MAY 1st 1981

DO NOT TYPE

HIYA FOLKS....

Otago Tramping and Mountaineering Club
P.O. BOX 1120 DUNEDIN

OTMC

BULLETIN

Registered at P.O.H.Q. Wellington for Transmission by Post as a Magazine

MAY BULLETIN NUMBER 389

PRESIDENT: Janet Girvan Ph 771504
VICE-PRES: Colin Harris Ph "
SECRETARY: Pam Cardno Ph 739 737.
EDITORS : Andy and Colin, we like getting letters! Ph 775520

///--

THE CLUB meets socially every Thursday night at 3 Clark St , at 7.30. Every person, animal or otherwise, is welcome to attend.

EDITORIAL A SUITABLE PHOTO IS NEEDED FOR THE COVER OF OUTDOORS

Do we need new Clubrooms, of our own?
Do we need our own transport?

These are two questions that I think lots of club members would like answered. Which is more important - clubrooms or transport?
Should the Transport Fund be used?

How about writing a letter to the Eds telling us your views on these subjects. With enough enthusiasm we could take action on either of these proposals.

Have a happy month and please WRITE SOMETHING FOR OUTDOORS 81.

I'd rather be Tramping..... Colin.

TRIP PROGRAMME FOR THE SPRINGTIME AND THE MERRY MONTH OF MAY
.....that doesn't really make sense in the South.....
TRAMP IN MAY.....THE WINTER WAY!

MAY 9-10th I think you are too late for the West Matuki trip, but if you are really keen then you might be able to arrange something if you ring Richard at 35352.

10th ARAMOANA Go and see this beautiful natural quiet little unpolluted backwater while it remains thus. This may be your last opportunity to see Aramoana in this state so don't miss out! See Annie Smith 740 552

17th LOCAL HILLS DAY TRIP. Chris Pillidge Ph 710 264

24th SOURCE OF THE LEITH Join Dr Livingmason to seach for the headwaters of the world's greatest river. For information on this expedition contact Bruce at 67 159.

30th- 1st QUEENS BIRTHDAY WEEKEND... Prince Charles personally informed the OTMC that the best way to celebrate his Mum's birthday is to go to the Green Lake area.

There's lots of potential for INCREDIBLE trips, and you could get a group together for a Taki's winter epic too. GO FOR IT!!! Bevan would love to have a busload for this one. Phone him! 710678

JUNE 1st Yellow Hut ; Jeanette Rawling 45815.

7th PRESIDENT'S SPECIAL: A must for all members! 9.30 at the clubroooooooooooooooooooooooooooommmmmmmmmmmmmmmssssssssss.....

NOTE WELL The ski week to Craigieburn this year is being organised by Janet Girvan. If you want to go then you had better ring her fast and pay the money cos places for this trip are limited. BE IN. Phone janet for info.

LETTERS TO THE EDITORS

DEAR Editor, ((NB We are plural, not singular - EDs))

There were lots of people helping in organising the Pre-Easter Social - there was Bevan, Tony and mates getting the hall & making it ready, and Irene and her team making supper, making it kind

of fun to organise. Thanks alot,all you people.

But, how about every one else?--Have they noticed that Social Committee Convenor, Editor of Bulletin and Outdoors and Vice President is one person? Did they notice that Committee changes have just happened" without people in the main body of the Club knowing and having a say at the time of these changes? I know that it is said that it would be silly to have a special general meeting for all these changes, But, have a look;

we have a new President, a new Vice President, Steve Milne is no longer gear hire, Dave Levick is (Why couldn't his Ph no. & position be put in the last Bulletin?), and Jan Hudson is new too.

That's quite a few changes since our last AGM in August. How many more changes of the elected committee are there to be before the year is out?

Well, plenty of questions to think over; hope some of you can answer some of them.

Again, thanks to all those who helped on the Pre Easter social.

Yours

Evelyn.

Dear Evelyn,

You have your facts wrong so I will clarify matters for you and others suffering from the same affliction....

1/ As Social Convenor, together with Jan as assistant, jobs are being delegated to people around the club to try and encourage maximum participation by members in Social events... eg Pre Easter Social, pyjama party and suppers are all done by many people - and not by one person running the whole show as you seem to suggest.

2/ I am co editor. Andi Hodgson is also co editor. Editor is a big job - so we share it. We encourage participation to the fullest in the rag and the mag, holding monthly work parties so it's a team effort. We often have people helping with the typing too, which is also greatly appreciated.

3/ I am Vice Pres cos I was voted on by the committee and no one else was nominated. It's no big deal, 'cept when the President Bombs out.

4/ It has been suggested that a SGM every time a committee member resigned would be silly. I don't know who suggested that but xx I would say they knew what they were talking about. Of course it would be totally impractical to have a SGM every time this happened! You would have one every 4 weeks.

You elected your committee to do a job. You are trusting them to do it. So why not trust them to elect suitable people onto committee as it becomes necessary.. I think you are too fussy. T think the committee the club has got now is a good one. They all put in a hang of a lot of work for the club, so let them get on with it and contribute as much as you can too.

Do you feel the people on the committee now are incompetent?

Did the committee appoint people to positions when it hasn't been necessary? Did the committee appoint the best available person for the job at the time?

Any new committee position that comes up is usually advertised at Thursday night meetings to see if anyone is keen, and a list is made up of possibles to fill the position. The committee then votes on that list. Fast and painless. Down with red tape SGM's!!!

Trust your committee to do their best for the Club, and if you don't trust them then I would suggest a letter to the committee rather than the Editors would be more appropriate.

5/ More changes will occur before the AGM. Geof Jackson has left us so we are looking for someone keen to look after Property and MnTnce.

6/ Maybe Dave hasn't furnished us with his change of address as yet. Maybe I forgot to put it in. Either way, does it really matter?

I feel this critcism of a hard working committee, doing alot more for the club than you, is unjustified. Letters like this make me feel like saying "You get on committee and see what it's like."

Yours Colin.

NOTICES

OUTDOOR RECREATION GROUP This is thhe active conservation group withhin the club. Everyone is welcome to come along to the informal meeetings. Next meet is 4th June at the Clubrooms - 6.30 pm....

Notices cont....

BULLETIN: Workparties for the collation and postage of the rag are held on the first Mon of each month at 7.00 pm in the clubrooms. All Welcome! We need you!

BIKE PROBLEM: Could those that bring push bikes on Thursday nights please keep them outside or downstairs - not in the corridor.

ENTRY FEE FOR THURSDAY NIGHTS IS NOW 30 cents - to cover the cost of the hire of the hall.

THANKS To Evelyn for her hard work organising the Pre Easter Social.

ADVERTISERS are needed for OUTDOORS. See if you can rustle up a few. A full page spread is $35 and half page $25.

BUSHCRAFT TRIP REPORTS

Group - Don Greer
Brian Davies
Jocelyn
Jenny
Karyn

Theme of the weekend - High fecundity
Aim of weekend - Group exercise in masochism and lunacy
Common sayings - Don - that is paint not a fungus / No, it's not quite vertical / Brian, when are you going to settle down? / Don, you have really excelled yourself this time!
General Comment on tramp - a group that clicked together, grunted together and ((slept together?)) almost believed leaders warblings on plants fungus, high fecundity, and ability to judge distance and/or fitness of party. Thanks for a great weekend of tramping ((and.....)) up Falls Ck and down Melita Stream.

KAREN

BEVAN BLACKMORES GROUP ((A disaster no doubt!))

Setting off from the Divide Shelter we went along the Routeburn to Lk Howden.

After lunch beside the lake we set off in search of the stream which tumbles down from the Cascades. On finding it we decided it was too late, soe we camped below L McKellar.

Waking up at 8.35 the next morning, we were too late to make it over Cascade, so we had a slack trip back out to the Divide Shelter.

Julie, Kate, Henri, Gerard, Bevan and Martin.

UP AND OVER

Who called us the"Old Ladies"? - well I suppose we did ask for it! 'Birds of a Feather' do seem to gain that confidence necessary to achieve and this we did with a deal of pride.

Having already been broken in by Bushcraft 80 we were determined to show that tramping is the sport for all ages and sexes.

We were however only too pleased to have a male - a young experienced (tramping I mean) leader - Peter McKellar, who was patient, tolerant, most helpful and good company throughout our mission.((Dont get a swollen head Pete))

We surely needed him. In the first hour our co-leader Jeanette led us off the path twice but learns from your mistakes. "Keep your head up - don't follow deer trails" Quote P McK.

After 10 hours of experiencing ALL - track finding, map reading, boulder hopping, river crossing, climbing up and over the 'U Pass' in thick mist and then snow across scree we made it up the Hut Ck to the top. Hurrah! we could see the Flats below the waterfall & Mistake Ck.

But now the years began to tell! How we hated the slippery snow descent. Cold. Wet. Lots of falls and related language. Poor Peter. How was he going to get his 'ducks' down those cliffs? Stuck. Try again. (I bet he will select his own group next time)

However after endless bush-bashing through that interminable vegetation untouched by deer he eventually got 'US' down. Tired, scratched and rather frightened we made the lower level only to bash on for another hour or so to reach the flats as darkness fell.

How welcome the fare and curry was from others who had only made Mistake Ck. When every one else had crawled into their cacoons our very satisfied group were unwinding round the campfire enjoying our culinary delights. Thanks Jeanette. Apologies to those who thought they should be sleeping.

What a beautiful world we live in ; the delights of tramping are manifold.

Thankyou OTMC for giving us again this opportunity to be with you and learn from you during this worthwhile course.

Jill Millar for Bev Creighton
Lynley Green
Vivienne Christie
Jeanette Rawling CL
Peter McKellar - Leader.

EASTER TRIP REPORTS

REES VALLEY
PARTY Bill Provan, Tracey Mackinson, John Nicol, Ian Dickson and Vic Simmiss.

Our intentions were to go up the Rees, over the saddle and down the Dart, but even with a 5 mile lift in a landrover we didn't quite make it. Shelter Rock Hut was our limit - not much floor space and the bunks weren't quite made for double bunking but we stayed dry.

Fitness of the party, atrocious conditions and the general feeling of lethargy, made it a much more viable proposition to spend the last 3 days in the warm, homely, comfortable surrounds ((You're laying it on a bit thick aren't you Bill, we all know it's a grovel.)) of 25 mile hut. In between showers some of us managed to tear ourselves out of our sleeping bags to make day trips to Kea Basin and Lennox Falls.

Easter weather is traditionally bad - that must be why I took enough food for a month!((meanwhile we were starving at Esquilant Biv))(thanks for your advice Henri)! But with Tracey's gourmet cooking we managed to devour most of it. ((GLUTTONS! Why didn't you carry some up for us?))

As usual the best weather was experienced walking out. The tramp finished on a cultural note with an excursion up to the Invincible mines.

All in all not a bad way to fill in an Easter.

ROUTEBURN TRIP

Party Members ..... Keith Hovell
David Breen
Peter Gascoigne ((what wrote this...))
John Green

After a long but pleasant journey the bus dropped us off shortly before dawn on Good Friday at the now non-existant Lodge.

Our intention was to tramp to L Wilson and return by the North Routeburn. We succeeded in reaching L Harris by evening and slept in the tin bivouac on Harris Saddle.

Saturday, our second day we were prevented from going over Conical Hill to Lake Wilson because of heavy snow, so we made our way back down the track and started climbing the North Branch ((you make it sound like the North WALL!)) and camped on the 3rd flat of the North Routeburn in heavy rain. ((Does that flat have electricity and phone on? And how much is the rent?))

Sunday, the 3rd day, we tried to get over North Col, but heavy snow again prevented us from getting over. We then back-tracked to Flats Hut, approximatly 4 1/2 hrs and stayed the night.

Next day we reached L Sylvan and camped under the trees on the lakeside.

The fifth and final day was spent walking up the Dart River before making tracks back to catch the bus home at 3pm., happily anticipating a warm dry bed after an exhilarating long weekend outdoors.

ROUTEBURN - CAPLES.

It looked so easy - my fingers dancing gingerly over the inch to the mile map. Why should we worry, it's all 'flat'. A quick jaunt up Routeburn Flats, up over "Fraser Col", a hop skip and a jump down Fraser Ck, jog a short distance down the Caples, up Kay Ck, a quick sprint up Mt Bonpland (ice axes necessary for river crossings), over Scott Basin and slide down Scott Ck to be picked up by the bus. What could be nicer than camping under the stars breathing fresh mountain air for 5 days.

So much for the dreams, now for the reality. Problem; - the weather

layman terms.

Upon reaching Falls Hut in the rain on the first morning, our esteem-leader R.P. retired to his sleeping bag(also favourite bunk) and we couldn't pry him out of it for 11/2 days. We almost thought he'd emerge changed into a butterfly (with a beard fof course!)

We were joined by Granite Jirvans' party for the next 2 days we were buffeted from both directions- cold air from the nor-westerlies & hot air from both ends of young Lawrence.

Our plans changed somewhat with Fraser Col being to some degree steeper than flat, and covered with snow. On over the Routeburn we went. The Harris saddle turned out to be a breeze & a cold one at that but the big surprize was the church service going on in the emergancy shelter, I suppose they feel closer to God up there.

We arrived at Lake Howden Hut that night to find about a zillion other people thad the same idea: get out of the rain Aaarrrggghh. A communal bed on the floor for most of us was interesting especially for Janet, being the only femle amongst us. What an achievement, we'd done the Routeburn Track in three days (I think the tourists do it in 2 1/2 days)((no - 2 1/2 hours actually.))

Well we were about as far away from the pickup point as we could get so we had to move, rain or not and since nobody wanted to go back over the Routeburn (except for Richard who was dieing to go back to Falls Hut) it had to be down the Caples, if anything just to see some new country. At this point Graeme George left the party through ill-health, a noble gesture Mr Oats.

To our surprise, as soon as we got into the Caples the weather cleared and the sun came out, so the question was - why weren't we here the whole time. The bush at this time was particularly striking with the sun sh9ning through the wet beech trees and an ample number of colourful mushrooms to make the walk worthwhile. At this time our combined party of Richard Pettinger, Dave Manson, Steve Lewis, Andrew Powell, Janet Girvan, Paul Olsen, Peter Heenan and Lawrence McKay were swelled by the influx of about 50 million sandflies to the detriment of our smooth lily white skin (no dimp available).

Further down the river came our first sight of Bonpland, all rock, snow and cliff. I don't think there were many regrets about missing the top of that. We must have been looking at the hard way.

We stayed that night in the Caples Hut, the camping under the stars breathing fresh mountain air was passed over for the lure of a mattress each and somewhere dry to sleep.

The fishing poles were brought out and Paul & Andrew were off with a bit of lure fishing with hopes of a trout meal - the can of sardines weren't too bad when we finally had them boys.

The team were off next morning with Davie Manson getting lost in the first 100 m , someone give that man a free navigation lesson (or a white cane). Even so we made it to Kinloch, blisters, sore muscles, sandfly bites et al & still alive after 5 days on a vegetarian diet, thankyou Janet for the wheat and the unhusked sunflower seeds.

Everybody was pleased with the Caples and vowed to do the proper trip, flat or steep, sometime soon.

S.L.

ASHBURN HALL SAR 19-21 March.

Yet another search for a wanderer from Ashburn Hall. This time a religious fanatic. The eight Club members who turned out for Thursday afternoons excursion into the gorse and blackberry did so within half an hour of being notified. Some took Only 5 minutes to get their act together. The weather was fine, the blackberry was in fruit (small consolation) and the tucker was great. Despite thorough searching, the chap eluded us until Sunday when he was spotted marching down Kaikorai Valley Rd in socks and underwear ((How on earth did they recognise the chap?)).

Anyway, we did our best. I look forward to seeing such an enthusiastic turnout of searchers next time. Thanks go to the following: Thursday: Irene Pow, Janet "I think I could miss a few lectures"Girvan, Geof "Why the he don't they put up a blimmin' FORTY FOOT fence round this place?"Jackson, Rrrob Archibald, Tony "Look, I only got the message 2 minutes ago, can I borrow some of your Dad's shorts and gummies?"

Friday: Chris Pillidge, Peter Gascoigne, Henri Rawlings, Mark Hanger, Irene Pow, Ross Flamank, Mike Woodley, Barbara Morton, Lawrence McKay Jan Hudson, Steve Milne, Tony Bunting, Dave Levick and John Armstrong, who came out of hiding to lend a hand with controlling (controlling Chas?).

Saturday; (We're doing this for love! This is supposed to be my day off!!")Janet Girvan, Steve Milne, Ann Smith, Martin Connell, Dave Levick. (They were suitably"remunerated" later in the Police Bar.) Thanks everybody for being so ready, so willing and so able.

RICHARD P.

CAPLES - ROUTEBURN APRIL 6 -9th

Public servants get lots of holidays and me being no exception it came time to use up a further couple of days. A mate in ChCh was keen to wander the Routeburn area so just a week after Bushcraft in Tutoko R. it was back to"The Divide" - 250 miles in a mini left the two hunchbacks in fine condition for the trip to Hotel Lake McKenzie (with our packs sprouting mushrooms, green peppers, brussle sprouts, tomatoes and other nicities of life). Next day a quick return trip to Routeburn Falls. Aiming for lunch we met a fellow Park assistant (acting warden)and had a good discussion on the crappy condition of 25 Mile Hut and the possibility of it going to the Wakatipu Tramping Club?!! ((What is this vicious rumour? Why haven't WTC contacted us about it? Reveal your source of information! Ed)) With lunch demolished it was back to L McK, passing all the loopy parties and reveal other slower guys. Us "guns" felt great until just above L McK a 10 yr old boy catches us - and he with a full pack!! We had passed the smart wee feller and his family just above L. Harris and gone on be. Not to be outdone, and liking the black bearded monstrosity atop 2 snow poles for legs (and just perhaps also the slightly blonde alongside) he decided to trundle along with us. Trouble is it took him 2 hours to catch us. Still, he did, and all credit to him. I wish I had been tramping at his age (I could be retired by now).

Fraser Cole was our next object - and with it an unexpectedly steep gut to Fraser Ck - would be treacherous ; icy weather. A multitude of colourful fungi kept us two botanists occupied until Caples R was reached, and final campsite - here we learned what happens when a white spirits bottle catches fire - before setting off for a quick few hours over McKellar Pass to L Howden and out. Can I claim the first crossing of this pass in bare feet? - blisters from my trusty boots of long standing meant a dainty trip over the pass and down to the lake.

Blisters healed, a new white spirits bottle and it's off to Lewis Pass - Nelson Lakes for the Tree Shepherd. Oh it's good to be a public servant.

MARK HANGER for Joy Talbot.

WORKPARTY SUNDAY 26th APRIL

Turn up at clubrooms at 10 past 9. Gee 16 people there. We'll get lots of work done. Split into 3 groups. - 1 to Poplar to dig a new toilet, 1 to ABC Cave to carry mattresses in and put a new perspex window in Yellow Hut, and the rest to Green Hut to attack the Gorse on the way there & to build a toilet there as well. All missions safely accomplished except the perspex was too small. All were home by 7pm. Thanks to all those that took part and welcome to the Club.

Janet G for all those who went.

PS All those prospective club members who missed out, theres a bulletin workparty every month.

NEWS FROM THE COMMITEEE By Janet

Two new ice axes have been bought for gear hire. Dave is also looking into buying nylon to make up some tent flies.

The penalty for late payment of trip fares has been increased from $1 to $2 per month from the date the trip list comes down. There are moves at the moment to get everyone to pay trip fares in advance, so if you have any strong views on this make them known by sending a letter, or come to the next meeting.

Committee positions of Clubrooms Officer and Property and Maintenance have become vacant as Geof J has gone to Alex so if anyone is interested in the job or knows of someone who would be, see Janet by the next meeting, which is on May 5th. 83 Clyde st. 7pm.

FOR SALE

1 pair of FAULKNER TRAMPING BOOTS Size 4 1/2
Only worn once! Tooo small. $75 (NB Price has dropped)

1 pair size 8 Tramping Boots. (too big!) $25. Ring Janet 771504.

CRAIGIEBURN SKI WEEK

AUG 9 - 16th

THE WEEK OF THE YEAR! Your chance to learn, improve or perfect your skiing in a week on the Craigieburn skifield.(ARTHURS PASS)
THE COST is $90(was $110 last yr). This includes accomodation, food, ski tows and 1 1/2 hours instruction every day.
IT'LL BE A GREAT WEEK, the more the merrier, so if you want to go give me a ring this week or you'll miss out, as this place is booked on a first come first serve basis.

Janet.

NATIVE FORESTS ACTION COUNCIL

Are holding a bike trip to Woodford Glen on June 6th. Meet at the Museum Foyer at 8.45 am and you can either bike or drive out to Woodford Glen on the Taieri. Botanist Ralph Allen will be showing items of interest at the Glen and generally talking on the Botany of the area. (If it's raining hard don't go) . ALL WELCOME.
For further info Ph Heather 878 719 or Anne-Thea 771 504.

We came
from nothing to go nowhere
and the water fell forever
Rippling edges of life began to form
From it a wind was roused
And the weeping willow no longer wept
But the water would fall forever.

THE SOCIAL PROGRAMME FOR THE MAY OF MONTH

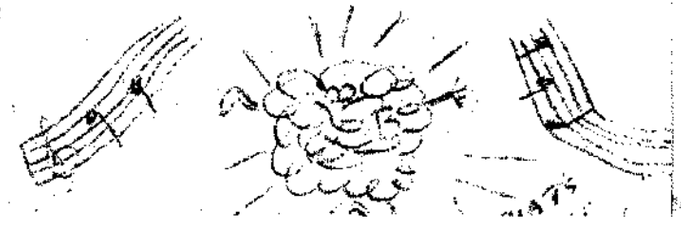
MAY 7th KAREN DONALDSON will be telling us something of her experiences while overseas last year. Karen, among other things, went to Nepal, Kashmir, Israel, a luxury Greek Is and lots of other places, so it should be a really interesting talk,

MAY 14th BRING YOUR OWN OF THE EASTER TRIP.

MAY 21st TO BE ARRANGED.

MAY 28th DOUG GILL of the Otago Photographic Society will be entertaining the Club once again with an array of spectacular slides. Those that have been to some of Doug's previous talks will be able to tell you that this is a night not to be missed on any account. Please be on time ie 7.30

JUNE 4th JAZZERGETICS What's it all about. The crucial factor is that we need 30 plus people for this Thursday night activity. For $1.50 we get an exclusive class and full use of facilities (including showers and spa pool). It is a fairly rigourous night and a test of your fitness. Can I be assured of 30 people turning up to this? If so we will be doing this for the night. Be at the clubrooms by 7.45 in appropriate attire and we will walk around to the Downtown Sports Centre where it is being held. Don't be apathetic - this will be a really good night and could prove to be a bit of a laugh.



wounds and bleeeding

WOUNDS:

A wound is an abnormal break in the skin or internal organ, which permits the escape of blood.
Wounds may be classed as follows:
(a) Incised or clean cut.
(b) Lacerated or torn.
(c) Contused or bruised (Abrasion).
(d) Puncture or stab.
(e) Avulsion.
(f) Gun shot, where there is a small entry hole and a large exit hole.

EXTERNAL BLEEDING:

With just about all types of wounds you will have some bleeding, either slight or severe.
If slight bleeding is encounted apply firm pressure to the wound with some form of dressing and if the bleeding is not severe it could be a good idea to wash the wound first. Tie or tape your dressing on and elevate the injured part if no other injuries prevent this.
If severe bleeding is encountered place direct pressure on the wound with a cloth, hand or anything handy and elevate if possible, hold pressure for at least 10-15 minutes.
If the wound has a large area it may be possible to hold the edges of it together. When bleeding stops, apply a clean dressing to the wound. When severe bleeding has occurred, a patient may feel faint so it it good policy to lay the patient down.

INTERNAL BLEEDING:

This can be caused by a blow, broken bone, stab or crush injury.
Also certain medical conditions which are out of our scope.
Internal bleeding may remain concealed or it may after a period become visible.
Internal bleeding may become visible in the following ways:
From the nose, ear canal or bloodshot eyes, or may be swallowed and later vomited up, as in the case of a fractured skull.
Or when coughed up and appears bright red and frothy this would most likel be from the lungs.
Then if vomited from the stomach, say right after the injury it will appear bright red, but if it has been in the stomach for a while it will resemble coffee grounds.
If bleeding has occurred in the upper bowel and has been partly digested it will be passed in the motions looking black and having a tarry appearance, from the lower bowel the blood is in a normal appearance when passed in the motions.
From the kidneys or bladder, when blood escaping into the urine may make it smoky or red in appearance.

Treatment for a person with internal injuries and bleeding is the same, there is not much in the medical field that the firstaider can do, but getting this person to medical aid is the utmost priority. Shock will occur so you mush combat against this by laying the person down, keeping them warm, raising the legs - this gives more blood to the vital organs, thus susstaining life.
Loosen all tight clothing around his or her neck, chest and waist.
Treat any other injuries that the person may have. If in snowy or ice conditions protect the person against direct contact with it.
Keep a record of vital signs eg pulse rate, rate of breathing, amount of vomit or specimen pussed.
Do not give a person with external injuries anything by mout .
Get medical aid as soon as possible.

As a result of severe loss of b d, either internal or external, the following signs and symptoms occur:
The face and lips will become pale, the skin will be cold and clammyy
The patient may feel faint and dizzy, they will be restless and will complain of thirst.
Their breathing may become shallow and they sometimes may yawn or sigh or gasp for air.
Their pulse will at first be rapid, then become weaker as they lose more blood.
All these signs and symptoms will vary in different people

Bleeding will be stopped in 99.99% of cases by direct pressure at the point of bleeding, there should be no cases wiere a tourniquet is used as these devices can cause more damage and in some cases, the patient may lose a limb.

NEW MEMBERS

Phwew , iTs quitc a list this month.....

PAUL OLSEN	31 Truby King Cres. Dunedin	737 742
GRAEME JOHNSON	294 Kenmure Rd Dn	36 837
JANE ROWE	11 McGeorge Ave Dn	34445
PETER HEENAN	88 Braeview Cres, Maori Hill	------
WAYNE HODGKINSON	127 Morning ton Rd	36 769
JENNY GREENE	17 Elder St Dn	741 655
EWAN PATERSON	F15 92 Eglington Rd	30 653
JENNY WINTER	Wairoronga R.D.2 Mosgiel	MSI7520
LINDA MEHRTENS	421 Leith St Dn	770 334
ERLE JUSTICE	10 Fenwick St	64 814
MARTIN DUDSON	23 Garfield Ave	740 297
GLENYS RANKIN	129 Ravensbourne Rd	710 484
DAVID BARNES	$$$444 Pinehill Rd$$$	738 223
KATHERINE SMITH	16 Montpellier St	777 058
LINDA THOMPSON	79 XXXXXXXXKaikorai Valley Rd	775 178
PATSY MASON	11 Ettrick St	62 494
IAN & MARY McKELLAR	34 Claremont St Dn.	

It's really heartening to see so many new members and we hope that all of you will enjoy many happy and active years tramping with the OTMC. The lucky new member of the month is the one with the $$$ signs around his address - he has to pay the subs of all the other new members!!!!!!!!

RESIGNATIONS

Ross Ransom

CHANGE OF ADDRESS

TONY BUNTING	83 Clyde St 771 504
BILL NEEDS	69 Russle St Dn
GEOF JACKSON AND GRANT SMITH	R.D.3 Fisher Lane Alexandra.
DAVID WHITEFORD	C/- PO Waihola
DENNIS GREER AND LINDSAY LYTTLE	Flat 6 281 Park Rd Palm Nth.

Just a gentle reminder - if you have moved or are in the process of moving or leaving for an overseas trip etc please leave a forward - ing address - as it makes my job a lot easier. THANKS

LOTS OF LOVE IRENE

AND NOW FOR SOMETHING TOTALLY DIFFERENT..... another TRIP REPORT!

Well, just in case Bushcraft doesn't get a mention in Outdoors or the Bulletin I'll mention it - "Bushcraft" - how's that for a start?

Anyway it was all on for the Livingstone range & drop into the Cascade. Fair to middling weather awoke us on Saturday morning and we made a head count; as one was never sure whether you had 5 or 6 in the party - picking up Dave at Balclutha gave us 6, and what was more important, liquid honey.

We dropped our packs at the turn off to Key Summit and zipped down to Howden which turned into a a grot stop for all - what was in that breakfast?! - and general probing of age concensus - me dipping out by many years - oh, the joy of being young! Anyway, before apathy set in it was back up to the packs - 1 short? - and after a delay, where is that pack?, it was up onto the Livingstone range - into mist fog and rain - even a little snow. Well lunch was a short and sweet afair only stopping long enough for the billy to boil to have some hot refresh. The rest of the day was spent eating scroggin - with 6 people- 6 scroggins - not a bad choice - and tramping until we sighted Cascade Ck and dropped into the valley to camp for the night & get tea on the go. Then it was into the pits with a moan of - it's only 8 o'clock - I thought it was time for a pit fight - which managed to get slightly unbalanced at some stages with Alister & Dave onto me but still, it warmed us up & managed to burn up energy. Meanwhile Kathy and Ruth kept up a steady flow of talking in the next door tent until we all dropped off to sleep - sorry Chris about the gingernut

Early this year Wendy M. and I trotted into the Silverpeaks for the weekend, Wendy supplying food. We started from Wendy's place, in Kaikorai Valley, and went over the Chalkies, Long Ridge and Green Hut for the night. The long road bash was compensated for by the food.

Wendy had made some really nice loaves - a cross between a fruit loaf and bread, ideal for tramping, so heres how to make it:

2 cups of Wholemeal flour	1 cup Brown sugar
1 cup of White Death(flour)	2 eggs, beaten
2 tblsp butter	1 tsp baking soda
1 tsp baking powder	pinch salt
1 cup boiling water	1 cup of mixed fruit goodies!

- Put dry ingredients in a bowl
- boil water and soak fruit 'till cool
- add melted butter & beaten eggs
- Mix and bake in loaf tin for 1 1/4 days in mod oven((old ovens will not do!!))

((- If it turns out thank Evelyn for supplying us with the recipe. If it fails, it may be cos you followed the 1 1/4 days time - try 1 1/4 hrs next time. Ed))

THE ABOVE ITEM HAS BEEN BROUGHT TO YOU BY EVELYN K.

Irenes trip report cont.....

up so we all struggled up and made breakfast and set off down Cascade. - Ruth limping along as the old knee was playing up. Cascade was quite hairy in places coming down and a stop for lunch was really good - gave my nerves time to recuperate - gravelling over logs and rocks and most of us were ready for a stop - where did the sun go though?! We downed lunch and then it was down to the road and the bus.

Out in plenty of time to collect all the beer cans ((I'm sorry if you didn't write this Irene but seeing as I can't read it I have to make it up!!!)) and to freshen up a little before the bus arrived - for some it was back into town, but for others back to the Divide to find some misplaced people. Even the late arrival back into Dunedin didn't dampen the trip. Although the weather was grotty the warmth and friendliness of the people certainly made up for it. Thanks for the trip Alister Metherall, Chris Fawcett, Ruth Siggers, Kathy Wardon and Dave Whiteford.

Lots of Love Irene
Eglington in the mist and rain?

HEY!!! Did you lot realise that the club has a great library..... well whats left of it,that is. There are an awful lot of books missing and overdue, soif you would have a scout round home maybe some will turn up. The following .....are just a few of the many NOT on the shelves.

Field Guide to the Alpine Plants of NZ.	Salmon. NZ 14
Vegetation of Mt Aspiring Nat. Park.	Mark. NZ 74
Hunting in Westland.	Sutherland. NZ 46
Big Game Hunting in NZ.	Joll. NZ 55
Mountain Midsummer.	Gill. NZ 31
James Cook and NZ.	Begg. NZ 32
National Park Policy.	F.M.C. NZ 58
Exploration of NZ.	Pascoe. NZ 63
Jacksons Bay, a Centennial History.	Roxburgh. NZ 71
Wall of Shadows.	Dingle. NZ 70
South With Scott.	Evans. ANT 6
Call Out.	MacInnes. S 21
EDward Wilson. Nature Lover.	Searer. S 17
Land Search and Rescue.	Gallas. T 18
Annapurna.	Herzog. AS 17

CHANGE OF ADDRESS:

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So ends the May bulletin - my, how I look forward to typing the next one. Don't write too much cos it takes too long to type it all out. DO write something for OUTDOORS though - that includes you