



Palmerston North Tramping and Mountaineering Club

www.pntmc.org.nz
P.O. Box 1217, Palmerston North

Newsletter June 2021

Congratulations to Janet



*Janet Wilson with the Governor-General, Dame Patsy Reddy, following the awarding of the Queen's Service medal to Janet at Government House recently. Read all about Janet's award inside.
Photo: Sue Moore*

Club Nights

Club nights are held on the second and last Thursday of the month at the Society of Friends Hall, 227 College Street, Palmerston North. Doors open 7.15 pm for a cuppa before start at 7.30pm. All welcome.

10th June

More tales of cycle touring Aotearoa

Kathy Corner and Jon Atkins

Last November Kathy and Jon spent a month cycle touring in Northland and the upper North Island. Come and hear about their adventures.

24th June

Tongariro Exploring

Warren Wheeler

There is much more to the Tongariro National Park than just doing the Tongariro Alpine Crossing. Warren will highlight some of his favourite places off the beaten track in both summer and winter.

Upcoming Trips

Queen's Birthday weekend

5th-7th June

Motutapu

All

Janet Wilson

329 4722

This year the Queen's Birthday trip is to Motutapu Island (next to Rangitoto) in the Waitamata Harbour – yes, that's Auckland! We don't venture up that way often so, to make it more worthwhile, there is also a trip going to Waiheke Island for 3 nights beforehand. So, Waiheke from 1st - 4th June and Motutapu from 4th – 7th June. This is a social trip suitable for everyone. This trip is held over from last year and there is still room for a few more people. You will need to organise your own way to Auckland – maybe some limited transport available. If you want to know more, please contact Janet by 2nd May at the latest.

12th -13th June

Waiopahu Hut

Medium

Nicola Wallace

021 2090720

A popular hut in the Tararuas, near Levin. We will leave Milverton Park at 8am, and will walk the Waiopahu Track to the hut, returning on Sunday along Gable End Ridge. There's interesting history in the area, and great views from the hut are guaranteed. Bring warm clothes, as the hut is unheated.

19th – 20th June

Forks Hut

Medium

Graham Peters

329 4722

Trip to visit this hut on the south branch of Makawaka stream. If we get permission to drive across the farmland, we will have time in the afternoon to cross the stream and have a wander on the old route up to Takapari Rd.

19th or 20th June (Best Weather Day)

Toka

Medium

Warren Wheeler

356 1998

Hopefully there will be snow on the ground for this Ruahine trip up to Toka high point (1519m) via Knights track and down Shorts track from the end of Limestone Road. Not technical so crampons and ice axe not required. Depart 7.30am from Milverton Park.

26th – 27th June

Mid-Winter Get together in Taupo All

Janet Wilson

329 4722

This year we are going to Taupo for our annual Mid-Winter trip and dinner. Club members, Malcolm and Edith Leary, have kindly offered to host us at their weekend retreat. There are many possible activities including tramping, mountain biking, lakeside walks, hot pools and swimming for the brave. We will share transport and food – to be arranged when we know how many are coming. Travel up Friday afternoon/evening. Let Janet know in plenty of time deadline (by end Monday 21st) if you would like to come on this trip or need further information.

New members

Welcome to Trudi Berry, and also to Jon Atkins, who joins us after several club trips with his partner Kathy Corner.

Notices

Trip card

Planning for our next trip card is underway. Contact Janet Wilson if you have ideas for trips, want to lead a trip, and/or grab a date.

Keeping it Local - Our new club challenge

Enter your own points on the club spreadsheet (or get someone to enter them for you). Any problems, contact Martin.

Club Member	Huts	High Points	Bonus	TOTAL
Michelle	146	120	7	273
Elly	73	75	3	151
Chris T	58	70	3	131
Anne	44	56	0	100
Martin	44	56	0	100
Janet	62	19	3	84
Ernie	47	26	3	76
Neil	22	44	0	66
Kirsten	24	29	0	53
Warren	28	17	3	48
Graham	15	8	3	26
Dieter	14	9	0	23

Everest Day - A National Appeal for the Himalayan Trust

On 29 May the Himalayan Trust will commemorate the anniversary of the first ascent of Mt Everest by launching "Everest Day." To celebrate this remarkable achievement and honour the lasting legacy of Sir Edmund Hillary the Trust is asking New Zealanders to donate a "Fiver for Ed" to help support education, health and environmental programmes in Nepal to which Sir Ed dedicated much of his life. To make a donation and learn more about Everest Day go to www.fiver-for-ed.nz

Otaki Gorge emergency access

Otaki Gorge Road is closed to vehicles and pedestrians indefinitely. DOC has opened an Ōtaki Forks temporary walking access track which starts 11 km from SH1. This emergency track allows you to gain walking access to Tararua Forest Park.

Queen's Service Medal

Janet was presented with her Queen's Service medal at a ceremony held at Government House recently.



Janet and her supporters (including club members, Richard Lockett and Graham Peters) enjoyed high tea at Government House following the award ceremony.

Janet's QSM citation reads:

For services to wildlife conservation

Ms Janet Wilson has been involved with conservation, recreation and Search and Rescue in and around the Ruahine Forest Park. Ms Wilson first became involved in local conservation as a volunteer with the Department of Conservation in 2010, taking on the role of volunteer coordinator for the Oroua Blue Duck Protection Project in 2011. She has

driven community-led whio (blue duck) recovery work in the Oroua and Pohangina Rivers in the southern Ruahine ranges, securing funding to extend the trapping network and leading a network of community volunteers. She was the driving force behind the establishment of the Ruahine Whio Protection Trust, established in late 2014, which provides a body for securing funding and raising community awareness of whio. She has chaired the Trust since establishment. She is the Convenor of the Ruahine Whio Protectors Collective. The work of the collective has seen the Ruahine whio population grow to become a secure population of national significance, now included in the National Whio Recovery Plan. Ms Wilson has supported Palmerston North Search and Rescue operations and has served in a number of roles on the committee of Palmerston North Tramping and Mountaineering Club for 20 years.

Trip Reports

Te Araroa Trail - The Long Pathway Section Hike - Poads Road end Levin, to Otaki Forks via Tararua Main Range Easter weekend 2021 Report and pic: Roy Rolston

I figured that I needed 4 days to complete this Te Araroa Trail section comfortably so I picked Easter as a good time to schedule this trek hoping the weather would at least be reasonable for the whole time, but especially on our third day where we would be moving from Nichols Hut to Waitawawai Hut, climbing up and over Mt Crawford, the highest point and the most exposed part.

I had only one confirmed starter a week or so out' However feedback suggested there was some interest, but people had already committed to other things - fair enough. Even I had an invite to my Auntie's 90th birthday after first committing to lead this trip, I must admit I felt a bit torn but I wanted to see it through and there was still time for others to perhaps come out of the woodwork.

After following some trail walkers on YouTube for some time I decided recently to join a couple of Te Araroa Facebook groups. As with all Facebook groups once you have joined you will receive a lot of postings especially if it's an active group. I noticed some messages included trail walkers looking for others to buddy up on certain sections etc, and that got me thinking... What if there were others out there about to start this section and wanting to join us? So, I placed a message and in no time there were several responses.

A large amount of texts and phone calls followed from 4 that were very interested. To cut a long story short, I ended up with 2 people very keen to give it a go. However, they were not currently walking the trail. In the meantime, my one confirmed starter had to withdraw due to personal reasons which was a blow. However, soon after the woodwork did rattle and Warren joined us which meant we now had a party of four. It was a good number I thought and with good weather forecasted, I set about making some concrete plans to bring it all together.

By mid-week the forecast was now saying that a southerly change on Friday was set to bring a fine clear sunny day on Saturday, but it was going to be followed by strong to gale force winds by Sunday - perhaps severe. Hmmm! Ok - I did have a plan B in mind but at this stage I wasn't about to give in just yet as there was another twist to this story.

My Old Dog Tramping mate Tony from Masterton was also heading for the hills over Easter with his daughter and partner. They had booked a helicopter lift into Mangahuka Hut for Friday and their plan was to tramp north which meant that we would meet them at Waitawawai Hut on Sunday night, or perhaps earlier on the track or at turn off from the main range at Shoulder knob. Then we would all walk out together Monday. Perfect.

If that plan turned to custard Tony also had a plan B and it was the same as ours. So, we agreed if they couldn't get flown in, we would instead all tramp to Mangahao Flats Hut on

Saturday for the night. From there we would all tramp on to Te Matawai Hut for the second night returning to Poads Road carpark Monday afternoon thus completing the loop. Perfect!

However things didn't turn out quite that easy. By Thursday the weather forecast on Friday didn't look too good for flying however there was a chance window - perhaps early afternoon. Tony said, if not successful, he was keen to chance another window Saturday morning as the forecast was still looking good after the southerly change.

Meanwhile Brian my new recruit in my team also expressed concern about the gale force winds forecasted and as a result he wasn't keen to go ahead with walking the planned Te Araroa section preferring to do it another time in better weather. Fair enough. But he said he would still be on for plan B if that was an option. After meeting Brian at his home near the trail in Palmerston North he said he is a trail angel, one of about six currently in PN. Over some years he has taken in many trail walkers at his home offering accommodation and support to many as they passed through the city. He said the most he had at one time was a group of eight walking together.

Warren and I swapped messages about the situation and I decided to make a call Thursday evening to postpone Te Araroa and go for plan B. I called Tony to confirm our new intentions and made plans to meet in Shannon on Saturday morning if the helicopter flight came to nothing.

Te Araroa Trail - Tararua Section POSTPONED Trip Report - Mangahao Flats, Te Matawai Loop

So I had a concrete plan at last and there was a good chance we would be joined by Tony's group also as the weather up high was looking uncertain. However there were more twists to come before our adventure was to begin.

Joanne, my other new recruit who is currently relocating herself to PN, sounded confident, was fit and had some experience - but I didn't

know her in person so I organized to meet her. We met on Friday about midday. I took some maps with me to show her our intended route. Unknown to me, she was hoping we would be back in Palmerston North on Monday by around midday as she needed to travel back to her work placement in New Plymouth for Tuesday. Showing her the map, she quickly saw the extent of our planned route. We agreed that it was beyond her and our planned expectation and she decided to withdraw and wait for a chance to join a trip another time.

I broke the news to Brian and Warren while I was taking my car down to Poads Road later on Friday afternoon to leave it there for our Monday exit. I organized my stepson to pick me up and he was also consigned to drop us off the following morning at the end of the Mangahao road. A short time later Brian came back with a proposal as he had second thoughts about the whole loop. He suggested he would just walk in to Mangahao Flats Hut with us and return back out the next day Sunday himself. He also said he could pick us up and act as the taxi drop-off person. Ok hmmm! Another blow but that had me thinking! That would now suit Joanne, so I rang her back and yes - she was very keen. It would also mean Brian would then have a companion to walk back out with. Perfect! So we are back to four at least for the first night as Warren and I were still intending to tramp the whole loop.

Later I rang Tony to find out whether they were at Mangahuka Hut or not. He replied that they had spent several hours at the helicopter base not far from Masterton and he was now back at his home drinking coffee. The wind up high was just too strong. However he said the weather looked promising in the morning so they were going out early to try again.

Saturday morning and as forecast it was fine and clear and while I was waiting for Brian to pick me up I messaged Tony and he messaged back saying: 'WE ARE FLYING! sorry we won't meet you in Shannon'. I messaged him back: 'OK GREAT, have a good trip.' Brian arrived soon after, we picked up Joanne then Warren and FINALLY we were on our way.

Once we got to Shannon we tiki toured our way past the Power Station and up and over the hill. I pointed out the old Tokomaru Road which the Te Araroa Trail leads to the Tokomaru shelter and Burtons track then stopped at the No 1 Dam and had a look around. As it was Joanne's first time in the valley she found it most interesting while the three males got into some discussion trying to work out how the water here gets to that Power Station over there!

Moving on, I pointed out the start of the trails Makahika Track then Brian drove his car up the gravel road to the last dam and the road end dodging the odd pot hole and rocks along the way.

After booting-up we set off about 11.45am in sunny weather knowing we had an approx 6 hours walk ahead of us to our night's accommodation. I did carry my tent as was worried that it could be busy and it was also the middle of Roar so there could be a number of hunters about.

We chose to follow a well-marked track up the true left of the Mangahao River as opposed to the river itself (the other option when the river is low). The track was a little greasy after recent rain and after about 15 minutes the track crossed a slippery rock gut. Taking it a bit casual I ended up in a flash taking a slide. Picking myself up I thought I had dodged a bullet but a few days later I wondered why my hip was sore.

An hour or so in, we were still trekking along a bush track above the river and decided to go a bit further to the swing bridge for a lunch break. We park ourselves beneath the bridge on the riverbank and enjoyed the warm afternoon sunshine. From there we tramped along a bush track on the true right of the river climbing up and down as it avoids sections of river gorge. It's not until we cross Harris Creek and the site of the old Harris Creek Hut that the track flattens off a bit snaking through bush on river terraces. The track was rougher than I could remember from the only time I had been here. Joanne was finding it a bit challenging and was getting a bit fatigued. After taking on

some electrolyte she regained some energy and felt a lot better.

Further on, we had another break at a conveniently placed picnic table on a small grassy flat before reaching a sign indicating a low-level river route and a track up and over a large slip. Last time I did the river route and I remember it being ok. However we decided to take the track. After 30 mins of scrambling up a sketchy sort of track on the edge of the slip and then back down the other side with a couple of steep drop offs aided by a fixed knotted rope I can say it was a wrong call. It was a tough 30 mins and the river would have been a far better option as the river was running relatively low.

The bush track then continues mainly along river terraces for another 30 minutes or so before finally reaching a very tidy and recently painted Mangahao Flats Hut. My fear of an overcrowded hut were put to rest as there was only one other person (who passed us on the way in) with us for the night. The temperature was still fairly warm so we didn't bother cranking up a fire but we could see the weather was on the turn.

Day 2

After a good night's sleep we rose fairly early to mist and light rain. After brekkie we all packed up and Brian and Joanne got ready to set off together back to the car. I made sure they had enough food etc and were comfortable with their adventure - making sure that they choose the river route this time. Brian did have a PLB which gave me a sense that they would be ok. With a final group photo, we parted. Warren and I then set about completing the loop by first making for Te Matawai hut.



The track beyond the hut continues to follow the river on true right following terraces and climbing up and down to avoid river gorges - similar to the track in - before it eventually crosses at a fork in the upper reaches. From there it follows a side creek for a short time then the track climbs up a short spur to Girdlestone Saddle. The weather had improved to the point that it wasn't drizzling anymore but it was very foggy. From this point an easy well-formed track climbs up towards the main range before coming to a junction turnoff to Te Matawai Hut just 15 minutes away. We arrived early afternoon after a predicted 5 hours trek to find two hunters already there. We boiled up a brew and contemplated moving on to Waiopahu Hut approx 3 hours or so away. Warren and I swayed back and forth on whether to go on or not, when a short while later we took a closer look at the weather. We noted that the wind was now getting up and it was starting to rain. An easy decision followed and we were soon unpacking and scoring a sleeping place in the separate bunk room for the night.

Just before dark two more hunters arrived from Dracophyllum Hut on the main range. We later learned they were dropped off by chopper a few days earlier. They arrived separately about 15 minutes apart with the first arriving warning that you will hear him coming. We soon found out why as he was carrying a very heavy pack with all his gear as well as a pack full of venison along with antlers hanging off the outside. It is said that he cursed and swore all the way down and he was delighted to finally see the pack off his back and hit the floor of the hut with a mighty thud. A young man he wasn't and I couldn't resist asking if I could check out the weight of his pack. It truly had to be at least 30, maybe 40kgs.

Settling in, we learnt they were brothers. One was a well-known local who talked about many search and rescues that he has been involved in and that he had hunted the area many times. His brother by contrast that arrived second was a sailor and had spent much of his life on various vessels all over the world. He was loud

and quite a character. Between them they had plenty of stories to tell and it was a very enjoyable night with plenty of banter.

Another young guy arrived just before dark from Poads Road which made a total of 7 people staying for the night - well short of the overcrowded hut that I feared.

Day 3

It rained quite a bit overnight but we were pleased to wake to find it had eased off by morning. However it was completely fogged in. Not a view to be seen anywhere. The younger guy was heading back out so I invited him to walk with us. After packing up we got going a bit before 9 and made our way down Gable End ridge after first descending into Butchers Saddle then climbing to Richards knob. Soon after and now heading down Gable End we ran into two more hunters heading the same way. They also got dropped off by the same chopper as the others but at a different spot at the head of the Otaki River. They had climbed out of the headwaters the night before and spent the night under a fly on Richards knob after finding enough water to collect from a small puddle on the track nearby. They also had heavy packs and again one had to be close to his seventies. I had to admire these guys' determination to save and pack out as much meat as they could as I did when I was much younger - but to haul it out for two days at their age beggars comprehension, especially as the young guy we were now walking out with spooked a good sized stag only meters from the track the day before about an hour from Poads Road carpark. In perspective I am very happy to be a keen trumper, a long-retired hunter. Meat is bloody heavy!

Warren and I continued down the long Gale End Ridge that eventually drops off steeply to a terrace above the Ohau River. This track along the ridge is part of the Te Araroa trail along with Te Matawai Hut which we would have done in the opposite direction if we stayed with our original plan. In the trail circles online the track up Gable End has a bad reputation for being very boggy. While I noted a few wet patches most of the track was mostly

dry-going with a moderate grade - made for fast walking I thought. However it's a long ridge and quite a long walk across the flat terrace inside the DOC boundary. It finally reaches private land with a 20minute walk or so to the carpark. We arrive just after 3 pm taking over 6 hours or so from the hut and I reunite with my old corolla and head home.

Later I catch up with Brian and I am happy to hear they had a good walk back out to his car taking about the same time as the walk in. I was very worried I may have dropped Joanne in the deep end but Brian reassured me while she found it more challenging than she thought she greatly enjoyed the experience. Messages from her confirmed this and said she was looking forward to joining more trips in the future, becoming a new member in the process. For Brian he had walked to a hut on a day trip many times but was very pleased to say that this was the first time he had stayed overnight in one. That was good to hear and it was a pleasure to have them both on my trip. Thanks also to Warren joining late in the piece and providing good company to complete the loop.

In respect to my old dog mate Tony and his team: after they were successfully airlifted into Mangahuka Hut on Saturday morning they had a long walk to Anderson Memorial Hut to stay on schedule to get out at Otaki Forks on Monday. They didn't arrive till just after dark and Tony, a long time trumper now aged 75, was very spent on arrival. On Friday morning they set off for Waitawaiwai Hut just as the forecasted gale-force winds arrived. They made their way along the tops for about an hour before deciding it was too dangerous and retreated back to the hut. A second night at the hut turned to three before the gale-force winds eased enough to continue their journey. They ended up arriving out at Otaki Forks Wednesday afternoon 2 days later than planned. It was a good call we did choose our plan B option rather than proceed with our planned Te Araroa section hike as we would have walked into the same gale force winds. *We were: Brian Way, Joanne Clark, Warren Wheeler and Roy Rolston.*

1 May 2021
Maharahara Summit
Report and pics by Shelly Francis

It was the first day of May, blue sky, mild temperature in town and after a coffee fix Warren, Robyn, Mary and I were ready to head out to the track. Unexpectedly when we arrived there was a strong southerly sweeping through around the Pohangina Valley. We layered up and we were off.

Warren was the leader and used his memory of five years ago approx. as his compass. It was great listening and observing how he analysed along the way we should have taken another path but he still got us up to the starting point anyway and up we went, literally.

Most of the track is enclosed, damp, cold and mainly steep. Fortunately the steep areas were keeping us warm on the way up as it was overcast and there were pockets of cold breezes. We stopped twice to catch our breaths, had a bite and drink but Mary was like an energizer bunny who could have kept going and going non-stop.



Yet nothing of this mattered to any of us, the track from the bottom to the top was picturesque. It is a mystical track that can allow yourself to be in your own space of tranquillity. Such beautiful growth of rimu, mountain totara, kawakawa, horopito, mountain orchids and different types of ferns until we reached the last four hundred metres where the leatherwood plant took stage. Halfway up we were joined by tui, fantails, kereru and silvereyes. Robyn crouched at one point with

her hands on her head as a kereru swooped past so close and nearly took her out.



We reached the summit at approx. half twelve and it was a climb to get there for the last hundred meters but it was worth it. After lunch as we left the sun came out for us and it was straight down because we were on a mission. On the way down, to our surprise, we passed a solo trumper Ben who was on his way up. It's not a track that is sign posted on the road or easily found past the paddocks so was surprising to find another trumper and it's not a track for beginners. We stopped off for a quick drink around two o'clock and discussed how minimal the resources are to find a dry patch on that track if ever needed for survival because of it being a damp, cold and enclosed environment.



It was homeward bound from there and we got to the bottom at approx. half three. Then it was zig zagged down the paddocks towards our vehicle with the solo trumper Ben meeting up again, he'd already made it to the top and back.

Being my first tramp with members of PNTMC it was nice being with a small supportive group. We were able to both walk in silence at times while learning so much from Warren and Robyn about the bush, witty banter and laughter while being fortunate to be given great tramping advice. This certainly has given me an appetite to tramp more and explore this beautiful nature we have.

We were: Robyn, Warren, Mary and Shelly



Shelly, Mary, Warren and Robyn lookout from Maharaha. Photo: Warren Wheeler.

6th May 2021: theory
8th May 2021: putting theory into action
Navigation training
Report: Kathy Corner

This navigation event kindly led by Chris Tuffley started with a 2hour workshop on the Thursday night. With a detailed handout we learnt about different scales of Topo maps, contours and contour intervals and grid references (essential if you are giving your location to emergency services, that is if you know where you are!!) Next, we learnt about compasses. This was the part I needed to practice. We learnt about taking a bearing and following a bearing. I learnt new word "bezel" (the bit you turn on the compass) and the

difference between magnetic north and grid north.

Next came the time to put all this theory into practice. Nine of us met at the end of Poad Road in Levin. Chris made sure we all had a compass and Topo map of the area and we started practising grid bearings and taking a bearing Our first bearing was to focus on a pylon on the top of the hill - we all ended up with slightly different results. We headed into the bush armed with our map and compass in hand, heading for a track junction followed by a bridge.

Our next task was to climb up to the high point of 295. We all took our bearing and headed up the hill taking it in turns to lead. As luck would have it, we followed an old trap line instead of having to bush bash, spying the odd pink ribbon now and again. We finally all agreed we had reached 295 and then some of us checked our apps on our phones to see if we were right and we were. En-route Chris, Kirsten and Stephen were busy recording the birds they saw and heard - quite impressive that they recognise instantly so many bird calls. Chris taught us a bit about the apps on our phones after lunch.

A democratic decision- go back the same way or follow the trap line. We followed the trap line until it reached the TA trail track More decisions follow the track down the Ohau Gorge or opt for the quicker less steep route. We opted for the Ohau Gorge although it was a close call Chris set up his tripod by the river and captured a great group shot. We got back to the cars a lot later than intended but did not need our head torches (which we were meant to have bought!) It was a great day out and I am sure we all learnt a lot. Now we have to practise. Thanks again to Chris for organising it.

We were Chris, Monica, Megan, Kirsten, Stephen, Dieter, Roy, Michelle and Kathy.



Group shot at the end of the Navigation day.
Pic taken by Chris Tuffley

The Green Space

This Green Column is a way of keeping the 'Carbon Footprint' discussion progressing. Members are invited to send in comments – we welcome your ideas, concerns, suggestions to mitigate our carbon footprint, etc. Below are two Club members' thoughts on the Carbon footprint issue and the Club's responsibility.

My Carbon footprint – my responsibility

Yep, I do feel a responsibility to my grandchildren for reducing my carbon footprint. Are we not all responsible as individuals to do our bit? But I think each of us has to make the decision as to what 'our bit' is. For me, I want to do my bit while continuing to enjoy the lifestyle to which I have become accustomed. Selfish? Maybe.

So, I do think about my fuel consumption - and for me that includes opting to walk to Club nights, and carpooling to get to a tramp. I think about my clothing choices – and for me that means opting for sustainable clothing and washing less often. I think about my food choices - and for me that means not eating much meat.

So, yes, I do want to do my bit, but I don't want the tramping Club interfering in my choices!

What can the Club do about our Carbon footprint?

Here's some ideas that I reckon the club could investigate:

- run conservation type trips – maybe one each month.
- subsidise stoat trapping in our area.
- organise rubbish clean-ups.
- collect used gas cannisters and batteries at club nights and then recycle them.

You can recycle your food pouches

Back Country Foods have joined the Soft Plastics Recycling Scheme so used pouches from Back Country Foods are now able to be recycled and made into useful things like farm posts.

How to recycle Back Country Cuisine pouches:

1. Pack your used Back Country Cuisine pouches out of the bush.
2. When you get home wash and dry your pouches.
3. Drop your clean and dry Back Country Cuisine pouches into the Love NZ Soft Plastics Recycling bins.

The Soft Plastic Recycling Scheme collects from selected retail stores in Auckland, Waiheke Island, Northland, Waikato, Bay of Plenty, Taranaki, Christchurch and Wellington regions (not Manawatu as yet). The Soft Plastic Recycling bins are available for use at a number of Countdown, The Warehouse, New World, Pak'nSave stores and other locations.

Trip card – latest information on trips for July 2021.

Go to www.PNTMC.org.nz for details.

July 2021				
Date	Trip	Grade	Leader	Phone
3-4				
4	Beach walk	All	Janet Wilson	329 4722
10-11				
10	Wellington skyline walk	M	Anne Lawrence	357 1695
17-18				
18	Atiwhakatu Hut	E	Warren Wheeler	356 1998

Recipes

It's feijoa season again so here are two recipes that makes good use of them.

Banana feijoa bread

The banana seems to balance out the feijoa taste – even avid feijoa-avoiders like this loaf!



Ingredients:

- 1 ¼ cup gluten-free flour
- ¼ cup ground almonds
- 2 tablespoons LSA
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 2 ripe bananas
- 6 feijoas, pulp only
- 2 eggs
- ¼ cup milk
- ½ cup brown sugar
- Optional: ¼ cup crystallised ginger (chopped finely)

Instructions:

1. Mash bananas and feijoas together
2. Add eggs, milk, and brown sugar. Beat well.
3. In a large bowl combine dry ingredients. Fold wet mixture into dry ingredients and mix until evenly combined.
4. Spoon mixture into lined loaf tin and sprinkle crystallised ginger over if using.
5. Bake at 180°C for 40 minutes.

Feijoa fruit Leather

The bananas and yoghurt add sweetness and body, and the feijoas provide flavour.



For about three trays of fruit leather, you will need:

- 6-8 good-sized and ripe bananas
- 250-500g plain unsweetened yoghurt, to taste. Less yoghurt for a sharper taste.
- 600g feijoa

Instructions:

1. Scoop flesh out of the feijoas and put into a blender.
2. Add the sliced bananas and the yoghurt, and blend, blend, blend. Depending on the size of your blender, you may need to divide this amount into a couple of batches.
3. Put a drying tray on the bench with its solid plastic inset in place. Pour the mixture around the tray, using a spatula to spread it evenly.
4. Place the tray on the drier and repeat for two more trays. Set the drying temperature at around 55C and leave it for about twelve hours.
5. When it is time to remove it, you may need first of all to run a round-ended knife blade around the edge of the tray to "start" the removal process. Once you have it free, roll up the leather into a cylinder and cut into 2 cm rolls. Place in a sealed plastic bag for storage.

Note: If you don't have a drier, you can dry the leather in the oven. Bake at 70C (140F) until no longer sticky (overnight works well).



PNTMC Newsletter

June 2021

- Keeping it Local: The Lower Ruahine Huts and High Points Challenge
- Janet Wilson awarded QSM
- Trip reports
- Upcoming events
- the Carbon footprint debate continues in the GreenSpace
- QSM awarded to Janet Wilson

Send articles to Michelle Benton,
the newsletter editor at pntmci@gmail.com



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