



PALMERSTON NORTH TRAMPING AND MOUNTAINEERING CLUB INC.

P.O. BOX 1217

PALMERSTON NORTH

NEWSLETTER

November/December 1983

Secretary:	Nigel Seebeck,	ph 89-043
Membership Enquiries:	Nanette and Peter Clough	ph 61-271
Gear Custodian:	Philip Budding	ph 85-936
Newsletter Editor:	Lorraine Tremain	ph 61-769

ENQUIRES CONCERNING OVERDUE TRIPS

Catherine Farquhar Home	87-799	Work 76-651
Damienne Eder	71-785	
Nigel Seebeck	89-043	79-129

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. IF YOU ARE INTERESTED IN AN ALTERNATIVE DAY OR WEEKEND TRIP, CONTACT THE PERSON RUNNING THE SCHEDULED TRIP.

COMING EVENTS:

26 - 27 November – Armstrong Saddle, Ruahines

A popular area with the club. Come and see the new hut in Buttercup Hollow.

Names to: Lorraine Tremain, phone 61769
Grading: Medium
Departs: 6 a.m. Saturday

1 December – Club Christmas Dinner

This is our last formal Club night for the year so join us at the Chalet in Centennial Drive. Good food, good music and good company guaranteed. Friends and acquaintances welcome. B.Y.O. wine and smorgasbord dinner commences 7 p.m. Tickets \$12.00 per person are still available from:

Damienne Eder, phone 71785
Daryl Rowan, phone 70217
Barry Scott, phone 71731

2 - 4 December – Rockclimbing, Titahi Bay etc.

A good opportunity for a fun weekend at Titahi Bay and Bearing Head with possibly a Saturday night visit to the flicks. Beginners welcome, so come and have ago if you haven't tried rockclimbing before. Day trippers also welcome.

Leader: Nigel Seebeck, phone 89043
Grading: Open
Departs: 6.30 a.m. Saturday

3 – 4 December – Committee Meeting

To be held at Damienne Eder's place, 155 Heretaunga Street.

10 - 11 December – Christmas at Rangī

Another fun weekend, so dig out those Christmas decorations and fancy clothes, fill up the tucker box and come for an end-of-year celebration. It might be the last time in the old Rangī Hut. Some track and bridge maintenance will also take place.

Names to: Philip Budding, phone 85936
Grading: Open – there are many different routes to Rangī Hut
Departs: Whenever it suits you

15 December – Informal Club Night – Bicycle Rally

Bring yourself and your bike (10 speeds or single speed etc) for a pedal around with a difference, a bicycle rally. Partake and get lost and found?, or just come along for the "Ride". Supper as usual.

Meet at: 227 College Street, Society of Friends Meeting Rooms
7.45 p.m. Thursday

17 – 18 December – Otaki Forks – Neill Forks, Tararua

A chance to see quite a bit of the Tararuaas: Mt Hector, Winchcombe Ridge, Tararua Peaks and maybe even the Upper Otaki Gorge.

Names to: Daryl Rowan, phone 70217
Grading: Fit - Fitness essential
Departs: 6.30 p.m. Friday

NOTICES:

1. Anyone interested in local day trips, overnight excursions (tramping), cycling, rockclimbing etc. between Christmas and New Year contact Lorraine, phone 617691 who will put you in touch with other like-minded people.

2. Extracts from a recent Listener article entitled "In the Bush"

Dried Mexican Beans

(serves 6)

500g kidney or pinto beans
2 tsp salt
2 tsp chilli powder
2 tsp ground cumin
1 large onion, diced

Cover the beans with water. Bring to the boil, keep at boiling point for 10 minutes (to avoid any possibility of contracting gastroenteritis from the beans), remove from the heat and leave to stand for an hour, then bring to the boil again.

Lower the heat, add the salt, chilli powder and cumin and simmer for two hours or more until tender. Add the diced onion after an hour's cooking. Leave the lid off the pot for the last 30 minutes or so to evaporate most of the liquid.

Mash the beans with a potato masher or puree in a food processor, then spread out in a thin layer on two baking trays greased with oil (not butter). Place in an oven set at its lowest temperature (about 65°C) and use the handle of a wooden spoon to hold the oven door open a fraction so as to allow the air to circulate. Leave for six or more hours, until dried and brittle. Break up and store in plastic bags.

To reconstitute on the tramp, add an equal volume of water and simmer for 10 minutes. You can if you wish, add chopped salami to the mixture and take along ready-grated cheese to use as a topping. Serve with rice.

Dried Meat Sauce For Pasta

(serves 4)

500g lean minced beef
2 medium onions, diced
6 cloves garlic, crushed
salt and pepper
365g tinned concentrated tomato paste
2 tsp dried oregano
100g parmesan cheese

Fry the mince, onion and garlic without any oil for five minutes or so, mashing the meat with a wooden spoon until it is browned all over. Push the mixture to one side of the pan, tilt it, then spoon out all the fat which has collected (any fat left in the mixture will eventually turn it rancid). Unfortunately there will also be tasty juices mixed up with the fat, so make sure you buy lean mince to begin with. Add salt and pepper to taste, then stir in the concentrated tomato paste.

Spread the mixture out in a thin layer on a baking tray greased with oil (not butter). Place in an oven set at about 65°C and use the handle of a wooden spoon to hold the oven door open a fraction. Leave for six hours or so until it is dried and brittle, but do not over-dry or the tomato will taste bitter. Break up the mixture, add the crumbled oregano and store in a plastic bag. Grate the Parmesan cheese and pack in a separate plastic bag.

On the tramp, bring 6 cups of water to the boil and add 500g pasta (preferably vermicelli). Boil for about three minutes, then add the dried meat sauce and simmer, covered, about five minutes longer. Serve topped with the cheese.

TRIP REPORTS:

15 – 16 October Abort-a-Contorta in Tongariro National Park

11 club members travelled up to Ohakune on Friday night to take part in the pinus contorta eradication programme. After a rather cramped night in Mangawhero Lodge with a 19 strong party from Taupo, we were taken by a Park Ranger through the Kariori Forest to the work area on the boundary of the National Park. Rain set in for the day and, after a minimum of instruction, we set out to pull out, prune or prepare for felling all the pines we could find - with rather more enthusiasm than effectiveness! After a wet day's work the Ranger gave us a guided tour through the Kariori Forest before fixing us up with some luxurious accommodation behind the Ranger Station in Ohakune.

In complete contrast to the previous day, Sunday had clear skies and sunshine, and the work area offered fine views to the Kaimanawas and the summit of Ruapehu. Working more systematically, with chain-saws following up what axes and slashers couldn't cope with, our combined efforts made a visible impression on the pine population of a few acres before we headed for home around 3 p.m.

All in all most people seemed to enjoy themselves, despite earning a few blisters as mementoes. The large number of volunteer groups and the limited number of week-ends available means that most clubs only get one chance to participate each year, so it was gratifying for us to have at least one good day to get stuck into the trees. There wasn't as much chance to mix with the other groups as at first we thought there would be, but that didn't stop at least one of our party from 'sussing' out the Taupo talent!

Many thanks to Nanette Clough, David Colville, Andrea Forster, Patricia Eder, Colin Hoare, Michelle Hobday, Wayne MacPherson, Roger Redmayne, Lorraine Tremain, Peter Wiles.

Peter Clough

The Decline of Western Civilisation, Snow Caves, The Calorific Value of Liquid Fuels and Related Matters: Ruapehu, Labour Weekend, 1983

The trip list peaked at 9 names, and then decay to only 4 names. We left P.N. Saturday morning and after some difficulty with locked gates arrived at the Turoa road end in fine but deteriorating weather. We opted for a low altitude cave in view of the weather and begun tunnelling at about the height of, and a little west of, the top of the second ski chair lift. Rain began before we had finished our cave. The weather was rather poor for the most of the rest of the weekend and we spent quite a lot of time in discussions, heated and otherwise, passing the time in comfort of our snug and dry cave.

Subsequent research reveals that petrol, kerosene, diesel and fuel oil have very similar heats of combustion on a weight basis, as predicted from the fundamentals of chemistry. However as the density increases from petrol to fuel oil the calorific value also increases, on a volume basis. Kevin went skiing on each of the three days. David collected about \$5 in coins from little holes in the snow, scattered by skiers presumably. On Sunday afternoon we went for a walk up to the Turoa shelter.

Those taking part were: Kevin Pearce, Roger Redmayne, David Crawford and Michael Scheyvens.