

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



NEWSLETTER

12/78

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Membership Enquiries:	John Williams,	84-925
Newsletter Editor:	Gill Davies	79-733
Gear Custodian:	Tim Short	75-038
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Kevin Pearce,	Home	70-217 Work 74-129
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Russ Johnson,		87-777 78-581
N.B. <u>Work numbers are for emergency use only.</u>		

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PLEASE NOTE CLUB GEAR

WOULD THOSE WHO STILL HAVE CLUB GEAR, I.E. BILLIES, BILLY BAGS ETC., PLEASE RETURN THEM IN A CLEAN CONDITION, PRONTO, TO THE GEAR CUSTODIAN, TIM SHORT, 38 BURNS AVE., AS THEY ARE REQUIRED URGENTLY BY THE CHRISTMAS TRIPPERS!!!

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COMING EVENTS

ALL TRIPS LEAVE THE "SUPERSAVE" CAR PARK, FERGUSON STREET. IF YOU WISH TO GO ON A TRIP ADVISE THE LEADER AT LEAST THREE DAYS IN ADVANCE.

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NOTE: NO DECEMBER CLUB NIGHT.

20 – 22 January ANNIVERSARY WEEKEND – KAIMANAWAS

Stephen will be fresh back from his South Island trip and keen to do something new in this area to the East of the Desert Road. (Maps NZMS 1, N112 & N113).

Names to:	Stephen Moore, ph. 81-699.
Grading:	Medium & F.E.
Cost:	\$7.00
Depart:	6.00 a.m. Saturday.

26th January CLUB NIGHT – INFORMAL

An informal evening with no arranged programme. A slide projector will be available for use after dark. Come and show off your suntan or broken bones etc.

At the Society of Friends' Meeting Rooms, 227 College St., P.N. at 7.30 p.m.

Thursday. All welcome.

SUPPER DUTIES: Gill Davies, Debby Milne, Mark Elvins.

27th – 28th January FULL OTAKI

The event of the year! (week?) This trip will follow the course of the Otaki from its very headwaters down through its gorges to Otaki Forks. Compulsory swimming is involved. (Map NZMS 1, N 157).

Leader: Trevor Bissell, ph. 73-543
 Grading: F.E.
 Cost: \$4.00
 Depart: 7.00 p.m. Friday Night.

1st February COMMITTEE MEETING

At Kevin Pearce's, 7 Tern Place, commencing 7.30 p.m. Thursday. The last meeting of the financial year.

3rd – 4th February MAKARETU RIVER – POHANGINA SADDLE

A pleasant river trip in the Eastern Ruahines. (Maps NZMS1, N 140 & N 145).
 Names to: Kevin Pearce, ph. 70-217
 Grading: Easy
 Cost: \$3.00
 Depart: 6.00 a.m. Saturday.

4th February MAKARETU RIVER – HAPPY DAZE HUT – MARARETU HUT

A pleasant and easy trip suitable for family groups and beginners. Those who want something tougher can have it (Map NZMS 1, N 145).
 Names to: Kevin Pearce, ph. 70-217
 Grading: Easy
 Cost: \$2.50
 Depart: 7.00 a.m. Sunday.

10th – 11th February HIKURANGI RANGE – KAWHATAU RIVER

A trip combining both tops and river travel in the Western Ruahines. (Map NZMS 1, N 140).
 Names to: Ian Hoare, ph. 67-743
 Grading: Medium
 Cost: \$3.00
 Depart: 6.00 a.m. Saturday.

17th – 18th February POWELL HUT – DORSET & PINNACLE RIDGES

A hard Tararua trip for hard persons. (Map NZMS 1, N 157).
 Names to: Trevor Bissell, ph. 73-543
 Grading: F.E.
 Cost: \$4.00
 Depart: 6.00 Saturday.

18th February POWELL

It gets hard to think of something interesting and useful to say about each trip. This trip is starting from Holdsworth Lodge near Masterton. The rest of the trip will depend upon the weather and people.

Names to: Trevor Bissell, ph. 73-543
 Grading: Easy
 Cost: \$4.00
 Depart: 7.00 Sunday.

22nd February CLUB NIGHT – BARBEQUE

Details next newsletter.

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THIS LAND IS OUR LAND

WALKWAYS

Copies of a booklet "N.Z. Walkway Commission: Its functions and plans" are available from Lands and Survey offices. Fourteen stretches of walkways have already been formed, most taking up to half a day to cover. They are designed for the use of the general public and have the usual rules of No fires, firearms, dogs or litter. The only walkway in this area is the 7.5 km Colonial Knob walk.

HIGH ENERGY RECIPES for people going on long hard trips in the near future.

1. JOHN WILLIAMS CHOCOLATES

Mix together 1 cup icing sugar, 3 tablespoons of cocoa, 1 heaped cup skim milk powder. Add vanilla essence and 500 g melted Kremelta.

Mix well and press into tin. Cut when cold and keep in fridge. Makes 600 g. for \$1.40.

2. DAVIES DAINTIES

Melt 200 g. butter, 2 tablespoons, brown sugar, 2 tablespoons syrup or treacle. Stir in 3 to 4 cups rolled oats, 1 cup cornflakes, nuts if available. Press into tin and bake at 350° for 30 mins. Cut when hot.

3. ALL BRAN LOAF (from Tararua Trampler).

Mix together 1 cup All Bran, 1 cup Sultanas, 1 cup sugar, 1 cup milk. Leave for an hour, then add 1 cup flour, 1 teaspoon baking powder. Bake at 350° for about 1¼ hrs.

BUSH REMEDIES

Many native plants have antiseptic properties so after a confrontation with Bush Lawyer or a fall with bloody results use damp moss - the deep absorbent kind - it is mildly antiseptic. So also is the bark of Miro, Manuka, Makomako, Kowhai, Kahikatea, Rata and Rimu which need to be steeped in boiling water and the liquid used for bathing. The same results can be obtained using leaves of Karaka, Kawakawa, Kowhai, Wineberry, Rimu, Cabbage Tree, Tutu, fax, Horopito, Rangiora.

Save expense, don't buy your 1st Aid kit, go out and find it.

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NOTICES

1. NEW MEMBERS

- John (Aus) Patterson, 7 Abraham Cres., P.N. ph.76624.
- Marty Robyns, F4/47 Albert St., P.N. 86-339
- Nick Bishop, 24 Rainforth St., P.N. 72-777

A warm welcome to the P.N.T.M.C.

2. If anyone is interested in Venturetreks trips I have a brochure - Gill,79-733.

3. For vandal-free car parking at Kaitoke ring Russell Hilton 267-338. He owns the Kiwi Ranch and for \$1.00 has kindly agreed to let trampers leave their car on his property. Take the second gateway on the right past the last small bridge and drive 1 km. up the road to the camp.

4. In January, 1979, the Forest Service will remove mid Otaki Hut and relocate it at Andersons. This manoeuvre will take about a month to complete, so during that time take your own accommodation into the area.

5. The following address may be of interest to some members. (Phillip has been on a number of recent trips with the Club).

Dr. Phillip Dawson,
13 Delhi St.,
Bentleigh, phone 557-4693
Victoria 3204,
AUSTRALIA

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PAST EVENTS

25th - 26th October KIRIWHAKAPAPA - COW CREEK

The trip left at 8.00 a.m. not because of late nights, parties-the-night-before or other civilized things but because it was election day and booths didn't open until 9.00 a.m. We had a brief stop in Eketahuna so that some of the party could vote and arrived at the Kiriwhakapapa road end soon afterwards.

Perhaps the late nights left their mark after all because the first half of the trip which was all up hill took some time. However, we had a pleasant lunch stop at Blue Range hut and arrived at Cow Creek hut in time to put up the fly and cook tea before slight rain and darkness fell. Paul and Margaret made the most of the cage and crossed the Waingawa the dry way thanks to Keith's strong right arm. Gill and Keith settled for getting their feet wet.

During the night some enterprising possums consumed a packet of bread depleting somewhat the next day's menu. We varied the return trip slightly by going via Cow Saddle. The bird life was interesting and in addition to several more common varieties we saw a long tailed cuckoo and a few parakeets.

On the final downhill we took an alternative track which soon disappeared so we had a pleasant 'no tracks' end to the trip. Finally we boiled the billy and lay in the sun for an hour before going home.

On the trip were Keith Millar, Margaret Smith, Paul and Gill Davies.

18th – 19th November MITRE PEAK

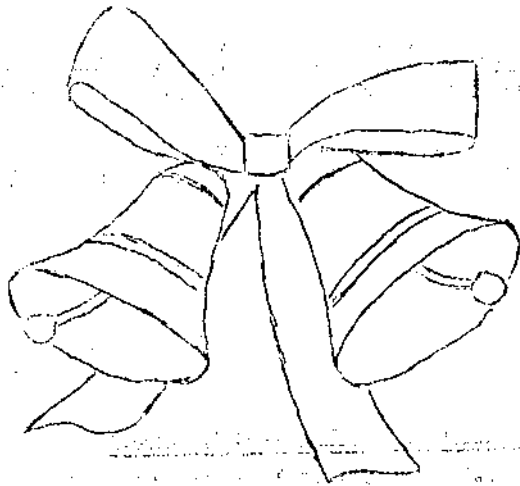
The weather was cloudy but fine as we left the cars and in high spirits headed for Mitre Flats. We made good time along the track, determined not to be outdone by a group of school kids.

After having lunch at Mitre Flats Hut our objective became Mitre Peak. An exhausting climb made by five members was rewarded by occasional glimpses of the surrounding country and Simon's fire works display at the summit.

Returning to the hut we started settling for the night. Keith and Colin got to work erecting tent and fly in a pleasant campsite while the others lazily spread their sleeping bags over the hut's wooden bunk.

On Sunday we wanted to do something "different" so we decided on a rest day. The afternoon walk out was uneventful apart from Don walking through barbed wire fences and Colin cutting his foot while throwing fellow members in the Waingawa River. The presence of a nurse was very fortunate and she was put to good use.

Taking part were Keith Miller, Don Scott, Chantel Hewitt, Simon Reynolds, Owen Gurr, Debbie Milne, Jenny Smith and Colin Hoare.



A VERY MERRY CHRISTMAS TO YOU ALL, HEALTH, PROSPERITY AND GREAT TRAMPING IN 1979

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