

UPCOMING CLUBNIGHTS

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

4 JUNE 2013 | 2 JULY 2013



Jean & Mark at Cattle Crk hut, sunset. Image by A.Match

"Kathmandu to Everest"

Robert Bruce will recount his experiences in Nepal in 1973 when he was in a small team of NZers assisting Sir Edmund Hillary construct a school at Salleri. This illustrated talk will be given in the 60th year of the first ascent of Mount Everest - 29 May 1953. Robert will review the history of the Everest expeditions & the exceptional life & work of Sir Edmund Hillary. Robert Bruce is a retired veterinarian & widely experienced climber & trumper. He regularly tramps with the Wednesday trampers and is celebrated for carrying an ice axe & talent as a raconteur.

The Snow Men - Men Behaving Mildly

Epic descents... Exotic locations... Big budget... Actually, renowned film maker Mr W. Miller didn't return our call so we decided to make a movie ourselves. Join us on a ski tour to some spectacular South Island back country, and sample some club-field skiing along the way. This is back-to-basics skiing - no hype, just pure enjoyment of our fantastic back country. Find out who has "pow style", who got hurt, and why you should give a nutcracker a go. If we can all make it, the evening will be presented by Howie Nicholson, Ken Mercer, Peter Rawlins and Peter Bowker on 4 June



Pete 'Scarface' Rawlins shreds the pow at Mt Olympus. Image by K.Mercer

Contents

Committee Reportspage 2
Club Nights & Noticespage 2
Upcoming Tripspage 3

Trip Reportspages 4-5
Club Informationpage 6

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.

COMMITTEE REPORTS

PRESIDENT'S REPORT **LINDA CAMPBELL**

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



The year has gone past very quickly and with the AGM a few days away it is time to reflect on the last year. The committee worked hard to move our club forward and we now have our own Facebook page, and a very smart looking freshly painted lodge. At present committee members are working on a brochure for schools, a page spread in the Manawatu Standard and an article for the Walking Magazine.

I thank out-going committee members for their dedication and contribution to our club. Recently I was fortunate to have the opportunity to walk with both the Wednesday trampers (Waitahinga Trails) and the Thursday trampers (A Tararua Crossing starting at the Sledge Track). Not something I can do easily due to work commitments so it was rather special to be out mid week. I must say I thoroughly enjoyed both trips and the company of the other walkers. We are very fortunate to have great walks reasonably close to Palmerston North and people willing to lead the trips and drive our club van. Enjoy yourselves in the hills but take care out there.

CLUB NIGHTS & NOTICES

Tramping and Troponin: a salutary tale from Bob Hodgson

Recently I spent 24 hours in hospital under observation. How did that come about? My hospital stay started on the day after I had completed a tramp with the Wednesday trampers from the Coppermine Creak car park to and from Wharite Peak. On the day of the tramp I felt a bit "under the weather" but decided to do the full tramp in the hope and expectation that the exertion would make me feel better. I was slow going up to the extent that on arrival at the peak, the trip leader first asked me if I was coping, then when I replied that I was, told me that I needed to be quicker on the descent. She also suggested a short lunch and an early start. For the record, my GPS tells me that it took me three hours to reach the car park from the peak.

The following day I felt tired and slightly dizzy so I measured my blood pressure and found it to be elevated. Following a check up at my health center I was sent to the hospital for a blood test. I was subsequently recalled to the hospital for a further test and monitoring. 24 hours later I was discharged. So why was I recalled? I have past history and my blood tests had shown a substance in my blood to be slightly above the normal limit. The substance is called troponin and is normally found in the heart but appears in the blood following a heart attack. By a process called leakage it also appears in the blood as a result of heavy exercise. My discharge notes mention "likely troponin leak from recent tramping excursion". {As most trampers are aware the Wharite tramp involves a 600m climb.}

A Google search subsequently revealed that in a test involving tri-athletes, after an event, 96% showed significantly elevated troponin levels.

I have shared my experience for two reasons. To suggest that if you are feeling "under the weather" then moderate your exercise and to share my finding that tramping can raise your blood troponin levels above the diagnostic level.

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



UPCOMING TRIPS

JUNE Date	Trip	Club night 4th Grade	Leader	Phone
1,2,3	Urewera South West Trails Queen's Birthday	M	Mark Learmonth	355 9143
8,9	Roaring Stag Lodge	E/M	Bev Akers	325 8879
8 Sat	A-Frame Stanfield	M/F	Adam Matich	359 2796
16 Sun	Tokomaru River area	M/F	David Harrington	06 839 5766
15-16	Lodge food carry	Help	Howard Nicholson	357 6325
23 Sun	Kaiparoro airplane crash	E/M	Tim Swale	06 376 6556
29 Sat	Night time Rangī Loop	M/F	Jean Garman	354 3536

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.

June Date	Leader	Phone
5	Bev Akers	325 8879
12	Bernard Cobb	328 8088
19	Mona Webb	323 4212
26	Margaret Foot	357 8003

Trip Preview: Saturday June 8th: A-Frame & Stanfield

This is good winter day trip if it is not too wet as there is river travel. Even if it is blowing a westerly gale, the leatherwood on Takapari road provides shelter. We will start from the end of Tamaki West Road and head up to A-Frame hut, then along Takapari Road to the track that drops down to Stanfield Hut and out down the river, or on the Holme Ridge Track. The day should be around 7-hours in length.

Queens birthday weekend – Urewera south west trails with Mark Learmonth. Medium grade. Call him now to arrange a spot! 06 355 9143.

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.

June Date	Leader	Phone
6	Keith Fisher	357 1724
13	Royce Mills	355 8556
20	John Brock	329 4834
27	Gordon Clark	359 2500

TRIP REPORTS

25-28 April Matemateaonga Walkway, or "Seven Summits"

This was a combined club trip with PNTMC, organised by Martin Lawrence. This is a tricky one to organise, starting and finishing in such different places. We set off from PN at the leisurely time of 9.30am on Anzac day and drove in two cars (eight of us) to Stratford where we were welcomed by Dave and Carol Digby of Eastern Taranaki Experience. Dave drove us in his van a long way into the Taranaki back country to the start of the walkway at Kohi saddle and dropped us off. While we were on the track he arranged drivers to take our two cars to Pipiriki where we would finish. It was just a 1 1/2 walk to our first hut, Omaru hut, we arrived there at 4.15pm. The whole walkway follows a gentle ridge line, and the gradient is amazingly kind for a four day tramp. Originally a Maori track, it was cut and benched as a dray road by early settlers. All through this walk we continued to be amazed by the huge effort that must have been made to create this roadway. It was a 15 km walk the next day to Pouri hut, but this included a side trip to climb Mt Humphries (45 minutes up). It was well worth the scramble to see the expansive views from the summit, even though cloud prevented us from seeing Mt Taranaki and the central volcanoes. The Maori name for Mt Humphries is more appealing, Whakaihūwaka ("made like the prow of a canoe"). After lunch we took a second short side trip to find the wreckage of a topdressing plane that crashed in 1974. This involved a scramble down a steep slope below the track, and we managed to find some seriously mangled bits of plane. The wreckage was not found until 1986 and it was easy to see why. Day 3 was our longest walk (20km) but we continued to enjoy being immersed in beautiful native bush, lots of bird life, the easy terrain, along with perfect weather and many more views from the ridge line than had been expected. An early lunch stop was taken at the newest hut, Ngapurua, then on to our final accommodation at Puketotara hut. All the tramping groups we had met up with were here - 17 of us, and the hut sleeps 8! Fortunately some of us had tents and it was a particularly calm, mild night. The rest squeezed into the hut. We heard kiwi at night for the second time on the trip. The PNTMC trampers had another motive along the way. Following on from last year's successful hut bagging competition, they are now claiming any named summits in conservation areas. Including Mt Humphries there were seven named peaks close to the track, some easy enough to reach, others requiring some bush-bashing and climbing effort. They successfully found and conquered all these peaks. Warren Wheeler dreamed up a way to remember their names. He joined them up and after dinner he slowly

and melodiously sang them to the tune of God Defend New Zealand. A perfect fit, here is the list as sung: Whakaihūwaka, Otaruakeke, Ngapurua, Pipipi, Arawiri, Te Ahu, Ngatokorua.



Our group enjoying sunshine on the Bridge to Nowhere. Image R.Mills.

On day 4 it was just a one hour walk downhill to the Whanganui river where we were met on time by a jet boat taking us to the Bridge to Nowhere. Our driver and guide, Thomas, is a local Maori and his knowledge of the area and its history, plus his sense of humour, both enthralled and entertained us. After relaxing in the sun at the bridge we returned to the jet boat and were whisked down river to Pipiriki with one or two stops of interest along the way. Our cars were waiting for us and we were back in PN by 5.30 pm. Thanks to Martin for organising this trip and inviting us along. We really enjoyed the company of our fellow PNTMC trampers. We were Martin and Anne Lawrence, Terry Crippen, Warren Wheeler, Tina Bishop, Richard Lockett and Owen and Royce Mills.

If you are a leader, please note that it is your responsibility to log a trip report so the poor unfortunates amongst us who missed out on the fun can live vicariously through your writings/musings. Just email it to the editor@mtsc.org.nz or if you prefer, scribble it down on a handy note & get it to a committee member.

Lake Surprise Thursday May 2, by Hugh Wilde

Eleven of us set off for Lake Surprise, a venue we hadn't visited before on a Thursday trip. Lake Surprise sits on the south-west slopes of Mt Ruapehu about one half hour's walk above Mangaturuturu Hut, the joint Wanganui Tramping Club–DoC hut on the Round-the-Mountain Track. The hut can be easily accessed from Horopito, Whakapapa Village or from the Ohakune Mountain Road, the shortest route and the one we took. The weather was reasonable although there was a strong north-westerly blowing and the upper mountain was mostly in cloud. Little rain fell during the day, however, and it wasn't too cold despite the wind. About 90 minutes walking saw us across the mountain, down the cascades and at the hut for morning tea. After another half hour's walk we arrived at the lake for a quick look and photos, then headed back to the hut again as the wind hadn't lessened. The lake level was quite low after the recent drought and the muddy lake bottom showed many cracks as the lake margins had only just begun to refill. Despite only intermittent sunshine the lake was rather picturesque. The return walk back to the road took about the same time as the trip in, and as the wind still hadn't lessened we drove down to the lower car park to change into dry clothes, heading back to Palmerston North, arriving about 6 pm.

Waitahinga Dam 1st May 2013

Waitahinga Dam is a new track in the Wanganui area well worth a look at. For the last 18 months a group from the Wanganui Tramping Club have been working hard in the area of Junction Road Kai iwi (10 km's further on from Bushy Park) to form a series of trails . The main one is to Waitahinga Dam which was Wanganui's water supply from the early 1900's to 1990. The trail to the dam is an easy gradient with a variety of native bush large Rimu's and glimpses of Mt Taranaki .After the lunch stop at the dam there is a gradual climb to the quarry road which takes about 4 to 5 hrs .From here the faster trampers can do " The Chicken Run" which is a lovely 40 minute loop trail with lookouts with fantastic views on a good day.

27 Wednesday trampers recently enjoyed exploring the new trails and were lucky enough to have a lovely fine day with great views of Mt Taranaki and Mt Ruapehu. A big thank you to the drivers on the day Bernard , Bev, Anne, Linda, and Arthur.

4-5th May: Apiti Track to Cattle Creek

This trip crosses private land (in the Birch Whare site area) so it is a good idea to talk to the farmer first. The Apiti Track starts from the end of Ngamoko Road, and is mostly easy travel. After 3.5 hours we reached the track intersection from where we had a 250 m descent, on a good-quality track, into the Mangatewainui River.

Travel down this modest river was trouble-free and it wasn't too long before we found ourselves at the sign-posts marking the bull-dozed track. The actual tramping track is not findable from the river, and so the farmer instructed us to proceed up the bull-dozed track and do a hard-right turn just before the second "no-trespassing" sign. We then wandered through the forest until we found what looked like the faint remnants of a track, which after 15 minutes, or so, became a reasonably defined track and was easy to follow from thereon. This route, from the river up onto the ridge and south to the turn-off down to Cattle Creek Hut, is shown as being a track on both the latest topo maps and on the new sign at the end of Ngamoko Road. However, it does not have track markers, is slightly overgrown, and crosses a considerable amount of private land.....somewhat misleading.



Jean & Ivan at Mangatewainui/Apiti track junction.
Image A.Match

Four hours after leaving the Apiti Track, as the light was getting dim, we arrived at the very tidy newly renovated (by the NZDSA) Cattle Creek Hut. The next day we headed up the creek from the hut, in hope of finding the old track up to the saddle at the start of the Lost Track. After some geographical embarrassment we reached the the Lost Track sign, a little later than planned. However, the easy travel down-river to Stanfield Hut, and then to the road-end beyond, saw us back at the car after a four hour day and calm, dry weekend! We were: Mark Learmonth, Jean Garman, and Adam Match.

Postscript – a query to the Department of Conservation (along with an offer of assistance) regarding the substantial quantity and healthy nature of gorse in the Apiti area has been replied to by Andrew Mercer whom many of you will know – and he has indicated there will be an opportunity for some gorse-bashing enthusiasts to engage in some gratuitous grubbing. Stay tuned for more details if you are

CLUB INFORMATION

Annual Hut Passes

Buy your Annual Hut Pass through DoC. The full price of an Annual Hut Pass is now \$122.60 but 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



Sign at the start of bulldozer track
Climbing onto Cattle Creek Ridge.
Apiti Track trip report, image A.Match

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	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	