



The Bush Telegraph

www.thepukekohetrampingclub.org

Next meeting: Monday 6th September 2021 @ 7:30pm

(could be cancelled due to lockdown)

Venue: Anglican Church Hall, Wesley Street – Pukekohe

Supper Duty:

Anna, David L and Marie

Guest Speakers:

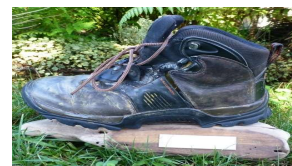
September speaker is a local physiotherapist who will give us a talk about stretching exercises to use before and after tramping along with helpful ideas for dealing with common injuries.

Muddy Boot Award:

Nil for this month

New Members:

Warm welcome to Michelle Clotworthy



“Where am I competition”



The last where am I – Eric Muir identified “Te Rareatakahia Hut”. Was identified by Dee Keys.

To go in the draw for the prize at our next club night, email the correct identification of this photo to deekeys22@gmail.com

Or put your entry in the boot before the meeting on club night.

President Notes

As I write this report, we have just entered another lockdown and we are all confined to home for the foreseeable future. This shows how quickly the situation can change and how we all need to be careful as we are moving around and interacting with other people.

As advised by Secretary Mark, trips and meetings have been placed on hold until further notice. We will advise you as soon as trips can begin again. There is the possibility that the next meeting may be affected, so keep an eye out for notices, or check with the secretary or myself.

While we are sitting around home contemplating the borders of our properties there is an issue that has been brought to my notice. This involves the late notice of withdrawals from weekend trips. While there are always legitimate reasons for having to withdraw from a trip, I must reinforce the principle that the trip leader needs to be advised in person. An email sent say late on Friday night for an early Saturday morning start is not necessarily going to be seen by the trip leader. You should make every effort to actually speak to the leader or advise someone else going on the trip. A no show at the scheduled meeting time, causes several issues for the leader. The first is that they could spend time waiting for a missing person who has already withdrawn from the trip, and hence losing valuable time. The other is that the leader would have organised food and transport to suit the number of people who were scheduled to travel.

It is therefore essential that direct contact is made with the leader as soon as possible if you are withdrawing from a trip.

The speaker at our next meeting is Rebecca Mooney who is a local Physiotherapist. I met her when she was repairing my badly torn calf muscle last year. It struck me that injury prevention is probably better than having several weeks of repairs, and hopefully she can teach us ways of minimising injuries. She is also associated with an elite sports centre in Auckland, and we are all elite sport people, right!!!

Apart from enduring a lockdown which is seriously impacting our trips I hope that members take the opportunity as soon as possible to get out and enjoy the outdoors. And most of all stay safe the virus is very close to us this time.

David Lawrie

TRIP REPORTS

On 29th July 18

Walkers for a walk Northcote point to Birkenhead point. The Pukekohe walkers had a slightly early start and met me at 9am to catch train to Britomart. Here we went down to the new Promenade by the ferry terminal for morning tea. We caught the ferry to Northcote point. This ferry terminal is dependent on tide and weather. Because of the hydraulic ramp terminal is unusable on king high/low tide or strong westerly winds. We had a midtide so ok. From here up and under Harbour bridge to. Monument for the 3 that lost lives building the bridge and a wonderful Maori statue are here

. We walked from here to Sulphur beach and on the water side of the northern motorway to Sulphur point motorway walk underpass. Went up past Traffic headquarters onto Stafford park and onto Little Shoal bay for lunch.



After lunch a good climb up Hinemoa street and down to Birkenhead ferry for trip home. One small disappointment was the coffee shop and ferry terminal closed, but the weather was lovely and all enjoyed the day. Shaaron Mckee

Wednesday August 12th

Viaduct Basin to Point Erin Park. Led by Ray, Organised by Raewyn

31 of us travelled into Auckland by train. Plus 1 dog who came by ferry with Betty. We all met in the new seating area by the ferry building.

We walked past the Viaduct Basin. Passed the American cup area. \$\$\$\$\$\$ worth of yachts and launches. It's a lovely walk along here.

Then down beside all the boating business, up and over the motorway. We walked alongside the motorway up to Point Erin Park for our lunch stop. Some of us had a great time trying out the play equipment.

We then walked back under the harbour bridge, past the Westhaven Yacht club. Another \$\$\$\$\$ lot of beautiful boats.

Then everyone had a choice of afternoon tea or a quick trip back on the train.



Sunday 1st August Waiwere Falls

Leader: Rebecca Banks

Tessa Spooner, Creina and Allan Bolland, John Kelsey

Five squeezed into one car and travelled to the Waiwere Falls car park, recently developed and very flash. We quickly saw why, as we passed many others enjoying the pleasant winter weather on the way up and down. We made the climb up through beautiful bush in good time, it was T Shirt weather at the top. After a quick peek over the falls we continued along the track to meet the North-South track where we found a spot for lunch. We returned the same route, with plenty of time to call in at Te Aroha for a soak in the spa pool.



Future Trips – Spring Programme

Spring programme 2021				
Date	Destination	Leader	Grade	Cost (\$)
Wed 1st Sept	Mangere forshore	Carole Chambers		
5	Kaimais Wairongamai Valley	Glenn and Maree Clark (2388589)	M	B
Thurs 9th	Britomart-Bastion Point	Robert Dean		
12	Kaimais Karangahake to Dickeys Flat return	Linda Gillard & Steve Sherie (2351441)	M	
Wed 15 th	Drury / Auranga	Shaaron McKee		
19	Kaimais Day trip to Mangamuka Hut	Glenn and Maree Clark (2388589)	M	B/C
Thurs 23rd	Wairoa Track	Delwyn Connolly		
26	Coast to Coast Harbour to harbour (16km)	Becky Banks	E/M	
Wed 29th	Tamaki ??	Ray Handcock		
3rd Oct	Awhitu Lighthouse to Hamitons Gap	Linda Gillard & Steve Sherie (2351441)	M	
Thurs 7th	Papakura to Te Mahia	Marion & Lorraine		
10	Bike trip (Papakura) Along and over motorway	Rosemary Gatland	E	
Wed 13th	Lake Pupuki	Gail 021 317627 & Jenny		
17				

Thurs 21st				
23/24/25	Athenree Base Camp (house). Day walks and cycle trails	Judy Donovan (0274774004)	E/M	
Wed 27th	St Heliers to Britomart	Maureen & Francis		
31				
Thurs 4th Nov	NZ Sculpture on Shore- Devonport	Betty MacDonald		
7				
Wed 10th	Daleys Crossing Hut	Shahar 0212590299		
13/14	Rangitoto Station Annual Track and bait station maintenance	Glenn and Maree Clark (2388569)	M	60
Sat 13	Walking Stars	Shelena Wiggill		
Thurs 18th	Albany area	Shaaron McKee		
21	TBA	Becky Banks	M	
Wed 24th	Waiuku forest or Clevedon	Anneette Egbers		
28	Mt William Plus other local walks	Linda Gillard & Steve Sherie (2351441)	M	
Thurs 2 Dec	Harkers and a farm trip	Ruth Budden		
5				
Wed 8th	TBA	Linda Cass		
12				
Thurs 16	End of year-shared lunch- walk Pokeno	Marion Rowe		
	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 \$10, B= \$10-20, C= \$20-30, D=\$30-45, E=\$45-60)			
	Weekend trip costs are estimates only			
	For mid week costs (e.g. A/C with/without Gold card)			
	Version- 17 August			

PTC Committee 2021/2022



David Lawrie – President, Emergency Contact & PLB/ First Aid Book/Walkie Talkie Holder

lawrie@ps.gen.nz

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Glenn Clark - Vice President, Weekend Trip Coordinator, Emergency Contact & PLB/First Aid Book

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Ph. 2386569 or 0212457 468

Mark Leys - Secretary, New Member Contact, Aged Expo Organiser, "Safety in Mountain" Book Holder

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Raewyn Lane - Treasurer

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Raewyn Lane - Mid Week Coordinator (assisted by Betty MacDonald)

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Dee Keys - Past President, Speaker coordinator & Photo Comp organiser

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Barry Gibbon - New member Greeter at Club night

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Charlie and Joy Browne - Gear Custodian

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Becky Banks - Publicity Officer & Facebook Administrator

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Judy Donovan - Committee

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Other Positions but not on Committee

Shelena Wiggill - Bush Telegraph Editor

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Ph. 027 4033 446

Anna Low - Supper box for Club nights

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Ph. 232 1835

Eric and Lind Muir - Archives and 50th Anniversary booklets

Trip Leaders

Please inform David Lawrie (2388407 or 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.

ODDS AND SODS



- For members who are interested in purchasing a club shirt pop in to Custom Threadz, 16 Queen St. Pukekohe, choose shirt of choice, and have it embroidered with our Club logo.
- Worth a watch – on Neon app – A very good series on “Kea New Zealand’s Witty Daredevils



- Below an article on Hyperthermia provide by Mark.

Guest editorial by Coastguard Maraetai

After the weather we have had these past few weeks, we can't deny that winter has finally arrived. Not that winter's arrival will keep us off the water. But it's vital to remember the danger that comes with a drop in temperature.

How good is your understanding of hypothermia? Below is an exceptional explanation written by Maraetai Rescue One's Head Medic, Annie. Enjoy and stay safe!

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature is around 37C. Hypothermia occurs as your body temperature falls below 35 C.

Untreated hypothermia can lead to complete failure of your heart and respiratory system and eventually to death.

Hypothermia is often caused by exposure to cold weather or immersion in cold water. Primary treatments for hypothermia are methods to warm the body back to a normal temperature.

Symptoms

Shivering is likely the first thing you'll notice as the temperature starts to drop because it's your body's automatic defence against cold temperature — an attempt to warm itself.

Signs and symptoms of hypothermia include:

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- Bright red, cold skin (in infants)

Someone with hypothermia usually isn't aware of their condition because the symptoms often begin gradually. Confused thinking associated with hypothermia prevents self-awareness. The confused thinking can also lead to risk-taking behaviour.

While you wait for emergency help to arrive, gently move the person inside if possible. Jarring movements can trigger dangerous irregular heartbeats. Carefully remove their wet clothing, replacing it with warm, dry coats or blankets.

Causes

- Wearing clothes that aren't warm enough for weather conditions
- Staying out in the cold too long
- Being unable to get out of wet clothes or move to a warm, dry location
- Falling into the water, as in a boating accident
- Living in a house that's too cold

How your body loses heat

- Radiated heat. Most heat loss is due to heat radiated from unprotected surfaces of your body.
- Direct contact. If you're in direct contact with something very cold, such as cold water or the cold ground, heat is conducted away from your body.
- Wind. Wind removes body heat by carrying away the thin layer of warm air at the surface of your skin.

Complications

- Freezing of body tissue (frostbite)
- Drowsy and death of tissue resulting from an interruption in blood flow (gangrene)

Prevention

- Cover. Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves.
- Overexertion. Avoid activities that would cause you to sweat a lot. The combination of wet clothing and cold weather can cause you to lose body heat more quickly.
- Layers. Wear loose-fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat better than cotton does.
- Stay as dry as possible. Be especially careful to keep your hands and feet dry.

Cold-water safety

Water doesn't have to be extremely cold to cause hypothermia. Any water that's colder than normal body temperature causes heat loss.

The following tips may increase your survival time in cold water if you accidentally fall in:

- Wear a life jacket. A life jacket can help you stay alive longer in cold water by enabling you to float without using energy and by providing some insulation. Keep a whistle attached to your life jacket as signal for help.
- Get out of the water if possible.
- Don't attempt to swim unless you're close to safety. Unless a boat, another person or a life jacket is close by, stay put. Swimming will use up energy and may shorten survival time.
- Use a body position known as the heat escape lessening posture (HELP) to reduce heat loss while you wait for assistance. Hold your knees to your chest to protect the trunk of your body. If you're wearing a life jacket that turns your face down in this position, bring your legs tightly together, your arms to your sides and your head back.
- Huddle with others. If you've fallen into cold water with other people, keep warm by facing each other in a tight circle.
- While you're in the water, don't remove clothing because it helps to insulate you from the water. Buckle, button and zip up your clothes. Cover your head if possible. Remove clothing only after you're safely out of the water and can take measures to get dry and warm.

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:

Sleeping bag	Boots
Rainwear	Warm clothing e.g. fleece garments, polypropylene, etc.
Woolly hat	Gloves/mittens
Torch or headlight	Thermal longs for winter trips or if above the bush line
Toilet gear	Plate and mug and cutlery

Small first aid pack / whistle

Waterproof pack large enough to hold all your equipment and food

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 non-members 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 \$40.00 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.

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.