

e-magazine

of the Alpine Sports
Club Incorporated

*Ita Montium via Nostra - the
Mountain Path is Our Way*

October 2022



Above: Photo of Bob's wife Margaret Ussher, taken on 18 September 2022, sitting on the new seat at the Bob Ussher lookout. Inset: a close up of the plaque which was attached to the seat on Friday.

(Photo credit Alistair Ussher)

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RUAPEHU BOOKINGS QUICK REFERENCE (by website only)

Book by selecting the 'Online Booking' option on the Club website and follow the instructions. Likewise, for changing or cancelling a booking, or applying for a refund, follow the website instructions.

To contact Booking Officer, email: bookings@alpinesport.org.nz.

NEXT ALPINESPORT - DECEMBER 2022

Do keep those photos, trips and stories rolling in **BEFORE 15 November 2022**. Content to be sent to media@alpinesport.org.nz.



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CLUB NIGHT - TUESDAY 4 OCTOBER 2022 ST MARKS PARISH HALL, REMUERA ROAD



Max Cawley, one of Auckland's Westpac Rescue Helicopter crew, is our guest speaker at our October club night. Come along and hear his stories about some of the amazing rescues he has been involved in, the importance of PLB's and lots of other interesting stuff.



PRESIDENT' COLUMN



Kia ora everyone,

Although the ski season saw some Covid troubles and low snow levels, many of our members still managed to enjoy the mountain and our wonderful Ruapehu huts. Mark Roberts led a successful Snowcraft weekend in September and our other regular walks in and around Auckland continued through winter.

With spring now underway and Daylight Savings started, we can look forward to the summer season of tramping, camping and the Christmas holidays. We have an exciting Summer Camp site this year on the inner reaches of the Hokianga Harbour. Campers will be able to enjoy the best of both the east and west coasts of Northland and spend time in our valley, nestled among gorgeous native bush and the impressive Wairere Boulders.

A venue for 2023 Easter Camp is also booked - the very popular Lake Okataina camp we went to in 2021.

Sue Grant is putting on a Children's Bushcraft weekend in November. In past years it was difficult to find the numbers for the event. This year Sue had so many applicants, it booked-out in minutes and she has filled two more weekends next year from the waiting list! This shows how many new families have joined the club and how much enthusiasm there is for these kinds of events. A big thank you to Sue for volunteering her time and sharing her expertise with the new generation.

We are always looking for more trip leaders and exciting events. If you have ideas for trips, things which have been a success in the past which we can repeat, or you have expertise in a certain area (kayaking, caving, climbing, abseiling, astronomy etc) please contact Mark Roberts trips@alpinesport.org.nz

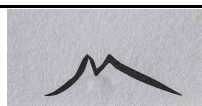
Fundraising - an update on the Waitakere Hut Woodburner project. Thanks to everyone who contributed to the purchase of the Woodburner! We raised approximately \$3,000 within a short space of time and we are now looking at how to cover the installation costs. Installation will cost the same again. With the old chimney being removed, the roof needs to be re-built around the new flue and the entire installation needs to be professionally approved for obvious safety reasons. If you would like to contribute to the Woodburner project, donations are still welcome via the club bank account.

Lastly, I would like to extend a huge thank you to the Ussher Family and to Warren Whyte who hosted a magnificent unveiling of the new stone memorial seat dedicated to our past club member Bob Ussher. You can read more about why Bob was such an important figure later in the magazine. The event was a heartwarming reminder of the talent within our club and the impact our members have on the life of Auckland and the country as a whole.

I hope to see you all at upcoming club trips and events.

Ngā mihi,

Miranda Hutton



MEET [MOST OF] THE TEAM FOR 2022 - 23

Our committee has been very busy since the AGM in June, so it's taken a while to persuade them to talk about themselves for Alpinesport. Everyone is doing a fantastic job and our new members have some exciting ideas for media improvements and club promotion.

PRESIDENT - MIRANDA HUTTON



I'm honoured to be the first female president in our club's 93 year history.

I'm a second generation club member and some of my best childhood memories are of the freedom and adventure of summer camps and the ski hut. Now I'm continuing the tradition with my own family. We've loved re-starting Small People on Big Hills, organising Summer Camp and Easter Camp, making the most of the Waitakere Hut and getting away on micro-adventures throughout the year.

I'm a professional musician and music teacher and love swapping my concert clothes for tramping boots. Hope to see you out there!

VICE-PRESIDENT 1 - JOHANN SCHOONEES



Kate and I migrated from South Africa in 1996 and joined ASC in 2010. My main role in the club this year is as Ruapehu Buildings Co-ordinator.

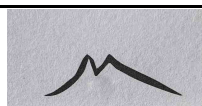
I love running the Auckland Half Marathon every year, and The Goat on Mt Ruapehu with other keen goats from ASC. My family and I (wife Kate and children now aged 23 and 19) appreciate the opportunities to experience the great outdoors tramping with the club, and the Ruapehu huts for skiing with more enthusiasm than grace!

VICE-PRESIDENT 2 - MARIA BULLOCK



I have had some association with Alpine Sports Club for a long time, having joined with friends in the mid 1960's. I well recall trips to Ruapehu when, because most of us were working part-time, we would leave Auckland quite late on a Friday evening, and arrive in the volcanic plateau area about the middle of the night before walking in the dark, up to the Ketatahi (Springs) Hut, for example.

Recently I have done a number of Sunday and/or Thursday walks/tramps with an occasional week-end added as well.



TREASURER - JACKIE PONTING



I've been in NZ for 17 years, have a kiwi passport and joined the club in 2009. I've taken part and led trips in tramping, climbing, skiing, helped at Ruapehu work parties, Waitakere baiting sessions and organised our 90th anniversary climbing event.

I hope to continue to be an active participant taking as many opportunities as possible to interact with other members in the club.

I'm a financial accountant with the skills required for the Treasurer's role on the committee.

SECRETARY - JENNY HUDSON



I have been a member of ASC for over 22 years now, enabling me to tramp my way around quite a lot of New Zealand (and overseas pre-Covid) with other club members, but many bucket list trips still lie ahead. Now I'm trying to encourage my 8 year old grandson to discover the outdoors.

My other interests include tai chi, photography, cycling, and gardening. I am enjoying the challenges of my expanding roles within the Club and learning new skills, as well as the opportunity to get to know more of our members - new and old.

MEMBERSHIP SECRETARY - JEANETTE DAVIDSON



I was introduced to ASC by my husband in 1979, but a fantastic family camp close to New Plymouth gave me the impetus to officially join the club in 1995.

I have been on numerous ASC tramps, kayaking trips and family camps and now our grandchildren are starting to attend family camps.

I am new to the role of membership secretary this year.



WAITAKERE HUT LIAISON - MIKE FRITH



I did a lot of tramping and some climbing in the 1960s with the Auckland University Tramping Club until I joined ASC in 1975. Then followed many Christmas camps with the family for the next 20 years and small group, longer tramping expeditions in the South Island.

I currently organise ASC in the baiting of nine lines near the Waitakere hut for Ark in the Park (AiP is a joint organisation between Auckland Council and Forest and Bird), and also personally do a trap line for AiP.

I am a retired optometrist and was involved with voluntary eye testing in Nepal for around six months and Bougainville for around three months.

EVENTS CO-ORDINATORS - KERI AND ERIC HORN



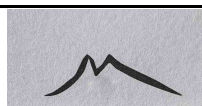
We joined the club in Autumn 2021, hoping to find some like-minded families that were looking to enjoy time in the outdoors with their kids.

Freya [6] and Arlo [4] absolutely love the Small People on Big Hills events, and we try to get along to as many of the family weekends, hut trips, lodges, camps, Women's Overnights (and the occasional Dad's equivalent!) as we can. We're also interested in tramping, camping and kayaking.

TOURS OFFICER - MARK ROBERTS



A second generation family member, I attended summer camp from a young age and now bring my own family along. I'm interested in tramping, skiing, rock climbing and mountaineering.



WEBMASTER AND DATABASE - CLIVE BOLT



My wife Helen and I joined ASC in 1972 after moving from Wellington. Our first qualifying trip, led by Peter Hutton, in the Russell State Forest impressed me with the rugged off-track navigation style of the trip. Since joining the Club I have held many Committee roles. I recently took over Thursday walks from Sherilyn Coney, leaving her free to concentrate on Midis events and personal travel.

Current interests include tramping, particularly open tops, kayaking, orienteering, astronomy and photograph. I lead two U3A groups in astronomy and aeronautics study and assist with Senior Net. In a past life I was a keen yachtsman, mountaineer and skier, even if not particularly good at any of them. These days I enjoy running orienteering and short rogaie events most of all.

NOTICES AND NEWS

ROSEMARY BLACKBOURN



Rosemary Hart/Blackbourn died recently after a very long and very brave battle with cancer.

Rosemary was born in London in 1940 to kiwi parents - her father was working in the Radiology Department at Kings College Hospital. Due to the bombing blitz she and her mother moved to Scotland but in 1944 when Rosemary was four, the family returned to Auckland by sea. She was one of "Beverley Williamson's girls". Beverley, a very active member of Alpine Sports Club and geography teacher at Diocesan, took the prefects to the mountain for a weeks' skiing for many years. If you wonder why it is there are so many Dio old girls in the club it's because each year two or three of her pupils joined ASC and have stayed members ever since. Rosemary was one of them and she has been a major contributor and well-liked member of the club ever since.

She was an organiser/Treasurer for the Midis for years as well as Minutes Secretary for the AGM. She also joined a group of ASC women who walked after work, one night a week in Cornwall Park – to keep fit for skiing. And until recently, Rosemary took part in the Thursday walks and walked and skied from her lodge in Ohakune.



Rosemary started the Midis book in 1987 to the present day; it is full of photos and every single Midis event and notice printed in Alpinesport, all creatively displayed. It is a treasure trove of memories and is taken to most Midi events.

She was a regular attender at club nights and always willing to help at club events. The esteem in which Rosemary was held by the club was apparent by the large number of members who attended her Memorial Service at McHugh's on Tuesday 23 August. She had many friends in the club and will be missed for her graciousness and intelligent and warm friendships.

Rosemary had a very successful career as a radiographer. As Charge Mammographer at St Mark's Breast Clinic, together with two doctors, she led the way in breast screening and early detection of breast cancer in NZ. Rosemary also spoke at several conferences, and travelled to the UK to investigate new technology and equipment. In later years, she helped take the mobile breast screening programme to our more vulnerable smaller and rural communities all over the North Island which also included extending the service to the Cook Islands.

Our thoughts and sympathy are with her four children and their families at this sad time. Rest in peace Rosemary.

BILL JAMIESON



We are saddened to learn of the passing of long time club member Bill Jamieson, in his 90th year. Bill was not only a passionate tramper, but was also an internationally published author (in the UK, Australia, India and NZ) of several books.

Amongst his best known works were 'The Accounting Jungle' and 'Retirement Tips for Baby Boomers', for which he was still receiving royalties at the time of his death. Art and music were amongst his many other interests.

While in recent years he and Kaye took part in the Midis' activities, Bill developed Burning Feet Syndrome which limited his ability to undertake longer tramps. We extend our condolences to Kaye. Rest in peace, Bill.

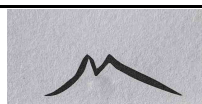
CLUB NIGHTS

Name badges

We are going to trial the use of name badges or stickers at club nights, to help our new members get to know everyone, and to prompt those of us with failing memories! When you arrive at St Marks, please allow a couple of extra minutes to get your sticker or badge.

Help with supper

Sue Fitzpatrick would love some more volunteers for club night supper. It's an easy job,



so if you are an attendee please come forward and have a turn.

Suggestions for guest speakers

Do get in touch with Sue Fitzpatrick if you would like to be our guest speaker or have a suggestion or two. Contact Sue on suzette@knockbane.co.nz or 09 576 1069.

WAITAKERE HUT - WOODBURNER APPEAL

Since our last magazine, we have received donations from Sue Grant, Janet and Jim Frater, Kate Sewell and Jackie Ponting. Thank you all!

Our President is calling for more donations to help with the installation costs. Here are the details if you would like to contribute.

ASC Account 12 3237 0007167 00

Reference "Woodburner"

Code "your name"

Please let the committee know if you would **not** like your name to be added to the plaque
Installation will take place over summer (when the fire is not in use) and we will have a party to celebrate when it is in working order.

ADVERTISING IN ALPINESPORT

Please feel free to ask about promoting your business through Alpinesport. Contact Jenny Hudson media@alpinesport.org.nz or 021 626 330 for more information.

**HAVE YOU PREVIOUSLY MANAGED A BUSINESS - OR HAD ANY
BOOKKEEPING EXPERIENCE?**

**JACKIE COULD DO WITH SOME HELP WITH PAYING ASC'S BILLS
OR SOME OTHER BASIC BOOKKEEPING TASKS.**

Please contact her at treasurer@alpinesport.org.nz or 021 209
3120



CHANGES TO THE INCORPORATED SOCIETIES ACT

Those of you who came to our September club night heard an interesting presentation from Tony Walton, an Executive Member of FMC and the current President of Auckland Tramping Club. His topics included changes to the Incorporated Societies Act, which will impose new responsibilities on all incorporated societies including FMC and ASC. The main ones include:

- We must re-register between October 2023 and April 2026
- We have to create a new Constitution, with specified contents
- Disputes procedures must be defined
- Officers must pass 'fit and proper persons' tests
- Financial reporting standards must be complied with - including service performance statistics, accounting policies and notes, financial reporting headings.

We will hear more from FMC as additional information, templates and guidelines come to hand.

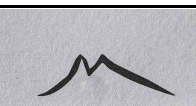
HELLO AND WELCOME TO NEW MEMBERS

We are pleased to welcome the following new members and hope you have many great trips, adventures and tramps with the club.

- **Rose Forster, husband Gary McAuliffe and their 3 children**
- **Helen Chen**
- **Catherine Gao**
- **Jennifer Wang**

THANK YOU TO PUB CHARITY

We are immensely grateful to Pub Charity for their timely grant of \$10,000 towards this year's insurance costs for the A-Frame and Bunkhouse. This still leaves a shortfall of \$15,000+ so we continue with our efforts to get funding assistance from other sources.



CLUB NIGHT TUESDAY 1 NOVEMBER 2022
7:30 pm, St Marks Parish Hall, Remuera Road

It's gear night once again. Following the success of last year's event, Fiona Heenan is organising a night featuring tramping packs and a variety of gear. Come and learn what's new and different! It should be fun.

THE BOB USSHER MEMORIAL SEAT AT NORTH PIHA

Bob Ussher Memorial Seat unveiled on 20 September 2022

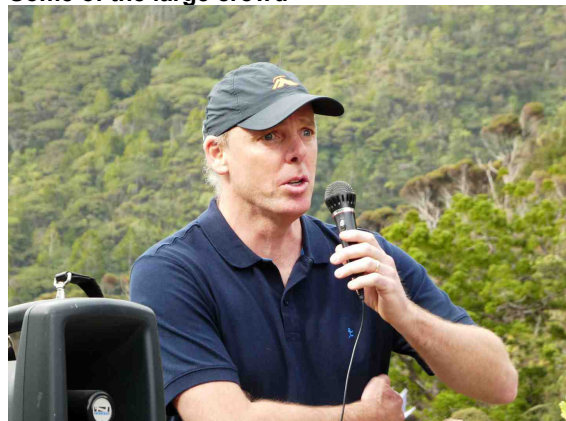
It was wonderful to see such a large gathering of club members amongst the seventy of more people who attended the official unveiling of the Bob Ussher Memorial Seat at the start of the Mercer Bay Loop Track, off Log Race Road, Piha, on Tuesday 20th September 2022.



Bob on a Midis visit to Ohope Beach 1948 - photo supplied by Susan McDermott



Some of the large crowd



Graham Ussher speaking on behalf of the Ussher family

Bob joined ASC in 1961 and was actively involved with the running of the club through to the time of his death in 2014 at the age of 85. His interest in the outdoors led to his becoming a member of a number of bodies both Government and non government, representing either the

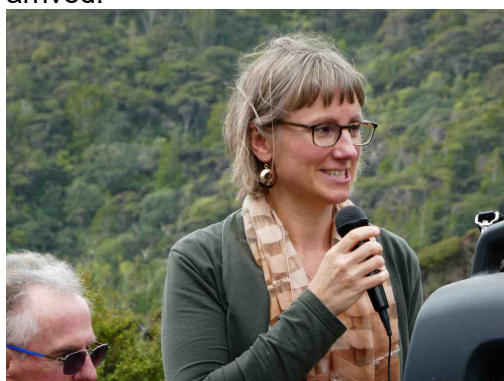
Alpine Sports Club or the Federated Mountain Clubs Association, all with the aim of either protecting or expanding the existing parks network and the walking tracks therein.

Long time club member Warren Whyte led the proceedings as it was he who, with the endorsement of successive club committees, has worked tirelessly over the last several years to get the memorial seat built. He welcomed Margaret Ussher, her family, Alistair, Graham and Susan, their spouses and Margaret's six grandchildren.



Stephen Bell

A welcome was also extended to Stephen Bell, Principal Specialist Parks Manager, Stu Leighton, Piha Ranger in charge of Kauri Dieback, members of the Piha community, Ussher family relatives and friends and ASC President Miranda Hutton. Warren was hoping to introduce Colin McBride, the stonemason who built the seat, but unfortunately he had not arrived.



Club President, Miranda Hutton

In his speech, Warren outlined Bob's many years of community service and the work which Bob did towards securing the future of the extensive parks track network both in the Waitakeres and in other parts of NZ. Warren recounted that in

1966, five years after Bob had joined the club, he was elected President in the year the construction of the club's 32 bunk Ruapehu A-Frame lodge commenced. Stormy weather caused serious issues with building the A Frame so his first year of Presidency was certainly a baptism of fire.



Warren Whyte

After outlining Bob's record of service which, included extracts from testimonials given by Sir Bob Harvey, former mayor of Waitakere City, and Geoff Chapple, former CEO of the Te Araroa Trail, Warren concluded by saying, "The Bob Ussher memorial seat recognizes the untiring efforts of a husband, a father, a grandfather, a relative, a friend, a visionary, a tramp, who gave of his recreational time to ensure that a structure of walking trails would be embedded in legislation so that they would be there for this and future generations to enjoy".

Following brief speeches from Auckland Council staff members Stephen Bell & Stu Leighton, Bart & Miranda thanked Warren for his persistence over several years in successfully bringing about the construction of this magnificent memorial seat in memory of lifetime club member, Bob Ussher.





Bob on the Gentle Annie Track in 1948 (not far from the Memorial Seat) Photo supplied by Susan McDermott



Stu Leighton

An outline of Bob's many years of voluntary service:

- Alpine Sports Club: Waitakere Hut Officer/Vice President/President/Life Member.
- Auckland Associated Mountain Clubs: ASC delegate/President/Life member
- Auckland Conservation Board: Member of inaugural board. Two three-year terms.
- Auckland Horticultural Council: ASC representative
- Auckland Mountain Safety Committee: Deputy Chairman
- Auckland Regional Authority Parks Dept: AAMC delegate/Citizen's Advisory Committee
- Coromandel Forest Park: FMC nominee on the Advisory Committee
- Environmental Defence Society: Member
- Federated Mountain Clubs: National Walkway, Youth, Environmental, Conservation committees / Vice President
- NZ Conservation Society: Founding Committee Member
- NZ Forestry Council: Ad-Hoc subcommittee
- NZ Walkways committee: Originator
- Auckland Walkways Committee (Land & Survey Dept): Member
- NZ Walkways Commission: Member
- North Auckland Land District: Land Settlement Committee Member
- Search & Rescue Organisation: Member
- Waitakere Ranges Protection Society: Founding member / Vice President

Photo credit: Clive Bolt

Trip Reports

SMALL PEOPLE ON BIG HILLS - MAUNGAKIEKIE

24 July 2022

Despite the wintery grey weather we had nine families with thirteen children meet in Cornwall

park today for an urban adventure.



We took an off the beaten track approach to exploring Maungakiekie.



There was lots of tumbling and laughter.

We clambered up the side of the maunga and enjoyed some amazing views. We walked through long grass and climbed up the crater.



We curved around the side through the trees and found an old hollow tree which the children climbed and explored inside.

We enjoyed a picnic together and continued around the maunga through a wooden area and then had sliding races down the steep grassy slopes.

We all had lots of fun and made new friends. We look forward to our new families joining us again next time.

Ngā mihi nui,

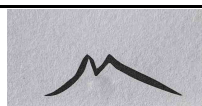
Abi Raymond

SMALL PEOPLE ON BIG HILLS – TWO PLAYGROUNDS IN ONE DAY

Sunday 21st August 2022

Eight families (33 people) met at the Green Bay Craigavon Park playground in beautiful August sunshine. After a play on the playground, the 17

children eagerly listened about the history of the area.



We set off walking around the Craigavon Park to search for the headwaters of the Whau River, an ancient canoe route between the Waitemata and Manukau Harbours.

The stream was easily accessible by a path through native and mixed bush. The park is very popular with local dog walkers, many of whom were out and about, some training their dogs at the special dog training facilities.

After returning to the playground we continued to Portage Road where canoe and other vessels would have been dragged overland to the Manukau Harbour. A highlight turned out to be a large loquat tree, some fruit of which were just ripe enough to eat.



We then started the tramp proper. How fun was it to jump about in the mud? Who could keep their shoes on or get them sucked off by the thick mud? We followed the coast eastwards towards Blockhouse Bay Beach Reserve, sloshing through the light mud and crunching over shells.

There were plenty of interesting things to look at and friends to talk to. After about 45 minutes we reached Te Whau Point and the Blockhouse Bay Boat Club. A quick scramble around the point and we were at the reserve. Wow, the children spent the whole lunch “break” playing on the



playground with great energy. The adults, comfortably refreshed, were ready to continue. We took a beautiful route back along the cliff tops, winding through native bush with some steep sections. The children counted 140 steps going up in a row at one point. After another short break under a tree (the weather was very warm) we made it back to Green Bay, Portage Rd, the loquat tree and finally the playground.

Tired children were discussing the chances of getting an iceblock on the way home. What a wonderful urban adventure - three hours of happy tramping and playing in a part of Auckland some had never seen.

We all had lots of fun and made new friends. We look forward to our new families joining us again next time.

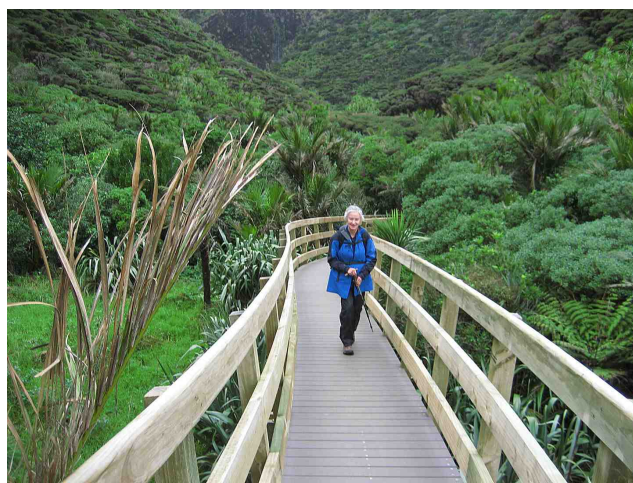


Leader and scribe – Miranda Hutton
Families attending: Griffiths, Hanchard, Horn, Hutton/Voll, van Huyssteen, Morton, Wang



SUNDAY WALK - WHATIPU TO PARARAH VALEY

7 August 2022



Despite a very gloomy forecast, a group of 15 raincoated optimists gathered at Whatipu ready to check out the newly upgraded Gibbons and Muir tracks and Pararaha Bridge.

The track starts upwards immediately and has been metalled - and with countless steps it is possible to walk to Les Ward Hut in the Pararaha Valley with clean boots.

There were excellent viewing points over the marshlands, the channel and ocean, with large waves and currents breaking over the sand bars.

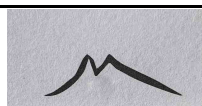
After a steep initial section the track starts to level off and long strips of boardwalk have been



built to protect and encourage new plant growth.



We arrived at Les Ward Shelter at 12.00 and everybody was ready for their lunch. The promised rain still holding off, we were ready to investigate the new State of the Art Bridge over



the Pararaha River which had become flooded due to the silting up of the river mouth.

Conditions were still good on the beach with a light tail breeze to aid us. We stuck to the high tide mark area along the coast and up the harbour entrance to Paratutai where we swung left and back to the carpark. Shortly after our arrival back at Whatipu the light rain started so we were delighted with our good fortune.

A very enjoyable walk with 15 happy walkers :- Warren and Jocelyn Whyte, Elisabeth Jobbins, Helen and Clive Bolt, Don Baker, Bill Dobbie, David and Marcia Roberts, Peter Loveridge and Jenny Hudson, Rosemary Wakeman, Pat La Roche and Bruce and Jane Rogers (leaders and scribe).



Whatipu to Pararaha Valley 2 hours – returning along the beach 2 hours.

Photo credits: Clive Bolt, Jenny Hudson

SATURDAY WALK - WAITAKERE RANGES

10 September 2022

The round trip began at Exhibition Drive to Mackies Rest, then down to the Pipeline track, uphill on the Slip track to Arataki Visitors Centre. After lunch we leisurely walked the Beveridge Track, along Exhibition Drive back to the car park.



16 walkers met at the Filter Station car park at the end of Woodlands Park Road, ready to begin promptly at 9.30am.



A new slip in the past month

I did promise there would be no mud on this walk.

A cool wind accompanied us as we walked along Exhibition Drive to Mackies Rest but we had some nice vistas along the way.





Lower Nihotupu Reservoir and Manukau Harbour



Mackies Rest, Lower Nihotupu Reservoir in background.



Pipeline track



Another 500m from the junction of Pipeline track and Slip track we found ourselves at the Bald Spur Stream. Many of us had never been here before. To the left of us we saw:



We then walked the Slip Track, a steady gradient uphill.



One of the lookouts by Arataki Visitors Centre





At the end of the Slip Track by Arataki Visitors Centre. Diligent ASC walkers following correct protocol.

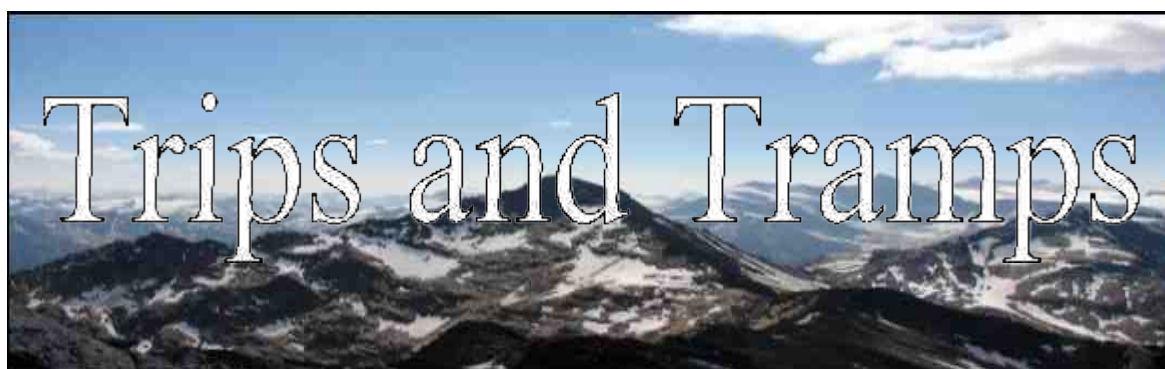


Lunch at Arataki Visitors Centre grounds.

A lovely blue-sky day and the company of walkers made this walk most enjoyable. Thank you to all who came on this trip.

Jeanette Davidson (leader and scribe), Jane Adams, Helen and Clive Bolt, Sue and Brian FitzPatrick, Jim Frater, Tim Carter, Mike Frith, Elisabeth Jobbins, Jenny Hudson, Peter Loveridge, Pat La Roche, Linda Webber, Jane and Bruce Rogers.

Photo credits: Clive Bolt



Keep a look out for updates on trips in our newsletters, Facebook page and the next issue of Alpinesport.

Thursday Walks

Walks are held on the 2nd and 4th Thursdays of every month (except January and December). For further information contact Clive Bolt thursdaywalks@alpinesport.org.nz. For details of proposed multi-day trips see the Club's Bulletin Board under "Tramping and Trips" where members seek others to join them or help in planning in trips.



Although the COVID requirements have been relaxed, we are still a vulnerable group and long COVID is a concern.

Please do not come if you have any respiratory symptoms or you have been exposed to someone that has. Please let the leaders know by email that you are coming.

Thursday 22 September 2022 North & New South Piha Beach

Assemble at 1030 at the North Piha car park which is at the North end of Marine Parade North – there is a toilet on the way at the car park beside the the North Piha surf club. The morning walk will explore the beach and lookout at North Piha.

After lunch we will explore South Piha the Gap and Blowhole, and if possible will visit a beach normally inaccessible.

The walks will probably involve “shoes off” so a small towel is advisable. Neither walk is long but walking sticks are recommended. The part of the walk in shallow water is an optional extra.

Leader –Tony Sullivan 0210545726 or tonybeatnz@gmail.com

Thursday 13 October 2022 Bayswater - O'Neill's Point Cemetery, Narrowneck and Return

Leader Jocelyn Magness jocelynmagness@gmail.com

Thursday 27 October 2022 Roberta Reserve to Panmure Yacht Club and return

Meet at playground (and toilet) Roberta Reserve 10am. Good parking and cafes. Walk past Tohuna Torea through Waioataiki Nature Reserve, Point England Reserve (toilets), Dunkirk Reserve, Mt Wellington War Memorial Park to Panmure Yacht Club (toilets), for lunch then return. A comfortable 2 hours each way with only 100m tarmac.

Leader: David Addis: david_addis@xtra.co.nz

Sunday Walks

Sunday 2 October 2022

Puhoi - J Tolhopf Road to Puhoi Village

Meet at 10 am at the Puhoi Pioneers Memorial Carpark and then carpool to the beginning of the trail at J Tolhopf Road. From there follow the Te Araroa Trail back to the car park through pine and native forest including an area of spectacular Kauri trees. Along the way look down into the beautiful Puhoi Valley below.

For further details contact the leaders, Peter Loveridge 021 2677 998 or Jenny Hudson 021 626 330 or email: jenny@hudson.co.nz

Sunday 6 November 2022

Waiheke Island – Northern Headlands

Catch the 9 am ferry from the city to Waiheke and enjoy tramping the northern coastal trails from Oneroa Bay to Island Bay to Owhanake Bay back to Matiatia Bay. It is some years since the club walked around this end of Waiheke so take the opportunity to join other club members for an enjoyable coastal walk on Waiheke.



Small People on Big Hills

Sunday 2 October 2022 - Secret beach explore - Kendall's Bay, Birkenhead

Meet at 10am at the carpark on the corner of Chelsea View and Onetaunga Rd, Birkenhead

Join Braden (7) and Cory (5) for a beautiful urban bushwalk down to a small secluded beach. Bring lunch for a picnic on the beach and gumboots to explore as it may be muddy. This trip is ideal for younger kids, but all ages are welcome. Bring togs/change of clothes in case of water-play, plus warm and waterproof clothing depending on the weather. The trip will take place rain or shine. Contact joanne.morton02@gmail.com to register.

Sunday 16 October 2022 - Lake Wainamu Sand Dunes Play

Join Freya (5) and Lydia (3) for a fun wander along the shallow stream towards Lake Wainamu to find some epic sand dunes. We'll meet at the Lake Wainamu carpark at 10am, wander along the stream and then have a play in the beautiful black sand dunes that lead up to Lake Wainamu. We will then head back to the carpark (we are unlikely to make it to the lake). Be prepared to get wet feet! As the stream is unavoidable and staying completely dry is unlikely, this trip may be cancelled due to very poor weather. Bring lunch/snacks and drinks, plus a change of clothes, towel and something warm to wear. Shoes for kids that are easy to get on and off are perfect. The stream and sand dunes are very exposed so please ensure you bring sunblock, sunhats and a raincoat.

Contact Catherine Hird at catherinelydiahird@gmail.com to register.

Sunday 6 November 2022 - Stillwater to Dacre Cottage

Meet at 10.00am at Stillwater Park at the end of Duck Creek Road.

Join Felix (9), Rafe (7), and Cami (5) for a coastal explore from Stillwater Park to historic Dacre Cottage. We'll meet at 10am to start walking at 10.30am and make our way to Dacre Cottage and then head back the way we came. Should take around 3hrs depending on the pace. This is a flat east walk but not for prams. Bring lunch, drink, walking shoes and raincoats. Contact Jane to register janeprestonnz@gmail.com 021 042 7089

Family weekend tramp

12/13 November 2022 - Leitch's Track family weekend tramp

Easy tramping trip to Leitch's Hut in the Waikato region. 3 Hr/8.5km walk in from the road end along a former surveyed road and is well graded. Well suited to families with kids to a standard DOC hut (16 bunks). I would suggest bring a tent along in case the hut is full. The hut is first come, first served basis. We will meet at the road end at mid-day Saturday and walk out early afternoon Sunday back to the cars. <https://www.doc.govt.nz/parks-and-recreation/places-to-go/waikato/places/whareorino-conservation-area/things-to-do/leitchs-track/>

Leader Nicholas Roberts (09) 480-6166 or nicholas_roberts@hotmail.com



Women's Overnighter

10/11 December 2022
folx

Camping Adventure - for Women, Non-binary and Trans

Join us for some pre-Christmas self-care, time in nature and connection with like minded souls in our very own private bay. An overnight camping adventure in Mahurangi Regional Park. We will walk into a campsite at low tide (30mins) and set up camp. You will need to carry all your gear in over the foreshore, so a backpack is ideal. There will be time to rest, explore, walk, swim, share kai, connect with others and do whatever you need to fill your cup .

Please email Abi to register and for full details: abimaeraymond@gmail.com

Adults only, no kids. Alpine Sports Club members given priority. However, it is an open event for friends of ASC members and the public. Skill level – suitable for all levels of fitness (note: the campsite is a 30-minute walk from the carpark).

SUMMER CAMP 2022 - 23

Wairere Boulders Northland

Duration: Monday 26th December 2022 - Tuesday 3rd January 2023



Location: Tucked away in the upper reaches of the Hokianga Harbour, the Wairere Boulders is a private Nature Reserve with beautiful native bush, flowing stream and astounding volcanic boulders. ASC will have exclusive use of the spacious camping area, but the public will still have access to the Nature Reserve. The fenced campsite has a tidal stream on two sides. ASC will be able to hire kayaks, or bring your own.

If you like biking, the popular Pou Herenga Tai Twin Coast Cycle Trail finishes close to the camp so bring your mountain bikes as well. There are plenty of places to explore in the area including tough and easy tramps, historic places of interest, the stunning Kauri forests, fishing and boating possibilities, swimming, kayaking and biking. Rawene and Opononi on the Hokianga Harbour and Kerikeri in the bay of Islands are both about a 40 minute drive away.

Further information and booking details **are on our website** and will be in the next newsletter.



GEAR AND EQUIPMENT

The Club's Directory and Membership list provides guidelines for participating in tramping, climbing and outdoor activities and a suggested gear list, food list and recipes can be found on the club website www.alpinesport.org.nz. The gear list below is an excerpt from the Directory - intended to act as a guide for beginners to tramping and a reminder to others of what is necessary, and what is optional if you are prepared to carry it. Keep the list in a place where you can use it as a checklist each time you go on a trip (best laminated and kept with your gear). Note that jeans are not suitable for tramping.

Bush Day Trip - Recommended Personal Gear

Day pack with gear in waterproof bags	Handkerchief
Waterproof parka with hood	Whistle (to blow if separated from group)
Sunhat and sunscreen	Torch
Warm hat and gloves	Watch
Fleece or wool jersey	Lunch, snacks and drinks (at least one litre)
Personal first aid kit and emergency blanket	Toilet paper and hand sanitizer
Personal medication	Ladies toiletries

Consider carrying: overtrousers, gaiters, plastic to sit on, trekking pole(s), mobile phone, map and compass, money.

Wear: quick-dry shorts, socks and boots or sturdy shoes, polyprop, woollen or silk tops (not cotton). Cut your toenails before the trip.

In the vehicle, leave: a small towel, change of clothes and shoes, plastic bag for dirty boots.

Personal first aid kit for day trips

Plasters 6 - 10	Cohesive bandage eg crepe or gauze
Plaster strip	Disposable gloves
Sticky tape	Triangular bandage
Safety pins	Personal medication including pain relief tablets
Scissors	CPR face shield
Tweezers or splinter probe	Paper and pencil
Non-alcohol wipes (or Betadine drops)	Sunscreen, lip balm, insect repellent
Non-adherent sterile dressings	

Leaders should have in addition:

Map and compass	Pocket knife and cord
Communications appropriate for the trip eg mobile phone, PLB, radio	Paper, pen, pencil
Emergency shelter eg fly sheet	First aid kit
	Close cell foam pad (emergency splint)

Overnight list: refer to the website and discuss requirements with your trip leader.



WINTER SKI LODGE BOOKING SYSTEM



You are expected to make your own bookings using the online booking system on the website, just as you have in the past. You will also need to make your own changes to the booking system. There is no one to do it for you.

Bookings for the winter season can be made at any time but you need to be a fully paid up member for the current year.

You can easily change your bookings, including the date, provided there are sufficient bunks available. Changing the date of a booking still requires that you cancel the old bunks and rebook the new dates and any changes to your number of bunks. Any new booking will be subject to availability on the new date.

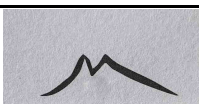
Whereas in the past a cancellation surrendered the booking fee, now there is provision to automatically credit the cancelled booking fee against the cost of the new booking.

Net cancelled booking fees will accrue during the season. Refunds are not available for cancelled bookings except under exceptional circumstances. Any refunds will only be available at the end of the season. Refunds are entirely the decision of the committee and will always require reconciliation by the treasurer.

There are some changes to the system to make it clearer how to make and change bookings. There are two short instructional videos explaining how to make and how to change bookings on the website. Booking instructions can be downloaded from the website, on the Booking Instructions page under ASC Huts. Links to the instructional videos are also on the Booking Instructions page. You will need to be logged on to access it.

Go to Club website www.alpinesports.org.nz, click on "Mt Ruapehu Ski Lodge Bookings" and follow the prompts. You will need either your Credit Card or Bank Account number beside you.

WAITAKERE HUT BOOKINGS



Contact Joe Scott-Woods, for ALL bookings and payments - email:

pjscottwoods@icloud.com

Across The Pass. A Collection of NZ Tramping Writing

Selected by Shaun Barnett; Otago University Press 2021

Here are some extracts recorded in the book; it covers 365 pages plus references.

Reviewed by Marcia Roberts

Trail lore by Barry Brailsford 1984 from 'Greenstone Trails: The Maori and Pounamu'

Trail breaking was the Maori leader's task, marked by snapping, but not severing small branches, known as *kowata* or *whati* – (elsewhere spelt *pawhatii*)

The Maori made flax, or cabbage leaf sandals – called *paraerae* for rough terrain or alpine trails – (they took 20 minutes to make and lasted two days) and wore a woven poncho type cloak, protecting them from rain. A pack called *kawe* was woven to carry their supplies.

Difficult rivers were crossed by swimming, or floating with flax rafts, *mokihi*, shaped like bulky canoes or using a breast-pole or *tuwhana*.

Reminiscences 1930. Arthur Dobson (1841-1934)

When the tent (canvas) was pitched & filled with brushwood (light dry vegetation or flax) a firefly was added at the end, a raised canvas above a ground fire (pit) - for shelter but also creating a wind funnel to keep the fire going. With a flax or brushwood as a 'break wind' round the windy side, a snug camp was made.

Brushwood for bedding, on top the oil silk sheet spread, then blankets, no chance for damp coming through. Maori also memorised the routes, and knew of overhanging rocks or caves

The Great Journey, Buller Gorge Thomas Brunner (1821-1874)

The extract is from the remarkable eighteen-month journey on foot from Nelson to the West coast by Brunner, the surveyor, with two Maori guides Tau and Kehu and their wives. Here he

describes the lengthy traditional preparation of food.

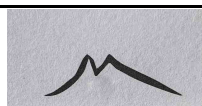
"The two Maori took a whole day using a pointed stick and their hands to dig out the roots of the cabbage tree *ti kouka* – (or *Cordyline Australis*), they produced the roots 'generally 3 to 4 feet long and conic (cone shaped) with a large number of fibrous roots'. A day's work produced about 5 roots, and they considered this a good result, and cooked overnight in a *humu* or *umu* (earth oven). They then extracted the sweet particles from the *ti* by beating and washing it in a proper quantity of water – until about the consistency of honey. They then soaked in that liquid layers of well beaten fern root. When properly moistened it is eaten, a similar relish (to enjoy) to gingerbread."

(*Aruhe*, the rhizome of the bracken fern, needed careful crushing before it became edible. This was a constant activity in many Māori communities before European starchy foods were widely available.)

"The edible part of the fern root is a very small quantity, and from the oldest and deepest growth." Brunner also commented that the cooking required an immense oven (which would take additional time to dig when travelling). The result smelled like sugar boiling, and excellent but rather too sweet.

Arthur Dudley Dobson (as above) also described river crossing, fording on a pole – the method of crossing a river – not too deep to ford

. He is describing a Maori method called *tuwhana*.



“They would take a strong pole long enough for the party to hold in front of them. The strongest and heaviest man took the top end (upstream) and another strong man the lower end – the weakest men, women and children held on between them.

They entered the water together, keeping end on to the current. They advanced slowly, the two men heaving upstream so as to keep the leader on his feet. I have seen ten on a pole, the small women and children being sometimes afloat in place. The advance was made slowly, the two end men getting a firm footing before each step was made. In this manner a very rapid stream could be crossed with strong men. I have seen the leader miss his footing but able to recover by being held by the other men. Sometimes the leader with water rushing up over his shoulder as he forged his way, breaking the force of the water from his followers.

(I know this method is used by trampers in N.Z. but how many know it was well used by Maori before the Europeans arrived.)

When out surveying or travelling Dobson always took very careful precautions to keep dry; he took

- Very light waterproofed cape
- Food for several days
- Flour to last for days when other food ran out
- The blankets were always dry as they were rolled tightly with a suit of flannels in a sheet of oiled silk which kept them quite waterproof)

(Flannel first emerged in the 17th century, created by the Welsh as a replacement to their plain wool garb. Made out of worsted yarn, napped on one or both sides, and sourced from the country's multitudinous herds of sheep, the fabric provided much better protection against the Welsh's notoriously wet and windy winters; it's unclear who named the stuff, but the French

called it *flanelle*, the Germans, *Flanell*.) From Google search.

Dobson found the Maoris ‘to be ideal bushmen, quick to learn, very good chainmen, and worked splendidly.’ He was the engineer who surveyed the route traversed by the Arthur's Pass road, (the route from Christchurch to the West Coast).

Mountain Medicine (1842) George Augustus Selwyn (1809-1878)

First Anglican Bishop of New Zealand, described as a prodigious walker – “he walked for about one third of his 3700-kilometre Journey.”

He was the first European to travel widely on foot, who surprised many Europeans by his stamina. Because of his mana equivalent to a chief he was not allowed to cook for his Maori travelling companions so he called his restorative mixture a medicine or rongoa. (He obviously had better resources than many exploring the country).

My rongoa is made thus; boil a large kettle of water, in a separate pan, mix half a pound of chocolate beaten fine, two pounds of flour, half a pound of sugar; mix to a thin paste, pour into the water when boiling; stir till the mess thickens. This is a most popular prescription and very nourishing and warm for men who have to sleep out at night in a damp climate.’

I thoroughly enjoyed the accounts of historical journeys in New Zealand, and the later writings by various trampers down through the years. Early European explorers provided details and appreciation for their Maori guide's and companion's knowledge of the bush, route finding and ability to find food & shelter. Without their knowledge a number would have died of starvation, or from the exposure in the challenging terrain.

Marcia Roberts

