

UPCOMING CLUBNIGHTS

7.30 pm, 1st Tue of the month, Rose City Aquatic Club Rooms, 50 Park Road, Palmerston North

2 OCTOBER 2012 | 6 NOVEMBER 2012

New Members

All prospective members are encouraged to go on a club trip or attend a club night before joining. This is a great way to meet current members who can nominate you.

Prospective members must be nominated by a Proposer and a Secunder who are current MTSC members and have been so for at least one year. New memberships are usually confirmed at the next monthly committee meeting.

For further information or an application form please visit: www.mtsc.org.nz

Contents

| | | | |
|-----------------------------|----------|------------------------|-----------|
| Committee Reports | page 2 | Trip Reports | pages 4-5 |
| Club Nights & Notices | page 3 | Club Information | page 6 |
| Upcoming Trips | page 3-4 | | |

If you would like to receive your newsletter by email as a pdf in full colour rather than by post then please send an email request to editor@mtsc.org.nz. For change of contact details please email the club membership secretary at membership@mtsc.org.nz as well as copying the message to editor@mtsc.org.nz.

The deadline for newsletter contributions is @ the 1st week of the month. Please include a date with trip reports & images. Photos are welcome and will be included where possible - remember to include an appropriate caption for the photo, including names of people.



Track to Sunrise Hut. Image R. Watts

October 2 – Interclub Quiz is hosted by our club this year and we are looking to our members to come along and give a good account with the competition likely to be stiff from the young upstarts and purists... it should be a good night, so keep the date free.

COMMITTEE REPORTS

PRESIDENT'S REPORT LINDA CAMPBELL

president@mtsc.org.nz
PHONE (06) 323 3836



So, you are active, you are fit, you eat well so it stands to reason that you must be healthy. And it can look that way but...

Not so long ago we had two club members in Palmerston North hospital at the same time. Both I'm guessing in their late fifties, fit, active etc. It appears 'indigestion' had been a bit of a problem leading up to their hospital stays. The 'indigestion' turned out to be heart disease. For one of these men it was the second time they had had this problem, they took their medication as prescribed so... ..both men had a trip to Wellington Hospital. The one with the history came back with a stent and the other with a bypass. It makes one think about how things may have been different had they been in the back country somewhere and what one should do if a party member becomes ill while out in the hills.

It is a good idea for more than one member of a party to know what to look out for and what to do. I knew little about heart attacks so a quick look on the internet for information was needed. Chest pain is the most common symptom of a heart attack. Pain may also be felt in the arms, shoulders, neck, teeth, jaw, belly or back. The pain can be mild to severe and it can feel like a tight band around the chest, bad indigestion, something heavy sitting on the chest, squeezing or heavy pressure. The pain usually lasts longer than 20 minutes and symptoms may go away and come back. Other symptoms can include anxiety, coughing, fainting, light-headedness, dizziness, nausea or vomiting, palpitations, shortness of breath and sweating. The elderly, people with diabetes, and women may have little or no chest pain but they may have symptoms such as shortness of breath, fatigue & weakness. Whilst having a heart incident in the back country is not good and has its challenges carrying chewable aspirin, nitroglycerin spray if the patient has one and a PLB (one is available in the club van or from our gear custodian) may increase the chances of a more positive outcome depending on the severity of the heart attack. The good thing is that having a heart attack doesn't necessarily mean you cannot get back into the hills but it does mean the need to take care and to listen to your body is higher. Wishing you good health, enjoy yourselves in the hills but take care out there. Linda.

First Tracks - Ski Captain Howard Nicholson

The lucky few who took advantage of the lodge over the last school holidays scooped the best weather and the best snow of the season so far. As I write this, there is beggar all snow left on the skifields and we are hoping for a decent cold snap to set things right again. When it does come right, make the most of it while you can. Having a lodge on the mountain makes a skiing holiday or short break easy to organise and very cost-effective.

Ex-President living it up large at lodge - to be questioned soon.

It's commercial time, folks, with apologies to the non skiing fraternity. Last weekend had superb weather and fantastic snow but the lodge was only half full! We had several runs out Black Magic and more down the west quad and most of the time the queues didn't go past the lines. You cannot quite ski to the lodge but it's currently surrounded by snow. How about booking yourselves a great time? Bring the neighbour too? Mary and I look forward to your emails! While I am bugging you the next club night is the interclub quiz, which we are hosting, this coming Tuesday. More details on the [website](#). Come along and uphold our honour, or at least join my team so I've got half a chance.

Ski Lodge Manager - John Lyttle

It is my privilege to take over as lodge manager and thank you to those who supported me in taking over this position from Ryan Badger. Also thanks to those who attended the recent food carry/work party. As you that use the lodge know, Ryan and Rob (and others) have totally transformed the bedrooms by relining them, fitting new beds, mattresses, and heat pumps and while the focus over the previous years has been on the interior my focus over the next 12 months will be to repaint the exterior to minimise any further deterioration. I am also researching the possible upgrading of the thermal resistance of the building to increase the internal comfort levels and minimise heating bills. I will be looking at this by creating a long term maintenance plan. If there are any items that you think need to be addressed in relation to the physical building please email me at johnmiltonlyttle@gmail.com as I will also be creating a wish list over improvements. I am planning to have two work parties to get the painting done and would appreciate you emailing me your interest in attending the dates of **17-18 November 2012 and 16-17 February 2013**. Painting is weather dependent so if the weather is bad on these dates we will look to postpone it out to the next weekends. Painting skills an advantage but we would appreciate any able bodies who are willing to help out. I will get in touch with you all that respond with the finer details.

CLUB NIGHTS & NOTICES

Members may be interested to know that RAL have created Indicative Development Plans for Whakapapa and Turoa. This is in response to consultation with DoC and links are on the RAL website under RAL-the-company.

<http://www.mtruapehu.com/winter/RAL-the-company/>

example. Go to the website, enter in the search box (at top right) "Forks hut" & click the "Aerial" button to get an idea of the clarity. There are two layers of resolution - it gets sharper as you zoom in. For greater clarity, the green shaded overlay which indicates Public Access can be removed by clicking on "Map Layers" at left, and unchecking the box "Public Access Areas". DOC tracks can be added by checking the box "Tracks and Access Points". Pan to the area between Forks hut and TeRakehou hut, zoom in & you will see several areas of storm damage with flattened trees showing quite clearly. In many places formed tracks now become visible on close-up viewing where on previous photography there was no indication of a track. Example: Look to the South-west of Whaingapuna Trig towards Piripiri hut.

The Public Access Overlay shows every route open to public access including unformed legal roads (often referred to as "paper" roads). Take a look at the extension of Loveday Rd & you will see that it continues across farmland to the Ruahine Forest Park boundary. Make sure you have the "Public Access areas" box checked to see this. This kind of information was not so readily available in the past.

The other area of development of great interest will be the ability to upload your own track and waypoint data in GPX format and have it overlaid on either topo maps or aerial photos. There will be provision to add appropriate track descriptions so that other trampers can make use of lesser-known tracks. This part of the development has just been made available to eight "partners" throughout N.Z. for thorough testing before it goes live for general use.

If any trumper would like an early look at the system and help with suggestions for improvement please contact me, **Merv Matthews, 357 2858.**

WAMS Website Development

The Walking Access Commission has made significant advances with its Walking Access Mapping System - www.wams.org.nz One of these is regular updating with the latest high-definition aerial photography in colour. Take a look at the latest aerals for the Ruahines for

Double billing on November clubnight - Jean Garman & Adam Matich



Jean Garman in the South Island.

Jean Garman will talk about a week-long tramp, involving both on and off track sections, to the south of the Lewis Pass Road. This is another area with a wide range of tramping opportunities, something for everyone from gentle to challenging.



Adam Matich will talk about 2 weeks spent in Arthur's Pass National Park. Two day trips, two overnights, a multiday trip & tiring shopping expeditions in Christchurch &

Greymouth were enjoyed. As far as tramping is concerned, Arthur's Pass has potential to keep trampers of all grades occupied for many weeks.

UPCOMING TRIPS

Trip Intentions:

The club has an email address for leaving trip intentions: intentions@mtsc.org.nz

Intentions sent to this address will not be acted upon UNLESS a party is reported overdue (e.g. by a family member, flatmate, friend, etc.). The email should include: a list of participants and their contact details (e.g. mobile, contact person phone number); a brief description of the intended route/destination; starting point (e.g. name of road end); start date; date/time due out; vehicle rego; and any other relevant details.

The email is sent to several MTSC members. This information will be provided to LandSAR only if the party is reported overdue.

Trip List

| | |
|---|-----------------------|
| 03 Oct (Wed) Ian Alve | 356 3123 |
| 04 Oct (Thu) Paul Carroll | 021 02586052 |
| 6-7 Oct Snow Camping Peter Rawlins | Technical 356 7443 |
| 7 Oct (Sun) Gorge Walk, Ken Mercer Ken Mercer | Easy 359 7497 |
| 10 Oct (Wed) Jerry Tanguay | 356 9973 |
| 11 Oct (Thu) Carolyn Brodie | 358 6576 |
| 14 Oct (Sun) Rimutaka Summit Track Adam Matich | Medium 3592796 |
| 17 Oct (Wed) Margaret Gillingham | 356 8812 |
| 18 Oct (Thu) Hugh Wilde | 356 9450 |
| 20-22 Oct Kaimais Mark Learmonth | Medium 355 9143 |
| 24 Oct (Wed) Anne Rush | 357 2529 |
| 25 Oct (Thu) John McLeod | 323 5785 |
| 28 Oct (Sun) Ngawhakarara, Tararua FP David Harrington | Fit 06 839 5766 |

Trip Preview Rangiwahia Hut, Sunday 4 Nov

This lovely walk is suitable for the family. It is a trip to bring the children or grandchildren on. The plan is to follow the well defined track that goes to Rangiwahia Hut which is situated above the bush line on the Whanahuia Range. We will have lunch before returning the way we came. Linda Ph 027 333 4493,

Trip Preview, October 19 - 22 Kaimai Range Labour Weekend Medium Mark Learmonth

Our intention is to have a look at the middle section of the Kaimai Mamaku Forest Park . Starting at the end of Wright Road located off state highway 2 north of Tauranga and finishing at Lindemann road north of Katikati , visiting and staying at Kauritatahi & Te Rereatukahina huts. One interesting section I believe has a number of rocky outcrops with some steep ascents & descents including a 9 meter vertical ladder. As the range is narrow weather permitting we should get some wonderful views across the Waikato & Bay Of Plenty regions .

Transport arrangements will be arranged closer to labour weekend when numbers are known. Interested I can be contacted on 3559143 or 027 2004960

PREVIEW: 14th Oct Rimutaka Summit Track -Medium Adam Matich 359-2796

This will be a trip of discovery as I have never been on this track and don't know anyone who has. It is a distance of around 15 km, mostly downhill, and the track starts from the summit of the Rimutaka Hill Road, where the public toilets used to be. The track heads north and eventually ENE along the tops through Mt Frith towards the Tauherenikau River and down to Bucks Road which is the Wairarapa end of the track around 8 km NE of Featherston. We will need a vehicle at each road end so we can go all the way through. On the TopoMap part of the way is shown as tramping track and the rest is a 4WD track that services the electricity pylons.

Trip Grading

The times listed below include tramping, rest & stops. In assessing the trip times & guides, terrain, weather & party fitness (which is as fast as the slowest member) must be considered. Consult the trip leader if you are unsure about the trip grading for a particular trip.

| | |
|--------------------|--|
| FAMILY | All welcome, casual pace, any age |
| EASY | 4 hours per day, pace slower than Easy/Med. Does not relate to terrain |
| EASY/MEDIUM | 5 hours per day at a pace slower than Medium |
| MEDIUM | 7 hours per day at a standard walking pace |
| MEDIUM/FIT | 8 hours per day at a pace faster than Medium |
| FIT | Over 8 hours per day at a pace faster than Med/Fit |
| TECHNICAL | Qualifying requirements to be announced by the trip organiser |

Weekday trips generally range between Easy & Medium/ Fit, so call the leader for details on these to plan a daytrip to suit your preference & ability.

TRIP REPORTS



Posing Kaka. Image A.Matich

Entry onto the sledge track from South Ridge Road. Image A. Matich



Pukeatua Track (Part of the Te Araroa Trail) 1st July.

We didn't have the time or energy to do this in both directions, so we dropped one vehicle off at the end of North Mangaone Rd & drove around to the end of Otaki Gorge Rd where we commenced our tramp on the Fence-line Walk Track. It was a calm frosty morning, but the 300m climb (40 min) warmed us up. From there on, it was a fairly gentle climb of 350m (over 4km) to reach Pukeatua Peak. All of the track is well marked and easy to follow, although a lot of it is in regenerating forest so is not very exciting. However, after the peak the forest started to look a bit more natural. Pukeatua peak was reached in 2 ½ hours and it was calm enough for us to have lunch in the sun. There was a touch of snow in sheltered spots and the frost never thawed. David was happy to find his length of pipe marking the high point. Another one knocked off!!

After lunch it was mostly downhill to the southern end of the Mangaone Walkway. On the way we spotted a hunter's trail we suspect heads off towards Kapakapanui Hut, a route for a future day trip. The southern end of Mangaone Walkway was pleasant enough, but the northern end was semi-derelict farmland and a lot of road walking. Only once! We made it back to the car after a 6 ¾ hour day and then drove back around to Otaki Forks to pick up the other vehicle.

We were David Harrington, Jason McKinley, Jean Garman, Adam Matich, Jenny McCarthy, and Maren Domke.



You can't see me hiding behind this tree. Image A. Matich

Atiwhakatu Hut, Sunday 2 September by Linda Campbell

This easy trip was advertised as a family trip and we did have one family along. I'm not sure if that really counts though as the family was Tim Swale and his two adult sons along with Monty the dog. Ian Algie also joined us on this lovely walk. It is about 17 months since I last walked that area of the track and there were some surprises. Firstly it was great to see new toilets in the Donnelly Flat area. This area is well used in summer and also for the Duke of Edinburgh training weekends and I must say a better toilet was long overdue. Other changes noted included the work done around Holdsworth Lodge, one bridge being taped off so one must go down the bank to cross the stream instead and a bit further along the track there is no longer a bridge where there once was. In its place there is a huge river of debris with the remains of one post still visible. The damage to the bridges was due to the bad weather in March this year. After a pleasant walk with a bit of geocaching along the way we arrived at Atiwhakatu for lunch. We had a pleasant walk back with a spot more geocaching. It is a good walk for anyone getting back into tramping, starting out in tramping and for children. In fact going on the number of people we saw along the way it is a very popular track.

Sunrise Hut 13 September (Thursday tramp) by John Thornley

There was nothing unlucky about this day! It may well be the last tramp in the snow for the Thursday group this year. Fourteen of us all reached the hut, and eight of us braved the Nor'westerly gales to reach Armstrong Saddle. It was a magical day otherwise: sunny throughout, and snow on the second half of the track, after the Junction turning left to the Waipawa Saddle or right, on up to the Sunrise Hut. We welcomed Ann Green back. After a major operation she had not been active with the group for some time. Her success in reaching the hut was one item off her bucket list! Russell Watts, a new member to the group this year and another fine photographer to add to our impressive lineup of camera artists, circulated a photographic record of the day.

CLUB INFORMATION

Annual Hut Passes with FMC discount

An Annual Hut Pass is reduced to \$85.60 with your Federated Mountain Club (FMC) card discount. For further information or for the forms to complete contact Jean at jeanandivan@value.net.nz or call (06) 354 3536.

Accommodation at the MTSC lodge on Mount Ruapehu

The lodge is close to Iwikau Village, has mains power, heating, hot showers and is well stocked with food. Members and their guests are welcome. (Lodge phone number is (07) 892 3860).

Lodge bookings should be emailed to Liz and Hugh Wilde lodge.bookings@mtsc.org.nz. If you cannot email, please phone (06) 356 9450. To confirm your booking, payment must be made in advance by cheque, or cash (in person) to 179 Cook St, Palmerston North 4410. Internet payment is not available for lodge fees.

| | Members | Guests |
|---------------------|---------|--------|
| Adult | \$30 | \$45 |
| Secondary School | \$25 | \$40 |
| Primary School | \$20 | \$35 |
| Pre-school (3-5 yo) | \$10 | \$10 |



Sunrise Hut. Image R.Watts

Booking and use of the MTSC Van

The normal run-of-the-mill things you need to do if using the Transit Van are:

1. Book preferably by Thursday, and certainly no later than 6 pm Friday.
2. Cancel bookings by these times so others needing the van have time to amend travel arrangements.
3. A fly should be carried on every tramp, there is always one in the passenger door of the club van and they are available from the Gear Custodian at no charge. There is a Personal Locator Beacon, in the glove box, for people using the van to take with them.

Trip leaders and those planning trips should use this club asset. Ken and Mary Mercer are interim minibus custodians and can be contacted at (06) 356 7497.

Club Equipment

We have two personal locator beacons (PLB), packs, 2 and 3 person tents, fly-sheets, snow mats, sleeping bag cover, gas cookers, size 8 and 9 boots, billies, two bivvy bags and two big tent flies. Ice axes, crampons, and helmets are also available. Food Dehydrator: ideal for drying large and small quantities of fruit, vegetables, and meat for tramping trips. Easy to use, works well, and is available for hire from the Gear Custodian. Hire cost for members, \$1 per day (no charge for PLB). Contact the Gear Custodian: Peter Rawlins on (06) 356 7443.

Club website | www.mtsc.org.nz

This includes a list of contact details and a club email address. Back issues of Beechleaves can be found on the site and it is updated regularly with new information.

The club webpage is maintained by Howard Nicholson and is kindly hosted by **InSPire Net**, a locally based company.

People to Contact

If you would like to contact the club with general inquiries, please write to MTSC, P.O. Box 245, Palmerston North and it will reach the appropriate person.

If you want a particular topic discussed at Committee meetings, this is a good way to go about it.

Alternatively an email to the below addresses will suffice.

MTSC 2012-13 Committee

| | |
|-------------------------------------|--|
| President Linda Campbell | 06 323 3836 |
| | president@mtsc.org.nz |
| Secretary Tim Swale | 06 376 6556 |
| Treasurer Arthur Flint | 06 356 7654 |
| | treasurer@mtsc.org.nz |
| Chief Guide Ken Mercer | 06 356 7497 |
| Day Trip Convenor Bev Akers | 06 325 8879 |
| Membership Judy Swainson | |
| | membership@mtsc.org.nz |
| Newsletter Editor Tim Tyler | editor@mtsc.org.nz |
| Social Convenor Bob Hodgson | |
| Ski Captain Howard Nicholson | 06 357 6325 |
| Lodge Manager John Lyttle | |
| Lodge Bookings Hugh & Liz Wilde | 06 356 9450 |
| Mini-Bus Manager Bev Akers | 06 325 8879 |
| General Committee | |
| Royce Mills, Bev Akers, Ryan Badger | |