



the Mouth'n'Ear



Newsletter of the Wellington Tramping and Mountaineering Club

In this December issue:

- Kai on the Fly
- Word Puzzle
- Wangapeka to Lake Matiri (Kahurangi NP)

Deadline February Newsletter:

12 February

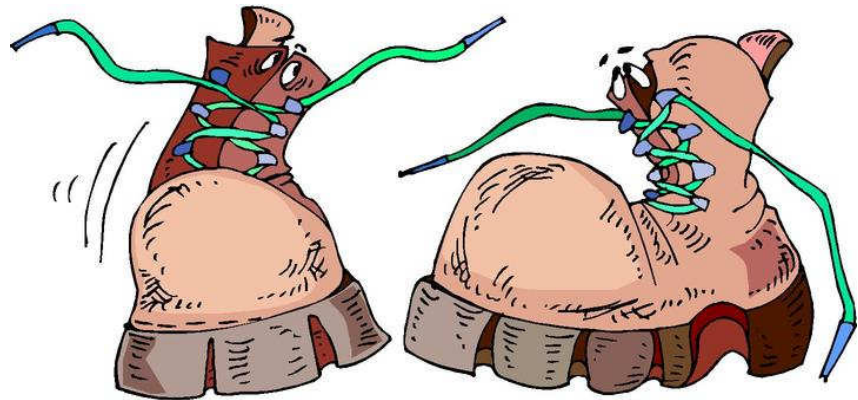
Send contributions to
newsletter@wtmc.org.nz,
or PO Box 5068 Wellington.

PICTURE: View from Lake Matiri Hut



Topographical Turpitude

with the Chief Guide



A special THANKS to everyone who has helped us out in the Chief Guide arena. Your time and support has made this year one of the best. Our two vans have clocked up some impressive mileage moving happy trampers all over NZ.

Book your diaries now for next year.

- New Members Night Wednesday 17 Feb
- Bushcraft 12-14 March
- Outdoor First Aid 23-25 April (numbers limited)
- Leadership Course 14-16 May

Happy Xmas !!!! Take care on the road and in the bush over the holidays. .
Enjoy the puzzle ☺ and see you in 2010.

Paul Jeffries
Chief Guide

Membership Report

There are many benefits of becoming a member of the WTMC including possession of an FMC card (and associated discounts at various stores and a DOC hut pass), discounted rates on club trips and use of the lodge at Whakapapa as well as the wtmc club newsletter and journal!

If interested in joining the club please ask me or another member of the committee for details. Membership forms can be downloaded from the club website or picked up from the trip sign-up board on a club night.

Jenny
Membership Officer
membership@wtmc.org.nz

WTMC Word Puzzle – Summer 2009

N B T U H A U A P T U R T M B F T I B H A R I R
 U C A P C A M D A T O U F L I I S I U A D U A O
 S S R S N G K E M W E E E A U A V K O R E A S K
 E T A J E N N Y B E A U M O N T E O T B N P C C
 N C R P M I C H A E L L I G H T B O U R N E R A
 I N U O O S R O B C H I E F G U I D E A B H I R
 H E A O T S G F O E D N S X E T R O G L C U N T
 A W S K G O S C F N R T A S O D I U O O N L N Y
 U O A A A R L U I E O T S I A C H C A A A R K P
 R T N M T C L C M V J T E R U H Y T P G P S N A
 O N D I S O E A N S V L R A S L E A N I N K S E
 T U F R G R W O O O L E U O L T K W R O E I T H
 C O L O N I A L S K N O B A M A A W S P M P E A
 E M I K I R D P O H A I S S P H T R L O O G V H
 H U E S R A N D A W C L R A D M T E N R N K E B
 T F S N A G A M A U E S K E C R R E D A A T A H
 N G U M O N M K C E V A U . M T M G R T U K U L
 U I K A R O A A P I K U O N R U N E I A E D S R
 O M O U N T V I C T O R I A S O W V T D G A T I
 M T A D U E N K C V G N C I L C G A B Y V V I B
 S R G H W G A P A . U K N M I T R E P E A K N Z
 G A O E B D O N N A M A H E R A A E K O T I A K
 P P T A O N C Z S C R O G G I N B A E K U O A I
 I A G M E C A H S L A W E U S Y A I D N A L E Z

AMANDAWELLS
 BIVVYBAG
 DARRENHAMMOND
 GORTEX
 KAKA
 LONGDROP
 MICHAELIGHTBOURNE
 MOUNTOWEN
 PAULJEFFRIES
 RUAHINES
 SCROGGIN
 STEVEAUSTIN
 TOITOI
 WTMC.ORG.NZ

AORAKI
 CAVEWETA
 DONNAMAHER
 HEAPHYTRACK
 KAPAKAPANUI
 MACPAC
 MITREPEAK
 MOUNTVICTORIA
 POHUTUKAWA
 RUAPEHU
 SIMONEMUSIN
 SUEWALSH
 TONGARIROCROSSING
 ZELANDIA

BAKEDBEANS
 CHIEFGUIDE
 EGMONT
 JENNYBEAUMONT
 KEPLERTRACK
 MELISSAHEWSON
 MOA
 NGAURUHOE
 POSSUMS
 SALLYCOLBECK
 SLEEPINGBAG
 SUNSCREEN
 TUATARA

BIVOUC
 COLONIALSKNOB
 GARETHMORTON
 KAITOKE
 KORIMAKO
 MERINO
 MOUNTHECTOR
 PAUAHUT
 ROARINGSTAG
 SANDFLIES
 STARNAUD
 TARARUAS
 TUI

Thanks to Paul Jeffries for contributing the word puzzle.

KAI ON THE FLY

With Aunty Rata

Seasons Greetings! If you have managed to fit reading this column in with all your Xmas parties then good on you, although possibly you need to get out more.

After a tramp, kayak, bike ride or climb everyone fancies a decent feed of kai and most of us are not adverse to a beer or three. The trick is figuring out when to stop. One technique for managing the over indulgence risk is Fat Boy Credits (FBCs).

The FBCs concept is as simple as it is unscientific. If you head into the hills for the weekend and do loads of stuff then when you return to civilisation you can, and in fact should, eat and drink what you like. This is because you have banked FBCs and your body needs recovery food. The only qualification around FBCs is that your hedonistic consumption should have an end point.

For example, if Aunty Rata does a fit weekend tramp she will eat and drink what she likes on the Sunday evening and revert to normal eating on the Monday. If she has been on a really long trip, say 1-2 weeks then she will have amassed sufficient FBCs to eat everything in sight for longer, maybe 3 or 4 days.

FBCs is a bit like listening to your body which if you let it, will usually tell you what kind of kai and drink it wants and when it has had enough.

Speaking of hedonistic consumption Aunty Rata is delighted to present you with the following dessert recipe. It requires some whipping so you will need a fork or a mini whisk. Aunty Rata's favourite accompaniment is mini marshmallows but use whatever you like – chocolate chips, sliced pinky bars, mini meringues, or your favourite liquor all work rather well too.

Garry DeRose Cheeky Chocolate Mousse (Serves 4-6)

Ingredients

1 x 70g pkt of Rich Chocolate Mousse+ dessert mix for each 2 people
6tb whole milk powder for each two people
100g mini marshmallows#

Method

Prepare the mousse ahead of dinner time so it has time to set.
Make up milk powder in large bowl or spare billy, (6tb = 1 c milk).*
Add mousse mix.
Beat with mini whisk or fork until starts to thicken (you can share this job round to avoid oos).
Add marshmallows.
Cover mixture and set aside somewhere cool to set.

+ Hansells or Greggs

baking section of the supermarket has these otherwise the big marshmallows can be chopped up

*usually it would be 4tb of milk powder to make 1c of milk but Garry recommends using a bit of extra milk powder to ensure a thicker mousse

Send your trip reports and/or recipes to newsletter@wtmc.org.nz



Powered by his Cheeky Chocolate Mousse Garry DeRose easily makes it to the summit of Mt Chittenden (2205m) in time for lunch.

(Labour weekend 2008)

Photo by David Jewell.

Strawberries and Cream with the Men in Black Fun Essential, Faffing Excluded trip Wangapeka to Lake Matiri – 26 to 29 November

by Jenny Cossey

We all finally met in the vehicle line-up at the ferry car park. The trip leader had waited the previous half hour sunbathing and enjoying the perfect still evening air, watching the ironing board flat sea and the growing number of various shades of pink in the sky. An idyllic ferry crossing passed with pleasant light conversation and snoozing.

The three-day forecast for the weekend was for perfect weather Friday, heavy rain Saturday morning, clearing later in the day and back to sunshine on Sunday. This sent shudders into the medium trip plan for 1,000 Acres Plateau, and also the realisation that our trip would mean a very long Friday if we wanted to stay in a hut overnight to escape the wind and rain.

The medium trip decided to change plans and come to our drop-off road end, hence negating the need for us to use the Nelson Shuttle Bus. As we were not planning to change our trip, the medium trip later drove to the Matriri road end to pick us up - kind souls that they were.

A thud on the Rolling Junction road-end shelter at 4.55 am announced that light was creeping across the sky by a possum or rat wishing to inform of this fact - probably in retaliation for waking him/her at our 1.30 am arrival. With a heady 3½ hours of horizontal sleep the brew billy was on and then we were away by 5.30 am in the cool of the day. The Wangapeka Valley was a delight in the early morning, with wild strawberries by the side of the track to munch. We passed 15 trampers coming out of Kings Hut, and the historic Cecil's Hut with all its implements. We warned them they might meet the medium trip at their next hut, and they may have changed their destination as a result.

With Steve and Tony wearing the fashionable Wellingtonian attire of black shirts, black shorts, black gaiters, we stopped at Stone Hut for a brew in the sun. Over brunch on the veranda the latest news provided by the Solid Coal Energy and DOC laminated newsletter was discussed - the pest eradication programme and the presence of hunters in the area over the summer. Will having less pests mean more native trees will grow and the carbon dioxide soak-up effect be greater?

Sweating in the heat we meandered up the well-marked trail to Wangapeka Saddle. The climb to the open tops was a good example of an honest hill, straight up and steep. We welcomed the fresh breeze above the bushline, which then grew stronger during the afternoon and which provided us with a few whiffs of cloud by the end of the day when we followed the poled role from point 1442 to Hurricane Hut. The ridge gave grand views all around, Mount Patriarch to the north looking particularly stunning. Spritely Steve chose to walk the full skyline over the top of peaks while the more senior members took the goat tracks around the side - sometimes actually overtaking him. We were laughed at by a couple of keas, who then simply jumped vertically into the air and spread their wings to catch the strong wind across the ridge for takeoff.

Hurricane Hut was a well maintained, but well underused hut, with a grand total of 19 bed nights in 2008. We were the first people to visit since the end of February 2009 and were pleased to find it vermin free, clean and tidy and with a couple of billies and lids. The additional solitary pot lid fitted neither of the hut billies but did fit our team's billy which until then had only a precariously perched lid. We later wrote to DOC about our hut inspection and to thank them for the maintenance.

The rain started after the last dish was washed after dinner, and we all settled in for a 12 hour sleep after our 14 hour day's walk. The heavy rain didn't stir the punters, either there was soundproofing batts in the roof, or the rising stream nearby drowned out any sound of rain. The morning was whiled away reading, sleeping, yoga practice or writing. The rain clouds were slow to lift, so why should we go over The Haystack? We had all climbed it from the other side and none of us felt like bush-bashing up a hill to meet only wind and cloud. An

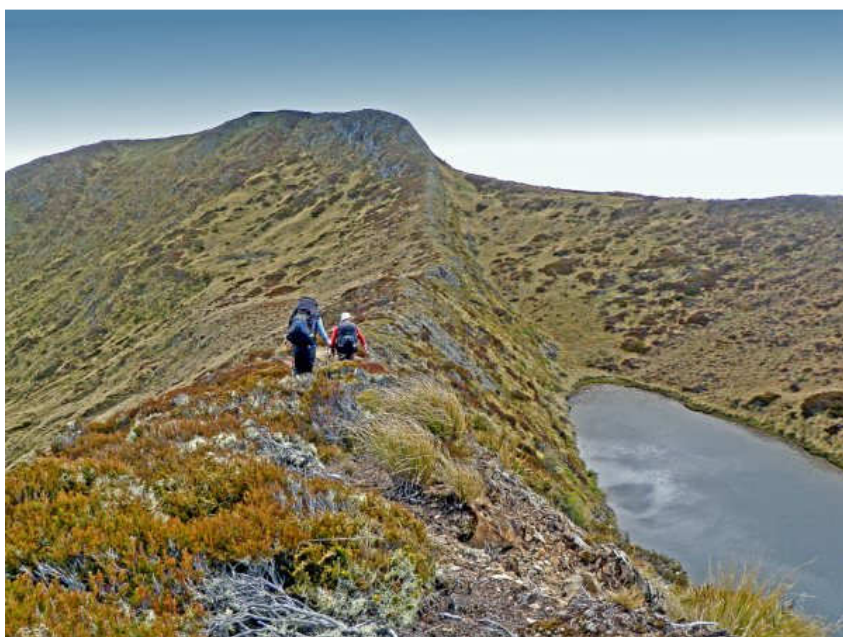
afternoon wandering a red line down the valley to McConchies Hut was a more desirable option, none of us having walked the Matiri River Valley before.

The track had been remarked in 2008 by DOC, and was generally easy to follow, but slow going with boulders and tree roots. Seven paraphanta snail shells were found, but all had been damaged by birds. Five hours later, at the freshly painted McConchies Hut, with only 19 people visiting in the last 9 months, including a few from Wellington, we had another brew and the much anticipated marshmallow creams. Finding it hard to sleep, after so much the previous night, we only managed 9 hours before waking with the dawn chorus at 5 am.

The trip leader finally admitted to her new boots being a half size too small, with the heel blisters supporting this fact. For sale - one pair of full leather Scarpa boots size 42, would best fit a 41 size foot. Three first aid kits provided ample padding and the day's mission was to keep boots dry so the strapping would not slide off the blister packs. This was achieved by delicate ballerina jumps across the streams and pirouettes on rocks with an extra steadying hand for balance.

A leisurely four-hour stroll down to Lake Matiri and a morning tea brew for an hour at the lake edge. No wasps, no sandflies of note, no mozzies, a great time to sit in the sun and admire the fields of buttercups turning their yellow faces to the sun. Steve dared to expose his flesh to the sun and wade into the lake, although swimming was reserved until later at Lake Rotoiti. Another sunbathing session at Lake Matiri Hut, where we all reminded ourselves about the wasps on previous trips - and the hasty departures.

The bush track broke into blackberry scrub and farmland. Dry hard cattle ruts of uneven length gave way to a 4 wheel drive road that we followed to the farmhouse where we lay dosing in the sun for the club van to arrive to take us to our much deserved ice cream stop.



*Above left: On the ridge to Hurricane Hut; Right: No faffing on this trip
The trampers were: Jenny Cossey, Steve Austin, Tony Gazley.*

FROM THE GREEN CROCS

2010 is almost upon us, we had our last club night of the year yesterday (a unique and thought provoking talk on reconnecting with nature!), and Christmas is just a couple of weeks away now. I think 2009 has been another great year for our club. The material highlights are buying a 2nd club van and personal locator beacons, but I am most satisfied simply to see lots of punters heading out into the hills on club trips, or turning up on Wed nights to watch another great slideshow. The trip sheets seem to have been filling up faster than ever, and I hope it continues next year.

The Summer trip schedule will reach you with this newsletter, as usual there are some really great trips on offer, so I hope you are able to get out and enjoy the great NZ outdoors with WT&MC.

Thanks to all the people who have volunteered to lead trips, especially those who are leading trips for the first time. There are a few trips listed as Leader Required, if you would like to see these trips run, all volunteers to lead these trips (or any extra trips!) are gratefully accepted, Paul or Melissa would love to hear from you.

Also arriving with this newsletter will be the clubs annual journal, this is the result of a lot of hard work by Jackie Foster and Tony Gazley, especially in the last month or so. Your efforts are much appreciated! Thanks also to those who contributed.

Tony was also one of the winners in our annual photo competition, held just a few weeks ago. As usual, there was a great turnout at club night to see the photos and find out who had won. Thanks to Donna and Sally for organising this, and to our judge Athol McCredie from Te Papa.

Finally, a retirement of sorts...our club ferry bookings have been looked after for a number of years now by Ailsa Chisholm, but she is now passing the baton onto our Transport Officer Gareth Morton. I want to recognise the important (and no doubt at times challenging!) job that Ailsa has done in this role over the years. There are many people like Ailsa who continue to give up their time to help out the club even though they are no longer active trampers, and we would not be able to operate without all of them. Thanks!

Well, that's all I have to say for this year, I hope you all have a great Christmas and New Year break. If you are tramping, stay safe, and take some photos to show us in 2010!

Darren Hammond

All published trip reports (or other written articles that aren't committee reports) are in the draw to win a \$20 book voucher!

Congratulations to Paul Christoffel, winner of the November draw, for the Tararua Northern Crossing report.