



Congratulations to HVTCT life member Geoff Spearpoint, who was awarded the Queen's Service Medal in the Queen's Birthday Honours.

Photo: Hugh van Noorden

Please submit your **July 2017** H&V articles to the editor by **30th June 2017**

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Editor H&V:	Bruce Miller	563 5966		the-bruce@xtra.co.nz	



WEDNESDAY NIGHT PROGRAMME

Starts 8.00 pm promptly



Wednesday 7 June 2017 : Graeme Lyon – Kermadec Islands Cruise

In March 2016 Graeme Lyon went on a 7 day cruise north from Tauranga to the Kermadec Islands. He was lucky to enjoy great weather and tramped with the DOC rangers on some of the tracks on Raoul Island as well as doing boat tours of other islands. He will show and describe some of the highlights.

Wednesday 14 June 2017 : David Barnes – Tramping in Dunedin's Backyard

Before he moved to the Hutt Valley, David Barnes did most of his tramping in Otago. While Fiordland and the Southern Alps were a drawcard, the hills close to Dunedin, the Silver Peaks - a mini Tararua of tussock ridges and bush gullies - and the Rock and Pillars - backdrop to the Otago Central Rail Trail - were also special places. Tonight he'll explore the history and many moods of both ranges.

Sales Table run by Graeme Lythgoe. Bring your cash and your saleable items.

Wednesday 21 June 2017 : Tony Jaegers – Snowboarding at Zao Onsen, Japan

In March Tony Jaegers spent nine days at the Zao Snow Resort near Yamagata. The abundance of soft snow and the marginal visibility made for a very enjoyable time. Zao Onsen is well known for its Onsen's (hot springs) and snow monsters. Come along and find out why Japan is such a great place for sliding on the snow.

Wednesday 28 June 2017 : Open night

Please bring some slides along to share with the members

Wednesday 5 July 2017 : John Simes – A road trip through USA inspired by song titles

John will discuss a book titled "A road tour of American song titles" by Karl du Fresne a Wairarapa journalist. There will be a few examples of the songs shown and played (just a few as he realises music is not everyone's cup of tea) the book contains an abundance of intriguing stories behind these romantic place names and some of these will be shared, providing both new eyes for parts of the USA and maybe new ears for some of the songs.



FORTHCOMING TRIPS



LEGEND


T = Overnight or longer tramping trip


D = Day tramp

M = Mountain biking or cycling trip

O = Other

C = Cycle

 = Dog Friendly

 = Moonlight Walk

NOTES

Where there is no leader given for a trip, please contact the Trip Coordinator to volunteer to lead a trip, either as shown or an alternative.

JUNE				
Sat tba	M1	 Days Bay – Wainui – Baring Head	Phaedra Upton	021 0232 6726
09 – 11		TRIP LEADERS NEEDED		
		Ruapehu restock	John Simes	565 0259
Sun 11	D2	Dobson's Loop	Alan Geeves	938 6074
16 – 18		MATIU-SOMES ISLAND		
17 – 18	T1	Matiu-Somes work party	Jan Heine	562 8833
Sun 18	D1	Southern Walkway	Emma Dobbie	027 252 5045
23 – 25		TARARUA RANGE – Walls Whare		
	T2	Neill Forks Hut	Nick McBride	565 4473
Su 25	D1	 Circumnavigate Stokes Valley	Bruce Miller	563 5966
JULY				
Sat tba	M1	 Gladstone for Pub Lunch		
30 June – 02 July		TARARUA RANGE – Otaki Forks		
	T2	Waitewaewae Hut	Andrew Robinson	586 2438
Sun 02	D1	Cornish St - Belmont Trig - Bridle Path	Pamela Campbell	565 1249
07 – 09		TARARUA RANGE – Poads Road		
	T1	Waiopehu Hut	Alan Geeves	938 6074
Sun 09	D1	Explore Zealandia	Marina Skinner	529 7089

UPCOMING EVENTS

SALES TABLE

14 June

As always, the second Wednesday of the month is the day for the Sales Table. Please bring along items that you wish to donate to this effort. Home baking and preserves are especially welcome. Garden produce is also popular so bring along all the excess from you vegetable garden. Everyone else bring some cash to purchase some goodies with. Prices are always reasonable.

Graeme Lythgoe

HVTC RUAPEHU LODGE

2017 FOOD RE-STOCK AND LODGE SPRUCE-UP WORK PARTY

9 – 11 JUNE 2017

You will have read in the May "Ruapehu Roundup" of all the work the Ruapehu Alpine Lifts are doing to upgrade the facilities on Whakapapa Skifields. Now take the chance to come

and see how much of the upgrades have already been completed, also to admire the new cladding and the re-covered lounge cushions, while helping prepare our lodge for the 2017 ski season.

As usual we hope to be able to take food to the lodge via the chairlift. Last year there was no chairlift and so we carried the food and thrived on the experience! As it is never certain a chairlift will be available, we do appreciate a good turnout for this weekend in case a carry the whole way is necessary.

Apart from shifting the food, we have many projects within and around the Lodge itself which are much less strenuous.

Everyone is welcome, the more the merrier. A number of people are needed during the day on Friday 9, to travel to the mountain before the chairlift closes for the night.

Everyone interested please contact: - John Simes Phone 04 565 0259, e-mail j.simes@gns.cri.nz

John Simes



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ANNUAL GENERAL MEETING OF THE HVTC.

26 JULY 2017

All club members are invited to this year's AGM, which will be at the clubrooms at 8pm on 26 July.

Please email any notices of motion to Secretary Marina Skinner at marinaskinner@xtra.co.nz by 15 June.

THE CLUB NEEDS YOUR HELP

Please consider joining the General Committee or the Ruapehu Committee, which runs our lodge. Or you might have skills that you would like to share with the club, without joining a committee.

We are also looking for nominations for the Vice-President of the General Committee, and we need a Membership Officer, after the resignation of Chris and Jackie West. The membership officer doesn't have to be a committee member. Please contact Chris or Jackie (jackieandchris@xtra.co.nz) if you'd like to know more about the role.

If you're interested in becoming a committee member or contributing in other ways, please contact President Frank Usmar (usmar@actrix.co.nz) or Secretary Marina Skinner (marinaskinner@xtra.co.nz) or members of either committee.

Secretary Marina Skinner will have nomination forms at club nights in June. The closing date for nominations is 28 June.

Marina Skinner
Club Secretary

RUAPEHU EVENTS 2017

<i>In</i>	<i>Out</i>	<i>Event</i>	
Mon 10 July	Fri 14 July	July School Holiday week 1	Contact Booking Officer 027 451 0415
Mon 17 July	Fri 21 July	July School Holiday week 2	Contact Booking Officer 027 451 0415
Fri 11 Aug	Sun 13 Aug	Youth Alpine weekend	Contact Rob Thompson 027 594 5443
Mon 28 Aug	Fri 01 Sept	Juniors' Week	Contact Neil Hickman 04 380 1192
Mon 04 Sept	Fri 08 Sept	Veterans and All-comers week	Contact Ian Ayson 04 904 8858
Mon 02 Oct	Fri 06 Oct	October School Holiday week 1	Contact Kate Brownsword 04 562 0177
Mon 09 Oct	Fri 13 Oct	October School Holiday week 2	Contact Sheldon Bruce 027 451 0415

2017-18 SUBSCRIPTION ROUND

As a result of changes approved at the recent Extraordinary General Meeting all members will receive an invoice with their Hills and Valleys. These invoices must be returned so I know how you want to receive the publications. The publication distribution changes will not take effect until October or November.

People who direct credit their subs will not receive a receipt unless they make a donation.

If you are not going to renew your membership I would appreciate it if you could let me know:
phone 528 4697 or 027 473 9199 or email jackieandchris@xtra.co.nz

Jackie West
Membership Officer

HVTC's PERSONAL LOCATOR BEACONS

Our Club acquired five Personal Locator Beacons for use by Club groups in 2010 at a cost of \$700 per set.

Two of the beacons have been activated in emergencies in the past 7 years – and the rescue response has been very efficient – proving the value of the equipment. The beacons that were activated have been replaced by the manufacturer, since the battery needs changing after use, but the batteries of the remaining three beacons now need to be replaced - or rather the sets need to be refurbished and their guaranteed life extended for another 7 years. This is expensive – and the cost of new sets has recently fallen considerably – to around \$485 for a direct replacement.

The General Committee has chosen to purchase two new beacons, from a different manufacturer – they are less expensive, have a 10-year battery life and the sets can then be refurbished by the manufacturer to extend their life for a further 10 years.

Our three out-of-date beacons are to be disposed of, initially by tender amongst Club members. If you are interested in acquiring your own plb you can talk to Murray Presland (ph 562 8194) to find out about refurbishing one of these sets, the extension to its lifetime and the process for registering it with the Rescue Co-ordination Centre.

Tenders for any or all of the out-of-date beacons should be submitted to the Gear Custodian by 30 June 2017.

Doc Watson

Gear Custodian

ph: 934 7155

e-mail: docwatson79@gmail.com

RECYCLING



I am collecting wine bottle caps and the small aluminium tabs from beer cans or other drink cans with tabs. I give these to a Lions group who collects large enough amounts of these to earn money from recycling them.

The money earned goes to charity.

I will take a bucket to club nights for people to put their caps and tabs in.



Anja van Kesteren

POWELL HUT SURVEY

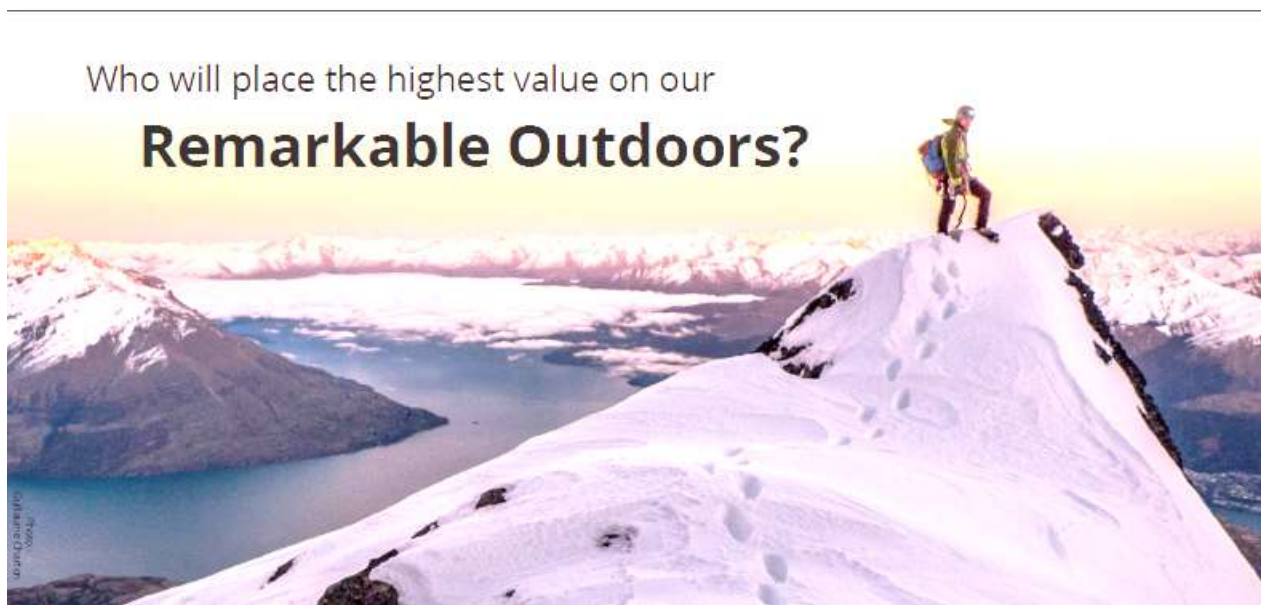


Powell Hut in Tararua Forest Park is being rebuilt and DOC would like your input. To help ensure the new version of Powell meets the needs of its guests, DOC is seeking your feedback via an online survey.

The current Powell Hut structure is still open, but please note that it shouldn't be used during extreme wind events which exceed 180kph. The new hut will still be called Powell and will retain all the things which make the current one so popular.

Check out the survey at : <http://www.doc.govt.nz/parks-and-recreation/places-to-go/wellington-kapiti/places/tararua-forest-park/things-to-do/huts/powell-hut/>

SUPPORT FMC'S PRE-ELECTION SOCIAL EVENT



Federated Mountain Clubs launches its Remarkable Outdoors campaign ahead of the general election on Friday 16 June at 5.30pm in Wellington.

A group of Hutt Valley Tramping Club members will be heading to the Southern Cross in Abel Smith Street to hear the speakers, support FMC's campaign and catch up with other outdoors lovers.

FMC's Remarkable Outdoors campaign aims to increase the prominence of outdoor issues in the lead-up to the general election on 23 September.

Remarkable Outdoors campaign launch

When: 5.30pm Friday 16 June

Where: Southern Cross, 39 Abel Smith Street, Wellington

Who: Please join club members Marina Skinner (021 792260) or Dennis Page (970 6901), who will be going to the event

FLUID BALANCE AND ELECTROLYTE REPLACEMENT

Don MacDonald

Electrolyte drinks have been in the news recently. Here is a reprint of an article from 'NZ Guns and Hunting' magazine which includes a recipe for an electrolyte drink that one of our club members has found quite effective.

Dehydration is simply the loss of the water and salts essential for normal body functioning. It occurs when the body loses more fluid than it takes in, which can occur frequently in high energy situations during elevated temperatures.

While you're out hunting, simply drinking water is not going to miraculously turn you into the energiser bunny. Water itself is only one of the components needed to restore equilibrium within the body. Sports drinks will do this to a point and some are even labelled or promoted as such. The thing with most of these products is that they have a very high sugar content with almost no electrolyte value at all. The relief and thirst quenching ability is very short term and per litre you are paying highly for this product. There are however some good endurance products out there used for sports such as cycling. These offer a long-term release/replacement option, but once again they are expensive and can be triple the price of standard energy drinks.

In an adult, water accounts for approximately 60% to 70% of body weight. Regardless of age we require approximately 100ml of water per 100 calories metabolised. This means a person expending 1800 calories requires 1800ml of water for metabolic purposes. The metabolic rate will increase with fever (or high body temp from a long climb to the tops). With every 1°C increase in body temperature there is a 12% increase in your metabolic rate.

If you are hunting in very hot weather, or in strenuous conditions, water loss may be increased as much as 1.5lt to 2lt per hour. Water loss occurs through the kidneys, skin, lungs and the gastrointestinal tract. The skin and lungs are a particular concern for the hunter, as bulk sweating and laboured breathing are common for us.

Thirst is triggered by the hypothalamus when water loss reaches 2% of your body weight, but although weight loss is the best indicator of fluid loss there's no way you can judge that in the field. As a general rule of thumb, drink when you feel thirsty, before your body screams at you.

Although water is essential, there are some goodies that ride along with the H₂O molecule that provide a healthy balance or equilibrium for the body. These electrolytes affect many body functions and need to be replaced in conjunction with fluid. The main electrolytes are sodium, potassium, chloride, bicarbonate, phosphate, calcium and magnesium. For the hunter, potassium is particularly important as it is necessary for proper neuromuscular control. It also contributes to important changes such as the conversion of carbohydrates into energy. With depleted potassium

levels you will experience muscle tenderness/cramps, general weakness, shortness of breath or shallower breathing, and in extreme cases confusion and depression.

So how do we keep the body hydrated and performing well in strenuous conditions? Electrolyte drinks are simple to make yourself and there are many different recipes available. All the ingredients are available in stores such as Bin Inn, or if you want to pay more, your local chemist. The following recipe is one that I have developed for myself to replace my electrolyte losses during a hard day's hunting.

THE MIX:

- 1 teaspoon of sea salt
- 1 teaspoon of Epsom Salt
- 1 teaspoon of Himalayan rock salt
- 1 teaspoon of Cream of Tartar
- 1 teaspoon of Baking Soda
- 1 teaspoon of Dextrose

Put all ingredients into a bowl and combine. The Himalayan Rock Salt crystals will need to be crushed into a powder using a pestle or base of a glass jar. They are difficult to crush.

The first component to replace is salt. This should be a raw or unrefined salt; raw sea salt is not white, by the way. Raw salt still retains most of the minerals such as magnesium that can be lost during the heating and refining process, the greyer or the dirtier it looks the better! To this I add Epsom Salt which also contains 50 to 60% magnesium, vital for combating cramp and increasing your staying power.

To replace or boost the potassium level, the best product I have found is Cream of Tartar. This contains over 50% potassium and a packet costs about \$1.50 in the baking aisle of any supermarket. I also add Sodium Bicarbonate (baking soda) – a natural substance found in the human body within the bloodstream that regulates pH as a counterbalance to acid build up. It affects the pH of cells and tissues, balances cell voltage, and aids with oxygenation. It is actually used as a powerful medical tool in detoxification, so in it goes.

Dextrose is my next component and I use a small amount for fast acting energy. Trolling through health food shops and supermarkets you may come across Himalayan rock salt, I use this pinkish coloured rock to complete the main components of the recipe as it contains many minerals and trace elements that can be lost during the day. All this is ground up to a rough powder and put in a small container that you can take in your daypack, you can also add a teaspoon or two from a Raro sachet to add a little taste, but go easy, as it is mostly sugar.

My own recommended dosage is a good pinch per 500ml, or a capful per 1.5 litres of water in my CamelBak. By replacing my body's requirements I now find that I need fewer rest stops and I recover better when I do rest. Muscle cramps are now not an issue on the hill and during strenuous times I feel I am running comfortably on second wind. Replacing your body fluids should of course be done in conjunction with a good, long term carbohydrate loading to ensure conversion to energy, but that's another article.

Don MacDonald

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TRIP REPORTS

CLAY RIDGE - McKERROW TRACK : 30 April 2017

Jackie West



Photo: Jackie West

At 7am as forecast it was raining steadily but by 8.30, the meeting time at Woburn Station, the rain had stopped which was also forecast. The early rain had put a few people off but seven of us turned up, Chris and six females. At the Catchpool car park we spoke to a hunter who had just come out having shot a hind in the upper Orongorongo River the previous evening. We crossed Catchpool Stream and began the climb up and over Middle Ridge which became Clay Ridge after the junction with the track that takes the low road sidling round Clay Ridge. A short distance along Clay Ridge I spotted where the

Old Five Mile Track branched off to our right which Chris & I had walked with Graeme Lythgoe on Thursday (see May H & Vs). We enjoyed morning tea sitting where the track was wide and flat. As we climbed up Clay Ridge we stopped occasionally to admire various fungi and marvelled at the wide range of colours of the different fungi. Being in front I startled a large billy goat accompanied by a nanny who shot off away from the ridge.

We ate lunch at the junction of Clay Ridge and McKerrow tracks. Most of us donned parkas because we were getting rather damp from water dripping off the trees but took them off before we resumed tramping. On the way down the McKerrow Track we met the first person we had seen since the car park a chap who was checking traps. Pat, Vera and Freida who were ahead engaged him in conversation and had their "twenty questions" about trapping answered. Chris who was at the back had a quick chat. We returned to the car park on the Orongorongo Track pleased to reach the cars before it rained again.

On the tramp: Frieda Collie, Rebecca Collins, Vera de Graauw, Tania Hatfield, Pat Tristram and Chris & Jackie West leaders.

Jackie

MT REEVES CIRCUIT : Thursday 25th May 2017

Graeme Lythgoe

It was a clear calm and frosty morning as we met at the Rimutaka Tavern Carpark and rationalised transport. The last kilometre into Walls Whare has been made impassable by vehicle due to a washout so we had an extra kilometre to walk but were crossing the bridge about 0945hrs. The sun was starting to make a small difference but it was the steep climb up towards Cone that soon had us all stripping off layers of clothing. I planned to stop for morning tea at the top junction but we stopped 5 minutes short at 1135 hrs. Dash soon had John under complete control with the latter throwing a stick on bark command.

The turnoff to Reeves used to be marked with some signs but now there is only a piece of pink tape - still obvious if you look for it. I always enjoy this section as it is nice to get away from the orange markers and to have to think about the route ahead. This section is also a lot less muddy with some really pleasant sections. Emerging onto Reeves we stopped and took in the great views. Being now 1320 hours the sun was nice and warm with just one little piece of snow visible on the east face of Hector. Cloud was rolling in from the west across some of the main range but the Tararua Peaks looked magnificent. Once on the top we also got good views of the Wairarapa and we had lunch in the very pleasant conditions - hardly a breath of wind.



Photo: Doug Flux

The track down is straight-forward as long as you know where the unmarked turnoff is down to Coal Stream. We enjoyed this very pleasant spur with the late sun's golden rays slanting in through the bush. Unfortunately the bottom becomes very steep and slippery and the descent into the stream needs to be taken slowly and carefully. It was by now quite dark in the thicker bush and we emerged back on the main track with not too much daylight left. By the time we walked the extra distance to the cars it was almost dark. I was lucky and only had to drive to Greytown. The others had a longer journey back home.

The tramp was enjoyed by Doug Flux, Chris and Jackie West, John Fox, Murray Presland, Graham White, Dash and me.

Graeme

GEOFF SPEARPOINT HONOURED

HVTC life member Geoff Spearpoint, was awarded the Queen's Service Medal in the Queen's Birthday Honours.

Geoff, who grew up in Upper Hutt and has lived in Canterbury for many years, was awarded the QSM for his services to outdoor recreation. Geoff has been a long-time advocate for the outdoors, and has volunteered a huge number of hours to restore back country huts and maintain tracks.

The views expressed in the articles in this newsletter are not necessarily the views of the Hutt Valley Tramping Club. Any queries or comments should be directed to the writer of the article. Contributions to the Hills & Valleys are welcomed and encouraged but all are accepted on the understanding that the Editor has the authority to make minor changes if deemed necessary, refer back to the contributor for amendment, or return the contribution for amendment by the Writer.



Geoff at Tent Camp 2015



Please join us to celebrate



Bob's 90th Birthday

Saturday 26 August 2017

Hutt Valley Tramping Club rooms

Birch Street, Waterloo
Lower Hutt



Afternoon tea from

2.00 pm to 5.00 pm

RSVP: Bob Sewell

04 564 6929

bobsewell@clear.net.nz

