



West Auckland District Tramping Club

November 2017

Newsletter no. 447

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Well the highlight of my past month would have to be participating in the Auckland (half) Marathon. The low point would have to be hobbling around on crutches thereafter and attending physio sessions!! Thus the reason you have not seen me out tramping of late. It's certainly a different league to the *Round the Bays fun run!* discovered! Great atmosphere however with 14,000 participants and a superbly well organised. I know I came nowhere near matching the times of our marathon megastars Annette & George (*is there anything that guy is not good at??*), but I didn't disgrace myself with managing to run the entire 21kms in a time of 2 hours and 8 minutes. The average time was 2 hours 20 minutes. Running a half marathon has been on my bucket list for quite some time, so thought I had better get it out of the way before I got too old! Anyone who knows me will be well impressed that I managed to drag myself out of bed for numerous predawn training runs, even when it was cold and drizzly.

Next Saturday night's (18th) proposed dinner & movie at Ryder's private movie house has received a good response. If you have been thinking of coming along, but just have not got around to registering, there is still time. The more the merrier. Friends and family welcome. Contact Geoff Yates if interested ASAP.

Jim Morrow gave us another interesting talk at our last club night, this time on his recent trip to Antarctica and the islands off South America. He is such an interesting guy and very entertaining. Do come along next Monday (20th) to hear our very own Louis Segedin recount his recent epic walk across Europe. It made me tired just thinking about it!

If you are in the Henderson area there is an interesting photographic exhibition of the historic Huia Dam constructed between 1925 & 1929 at the library (West Auckland Research Centre). The Huia Dam is a landmark we pass regularly on our Waitakere walks, so good to learn a little more of its history. Another interesting exhibit of interest to trampers is an exhibition at the Arataki Centre on tramping, past, present and future. Also at the display are banners highlighting 3 or 4 tramping clubs in the Auckland area, including our club. Let's hope that creates some interest. John's listing of upcoming tramps in the Western Leader has created fresh interest which is great. He is also advising "Wilderlife" of upcoming trips. Wilderlife is an online forum that brings together the NZ outdoor community with what's one in the backcountry, news & views. Check it out at <https://wilderlife.nz/>

I did a First Aid refresher course a couple of weeks ago. I couple of the noteworthy points that came out of it were:

- There are some good APPs that could be very handy to have on your phone such as the St Johns CPR app & AED (defibrillator) locators. (Did you know that all McDonalds, Z service states and ASB banks have defibrillators - I didn't)
- Performing CPR will not restart the heart, but will keep the organs alive until help arrives.
- A burn can be compared with a boiled egg. eg, when we run it under the cold tap we think it is cold. When we go to peel it, we find underneath it is still hot, so we run it under the cold tap again. When we then try cutting into it, we find the egg is still hot, a scolding 45 degrees in fact. That is why you need to run water over a burn for at least 20 minutes, long after the skin feels cold.
- For burns running water is more important than coldness of water.

While not wanting to detract from our excellent program Louis S puts together for us, you might like to check out the November Waiheke Walking week at www.waihekewalkingfestival.org

The club is heading back to Kaipara Sculpture Park on the 17th of December for our end of year BBQ, so be sure to keep that date free.

A big shout out to Maureen Fletcher from your tramping club family. Get well soon Maureen – Bruce only knows how to cook beans on toast, so he needs you home ASAP!

I'm about to head away to Nepal next week for a couple of weeks on a rather impromptu trip (knees willing!), so catch you on the trail on my return.

Peter

Activities

15 November

Wednesday Walk - French Bay

7.00pm

Meet at French Bay & we will do a bush circuit to Titirangi Beach & return then take the PLUNGE!! Dare you to!!

Leader: Marcia Clark P: 8174079



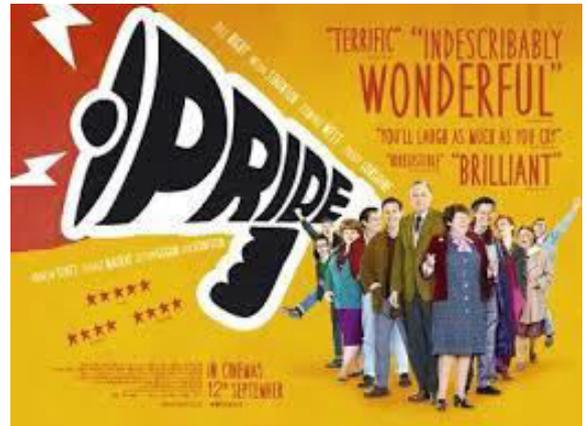
18 November

Ryders Theatre – Dinner & Movie

7.00pm

“Pride” is a 2014 British LGBT-related historical comedy-drama film written by Stephen Beresford and directed by Matthew Warchus. It was screened as part of the Directors' Fortnight section of the 2014 Cannes Film Festival, where it won the Queer Palm award. Writer Stephen Beresford said a stage musical adaptation involving director Matthew Warchus is being planned.

The film was nominated for the Golden Globe Award for Best Motion Picture – Musical or Comedy and for the BAFTA for Best British Film, Best Actress in a Supporting Role for Imelda Staunton and for Outstanding Debut by a British Writer, Director or Producer.



Cost: \$30.00 which includes dinner & movie. BYO drink and glasses. The club will supply Dessert.

Please pay direct to WADTC bank account **12-3034-0697604-00** & use your name & "Movie" as reference.

Leader: Geoff Yates P: 09 810 8456 E: yatesfamily13@gmail.com

19 November

North Shore Coastal

8.30am at Glen Eden

Grade: Moderate

Fare: \$6 members \$11 non members

Join Jill for a scenic walk north starting Browns Bay car park at the beach, heading north to lovely Long Bay and return. A mixture of coastal walking, clifftops and regional parks.

Please advise leader if intending to go straight to Browns Bay car park. Be there at 9.30. (If anyone is able to do the Glen Eden paperwork, please contact the leader, it would save her an out of the way detour).

Leader: Jill Dingle P: 0212945700 E: jill.dingle@gmail.com



20 November Club Night Louis Segedin

7.30pm Kelston Community Centre Cnr Great North Road & Awaroa Road

This club night is a must and an inspiration as Louis will be talking about his recent trip and huge trek across the alps.
How many pairs of boots did he go through??
Members \$2 contribution please.



22 November Wednesday Walk New Lynn/Glen Eden

7.00pm

Meet at the end of Pamela Place & Annette will take us for a stroll around New Lynn through to Glen Eden & return.
Afterwards a refreshing cuppa.

Leader: Annette Ellis

26 November Three Dams & a Bit of History

8.30am

Grade: Moderate

Fare: \$5 members \$10 non members

Timing: 5-6 hrs

Upper Nihotupu Dam Road, Christies Track, Upper Huia Dam Track.

Featuring waterfalls, a bush tramway, a disused auxiliary dam, two working dams and some interesting tracks with an air of remoteness in parts.

Leader: John Miller P: 6220436 E: jmiller1954@gmail.com



29 November Wednesday Walk - Green Bay-Blockhouse Bay

7.00pm

Meet at Green Bay domain, soccer field on Cliff View Drive Green Bay at 7 pm and we will do a circuit to Blockhouse Bay and back.

Leader: Denise Vazey P: 0273290052



03 December

Henderson Valley

8.30am

Grade: Moderate

Timing: 4+ hours

Fare: \$4 members \$8 non members

Henderson Valley – starting Opanuku Rd

We will be covering the Sharp Bush track and Mountain Rd, then Fairy Falls track, Scenic Drive, Spragg Bush, Scenic Drive to Filter track, Opanuku Track, Mountain Rd and back to Sharp Bush track.

A guaranteed good walk in the Waitakeres

Leader: Colin Spencer P: 8385706 E: bronspen@gmail.com



06 December

Wednesday Walk - TBA

7.00pm

Please keep an eye on our website for details.

10 December

Whites Beach to Anawhata

8.30am

Grade: Difficult

Timing: 5+ hours

Fare: \$6 members \$11 non members

From North Piha to Whites Beach and over the coastal rocks to Anawhata. There will be some rock climbing and rough ground to cover so good strong footwear will be needed. Low tide is 10am so bring a towel if you wish to wet your feet!



Leader: Val Ellis P: 817 6813

11 December

Christmas Club Night

7.30pm Kelston Community Centre Cnr Great North Road & Awaroa Road

Join us for our last club night of the year. (Remember it's a week earlier than normal).

Following on from the success of last years "guess who I am baby photo", please bring along your favourite tramping photo for our board with a brief description of where it is. Then tell us the story behind the photo and why it is so special to you. We will have a couple of other activities, nibbles and drink to get you in the spirit of Christmas.



13 December
7.00pm

Wednesday Walk - TBA

Please keep an eye on our website for details.

17 December Christmas Picnic - Kaipara Coast Sculpture Gardens

10am (Glen Eden or 11 am at gardens)

Fare: \$10 + \$8 admission

The club will revisit the weird and wacky world of sculptures at the wonderful Kaipara Coast Sculpture Gardens at Kaukapakapa. The club will put on a BBQ and supply the meat. Please bring a plate to share and your own drink, plate, cup, cutlery and a seat. The venue is under cover, so don't let the hint of rain put you off. Either meet at Glen Eden for car pooling or go straight to destination (also known as the Kaipara Garden Centre 4km north of Kaukapakapa village).

www.sculpturegardens.co.nz



Feel free to bring family, but in the interests of helping with the planning, please email Peter to RSVP.

Leader: Peter Tuohy P: 8283274, 0274389944 E: tait@slingshot.co.nz

20 December
7.00pm

Wednesday Walk - TBA

Please keep an eye on our website for details.

Leaders can now check various track conditions before a tramp via this link:

<http://www.doc.govt.nz/parks-and-recreation/places-to-go/auckland/alerts>

Trip Reports

Mercer Bay 15 October Leader Jill Dingle

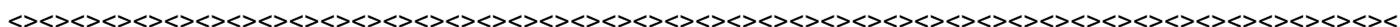
We had a good turnout at Glen Eden and then 3 more met us at the beginning of the tramp at the radar station, at the end of Log race road out Piha way. Thanks to all the drivers for getting us there.

The plan was to take a leisurely tramp down to Karekare and back again doing a figure eight and taking in the views. Out on the TeAhua Point; at the pa site the Maori Woman carving was looking weathered in the sun and far below the Tasman was covered in white caps. From there we made our way carefully down the ski slope like Ahuahu track-(poles would have been a good help) and it was sunny and sheltered with lots of bird sound and many other walkers out. Some of our group had not been to the waterfall and so it would have been rude not view Kitekite and take time for a few photos before lunch at Karekare park. I had to be home early in the pm and so we started out climb back up around midday via Comans track and then on to the top end



of Ahuahu onto Log race road.

I enjoyed the workout and the company of 14 others on the day and meeting new prospective members Eleanor Hughes(3rd tramp) and Denise Lim.



Northland Labour Weekend 20-23 October



Making a change from tramping and in the interests of having a bit of variety in our club, our Labour Weekend was one of pedal power rather than foot power with a weekend of cycling based at the lovely Bay of Islands.

As usual the non-workers headed off early to avoid the long weekend rush and the workers followed up late into the night. Our accommodation at the Waitangi Holiday Park was lovely and excellent value for money. Our intended leader Bruce was unable to attend as planned, so we were largely left to our own devices and to what we got up to.

We decided to take advantage of the good weather on the Saturday (in case it changed) and did a rather long and car shuttle which enabled us to ride from Lake Okaihau to Horeke on the Hokianga Harbour the easy way – ie downhill. What a fabulous ride, one of the best I can recall riding. Very scenic on a well formed track overlooking the Puketi Forest and alongside the Uta-kara River. We left our cars at the Horeke pub, thinking that would be a perfect destination to aim for. On arrival the pub at the end of a 1200m boardwalk was doing a good trade with most of the punters being cyclist. These back country cycleways have gone a long way to reviving rural New Zealand. We also spent time exploring the nearby Mangunga Mission house with all its fascinating history. I'm surprised it is not better known. Witnessing the largest signing of the Treaty of Waitangi in the country took place here, with over 70 chiefs adding their assent before a crowd of up to 3,000 people would have been quite a site. There is a lovely cemetery there too with a lovely outlook over the Hokianga Harbour. After a refreshing drink at the Horeke pub some of us visited the Wairere bolders before returning to Paihia.



Items of Interest

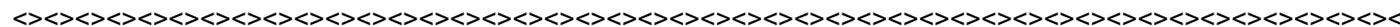


New Member

Eleanor Hughes
2 Burgundy Park Avenue
Henderson
P: 09 835 2003
M: 021 187 2868
E: eleanor.hughes@xtra.co.nz

Membership changes -

Welcome back member - Heather Brown, 12 Kingsland Ave, Kingsland. M: 022 3936590, Heather.brown@gmail.com
Vazey's new address – 72 Cliff View Drive, Green Bay (same phone number).
John Walter's new address- 16 Wairere Rd, Waitakere 078. Ph: 810 9111
Cathy Gong's corrected mobile – 021 278 6908
Angus and Janice Crombie's new email – janangus1@outlook.com



***ONE BILLION plastic bottles are made everyday worldwide.
They're one of the main sources of marine plastic pollution.***

New Zealand's once-pristine coastlines and stunning beaches are under serious threat from plastic waste and by 2050 there is predicted to be more plastic in the ocean than fish.

In New Zealand we buy *two billion* plastic bottles each year and our waste and recycling systems are inadequate to deal with this. We recycle only 35-40% of plastic bottles, with the rest going to landfill or being littered, often being carried by water out to sea.

The cost of this is on the environment and on the public, rather than on an industry who create polluting products.

Thankfully there is a simple and effective way to deal with plastic pollution being introduced around the world; bottle deposit schemes. In Aotearoa NZ we have the legislation to set one up under the Waste Minimisation Act 2008, but there has been a lack of political will to do this.

Join our campaign for the New Zealand Government to bring in Bottle Deposits, to clean up our land and sea, and keep our corner of the world truly beautiful! Visit www.kiwibottledrive.nz for more information and the online petition.



The Committee including non- committee Assistants(last four).

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