

HERETAUNGA TRAMPING CLUB (INC.)

" P O H O K U R A "

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CLUB TRIPS

No. 658.

SMITH'S CREEK HUT

April 16th.

We left not too early, and reached the road-end at McCulloch's mill at about 9.30. We followed the old road up the ridge to the pine plantation and then down into the creek below; from there over the intervening ridge to Middle Creek. This runs in quite a deep gorge, and we did some prospecting before we found a route down. We had to make use of various tufts of grass and roots, which lasted until the last man (Annette), who came down with a swoosh, as the song says, and removed them all. Then up the grass ridge and into the bush, which has quite a good track leading up into the saddle. A steep drop into the stream below and about 20 minutes along the creek brought us to the red light which marks the take-off up to the hut. Rather a late lunch here was all the more welcome. We read the rain gauge and left again without too much delay.

Once back on the saddle, the urge to explore was too much for Nancy, and she organised a flying squad to follow up the track which led off up the ridge in the general direction of Middle Creek hut. The rest of us got back to the truck a little before dark. Nancy's party turned up a while later, having had to

abandon their track, from lack of time, and cut across country.

We left for home, but at the first gate the lights failed on the truck. Owen had just told us a story illustrating the point that many hands make light work. So now all our amateur electricians turned out and they did make light work and we got home on time after all.

How did we get up the cliff again out of Middle Creek? Easy. We found the proper track.

No. in Party: 15.

Leader: Helen Hill.

Nancy Tanner, Annette Tremewan, Joan Wards, Tricia Hammond, Hal Christian, Frank Whitehead, Owen Brown, Tony Corbin, Nigel Thompson, Bruce Hume, Paul Ralph, Graeme Evans, Bob Cooper, Neville Brown.

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MACINTOSH HUT

April 29-30th.

Cancelled on account of weather.

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No. 659.

THREE FINGERS

May 14th.

We left Holt's not much after 6 o'clock and got to Mangleton about an hour later. We managed to take the truck a good way across the paddocks until the track got too slippery and we had to leave it. A quick change, a bite to eat and we were away.

We found a sort of track made by a bulldozer going up the most Southerly of the Three Fingers and followed this up for quite a distance. The chap driving that crawler must have had no sense and a good life insurance. Pretty steep and we were puffing well. But we managed, and arrived at a nice place for lunch at the side of a little creel just below the top. The weather was quite good and we were lying around in the sun feeling not much urge to start climbing again. But after a good spell we hoisted packs on once more and reached the top not long after. Here five of the boys decided to make the round trip and go back to the truck via Herrick's, which they managed to do, arriving at the truck just before the last ones of the main party got in. The rest of the party decided to go down Bob's Spur with the shingle at the bottom, so we started to move South along the top after posing on bits of rock for the camera experts. An argument started as to whether we were on the right place for turning down the ridge, but after a while it became clear that

we were on the right track as we could see Golden Crown next to us further South. There are some nice look out points along the spur and we were in no hurry to get down onto the flat again. There was a bit of trouble getting on the top of the shingle slide. It was quite hard and slippery but all got on safely and then really enjoyed the run down. It is a pity those slides are not a bit longer. Bits of skin were missing from odd places and boots were full of stones, but it was worth the fun.

Coming to the bottom a few of us decided to have a look at Matthew's hut, while the rest of the party made their way back to the truck. We had some difficulty dropping down into Matthew's creek and climbing the other side again. After having a good look around the hut, which is getting very neglected we scrambled back through the creek again and hurried back to the truck as it was getting rather dark and the rain started to come down. We reached it in safety, followed by large mobs of cattle, just after the bods from Herrick's arrived. A good Sunday trip and everybody enjoyed it.

No. in Party: 19.

Leader: Jack Landman

Annette Tremewan, Nancy Tanner, Helen Hill, Sally Holt, Barbara Wallace, Janice Proctor, Margaret Mison, Hugh Wilde, Bob Adams, Ken Tustin, Graeme Evans, Chris Johnson, Graye Shattky, Gary Gloag, Peter Curnow, David Wilde, Hal Christian, George Prebble.

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No. 660.

# KIWI HUT

May 27-28th.

After a rather belated start from Holt's at 12.30 pm, 14 bods duly arrived at the Pine in very dismal conditions. It was our intention to repair the Kiwi bunks and do some track maintenance. With this in mind, 10 keen types set out at 3.30 pm armed with slashers, wire, axes, and ice-axes, leaving Owen, Dave, Nancy and Helen behind at Swamp Cottage to cut the lower reaches of the track the following day.

The usual drag up 4100' was made in mist with a splattering of rain thrown in as well. As darkness fell, about 5.30 pm., the leader, negotiating a slippery piece of track, slipped, and received a nasty gash on his left hand, but managed to proceed with the rest of the party. Many thanks to Annette and Ken for their first-aid.

Eventually Kiwi was reached at 9.30 pm., after screaming off down a ridge towards the Tutaekuri River, losing about an hour's progress. Fortunately the moon shone through the mist and our mistake was rectified. Our usual stew was followed by a mice hunt. We bedded down at about 11 o'clock and listened to

the patter of mice scampering around.

After a stiff frost the following morning, the majority of the party proceeded back to Swamp Cottage, cutting the track, with Bob now carrying the leader's pack as well as his own. (Thanks Bob). The remainder stayed to repair the bunks and chop wood - and how!

At the bottom of the shingle slide we met Nigel and Keith who had come out that morning from Hastings. After a quick lunch at Swamp Cottage, track cutting was recommenced, while Nigel kindly whisked the leader back to Hastings for medical repairs to his hand (4 stitches).

The remainder of the party arrived back at Hastings at 7 o'clock after successfully cutting the remainder of the track and repairing the bunks at Kiwi - a most energetic trip.

No. in Party: 16.

Leader: Tony Corbin.

Bob Adams, George Bee, Owen Brown, Dave Billings, Lionel Rogers, Stuart Barcham, Trevor Rendle, Ken Carmichael, Graham Torwick, Annette Tremewan, Sally Holt, Helen Hill, Nancy Tanner, Sunday: Nigel Thompson, Keith Garratt.

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No. 661.

WAIKAREMOANA  
QUEEN'S BIRTHDAY

June 3-5th.

Waikaremoana took the place of Mt. Ruapehu on the fixture list, as the Blyth Hut was not available for the Queen's Birthday weekend.

The suggested programme was Waikare-iti on Saturday afternoon, the Panekiri Range and Ngamoko for anyone energetic enough on Monday morning. On the way up to the lake we included a tour of the three power houses at Kaitawa, Tuai and Piripaua, then more or less settled in to our six huts for lunch and were headed off to Waikare-iti at 2 o'clock. Long after our return we realised that the electric power supplied to the cook-house rangettes is not strong enough to bring a tramping club's stew to its usual state of boil-up, but boil up it did when we got a fire under it. The truck plus Hal's and Phillip's cars had provided transport for a large party of thirty plus Philip Bayens the younger and Shelley Christian.

On Sunday just half of them wanted to stay around the camping ground or go out boating and a party of fifteen felt lively enough to set out on the truck back to the 'Outlet' which we left at 9.30 to climb Panekiri. A pause on the Armed

Constabulary Redoubt to look at Lake Kiri-o-Pukai and then we plodded up the 1200 feet to Rahui where we could see a wide expanse of lake and bush and the threatening weather on the further tops. By 12.30 our need for food and our ascent to the regions of mist coincided so we settled down out of the wind to enjoy our lunch - no water, so no tea. The leader's objective had been the bluff where the cliff edge breaks back at a right angle for a couple of hundred yards. We reached this at about 2 p.m. to find some sunlight giving us a view of the remaining miles of the range disappearing into a distant southerly storm. Away by 2.30 we were conscious of darkness by 5.00, so made a non-stop return running into gradually increasing rain the last half hour to get back to the truck right at 5.00.

A kindly thought by the stay-at-homes resulted in a hot stew awaiting our return. Some damp snow fell in the evening, but Monday brought sun with the snow only on the tops.

There were no energetic types to climb Ngamoko - some went on a launch trip on the lake, others explored close to camp or tidied up, and then for home.

No. in Party: 32.

Leader: Rex Chaplin.

Phil Bayens, Els Bayens, Phil Bayens junior, Hal Christian, Heather Christian, Shelley Christian, Maurie Taylor, Barbara Taylor, Nancy Tanner, Annette Tremewan, Tricia Hammond, Gay Macdonald, Joan Wards, Peter Lewis, Bob Cooper, Jack Landman, Hugh Wilde, Athol Mace, Gae Lobban, Margaret Mison, Carol Bryndelson, John Townshend, Ken Tustin, Peter Curnow, Peter Mayson, Neville Brown, Paul Ralph, Jim Beer, Derek Boshier, Geoff. Lynn, Chris Johnson.

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No. 662.

POHANGINA SADDLE - OTUMORE

Jun 11th.

We left Holt's at 6.15 a.m. with a moderate sized party on board. When we were quite close to the Rughines we stopped and viewed them from the road. What a sight! They looked really impressive with a thick covering of snow. The rising sun shone in a cloudless blue sky, outlining the slopes.

We reached the Homestead and donned boots etc. Then we walked along a track, above and to the left of the Moorcock. We crossed over and followed a fenceline for a short way. Then we turned straight upwards and fern-bashed our way forward. Gradually we began to plough our way into thick powder snow until after a hard short climb we were on top of the range. Here we met up with 5 other bods who had come up by a different route. The snow here had a thin coating of ice which broke on every fifth step. We

reached the Pohangina Hut at approx. 12 O'clock. We had lunch and several keen trampers decided to attempt the climb up Otumore. The rest sat and talked, or floundered about on pieces of plastic. Whoever thought up the plastic scheme ought to be knighted. It was thrilling zooming down a steep gradient right into a snowdrift which some artful chap had just shovelled into the track. Snow was everywhere - down the neck, in the hair, and in pockets too; there was just not a place on the body where it wasn't.

At about 3 p.m. the climbers returned and we all left for the truck. It was just getting dark when we came to it.

We arrived at Hastings about 8.30 p.m. after a very eventful trip.

No. in Party: 16. Leader: John Townshend.  
Neville Brown, Paul Ralph, Graeme Torwick, Ken Tustin, Ian Wallis,  
Graeme Evans, Derek Boshier, Cliff Docherv, Nancy Tanner,  
Alan Berry, Russell Berry, Kathleen Berry.

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WAIKAMAKA

June 24-25th.

Cancelled on account of the weather.

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No. 663.

SHUT - EYE

July 9th.

This trip, scheduled for the Hinerua Ridge Hut, was changed to Shut-Eye, to take advantage of the snow conditions. The starting time was set for 6.30 a.m. - not too early or too late!! But unfortunately the time we finally left was nearer to 7 a.m., all 26 of us.

At approx. 9.20 a.m. we set off up the Triplex. Some made fast time and consequently arrived at the track with wet feet. Others made slower time, had a few difficulties in overcoming obstacles - but did arrive with dry feet.

We soon met the snow up the track, at first very wet and slushy which meant 2 steps up and 1½ back, but the going became very much better the higher we went.

At the hut a fire had been lit and a billy of water hung over it. But alas!! at no stage of the day did the water look at anywhere near boiling point. The heat was escaping out of the chimney - not up but directly out to a bush just opposite the hut. The smoke refused to go anywhere but inside the hut. A few hard

souls remained inside, but finally came out suffering from heavy colds (?), asthma(?) and very inflamed watery eyes.

After a snack (And no tea), we pushed on for Buttercup Hollow. The view towards Waipawa Saddle was really worth the effort. The sky was very dark and snow clad Three Johns etc., were etched very clearly against it.

The party, rather strung out, finally all met on the other side of Armstrong Saddle. Six there had some instruction on snow craft. Then we split up into three groups - two of them going to two snow slopes, one of which was under Armstrong Top, and the third party going back to Shut Eye. Each party had a different form of transport. Tony Collins had carried up a toboggan and a sleeping bag cover was converted. The producer of this cover was not the owner incidentally - it belonged to his wife. And so tobogganing, glissading and other methods of travelling downhill were practised. Posing for the photographer was quite a feature of the day.

We finally left our playgrounds and arrived back at the hut a little after 3 p.m. A tin billy was left in Shut Eye for use there.

And so, after a pleasant day, (if a little cold) we arrived back at Hastings at the very respectable hour of 7 p.m.

No. in Party: 26.

Leader: Annette Tremewan.

Athol Mace, Graeme Torwick, Paul Ralph, Neville Brown, Jeff Lynn, Barry Rexworthy, Ian Wallis, Keith Garratt, Nigel Thompson, Tony Collins, Tony Corbin, Alan Berry, Owen Brown, Hugh Wilde, George & Alison Bee, Bruce Evans, John Newbold, Sally Holt, Nancy Tanner, Carol Tuck, Myfanwe Jones, Helen Hill, Barbara Drummong, Gav MacDonald.

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No. 664.

ELLIS HUT

July 23rd.

We departed from Holt's at 6.20 a.m. and headed southwards through rain and wind to the Wakarara Mill, arriving about 8 o'clock, without seeing a single vehicle on the road. Deciding to drive as far as possible, we crossed the newly repaired bridge at the mill and went along the logging road that runs along the foot of the Ruahines. However a huge tree lying over the road stopped us and we turned the truck around in the direction of home. (Not a job to be tried in darkness on such a narrow track).

Thirty minutes later saw 12 bods trudging through a rapidly overgrowing track, which passes through the Army's Jungle Centre, complete with targets hanging from the trees.

10.15 a.m. saw six of us at Ellis's Hut, or Murderer's Hut, where the billy was put on to boil for coffee, (the leader's tea not being good enough). The rest of the party rolled along 30 minutes later, complete with parkas, as it was raining. A pleasant hour was then spent having lunch.

At 11.45 a.m. six of us set off in fine weather in the direction of Poutaki Hut in the Wakararas, leaving Nancy and the other to bring the truck back to the mill. As for finding Poutaki Hut, nature willed otherwise. After finding deep ravines, detouring around them, scrambling through prickly fern (in shorts) and clambering over rotten rock, we decided the hut was outside our limit for a day trip.

The journey back to the mill brought more scrub, two more ravines and a river crossing, as well as with encounters with one huge stag, one frightened pig and one hare.

The mill was reached at about 3.15 where we promptly made ourselves comfortable in a deserted house and explored the mill. Nancy's party arrived at 3.50, after holding a card session at Ellis's, leaving at 2.30 for the mill.

After a pleasant snack and a change of clothing, Hastings was reached at 7 o'clock. The day was a lovely break from the monotonous liquid sunshine of Hastings - an enjoyable trip.

No. in Party: 12.

Leader: Tony Corbin.

Nancy Tanner, Kathleen Berry, Tricia Hammond, Margaret Mison, Annette Tremewan, Russell Berry, Keith Garratt, Nigel Thompson, Paul Ralph, Chris Johnson, Graeme Evans.

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#### RESULTS OF PHOTOGRAPHIC COMPETITION

##### Black and White:

- (a) Scenery - Alan Berry (Snow scene in the Ruahines)
- (b) People - Barbara Taylor (Resting in a Maori dugout)

##### Coloured Slides:

Mauri Taylor (Kuripapango Lakes from 4100')

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RESCUE WORK ON AMADABLAN

(The following is an extract from a letter written by Wally Romanes to his family)

"Shortly after my last letter we commenced our climb of Amadablan, a nearby 22,500 peak. The name Amadablan means "Mother of good fortune" but I am afraid that did not hold true for we four. The party consisted of Barry Bishop (U.S.), Mike Gill (N.Z.), Mike Ward (G.B.), myself and two sherpas, Pamba Tensing and Gurmin Dorge. We put in four camps but were only able to use the sherpas up to Camp III due to the difficulties of the rock work. It was all a long slow battle taking some three weeks in all, but we finally made the summit on March 13th. The whole climb required some 42 pitons and two 50' wire ladders together with 1400 feet of fixed rope, the majority of this being removed on the way down.

Then to add to it all, Gurmin Dorge broke his leg just below Camp II. It was a compound fracture just below the knee which Mike Ward, being a doctor, splinted. I had some morphine with me so we made him as comfortable as possible. The ridge being extremely narrow and involving several difficult rock pitches it was out of the question to use a stretcher, so, while Barry plus a couple of sherpas began to relay down the equipment of Camp II, we three took turns at carrying him down. One member to carry, one to guide his feet into the holds and another managing the rope was the best system. The sherpas were partially demoralised by it all and in any case I do not think they could have understood what we wanted at critical times. It was rather exhausting work - very slow progress - so that we had to camp in a bad spot about half way down the ridge. The snowfall that night made the rocks extremely dangerous and we were forced to wait until about 11 a.m. until the sun cleared it.

Beyond Camp I the going got easier progressively and when we camped that night it was on easier going and in a snowstorm. What normally required  $1\frac{1}{2}$  to 2 hours to descend had taken us two full days. A squad of coolies were recruited and in one more day carried Gurmin down to Mingbō. From here he was flown out to Kathmandu by Red Cross plane. It was a clean break that will mend without complication.

So that, briefly, is the story of Amadablam - certainly the most difficult peak I have ever climbed."

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CALVER SEARCH REPORT18-20 April, 1961.

James Calver (30-32) left Hastings alone on a fishing trip at 4 a.m. on Sunday 16th April.

At 11 a.m. on Tuesday a friend who had suggested the Mohaka River to him reported finding his car by the river beyond Puketitiri  $\frac{1}{2}$  mile below the Pakaututu Bridge. From its position he had intended to fish down river which was lupin flats for about  $\frac{1}{4}$  mile, then occasionally bluffs, which can be bypassed through scrub for upwards of  $\frac{1}{2}$  mile further, but for a fisherman would probably suggest crossing. The weather on Sunday was fine and the river reported to be comparatively low, but had risen 3-4 feet on Monday night after rain and was still dropping on Thursday morning when crossings were waist deep and rapid with bouldery bottom.

The search organization was first informed at 4 p.m. on Tuesday in the form of a request from Napier police for a 10-man party to report at 9 a.m. the following morning at the Puketitiri Hotel. An 8 to 10-man party from Puketitiri were already in the field.

Radio Emergency Corps communications were organized by 5.30 and a 10-man Heretaunga Tramping Club party at 7 p.m. At 8 p.m. S.Sgt. Snow, Napier, rang to transfer this party to the Taupo Road end of the gorge to start upstream from the Mohaka Bridge at 8 a.m. on Wednesday and meet a party coming downstream from Puketitiri. On the strength of this the party was reduced to 6 plus R.E.C. and police, and maps, ropes and first aid were collected.

In the course of the evening information about the missing man and his equipment and advice about the gorge was obtained from his friends and from fishermen who had been through it.

After some delay in Napier the party picked up Constable Paterson and learned something of the plan of the search, reaching the Mohaka Bridge at 8.15, where the R.E.C. had already set up a roadhead. The river was then somewhat up and discoloured, but dropping slowly. Messrs Hammond and Marshall with personal knowledge of the gorge arrived a little later and gave useful information throughout the day.

On their advice the party crossed the Inangatahi swing bridge (9.20 a.m.) and crossed the flats on the opposite bank before dropping into the river saving time in tackling the main gorge and leaving the lower part to be covered later in the day.

Communication with Napier was maintained throughout the day and the river party on an hourly schedule so that messages were transmitted with the minimum of delay.

From 10 a.m. onwards progress was very slow, crossings were doubtful and the party sidling up the eastern bank.

At 12.20 in view of the state of the river the leader (Berry) decided to split the party, sending 4 downstream to search as far down towards the swing bridge as possible, and continuing upstream with the other five, either meeting the Puketitiri party or failing this to camp the night and continue to Puketitiri in the morning. All had sleeping bag covers and enough food. (Grid. Ref. 403.374).

From hourly reports the upstream party continued to make slow progress with no sign of the missing man, no sign of the Puketitiri party and lessening prospects of getting through the gorge before nightfall. Shortly before 5 p.m. they reported that they were camping for the night (Grid. Ref. 3997.3733), and did not expect to reach the Pakaututu Road until after 9 a.m. on Thursday.

After unsuccessful efforts had been made to ascertain from Napier how far the Puketitiri party had come downstream, the river party were recommended to work upstream if possible till their tracks were found, then to strike up out of the river on the Puketitiri side where there was said to be a sidling track. A radio schedule was fixed for 9 a.m. the following morning.

At 6 p.m. Roadhead advised Napier and river party that they were returning to Napier so as to be in a position to discuss further operations.

#### Thursday 20th.

9 a.m. R.E.C. contacted the river party who in spite of difficult reception in Hastings had managed to establish 2-way communication (morse).  
10.15 Transport for River party standing by on Pakaututu Road.  
Noon River party met 1 mile downstream. They reported that the river had dropped overnight giving better going. No trace of missing man, first trace of Puketitiri party about 3 miles downstream (Grid Ref. 398.3733).

#### SEARCH PARTY LOG.

#### Wednesday- 19th

9.20 a.m. Left cars at swing bridge near Inagatahi confluence. Crossed bridge and followed farm track to plateau then across flats to upstream edge of farmland. 9.55.  
10.00 Radio contact with Mohaka base although some difficulty 38 set u/s.  
10.20 Dropped down steep slope to river. Milky, running higher than normal and swift. Crossing out of question. Proceed-

ing upstream via true right bank with difficulty. No shingle at edge of river, necessitating constant sidling along bluffs, mostly heavy scrub.

- 11.00 Radio contact.
- 12.00 Lunch, having covered about  $\frac{1}{2}$  mile in 1 hr.40 mins. Opposite bank in clear view periodically and well scanned. Obvious that party will not be able to link up with police from Pakaututu at this rate. Rather than leave a gap unsearched it will be better for a party to spend the night out and continue through tomorrow.
- 12.50 Those with sleeping bag covers continued upstream. R.E.C, Constable Paterson and Derek Conway to search downstream.
- 1.50 Made contact with Mohaka base on 208 set. At bend in river below Paneketoro Stream.
- 2.10 First crossing of river. Tony & Nigel on rope. Deep, Swift.
- 3.40 Constant bluff sidling and deep wading since lunch, with some shingle. Radio contact made near mouth of Wharaurangi Stream. Crossed and re-crossed here.
- 4.40 Better going. Contacted base at point  $\frac{1}{2}$  mile short of next gorge. Camped rather than tackle gorge at this hour. No word of Pakaututu party. Weather fair all day.

#### Thursday.

- 8.15 a.m. Away from bivvy after cold night and light rations.
- 9.00 Made contact with Hastings. Worked in morse as our phone not heard in Hastings, although we could hear them clearly. Advised to proceed to road by easiest route available as this phase of search abandoned.
- 10.40 Struck first footprints where river turns west at Motumatai.
- 12.00 Met Norm about a mile from road. River lower today although still necessary to pick crossings (refer to Hal & Peter for confirmation)
- 12.10 Posed in deepest available pool for benefit of official photographer, then on to road.

Wednesday Party Derek Conway, Constable John Paterson, R.E.C. Stan White and Hilton Meyer.

Through Party Peter Wood, Nigel Thompson, Tony Corbin, Hal Christian, Alan Berry.

MANAWATU TRIAL SEARCH

One Sunday towards the end of April a party of government hunters reported seeing a large number of bodies assembled on the Whanahuia Range with a plane flying over and inquired if it was a hut drop.

This was the final stage of a trial search which has been broadcast and, thanks to the enterprise of some of our members, recorded and reproduced most successfully at a recent club meeting.

It was of particular interest in that not only was it over country familiar to some of us and run by the M.T.C. but that among the participants were Russ Lacey who has lately been active in the Kawekas and Vern Stout, who as a government hunter played a leading part in the Howlett's Search in 1948.

The broadcast was excellently put together and not only gave a clear overall picture of the operation but the flavour of it, which was fully appreciated by those of the audience who had participated in the Shut Eve practice and the recent Mohaka search.

The story began at the search base at the Palmerston police station with parties taking off, then moved to advance base at the Rangiwahia roadhead, with messages coming in from search teams and reports going back to base. The use of two sets here keeping forward and base channels separated was appreciated.

On the final day the recording team moved forward and the state of the track across the slip and the suspension bridge was noted with interest. Andrew Fuller came in at the Rangiwahia Hut which was apparently in use as a staging point, then up on to the top of the range, where Russ was operating a transistor set relaying from the search teams down the eastern face in the Oroua back to roadhead.

Clues had been reported in the Oroua River and were being followed upstream till the missing men, Charles and Vern, were overtaken and brought up on to the range where the air drop was to take place. The drop was vividly recorded and the broadcast closed with an interview with the missing men and a summary by the police sergeant in charge of the operation, who incidentally mentioned the Mohaka search as an example of a recent S.A.R. job,

This was a more elaborate trial than any we have attempted using trappers, deerstalkers and rovers with army transport and an Air Force drop.

It is of particular importance to us as any search in the Ruahines is likely to require collaboration between Manawatu and Hawke's Bay organizations on account of the narrowness of the range.

N. L. E.

DEATH FROM COLD

(Continued from issue No.10., F.M.C. Bulletin)

RESUSCITATION (RECOVERY)

How far must the temperature fall to preclude recovery? What can be done to assist recovery?

Not much information exists, for human beings, on the lowest temperatures compatible with survival. Possibly the lowest limit at which survival could generally be effected is around 82° to 80° F, rectal temperature.

However, rewarming would have to begin two to four degrees higher in order to allow for the temperature drop which occurs in the earlier part of rewarming. Factors such as the length of time of exposure, the physical condition of the subject, the age, and many other factors would determine the exact level of the fatal temperature for each individual.

One of the methods of rewarming, if not the best, would be very rapid rewarming by immediate immersion in warm water around 110° F, accompanied by heart massage if necessary. But where can a tub of warm water be found on a mountain. Even this method is not successful if the body temperature is already too low, since in the early phase of rewarming the rectal temperature may drop a few degrees lower. This results from a reversal of the circulatory phenomenon which took place at the beginning of cold exposure. As a result of heat application to the skin a vasodilation of the blood vessels occurs and blood pours through the cold tissues. This blood, cooled below the core temperature, produces its damage as it flows back through the heart and brain. Death may come within a few minutes after rewarming has begun.

However, by rewarming rapidly this period when cool blood is reaching the heart may last for only a few minutes, during which time artificial methods of heart and respiratory stimulation may be used.

Very slow rewarming over a period of twelve hours or more could be used. In this case the body rewarms itself when placed in a mild temperature of 60° to 70° and the blood which has been cooled by the peripheral tissues returns to the heart very slowly. Fast rewarming is the preferred method when the cooling has been rapid and slow rewarming when the cooling has taken place over a long period of time. Any methods of moderately fast rewarming should be avoided, because they prolong the period during which cooler blood is being returned to the heart.

Other methods showing various degrees of success with animals involve the application of heat to the tissues close to the heart. In one method, heat is applied by placing a warm object on the

chest wall over the heart, or preferably by irradiating with high frequency microwaves focused on the heart. Artificial respiration must frequently be applied. On another method heat is introduced internally to the esophagus and held at the level of the heart. These methods may be more possible logistically in a field situation than a tub of warm water, yet they remain untested for human subjects. Possibly the practice of taking hot drinks would be somewhat similar but the actual heat transferred to the heart would be negligible.

Drugs taken by mouth or cardiac puncture have been suggested, but none appear useful. Breathing oxygen was not helpful in animal experiments. It appears then that one of the first actions when reaching someone suffering serious incapacitation from lowered body temperature in a field situation should be to increase his protection from the cold. This may require removing wet clothing, drying the body piecemeal, and reclothing with dry, warm clothing. Probably more insulation between the subject and the ground might be necessary. He should immediately be placed out of the wind. The subject (if unconscious) should remain in a prone position, with head tilted up or backward to ensure an open airway for breathing. The mouth and throat should be checked for obstructions. This employs the slow method of rewarming, which is the practical one available until a method of rapid rewarming is developed which is adaptable for field use.

#### SUMMARY:

The ability of man to live in the cold depends largely on his ability to decrease the rate of heat loss from his body through radiation, conduction, convection and evaporation. Physiological adjustments such as vasoconstriction, shivering, and muscular exercise contribute to his survival to a lesser degree. When heat is lost from the body faster than it can be produced, body temperature must drop. This may occur at temperatures considerably above freezing and will depend largely on the amount of insulation and wind involved. The body can tolerate changes in core temperature of only a few degrees below 99° F. without noticeable physiological and functional deterioration. Below a core temperature of 86° F psychological contact with the world around is lost. Below 80° F many functions cease and death is imminent. Rewarming should be either very fast or very slow. However, fast rewarming will remain impossible in a field situation until a method is developed.

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#### "INTEGER VITAE ....."

If there are any Latin scholars in the club they may be able to help investigate an unexpected aid to safe tramping. Once upon a time schoolboys used to be taught a song with a good tune but Latin words, and unfortunately the words had evaporated as I found when I wanted to use them in an argument, stuck on the first line and had to call for help.

Thanks to this I have made the startling discovery that Horace was a trumper and had developed a remarkable theory of survival. To put it in

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modern terms, if you're really fit you can stand being whacked on the shins with a crowbar, but this depends on mental concentration. He tried this out on a bush trip (Sabine Woods) where he bumped into wolves and found his mental armour made him invulnerable so that they turned tail. He goes on to claim that this would be equally effective against lions and also against extremes of exposure either to heat or cold.

He concludes with some practical tips as to how to achieve this mental concentration; in his own case he found that thinking of his girlfriend (Lalage) did the trick. Some of our members might consider trying this out - we have no wolves, but how about under blizzard conditions on Sixty-six?.

N.L.E.

#### F.M.C. ANNUAL GENERAL MEETING

As this year's annual meeting was held in Christchurch Nora Finn was organized into attending as the H.T.C. delegate. From her report and the minutes of the meeting it appears that the F.M.C. has had a successful if somewhat difficult year.

The problem of Deerstalkers' representation has moved towards a solution with the decision to accept branches as members and four of them were represented at this meeting. This points to a change in the balance of the F.M.C. with pressure towards an alteration of the constitution and a preoccupation with the concerns of the larger organizations; a somewhat derogatory reference to the "smaller North Island clubs" underlines this attitude.

N.L.E.

NEW MEMBERS: We welcome the following new members to the club:-

Bob Cooper (Junior), Stewart Barcham (Junior), David Evans (Junior), Peggy Robertson, Graeme Evans, Athol Mace, Peter Lewis, Ian Wallis, Russell Berry.

#### SOCIAL NEWS

Birth: To Hal and Heather Christian - a daughter, by adoption.

Departures: Peter Wood to Motueka.

In Sydney we came across Peter Anderson making his way overseas.

General: George Lowe has been invited by Sir John Hunt to join a party of British climbers going next year to Asian Russia - the Pamirs. The idea is to join with Russian mountaineers in an attempt on the West flank of Peak Stalina (24,300'), the highest in Russia.

Wally Romanes, having finished building Sir Edmund's school for Sherpa children in Khumjung, is also heading for Russia. From there he plans to go through Norway to England. He will probably be home about October.



P R I V A T E   T R I P SA LOOK AROUND COOK

Mid July

The idea was a quick look around the Hermitage region in mid-winter, so taking a gamble on the weather I set sail from Wellington one boisterous Thursday night. After an enjoyable day's rockclimbing on Castle rock (Banks Peninsula) I collected Snad from a ball at midnight and we made our way to the bus that was to take us to the Hermitage.

And take us to the Hermitage it did where we arrived at about 5 a.m. A sleep in the lounge followed until we were sent on our way by the early morning cook. After another 3 hour journey we were safely installed in Ball hut, which according to the hut book is known to a few H.T.C. members. From here we did what we'd come to do - that is, have a look. Fortunately the weather remained kind so we were able to enjoy a couple of days skiing on the glacier interspersed with a little bit of walking.

A good trip for the middle of winter - made many new friends, saw a mighty avalanche, had a ride in one of those legendary buses, and, boy! - what a beautiful place the Tasman Glacier is in mid-winter!

Roger Boshier and Graham Snadden

---ooOoo---

ADVENTURE AT ARTHURS PASS

Early June

(Extract from a letter written by Nora Finn to Norman Elder)

I can think of nothing that would raise the eyebrows of the F.M.C. more than to learn that this H.T.C. Delegate very nearly had to spend a night in the bush at Arthur's Pass, (in company with a fellow female - not a member of any Tramping Club) last Monday night. It would have meant that the Search & Rescue "bods" would have been alerted and dispatched and all that goes with it! Police - Dogs - Aero Club plane, etc. etc. etc - plus the distressed parents of two homes sitting in frozen fear waiting for news.

An innocent trek up to a Blue Tarn up the Pegleg Stream was our undoing and how!! Probably if the tarn hadn't been mentioned in the Handbook as "Blue" and the word "lovely" or some similar remark before the blue - we would have been quite content to have explored the head of the Otira River - open country and a short scramble. We set off after lunch to climb into the bush avoiding the waterfall and bluffs as requested in the Handbook. The fact that the description given mentioned "suitable for inexperienced climbers" made us more venturesome and eager!! Fortunately we did carry our packs and the skies were clear overhead and all around. Glorious snow-capped peaks, gleaming in the sparkling sunlight, surrounded the valley or basin where we presumed the "Blue" tarn nestled.

A stiff climb through difficult bush brought us from the bed of the river to the scrub alpine line. We then sidled across shingle fans and ridges until we thought we'd slip down to the river to shorten the trek. That was our undoing - sliding down at first what looked like a straight forward shingle fan, but developed into a small trickle of water and then into small and then deep waterfalls. The going became more difficult until we knew we were in trouble - sheer cliffs, wet, mossy and hazardous with very little to hold on to. However we crawled out and then found that the bush thickened and a rock face prevented further progress.

By this time we were both feeling most exhausted and panic was beginning to creep through, and we were still on a steep slippery face with little security in the way of a solid-looking bush or tree. Several huge fuchsias seemed to be growing at most awkward angles hindering our progress -(if any). At this stage I decided that we must somehow get down the river before dark - now about 4pm. It was a case of making one final bid in hopes that the next ridge would lead down. We failed at first and peered down a sheer cliff into a deep dark pool that sent shivers up our already frozen spines. Up we scrambled again, clutching at branches or roots with that awful feeling that we'd slip and what fools we were. How we mumbled "Never again". Finally we found a narrow gully with more waterfalls but less treacherous and we got down into the river, dishevelled, soaking wet and exhausted. There was still the river and its possible deep pools but we negotiated around large slippery rocks through icy cold, (we didn't feel anything) rushing, noisy patches of deep water and then we arrived at the spot where we had started off. It was 5pm. - What a relief! This was all within a very short distance from the Main Otira Road, not far from Candys bend, if you know it. When we reached the road we hailed a lift - wonderful to not have to walk those 3 miles back to the Pass.

The joy of a fire, warm clothes, etc., etc., plus a good stiff whisky when we reached the hut. The human body is a wonderful piece of machinery. We caught the 10.45pm train to Chch - arriving at 2am, had  $\frac{3}{4}$  hour wait for a taxi; bed at 3am, very little sleep, on duty 8.30am - worked all day and then I still was able to attend my cane weaving class last night. So much for our foolish experience without making some enquiry first. Never too old to learn! Except for bruises and cuts I feel grand - I wonder what your remarks will be!

---ooOoo---

#### GOVERNMENT SPUR

25th April

Having looked longingly at the Ranges from afar during a perfect weekend we decided to rectify matters on Anzac Day. At the Moorcock turnoff on the Tukituki we built a cairn with a central pole hoping it might save anyone else the inconvenience of continuing on down the River! At the foot of Government Spur a pause was made to replenish the boilers and stoke the engines. During a steady climb up the rather fern-overgrown track we were grateful for the discs. A cool wind and scudding

clouds didn't encourage us to linger over lunch. Soon after we reached the limit of the H.T.C. cut track and discs, and leatherwood took over. Half an hour's bashing and struggling and the face of our watches told us we would have to abandon the idea of reaching Black Ridge and returning down Rosvals. The tussock was not far above, nor the clouds above that. We retraced our steps, once more glad of the discs to guide us down the bush face. A pleasant wander down the Tuki and up the Moorcock to the car completed the trip.

Rex Chaplin, Annette Tremewan, Nancy Tanner, Rod Gallen and Burman.

---ooOoo---

KAWEKA HUT - COOK'S HORN

3rd June.

On arrival at the pine tree there was a strong wind blowing in contrast to the frosty condition back in Hastings, which made us reluctant to leave the warmth of the car and don our shorts. But once we were under way along the sheltered track conditions were more pleasant. We made good time into the river and an hour from there saw us into the Hut. As Norm said in the last copy of "Pohokura" there seem to be few animals left in the hut basin. All we saw was a large hare hopping around on the helicopter landing pad, and few signs of deer up the ridge onto the top.

While we were having lunch there was a pounding of feet and sound of voices coming down the track. Who ever it was they must have been in a great hurry because even though we shouted and there was smoke coming out of the chimney, they went straight past. By the time we had rushed outside they had gone. Perhaps it was a ghost. After lunch we struck further up towards the top up the spur one further north than the usual one used. On the top it was blowing very hard and cold so we went round to have a look at Cook's Horn. After trying for half an hour to pass it on its north side we gave up and went down the screes on its south side which were very good going back down to the hut creek. Another snack and we headed for home. On the way out we tried out the new track out of the river but it took us longer than the old coming in.

Alan and Kath Berry, Jim Glass.

---ooOoo---

KAWEKAS - 4100'

1st July.

The snow seemed too good to miss, though the weather was not so promising. A latish start gave us time to put on new numberplates before setting out. At the pine tree we had our first glimpse of the snowcovered Kawekas. Good time was made up to Clem's Rock where we became enveloped in a minor blizzard. The exposure of the ridge did not prove at all attractive, so after a quick snack in a clump of beech we ploughed our way through the soft snow to the top of the shingle slide. This was totally covered with soft snow, no sign of ice fortunately, so we made a somewhat ponderous descent, thence back to the road and home early, after a trip over the new Kuripapango bridge.

Annette Tremewan, Margaret Mison, Nancy Tanner, Rex Chaplin, Rod Gallen & Friend.

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TRIPLEX - WAIKAMAKA

Queen's Birthday - Sun. &amp; Mon.

Five of us left Hastings at about 7am on Sunday and headed for the Hills. The barometer didn't exactly say "Go Home", but it was pointing in the general direction thereof.

We left the cars at Triplex Creek and set out for the higher altitudes with the assistance of a head wind, mist and patches of drizzle. After a short stop at Shuteye Shack for a bite we put warmer clothing on and literally pushed on. Along the ridge to Buttercup Hollow we discovered that the breeze was of such magnitude that we could hop along with our torsos inclined at quite a substantial angle from the vertical and still remain at quite a distance from the horizontal without obeying gravity. We also discovered that if one was to have both feet off the ground at once, the breeze would take these feet and place them in almost the same horizontal plane as the head (which was by now fast approaching ground level) and the result was quite interesting.

The breeze lessened its fury as we climbed over "65" and on to "66". Up on "66" conditions were not exactly pleasant but most refreshing, and fresh air was compulsory, as was the periodic drizzle punctuated by small bits of hail. We slid down to "67" on the screes, (as the snow was non-existent), and from here to the saddle, to arrive at Waikamaka Hut at 3.30pm a little damp.

It began to rain and by 7pm there was about 2 inches of snow everywhere, so we retired to the warmth of the sleeping bag. The morning dawned bright and clear and revealed about 1 foot of snow all about, on the trees, the ground and on the roof. We cut firewood and set off up to the saddle at about 11am. The going was retarded by the clinging soft snow but we were rewarded by the view from the saddle. The previous day the country had been devoid of all snow, but now was iced like a cake and even the Wakararas had been blessed.

After reading the raingauge we sorted out the track and commenced to descend rapidly. Suddenly Bunny disappears up to his nose in a snow bank. "Disaster", we thought, but somehow daylight filtered up from the direction of his feet. We then discovered that he was suspended in space between two leatherwood bushes. After extracting the unfortunate bod we slopped down through the snow and down the river to arrive back at the cars by about 3.30pm. We dropped Bunny off at Waipawa to ride the thumb back to Lower Hutt and arrived in Hastings fairly early after a cool but entertaining weekend.

Ken Carmichael, Graeme Hare, Bob Adams, Nigel Thompson and Keith Garrett.

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MORE SWEETCORN

Mr. Thompson has very kindly given the club the use of the same bit of land again this year. Phil has consented to take charge of operations. So rally round, everybody, when it comes to weeding and harvesting.

SOCIAL PROGRAMME

August 30th      University Students' trip reports  
                  or      Slides.

September 13th    5 minute talks by older members on highlights of past trips  
                  or      Guest speaker.

September 27th    Movies on rock climbing in preparation for Titahi Bay.

October 11th       Snowcraft technique.

October 25th       Annual Meeting.

November 8th       Films (subjects open for suggestions).

November 22nd      Talk by Hal Christian.

December 6th       Christmas social evening.

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ANNUAL MEETING

The 26th Annual General Meeting of the Heretaunga Tramping Club will be held following the fortnightly meeting in the Radiant Living Hall, Warren Street North, Hastings, on Wednesday October 25th, 1961.

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X X X X X X	<u>O V E R D U E</u>	<u>T R A M P E R S</u>	X X X X X X
X			X
X			X
X	If a club party at any time becomes overdue, would		X
X	parents or members <u>please first contact</u> one of the		X
X	following:-		X
X			X
X	Norman Elder	'phone 77.924	X
X	Alan Berry	" 77.223	X
X	Mrs. Janet Lloyd	" 87.666	X
X			X
X	<u>All Active Trampers - Please show this to your parents!!</u>		X
X			X
X			X
X X			X

FIXTURE LIST

<u>Date</u>	<u>Trip</u>	<u>Leader</u>	<u>Fare</u>
Sept. 3rd	Mill Farm - Hinerua Ridge Hut.	Bob Adams	10/-
Sept. 9th	Blossom Procession.		
Sept. 16-17th	Poutaki Hut, Wakararas, via Kereru.	Graeme Evans	9/-
Sept. 30th - Oct. 1st	Howlett's Hut with Manawatu T.C.	Norm Elder	10/-
Oct. 15th	Cattle Hill, Blowhard.	Hugh Wild	8/-
Oct. 21-23rd Labour W/end	Blyth Hut, Ruapehu.	(Keith Garratt (Nigel Thompson (Fee includes fare & hut fees)	Fee £2 adult 30/- junior
<i>Wgtn Wedding,</i> Oct. 29th	Big Hill Station - Hollowback - Rakautonga, N. Ruahines.	Chris Johnson	8/-
<i>Training Course</i> Nov. 4th	Guy Fawkes Trip, Horseshoe Bend.	Margaret Mison	4/6
<i>same</i> Nov. 11th-12	Cairn Trip via Makahu Hut, Kawekas.	Alan Berry	10/-
<i>same</i> Nov. 25-26th	Waikamaka Hut, hut and track maintenance.	Tony Corbin	10/-
<i>Ruapehu</i> Dec. 10th	Kairakau Beach - Family outing.	Jim Glass	9/-
Dec. 23-26th Christmas	? Ngamatea - Golden Hills - Boyds Hut - Poronui, Kaimanawas	?	

N.B.: These fares are reducible by 2/- if paid before or on the trip.  
(No reductions on Labour Weekend trip)

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