



The Bush Telegraph

www.pukekohetrampingclub.org.nz

Next meeting: 2nd October 2023 @ 7:30pm

Venue: Anglican Church Hall, Wesley Street – Pukekohe

Supper Duty: Frances Gibbon

Guest Speakers: Three of our club members went on a safari in East Africa in July this year. Come along to a slide show to learn about their experience, which included a face-to-face encounter with the mountain gorillas in Uganda.



New Members – None for this Month

“Where am I competition”

David Lawrie identified Barry’s photo as a Red Crested Grebe. The photo was taken at Wanaka, where community efforts to provide safe nesting pontoons has had positive impact on the population. Here is an article about it <https://www.doc.govt.nz/news/media-releases/2015/lake-wanaka-grebes-thrive-with-a-bit-of-help/>



Photo provided by John Kelsey: where am i? unfortunately did not have meeting last month as Andrew Baily kept us entertained a little longer than anticipated.

So give your answers to Dee at the October meeting

President Notes

President's report September 2023

September has been a busy month despite being a bit short on tramps with the first aid course on 6th and the Mountain Film Festival screenings on 9th and 16th. I was able to attend both film nights which were both very entertaining and inspiring. There was a nice variety of offerings, my favourite from night 1 was from a kiwi who completed the Coast to Coast in gear from the 80s when it first began, proving you don't need to spend a fortune to get outdoors, though you certainly can if you want to. Second night favourite was definitely the story of the Mountain Turk Club, established by kiwi inventor Erik Bradshaw to open up an alpine route between Coronet Peak and Treble Cone by repurposing plastic water tanks as huts. Incredible what he was able to achieve when he found a community of like minded individuals. Heartfelt thanks to Barry and the Waiuku Lions for putting this on again, hopefully it will have been successful in raising enough funds to sponsor a young person who would benefit from either an Outward Bound or Spirit of Adventure course.

I could not attend the first aid course but have heard rave reviews that assure me it was very worthwhile and beneficial to the club. Thank you to Raewyn for co-ordinating this. I'm sure there will be a number of insights we can incorporate into our club practices and gear lists.



I'd also like to thank Dee for arranging for Andrew Bailey to speak about his latest father son adventure to visit the Dukha people of Mongolia in winter at our last meeting. It was fascinating to see and hear about life for these nomadic reindeer herders and the challenges they face. Shout out for very stylish props he brought along.

Shelena and I will be in Japan for the October meeting, Dee and Mark have agreed to run it and Dee will be sharing her recent experiences in Africa which

is sure to be a treat.

Happy tramping

Becky

Future Trips – Programme

Spring programme 2023


Date	Destination	Leader	Grade	Cost {฿}
Wed 30th Aug				
Septemeber				
2/3 Sept	Rangitoto Station 1 Assist again with the Kokako Programme	Glenn and Maree Clark (2386569)	M	65
Thurs 7th	TBC	Frances Gibbon		
10	Maratoto/Wires track	Becky Banks	M	25-30
Wed 13 th	Remuera - Ellerslie	Gail & Jenny		
17	Kaimais Pylon Peak Loop	Becky Banks	M	25-30
Thurs 21st	Hunuas	Delwyn		
24				
Wed 27th	Remuera are, Mt Hobson	Prue		
October				
1st Oct				
Thurs 5th	Longford Park - Panurehue Inlet	Mark		
7th/8th	Rangitoto Station 2 Assist again with the Kokako Programme	Glenn and Maree Clark (2386569)	M	65
Wed 11th	Patumahoe	Annette Egbers		
15				
Thurs 19th	Whitford bridle path	Shahar		
21/22/23	Kawekas	Becky Banks	M	125
Wed 25th				
29				

Edition 588 – September 2023

November					
Thurs 2nd Nov	Ocean to Mountain	Mark			
4th/5th	Rangitoto Station 3 Assist again with the Kokako Programme	Glenn and Maree Clark (2386569)	M	65	
Wed 8th	Mt Victoria - North Head	Annette Egbers			
12					
Thurs 16th					
18	Mt Karioi	Mary Crawford			
Wed 22nd					
26	Karamatura to Mount Donald McLean	Shelena Wiqqill			
Thurs 30th	Morrinsville	Shaaron			
December					
2nd/3rd Dec	Rangitoto Station 4 Assist again with the Kokako Programme	Glenn and Maree Clark (2386569)	M	65	
Wed 6th					
10	Awhitu Regional Park Walk and pre xmas picnic. Camp overnight?				
Thurs 14th					
<p>As a guide: Easy=up to 4 hours tramping, Medium=4-6 hours, Hard=>6 hours Costs- the leader will confirm final costs (A= up to \$15, B= \$15-25, C= \$25-35, D=\$35-50, E=\$50-70) Weekend trip costs are estimates only For mid week costs (e.g. A/C with/without Gold card)</p>					
<p>Version- August 28</p>					

PUKEKOHE TRAMPING CLUB

ONLINE RAFFLE IN SUPPORT OF THE BACKCOUNTRY TRUST



KAURI BOWL, DIAMETER 340MM, 150MM DEEP
RETAIL VALUE APPROX \$250
TICKETS \$5 EACH

To purchase deposit money in club account 12-3023-0324204-00 with your name and bowl as reference.
Email Raewyn once done and if you want a particular number/s (1-100)
Winner will be drawn at club meeting once all tickets sold

Trip Reports

First Aid Course held 6 September.



Nicki from Actions for Survival was a very experienced and friendly First Aid trainer
19 of us enjoyed learning the actions to take responding to an event that we hope never to have.
We covered CPR, choking, and the recovery position. We talked about other situations that we could have when we are on our outings. It was enjoyed by all. It was a very practical course.



Trip report

Remuera to Ellerslie leaders Gail and Jenny

24 people were fortunate with the weather to treating us kindly on the day.
We left Remuera station and wandered down the back streets seeing beautiful villas being replaced by modern monstrosities.

Morning tea was taken outside the library basking in the sunshine.

Going down Orakei Rd we went into Waiata Reserve, a Reserve hidden from the road, a hidden gem. Unfortunately when you go down you must go up again giving us some steep climbs up to Orakei Rd. Huffing, and puffing we all made it to Rangitoto Rd. We then cut through to Lucerne Rd.

All downhill after that to Ellerslie Racecourse watching the building progress of the new all-weather track for lunch.

The afternoon was only a short stroll to Ellerslie train station.

Trip Report: 7th of September, at 9.30am.

15 enthusiastic walkers gathered at the Kentish hotel to pool cars for travelling to the coast at Kariotahi. It was raining !!
The leader gave the group the opportunity to decamp to the Kentish or the nearest Cafe.

But they didn't want the very brave weekend trampers calling them sissies, so we set off. The tide was low so there was no problem getting around rocks, but after 2 hours of trudging through non stop rain, the leader said " Enough is enough" . No one disagreed, and we descended en mass on two cafes in Waiuku. The Cafe owners didn't seem overjoyed at having a large number of wet people in their cafes though.



Trip report - 10th September Old Wires – Maratoto loop 5.5hrs

Leader: Becky

Anna, Anne, Owen, Shelena, Michelle, Suzy, Shannon and Joseph (second trip) and Russell (first trip)

The track starts on Wires Road, between Kopu and Paeroa. The road is more suited to 4WD vehicles so I recommend parking at the start of Wires track, a short way up the road where there is room to park to the side of the road, or at the start of the metal just after the ford and walk up the road.

Despite predictions of isolated showers developing, our trip started in rain. Fortunately after following the fenceline through a paddock we were walking in bush for most of the morning. There is an early stream crossing which meant wet boots then after climbing steadily for an hour or so we came to side track to a waterfall, unnamed. We stopped for morning tea before those feeling adventurous took the short scramble down the steep and overgrown track to a very pretty waterfall. It would be very inviting in summer, it was rather cold and damp on this occasion though.

The track continues to climb, steeply in some places through lovely bush. We found occasional evidence of its past though with sightings of old fences and eventually one of the old telegraph wire poles that had been repositioned in the middle of the track.

We found a sheltered spot for lunch and finally the rain stopped. We weren't far from the track junction at this point and once we got going again we had just the last climb up the steep steps cut into the rock before we came to the 4WD track (currently closed to vehicles). We followed this back down to the cars which took just an hour and a half. It was easy walking but a bit slippery in a couple of spots. I'd probably avoid it if it had been very wet.

The Convenient Cow café and shop was close by for refreshments on the way home.



Odds And Sods

- One of our lovely members Michelle has shared her wonderful vogels bread recipe for you to try out. Here is her Vogels bread recipe that she bakes. (extremely healthy) and great for overnight or multi day tramps.

It looks slightly complicated but actually not at all once you gather the ingredients. Michelle gets most from the Bin Inn. She does not use skim milk powder, or gluten so completely Vegan if you prefer it.

Please pass on to family and friends



Vogels Bread

VOGEL BREAD slow rise no knead

Prep time: 16 minutes Cook time: 45 minutes Servings: 1 large loaf

Ingredients:

3 ½ cups high grade bread flour	1 cup whole meal flour OR 1 cup rye flour
1/2 cup kibbled wheat	1/4 cup kibbled rye
1/4 cup rolled oats	1/2 cup sunflower seeds
¼ cups pumpkin seeds	3 Tbsp chia seeds
3 tbsp sesame seeds	2 tbsp flax seeds (all seeds optional)
2 tbsp gluten (optional)	2 Tbsp skim milk powder (optional)
2 ¾ teaspoons salt	1/3 teaspoon instant yeast

*(** you can replace yeast and vinegar with ¾ 3 ¼ cups cold water cup of sour dough starter to make sour dough bread)*

Directions: ¾ cup Cold water (1 tsp any type) vinegar

Into a large bowl, measure and add all dry ingredients.

Add the water and vinegar to the mixed dry ingredients.

Mix well until a shaggy dough forms. Seems quite wet compared to regular bread dough recipes.

Cover bowl and dough with a plastic bag and leave on bench for 12 -18 hours. Leave for longer if cold weather, it needs to have tiny unbroken bubbles forming on the top of the dough when ready.

When ready, stir dough away from sides of bowl and fold dough over on itself once or twice, using a silicone spatula.

Cover and let rest about 15 minutes.

Using a spatula, tip on to floured bench, gently shape dough into a ball, folding it over itself a couple of times, no kneading necessary, in fact less handling the better.

Lightly oil the bottom and sides of the bowl and place the dough seam side down back into the bowl. (or can place into a floured cloth lined banneton - more traditional but more tricky to remove from later I have found).

Cover and let rise for about 2 hours.

When it is ready, dough will be about double in size and will not readily spring back when poked with a finger, just a wee bit of recovery..

BAKING

Heat oven to 230 deg C and place the cast iron Dutch oven with the lid in to heat for 20 minutes. You can also bake in a straight sided porcelain or enamel casserole)

Can also place cast iron plate or frypan on rack underneath Dutch oven. It keeps the oven hot and prevents the bottom of bread from over browning)

Take the very hot cast iron Dutch oven container from oven, place on wooden board very carefully, remove lid.

Being really hot means bread should not stick to the bottom but place baking paper in bottom if desired.

Tip dough gently into hot Dutch oven container, seam side up. (I use a silicone spatula to ease the dough from the sides of the bowl cleanly as I tip it into the bowl. I try to prevent any strands of dough from breaking).

Sprinkle quickly with water and put lid on pot and place back in oven.

Bake 35 minutes then remove lid and bake a further 15 minutes to brown top. Remove from oven, tip bread onto a rack, cover with a tea towel and leave to cool. Do not slice until cool..

If your plans change and you want to delay baking the loaf of bread, place the dough in the fridge at any stage to slow the rising.

I have made the bread in a tin and placed it inside a heated cast iron lidded Dutch oven to bake or you can just bake it in a regular bread tin (ggod but no crackly crust, more chewy.

Slow rise reduces the gluten, to more digestible & changes the starch making the bread lower GI

** You can alternately use 1/2 cup of sour dough culture (instead of dried yeast) which gives even more of the above benefits.

VOGEL BREAD -

Gear Requirement

Day Trips:

Small pack	Suitable footwear
Lunch and snacks	Full drink bottle
Rainwear	Hat (woollen or sun)
Gloves	Small first aid kit / whistle
Thermal blanket	Change of clothes

Weekend Trips:

Waterproof pack large enough to hold all your equipment and food	
Sleeping bag	Boots
Rainwear	Warm clothing eg fleece garments, polypropylene, etc
Woolly hat	Gloves/mittens
Torch or headlight	Thermal longs for winter trips or if above the bushline
Toilet gear	Plate and mug and cutlery
Small first aid pack / whistle	

If in doubt ask the Trip Leader for advice for day, weekend or longer trips. It is recommended for all trips that the NZ Mountain Safety Council's pack liners be used. These are available from Charlie & Joy Browne (Phone 238 7298) at a cost of \$4.50 each. **Use**

of Whistle:

Please remember the whistle should be your equipment of choice to attract attention if needed. If anybody falls behind and loses sight of others, feels unwell and must stop for a rest, becomes injured, etc then the agreed call to alert the Trip Leader and others in the party is **THREE (3) LONG whistle blasts, REPEATED as necessary**. The Trip Leader and/or others in the party will respond with **TWO (2) LONG blasts** indicating they have heard and are coming to your aid. It may be helpful in some circumstances that a repeat whistle blast will allow accurate location.

Club Gear:

All Club gear is stored at Charlie & Joy Browne's residence, Jenkin Road, Pukekohe West. All Club members are welcome to use the gear for Club and private trips (however Club trips have booking priority) – hireage to nonmembers is not encouraged. Club gear is, at all times, to be returned in good, clean condition. All losses/damages must be reported to the Club's Gear Custodians.

HANDY INFORMATION

Monthly Club Meeting:

The Club meets at the Anglican Church Hall, Wesley Street, Pukekohe on the **first Monday of each month at 7.30pm** unless otherwise advised.

Annual Subscriptions:

\$25.00 single \$45.00 family (two or more) **Saturday/Sunday Trips:**

Unless otherwise stated **SATURDAY/SUNDAY** Club trips leave from the carpark opposite McDonalds in Hall Street, Pukekohe. Members who wish to be picked up elsewhere must make arrangements with the Trip Leader. Leaders must be contacted by **Thursday** night if you are going on a **Sunday** trip or **Wednesday** night for a **Saturday** trip. Leaders reserve the right to refuse any member participation in any tramp not considered suitable. **Online:** with your surname as the reference and "Sub" as the code, to the PTC bank which is ASB Pukekohe, account number **12 3023 0324204 00**

Weekend and Longer Trips:

Monday night is cut-off point. Any member who does not adhere to this will miss out. The reason for the cutoff point is to allow time for the Trip Leader to arrange, transport, food, bookings, etc.

Midweek Trips:

Contact Trip Leader for start place and time for trip.

Clarification of Trip Leader's Responsibilities under OSH Regulations:

Only **PAID** (ie Commercial) group leaders are under legal Health and Safety obligation to members of that group. As all Pukekohe Tramping Club leaders are **UNPAID VOLUNTEERS**, the responsibility is on **ALL** members of the group to observe and take responsibility for their own actions.

PTC Committee 2021/2022



Rebecca Banks - President
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Barry Gibbon - Vice President, New member Greeter at Club Night and Emergency Contact & PLB/ First Aid Book/walkie Talkie Holder
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Shelena Wiggill - Secretary, Bush Telegraph Editor and "Safety in Mountain" Book Holder
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Glenn Clark - Weekend Trip Coordinator
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David Lawrie - Emergency Contact & PLB/ First Aid Book/walkie Talkie Holder
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Mark Leys - New Member Contact
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Raewyn Lane - Treasurer
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Raewyn Lane - Mid Week Coordinator (assisted by Betty MacDonald)
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Charlie and Joy Browne - Gear Custodian
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Rebecca Banks and John Jacobson- Publicity Officer & Facebook Administrator
rbanks2016@gmail.com

Ph. 0210 238 2178

Judy Donovan - Committee
judy.countryknits@gmail.com

Ph. 027 477 4004

Other Positions but not on Committee

Frances Gibbon - Supper box for Club nights
bandfgibbon@gmail.com

Eric and Linda Muir - Archives and 50th Anniversary booklets

Trip Leaders

Please inform David Lawrie (021656369) or Glenn Clark (2386568 or 0212457468) about your trip intentions as they are the PTC Emergency Contacts. If they have no knowledge of when/where/who is on your trip, then they can't be of any assistance if help is required. They also each hold a Personal Locator Beacon (PLB) and First Aid Manual for trip leaders use. Please return these promptly so they are available for the next week's trip.

