



LEVIN WAIOPEHU TRAMPING CLUB [INC]

NEWSLETTER – NOVEMBER 2009

Clubrooms
Parker Avenue
PO Box 479, Levin

Mount Ruapehu Lodge
Iwikau Village
Ph (07) 892 3802

LIFE MEMBERS:

Peter McChesney, Dave Dittmer, Keith Mackie,
Andrew Bertram, Rachel Marshall, Frank Dement, Malcolm
Emmerson, Ernest Maluschnig and Maria Clement.

PATRON:

Frank Dement

PRESIDENT:

Wayne Donovan (04) 905 3535

VICE PRESIDENT:

Geoff Oates (06) 363 8671

SECRETARY:

Patsy Broad (06) 354 9861

TREASURER:

Malcolm Emmerson (06) 368 9256

MEMBERSHIP:

Megan Jensen (06) 358 2780

TRAMPING CO-ORDINATOR:

Sue Clelland (06) 367 2568

WORKS OFFICER:

Luke Williams/Pete Pouri-Lane

SKI CAPTAIN:

Kath Eastham

EDITOR:

Marlene Pouri-Lane (07) 854 8949

COMMITTEE MEMBER:

Cavin Jensen (06) 358 2780

Gwen Lauder (06) 364 8541

Lyn Evans (04) 904 1665

Dean Johnson (06) 367 0763

Rebecca Le Quesne (04) 297 1022

John Evans (04) 904 1665

Fax (04) 904 1666

BOOKING OFFICER:

Note: No calls before 4.00 pm or after 9.00 pm.

GREETINGS FROM THE EDITOR

Hi All

It's been a while since our last newsletter and apologies for this.

Winter has been and gone and a supposed spring is here, but with snow still falling in some parts of the country every few weeks who knows what season it is! Before we know it though, summer will be upon us, and the hiking boots will be traded for the snow boots.

On behalf of the committee and members, we would like to express a very big thank you to Sue Clelland who took on the role of Custodian this year. Sue did a great job in keeping everyone in line and ensuring the LWTC lodge was maintained in an orderly fashion. It was excellent having someone managing any new visitors or members to the lodge in order to make their stay more pleasurable.

I do want to acknowledge the loss of a very dear friend and committee member, Mike Bennett who passed away earlier this year. Mike's illness came on very quickly and a shock to us all, but always a fighter to the end.

I take this opportunity of wishing you all a very safe and happy Christmas. Have fun and look after one another.

Cheers Marlene

A FRIEND TO ALL – MIKE BENNETT

Earlier this year we bid farewell to a very dear friend, Mike Bennett.

Mike had many passions in life - in particular a bargain, a cash deal, a beer, his family, friends and children; and probably what we all knew him well for – was for being a “pain in the ass” – but a bloody good one, he would argue! He was the guy who if you were feeling low, he would insist on getting you back up; if you were looking glum, he would not leave you alone until there was a smile on your face; if you were looking for peace and quiet ... well that just wasn't an option if he was around!

Mike was our Works Officer for many years. He was absolutely hopeless at organising work parties, let alone attending them – but always managed to get someone else to do everything that was needed if he wasn't able to make it. He did, however, make numerous trips to the snow alone when the urgency required it. In 2008 when the snow removed the gutters, he was straight up there to temporarily repair them and then had the gutters replaced over the summer.

Mike was like a fridge magnet to children – he adored them and the feeling was mutual. He continuously used to pester the crap out of them (actually even us adults), and at the lodge he would toss them out into the snow offering them to the gods; he would blow his nose into their hair; or horse bite them. But as much as he would pester them, and they in return would pester him back, he would always be there to help them. There are so many children over the years who he took under his wing to teach to ski or to fish or drive. And if they ever needed anything, he did his utmost to ensure they got it.

Mike was also involved with the Special Olympics and for the last seven years ventured to the South Island snow camp with the Special Olympics crew alongside Wayne, Jo and Jason Donovan. He would put his heart into this and the athletes loved him for all the support and encouragement he gave them. This was a time of year which he just loved. He also spent many a trips travelling with Jason on his medal seeking expeditions.

Mike was involved in Search and Rescue with the Kapiti Coast Guard on call outs and as a Training Officer for a number of years

You've left a huge hole in our world Mike, but your heart, huge smile, loud voice, jokes and tricks, and the times we have spent with you, will always be remembered and shared.

Cheers

Marlene Pouri-Lane

Editor mpourilane@xtra.co.nz

FROM THE CUSTODIAN

Winter is over and Sue Clelland would like to extend her sincere thanks to all those club members who helped her through her first year as custodian. She received tremendous support from many people, particularly when she incurred

DAY WALKS

Don't forget these are an option around Whakapapa over the summer period. Summer accommodation rates available at the LWTC lodge.

BLISTER CARE & PREVENTION

Blisters are caused by rubbing. Moisture increases this friction and softens/weakens the outer skin layers. During intense activity like tramping, each foot can produce up to one cup of sweat in 12 hours. Blisters can result from poorly fitted tramping boots, new boots, unconditioned feet and frequent changes of terrain, i.e. river crossing, bush bashing, rock hopping etc.

Ways to Prevent Blisters

- Washing and drying your feet.
- Cut toe nails so they don't rub against each other or your boots.
- Apply tape to blister prone areas of your feet.
- Using a low friction layer between skin and footwear, i.e. knee high stocking, means that skin rubbing occurs mainly between socks/stocking layer instead of skin/stocking layer.
- Break in your boots, i.e. wear them around the house, on short day walks before going on a weekend tramp.
- Wear socks which allow moisture to be absorbed.
- Try using insoles as they may reduce rubbing and increase cushioning for your feet.

Treatment

- Leave non-painful blisters alone, they will heal by themselves in time.
- For painful blisters, use a sterile needle to pop the blister, apply antiseptic and a dressing to stop infection.
- Keep skin area clean and covered until area below blister (base) is dry.
- Once blister base has dried, it is safe to remove dead skin (that has separated from new skin below). This must be cut off and not peeled as live healthy skin may be peeled and new tissue exposed, which may be painful and increase risk of infection.

Source: The Mouth'n'Ear (Wellington Tramping & Mountaineering Club) Newsletter – May 2009

FROM THE MEMBERSHIP OFFICER

The Committee would like to welcome the following new members:

Workman family
Tim Rees
Julie Swindon
Sarah Ellix and family
Troy and Diedre Manderson and Family

We look forward to meeting up with you over the next year.

Farewell to long time members

Ken Hawkins
Warwick Price.

FMC BULLETIN

Check out the following website to see the latest issue of Federated Mountain Clubs: <http://www.fmc.org.nz/fmc-bulletin/> . Alternatively you can visit our website where there is a link to the FMC website.

DOC FOOTNOTES

Check out the following website to see DOC's latest issue of Footnotes: <http://www.doc.govt.nz>

NZ SKI CLUB OF KASHMIR

I established the NZ Ski Club of Kashmir with assistance from my Kashmir business partner and his family, with the aim of contributing and assisting to develop the infra-structure of their ski resort. Through the generous donation of NZ individuals and business's such as RAL, Cardrona, Mt Hutt, Browns Ski Shop and QAST - used ski equipment, clothing, helmets, goggles, mountain safety and avalanche training, has been provided to the local people from the villages near to Gulmarg. Each year in November I ship a 20ft container to India with this equipment. And in Jan/Feb 2009, 8 volunteer ski instructors from the NZ Ski Instructors Alliance travelled to Gulmarg to teach skiing to 120 Kashmir village kids....free of charge.

Here is a link to our 14 minute video about the NZ Ski Club of Kashmir Himalaya – “charity ski equipment and ski lessons for 120 Kashmir village kids in Jan/Feb 2009.....” <http://www.vimeo.com/6427693>

If you would like any further information please do contact me martin@sportive.co.nz

Martin Jones
President NZ Ski Club of Kashmir Himalaya

BARGAINS

Copies of the illustrated, 52-page Club 75 year History book, and A4 sketches of the inside and outside of our earlier Waiopahu II tramping hut, can still be picked up from Ross Kerr, at Coopers Law, 288 Oxford St, Levin, (06)368-6157, or you can be mail a request to him, at PO Box 540, Levin, 5540.

2009/2010 CALENDAR OF EVENTS

Dec/Jan Bookings now available in the lodge over the summer period. Book through John Evans.
30/31 January LWTC Ski Lodge Work Party. Confirm attendance with Pete Pouri-Lane (Email: mpourilane@xtra.co.nz).