise at the time of call out. To facilitate a rapid turn out it is desirable for those on the first call list to keep a store of non-perishable food on hand for S.A.R. As search teams are generally of four persons the cooking of breakfast and dinner is made easier if each person brings food for four persons for one breakfast and one dinner in addition to their own lunches.

Given below are recipes suitable for S.A.R. The non-perishable ingredients should be carefully weighed out and sealed in plastic bags. The bags should be labelled with their contents and the date of packing. This food should be stored in a cool dry place together with a list of the perishable items necessary to complete the rations.

**4 - MAN BREAKFASTS (1 required).**

**MACARONI CHEESE** (Very palatable and full of energy but takes time to prepare.)

Macaroni	450 gm
Maggi Tomato Soups	2 packets
Cheese	250 gm.

Mix the soup with 1½ L cold water, heat to boiling, add the macaroni, boil for 15 minutes stirring frequently, add the crumbled cheese, boil for a further 2 minutes, serve.

**MUESLI** (Good for quick get-aways, but not very palatable to some – use either commercial or home made muesli).

Muesli	500 gm
Milk Powder	150 gm
Brown Sugar	50 gm

Either add boiling water (1 L) to a mixture of the above and serve, or mix the milk powder with cold water and pour over the dry muesli and sprinkle with sugar.

**1 – MAN LUNCHESES (4 required)**

Biscuits	1 packet
Cheese, luncheon sausage etc.	100 g
Chocolate	1 big cake
"Tang" or "Refresh" etc.	½ packet
Peanuts, raisins etc.	100 g

**4 – MAN DINNER (1 required)**

**T.V.P. STEW** (A palatable and filling meal)

Textured vegetable protein	200 g
"Surprise" peas	1 large packet
Maggi Vegetable soup	2 packets
Potato Flakes	75 g
Onion	2 small onions or one packet of dried onions
Butter or "Shreddo" or dripping	100 g
Salt	1 teaspoon.

Soak the peas, and TVP in water (preferably tepid) to remove the preservative and objectionable flavours. Chop the onions and fry half the onions in half the butter or fat in the bottom of a 3 litre billy until well browned. Add 2 L water, mix in the soup, drain the peas and the TVP and add together with the salt. Heat to boiling and simmer for 15 minutes or until the peas are ready, adding more water if necessary. Add the remaining onion and simmer for a further 3 minutes. Remove from the heat, thicken with the potato flakes and serve with a knob of butter.

The use of butter or fat and the soakings recommended above are essential to the production of a good meal – don't be put off by previous TVP meals – they can be most tasty.

### **PUDDINGS AND STEWED FRUIT**

Gregg's Instant pudding	2 packets
Instant Milk Powder	100 g
Dried Apricot or raisins etc.	150 g
Sugar	100 g

Place the fruit in cold water and heat slowly to boiling. Simmer until soft and then add the sugar and simmer for a further 2 minutes, serve.

Make the pudding according to the instructions on the packet.

### **HOT DRINKS (4 persons for 1 day)**

#### **TEA**

Tea bags	6	)
Sugar	100 g	) enough for 12 mugs.
Instant Milk Powder	50 g	)

#### **MILO**

Milo	30 g	)
Instant Milk Powder	60 g	) mix together, enough for 8 mugs.
Sugar	30 g	)

Use one very heaped dessert spoon of the mixture per mug of boiling water.

### **GENERAL**

Find out how much billies and mugs hold before leaving home so that the volumes in the recipes can be reliably estimated.