



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

# BULLETIN

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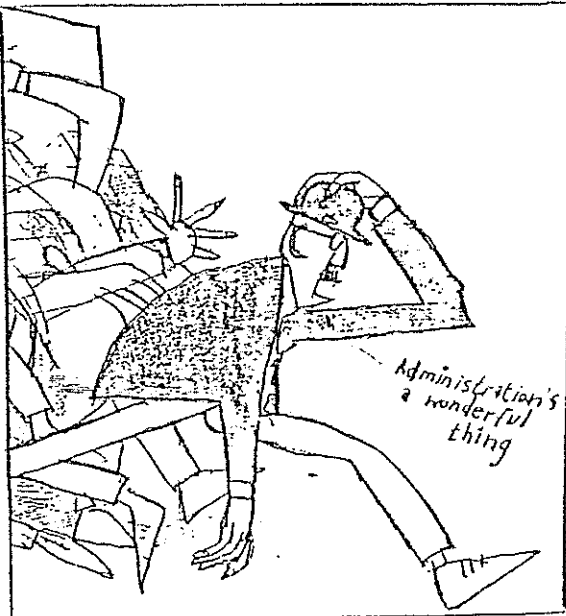
OCTOBER 1985

## INTRODUCING THE 1985 OFFICE BEARERS

EL PRESIDENT: MIKE FLOATE (89) 5349  
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EL SECRETARY: ROSS COCKER 45-995  
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CLIMBING: EWAN PATTERSON 772-010  
LIBRARIAN: DON GREER (72) 8043  
SOCIAL CONVENOR: ALISON McPHERSON 737-910  
GEAR KING: STEVE POW

OUTDOOR RECREATION

RICHARD PETTINGER



FAST PRESIDENT

DON GREER

The O.T.M.C. meets socially in our Clubrooms, 261 Stuart Street

every THURSDAY AT 7.30pm

All welcome-30¢ at the door please.

# The Alpine Affair

## EDITORIAL

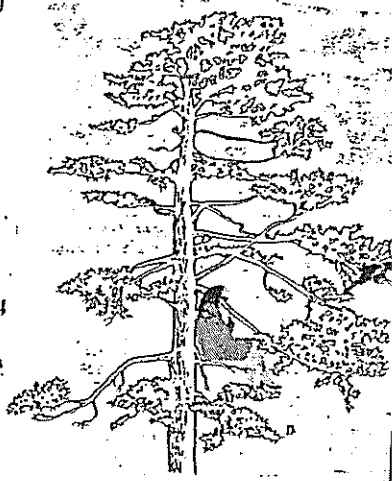
hard filling in gaps so please keep those contr. but no rolling in..... Guess what! I'm looking for some bod/bodies who would be keen to co-ordinate the B.W.R. (for those uninitiated the bulletin work parties) and to help out with the odds and sods - I keen see ME

## THIS WEEK

cheers JAN

Hi!  
Welcome to the first of the J.H. bulletins  
By the way I got a lot to learn! I had no idea what this job entailed until I actually started putting pen to paper. It gets

IT'S GOING TO BE A GOOD YEAR!



### O.T.M.C. TRIP PROGRAMME

- October 12 - 13 Snow III: Homer-Gertrude (M-Fe) Ewan Patterson 772-010  
20 Painted Forest (M) Phillip Jenkins 882-861  
20 Silverstream (Family Group) Lyall Campbell 701-545  
26 - 27 - 28 Labour W/E Rees-Dart Mark Hanger 739-149

Endless possibilities of good tramping and climbing here, from easy trips up the Rees and Routeburn, to longer round trips. Visit the O.T.M.C. 25 mile hut!

Climb Earnslaw!

Don't miss this opportunity to enjoy the last long weekend before Christmas in the Hills!

- November 3 Moon Track - Swampy Spur: Gabrielle Oswald 772-010  
2 - 3 S.A.R.: Catlins Stuart Mathieson 34-359  
10 Powder Ridge Rob Archibald 739-034  
9 - 10 Matukituki: (M-C) Ken Mason 64-494

STOP PRESS: Michelle Williams took 17 people to Possum Hut on September 15th - A GREAT TURN OUT.

## Diary of

### SOCIAL CONVENOR

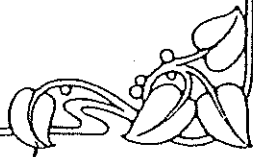
The social scene within the Club is now in the hands of a very capable foursome!!!!!!

Introducing from the left we have-Alison McPherson

Graham Johnson

Evonne Greer

Wayne Hodgekinson.



# SOUTHERN ALITUDE

THE ROUTEBURN MONTAGE

SEPTEMBER 20 - 22nd 85'

## Routeburn Weekend



There were glow worms along the banks of the Routeburn track to the Flats Hut, when we walked in at midnight. We arrived at 2 am, waking the two occupants who thought that the torchlight was the hut on fire. We fell into a bunk, and later woke to a glorious fine day. We planned to walk up to Harris Saddle, and if conditions were suitable to climb Conical Hill. With only a day pack to laden us, it was three quarters of an hour to the Falls Hut. Continuing on we found ice

and snow on the track above Lake Harris as it skirts to the right and round the Saddle. The day was calm as we reached the shelter on the Saddle at 3.30 am. After an early lunch, and leaving Julie with a book to soak up the sun, we set off to investigate the possibility of climbing Conical Hill. Mary had experience in climbing in the French Alps, so we trusted her judgement on snow conditions. We were lucky there were footsteps already and another couple had gone on before us, and the snow was good and firm.

We reached the top quite easily, calling and waving to Eric Lord's party who were at the edge of Lake Harris. We spent about an hour on top, in the sun, with no wind and a wonderful clear view all around. We watched the progress of Bill Provin's party on their way up Mt Erebus. As we left they were level with Lake Wilson. Once down we chatted with Jane Bruce and her party, sunning themselves on rocks at the Saddle, and then started back to the Flats Hut, catching Ewan's party climbing their peak as we went.

We had the Flat's Hut to ourselves that night. Another fine day dawned on Monday and we set off up the North Branch or the Routeburn. After half an hour we emerged from bush to a tussock hollow enclosing a tarn in which the mountains reflected the surrounding mountains - later wind ruffled and dispersed the peace of this beauty.

An hour later the track came to a halt among bush and boulders, so we decided to stop and soak up the sun before returning. From here we had a lovely view of the North Col, behind which is Lake Nerine. We retraced our steps for 15 minutes and discovered Jane and her party among the sunny tussock hawthorn - we stopped here for lunch. After more lazy enjoyment of the sun, we headed back to the Flat Hut - I with a firm conviction that this valley was quite charming.

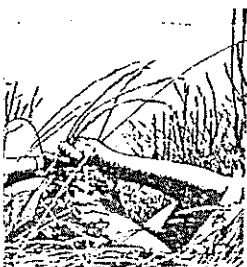
It was time now to walk back out to vans, all of us satisfied with our weekend's tramping.

We'll have to wait for Iain Middleton, Gavin Smith, Mary Ockington, Michelle Williams and Julie Reidy.

## Routeburn - The Easy Way

We all squashed into the vans on the Friday night and sweated it out, well for a little while, then dropped into our beauty sleep until we arrived at the road shelter.

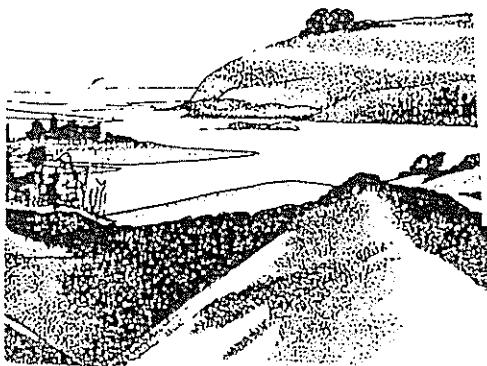
Being the last party up, leaves you with the whole bench for breakfast, (A new discovery.) The morning couldn't have been better sunshine, bush, clean air and freedom.



It was on with the boots and packs and off to Routeburn Flats for a look (and a breather) before the climb to Falls hut. Once we arrived at Falls hut it was down packs and food out (for Karen) and lunch. After lunch we wandered up to Lake Harris. The picturesque scene had the cameras clicking rapidly. Then we slumbered back over the soft snow to the track. With all that energy burnt out it was only natural to hogg into the chocolate and cherrie biscuits. On a full stomach there's nothing better than lying back and basking in the sunshine.

Back to the hut for tea and the cheesecake competition (well not really, we won by far.)

Sunday we saw the easy going decent to Flats hut. Once again it was drop packs and a quick change into lighter (summer) clothes and this time off along the North Branch for an hour or so (tramping.) We found a sheltered isolated spot near the river. A picnic lunch, in the sun, was on the menu with ample time to digest both the food and sunshine.



Unfortunately Graeme reminded us of our departure and so it was back on with the socks and boots and back to Flats hut where we rejoined the others to walk out to the shelter.

Julie Cadzow, Eric Lord, Pam Locker, Graeme Grant and Karen Andrews.

**COAST TO COAST**  
**The Mountain Race**  
**1st & 2nd February, 1996**  
**South Island, New Zealand**

ON THE COMMITTEE SCENE..... IF YOU'RE KEEN FORMS AVAILABLE AT CLUB

The new Committee is busy getting itself sorted out and it looks as if the Club is going to be in for a good year.

There is a kerosene lantern that belongs at Larning Lodge that someone brought out by mistake. If anybody is going up there and can take it back please contact Tony Preston ph 876 693

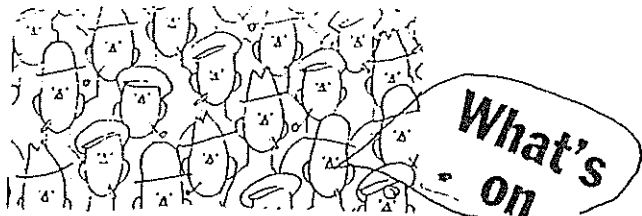
There is now coal at Juilee Hut-Abig thank-you to Chris Stewart from Lands and Survey for getting it there.

We have had a plea from a local community worker enquiring about the possibility of getting a tramping buddy for one of his clients. If you can help please contact either Mike Floate or Jan Hudson.

GEAR HIRE GEAR HIRE GEAR HIRE

$\frac{1}{4}$  to 3 to  $\frac{1}{4}$  PAST

If Irene is not still around after Club she may be reached on 730 351 up to 10pm (quote-I need my beauty sleep). Money must be paid when you pick up gear



What's on

Over the next few weeks the Club can look forward to HEAPS of interesting talks and activities on Thursday evenings.  
BUT...the team are still busy looking for ideas and volunteers so if you have either some spare time or thoughts they would love to hear from you.

P.S. Watch the Club notice board for this month's programme.

## CLASSIFIEDS

1. Cross Country Skis and Boots. 215 cm Fisher Europa, Metal edges and heel locators and dolomite light touring Boots All for \$100.
2. Also Dolomite Plastic downhill boots about 8½ - 9 \$40.00.

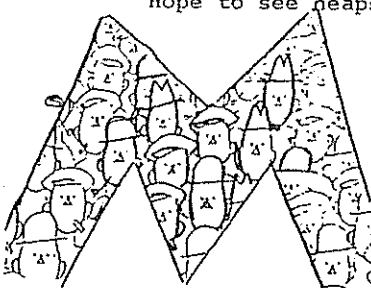
## Editor take note

Stuart Mathieson  
34359 home  
PC 8097 work

This is your chance to  
so LETTERS PLEASE.

## FEEDBACK

Hope to see heaps for Next Months Issue.



J.H.

### WOMEN CLIMBING

'Woman Climbing' is a Group of Women climbers who will organise Alpine Climbing, Rock Climbing and Ski Mountaineering trips together, in the North and South Island. A directory of all Women in the Group is being compiled - if you are keen to be involved please write to:  
10 Gynnet Street, CHRISTCHURCH 9.  
State Name, Address, Phone No;  
Types of Climbing/Skiing interested in.

### MEMBERSHIP

The new membership secretary is Miriam Vollweiller and her message to you is that subs are now due!

Also if you have any change of address or any other such thing please let Miriam know as from next issue we will be back to the usual system of printing these.

ED

Whilst reading through one of the other tramping club magazines my eyes strayed towards the offer of a life time!  
You too could spend Christmas in the Greenstone/Caples at the Budget price of \$330

SATISFACTION GUARANTEED

# PEOPLE TALK

## NOTEBOOK



A Note From

Janet G.

8 Paradise Rd

Napier  
ph 564 77

She's alive and well in Napier and even managing to get out into the hills.

Apparently a group that she was out with recently got caught for three days as someone in the party got hypothermia - Quote

"YES IT CAN EVEN HAPPEN IN THE NORTH ISLAND".

## Natural History Unit

Are planning a "Wild South" documentary about Keas, with a working title of "Mountain Parrot" As part of the initial research for the programme they are keen to hear interesting observations of and anecdotes about Keas.

If you can help contact Sue Penniket.

Researcher

Natural History Unit.

### ATTENTION ALL YOU KEEN PHOTOGRAPHERS:.....

The Twizel Development Inc are holding a photographic competition, with prize money of \$500 to enable them to form a collection for display material.

The subject matter is limited only to the region from which the photo is taken, viz. Twizel and the Mackenzie Basin.

The competition closes on the 31st October 1985, if you are interested entry forms may be obtained from:

Twizel Development Inc  
P.O. BOX 4  
Twizel.

## Silver Peaks

### TRIP REPORT

#### DAY TRIP TO POSSUM HUT.

The time was already 8.45 am and seven people had turned up, with no car between them. By 9.00 am, 17 people had arrived, three of them had cars and mine made four (a sigh of relief).

Piling out of the cars on Semple Road we were greeted by gusts of wind and a very fine fog. After Spencer Walker, Philp Jenkins, Anthony Pettinger and myself had debated on which route to take, we headed on down the first ridge we came to, striking the track first time.

We had no trouble in finding Possum Hut where we sat about having late morning tea. After everyone taking photos and such we headed up towards Green Hut. After a slight grunt up, we arrived at Green Hut in amongst the mist, then unanimously decided it was lunch time. No-one felt like braving the cold wind and fog to head up to Pulpit rock, so we just headed back to the cars to turn the heaters on. Then just back home to clean our gear.

Apart from the weather everyone seemed to have enjoyed it.

by Michelle Williams



*'He's a born survivor.'*

## FROSTBITE

Frostbite, you've heard the word before, and now it is with us (sounds like an aids epidemic doesn't it.)

In the past year there have been at least six cases of frostbite/nip involving people from Dunedin, three have been in the last month. There appear to be more cases this year than ever before. Why?

Without going into the reasons for statistics, which is not necessarily constructive, so here are a few points from my (S C) experience with frostbite.

The temperature of snow 10cm down is at least -1 degrees celcius, typically -3 or -4 and sometimes as much as -10.

Even if it is a really hot sunny winters day in the hills, the air temperature is commonly only 2 or 3 degrees. Consequently in wet/damp boots, ESPECIALLY TRAMPING BOOTS, it is not uncommon for socks to start freezing and feet to get cold. Deep, dry powder is usually very cold and has high frostbite potential.

It is not uncommon for climbers to have cold feet in the morning or evening, but if they remain cold without feeling for more than two or three hours, it is time to take your boots off and look at them. Often a foot or hand which has been bitten may feel warm and comfortable for no apparent reason inspection is necessary if you are in potential frostbite conditions.

If your feet (or hands) are frozen they will appear white, waxy and hard and will have no feeling. If not then they are probably NOT frostbitten, just cold and numb. Then all that is needed is to get the circulation back and keep them warm. This can be done by cupping hands and blowing on the feet, constant wiggling or by warming them against someone else (groin, armpit, belly.) A pair of dry socks is then a very good idea. Another good method is to put on all your thick clothes, that is, duvets etc, and walk uphill as fast as you can until you are sweating. This commonly brings back the circulation, but may dampen socks.

If your feet are frostbitten you must not rub them. Rubbing results in breaking up the cells, which are now frozen solid. The best treatment is to soak your feet in a 40 degree celcius water bath and slowly thaw them out. Blistering then usually follows, and toes may become black. Just because they are not black does not mean that feet have not been frostbitten. Swelling of the feet is not uncommon. Blisters should not be burst because of risk of infection. Circulation is usually poor, if present at all, and if infected feet may become gangrenous. This is when feet or toes may need to be amputated. This is the reason frostbite patients usually have to spend a very trying three or four weeks in a sterile environment, that is, hospital. It is usually not for at least a week that doctors will know if amputation is necessary.

Frozen feet can be walked on to gain shelter, but after thawing feet must not be walked on. After thawing frostbitten feet, they should be elevated above the level of the heart so that blood can return to the heart, without fighting gravity, and allow fresh blood to circulate the feet. Disprin are good because they thin the blood and help the circulation procedure Air is the best dressing.

People in tramping boots are extremely susceptible to frostbite.

Tramping boots get wetter much more easily, and when wearing crampons the circulation is often hindered by tight straps. Circulation can also be hindered by having on too many pairs of socks, which make the boots too tight. A possible solution is to wear overboots with crampons whenever you are in the snow. That way socks and boots should stay dry. Well fitted crampons should not need to be pulled too tight.

Remember to think about frostbite especially in winter but even during summer, be wary for it and diagnose it early. If frostbitten, don't automatically assume that you will lose any appendages.

Keep wiggling those pinkies. [Acknowledgement Ottago Branch Alpine Club]  
-oooooooooooooooooooo-

INTRODUCING THE.....ODDS AND ENDS SECTION



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Air Mail Rates : Up to 1kg \$7.20 A\$2 each

1 - 2 kg \$10.60

2 - 3 kg \$14.00

*WAB*

If you are interested in a more detailed account of what is available please get in contact with Ross Cocker.

WALKWAYS WALKWAYS WALKWAYS WALKWAYS WALKWAYS WALKWAYS WALKWAYS WALKWAYS

Chris Stewart, the local Reserves Ranger, has asked that we keep off the parts of the Silver Peaks walkway that cross Charlie Robinson's land during lambing. THIS MEANS the Gap Ridge and Yellow Ridge below the hut. Alternative access is available via the Tunnel track and Yellow Spur.

NB Bulletin Deadline Thursday October 31st

Bulletin Work Party Thursday November 14th 6.30pm

BE THERE OR BE 