



January 2015



General Communications

All members are encouraged to communicate their opinions and to drive CNI forward. Share your ideas via:

- [Facebook](#) – Official news. World news. Announcements.
- [Section Website](#) – Official news.
- [Google Groups](#) – Ad hoc email, quick trip plans, rock or alpine, anything, any time. NZAC membership not required. Includes a [calendar](#) of upcoming events.
- Social Indoor Climbing – For those into Rock and are close to Hamilton, stop by [Extreme Edge](#) Tuesday evening and you'll most likely run into club members as it is a regular event. Don't forget to bring your NZAC club card for a discounted rate.
- After Work Rock Climbing – Send an email via the Google Groups email list and invite yourself to the semi-regular weekly after work climbing events.
- E-mail, text or call – For when you want to talk to a specific individual.

If you have had a great trip or a special idea you want to share, get some pictures and a story and send it to the Newsletter contact below.

Section Chairman	Mike Greer	chairperson@alpinecentral.org.nz	021 619 564
Snowcraft Coordinator	Ray Long	snowcraft@alpinecentral.org.nz	027 461 8336
Treasurer	Marcus Bai	treasurer@alpinecentral.org.nz	027 305 4533
Secretary	Scott Robertson	secretary@alpinecentral.org.nz	021 221 8448
Gear Hire	Dennis Sanders	gearhire@alpinecentral.org.nz	021 130 2245
Banff Coordinator	Marcus Daws	banff@alpinecentral.org.nz	021 262 7549
Newsletter	Mark Smith	newsletter@alpinecentral.org.nz	021 418 694
Social Media	Norbert Abel	website@alpinecentral.org.nz	022 185 7046
Committee	Cliff Ellery	c.ellery@nda.co.nz	027 455 3256
Committee	Lars Brabyn	larsb@waikato.ac.nz	07 855 8344

Upcoming Events

- This months CNI meeting is Wednesday February 11 at 1930. As always, the venue is the scrumptious [Good George](#), 07 847 3223, 32A Somerset Street, Frankton, Hamilton. Click for [Menu](#) or [Directions](#).



New Zealand Alpine Club Central North Island Newsletter

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- Australian Section Annual Climbing Meet 2015. The Australian section committee would like to invite every member of the NZAC to our newly revamped "Australian Section Annual Climbing Meet" for 2015. The 2015 meet is going to be held at the famous "Arapiles" climbing mecca in the Victorian countryside. Avoid the crowds by climbing in June and a bonus this time of year is that you are allowed to have open camp fires. So grab your trad rack and come and climb any of the thousands of routes at every grade. Free BBQ. Cost: \$10 per night p/p camping fee. All NZAC members are welcome, RSVP by 2015-03-31.

Date 2015-06-29 – 2015-07-05
Location Mt Arapiles, Victoria Australia
Organiser Australian Section NZAC
Contact Terry Cole <australia@alpineclub.org.nz>
0455 255 662
URL [https://alpineclub.org.nz/system/files/Annual Climbing Meet 2015.pdf](https://alpineclub.org.nz/system/files/Annual_Climbing_Meet_2015.pdf)

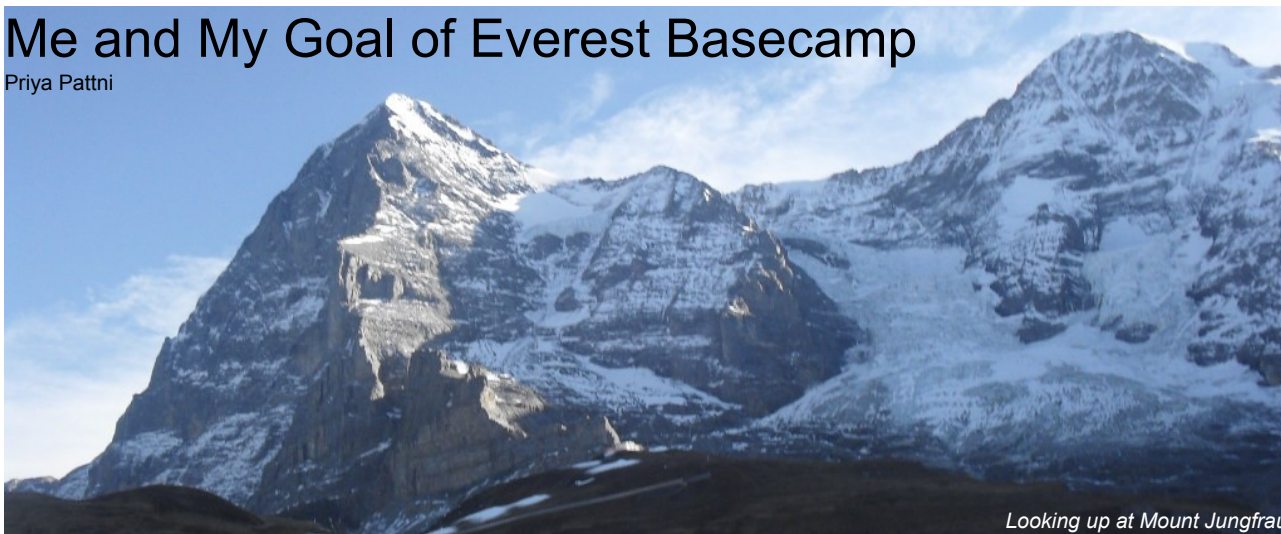
- BMC International Summer Climbing Meet - The BMC is pleased to announce that next year's BMC International Summer Climbing Meet will be located in the majestic Llanberis Pass of North Wales which has some of the best traditional climbing in Britain. You are invited to put forward two representatives from your country to attend this event. Preference will be given to people who have not attended a BMC International Meet before.

Date 2015-05-10 – 2015-05-17
Location North Wales, Olanberis Pass
Organiser British Mountaineering Council
URL <https://alpineclub.org.nz/event/2015/05/10/bmc-international-summer-climbing-meet>

Featured Story

Me and My Goal of Everest Basecamp

Priya Pattni



Looking up at Mount Jungfrau

Across half a kilometre bridge and then up a hill, which seemed like a mountain for when I was seven. It was barely a hill in small town of Nausori, Fiji. That was the tallest 'mountain' I had ever seen in my life and never imagined higher peaks.

From school to university, life was busy in books and clinics. Suddenly achieving a successful career was enough. My elder brother always worked, earned for family, for parents and nothing for himself but was happy. He continued his training and always encouraged me to stay fit. Inspired from his outdoor adventures and camping, I wanted to explore and experience the same contentment.

I planned a small trip to India, which included markets, villages and meeting family. In addition, we went to old castles which were at hill tops and hill-stations. Standing at the summit of Mt Abu in India, I appreciated the height, view and serenity. The pain and struggle was rewarded with picturesque scene and pure atmosphere. That is when we (my parents and I) decided that we would go to the Himachal Pradesh for at least a short trek. Unfortunately, due to landslides the trip had to be cancelled and instead we were stuck in a crowded Delhi airport lounge.

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Upon return we started with Mt Pirongia, short trails in Waitakere Ranges Regional Park and other treks in Waikato. Trip to Mt Ruapehu was amazing and that's when I told dad we would go to Everest basecamp. I did not know that was going to be our last ever trip together. He passed away October 2013.

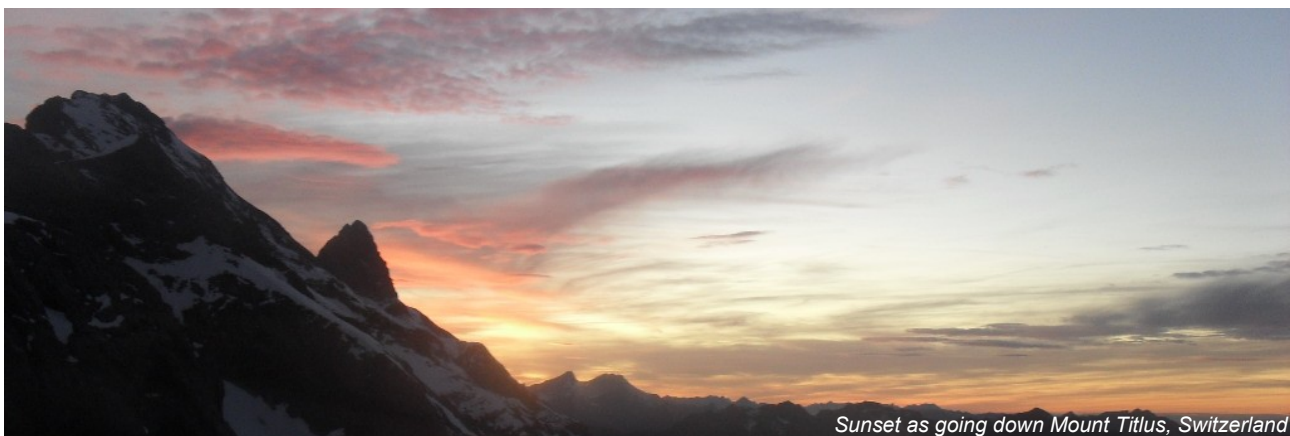
After many months, I went back to Pirongia. It is then I realised how unfit and weak I had become. It was crazy how much energy it took just reaching halfway to the summit. I was putting all my effort just placing one foot in front of the other. After gruelling 6 hours I crawled my way to the summit hut and cried. That moment was eye opener for me, I promised myself change.

It is not just the physical strength but to climb/trek one needs to have mental strength as well. My training started with yoga and meditation. To climb a difficult mountain I needed to change myself, fight with my weaknesses, fears and work very, very hard. Fear of failing, falling apart. It depends what is the drive. For me it was the fact that when in mountains it does not matter whether my finger nails is long and painted or not, what I am or who I am, all that is stripped away. I found tranquillity only when trekking.

Determined to change for the mountains, I started searching for advice on how to train body for climbing and basic mountaineering skills. One of my friends suggested me to join local trekking club and gave a few exercises to start at home. Aerobic exercises, push-ups, pull-ups, balance and flexibility all needed to be improved greatly. Fifteen reps of each at least two rounds. Although pull-ups at this stage is limited to only 3 reps (sigh), I shall keep trying. Jogging for 5 km and I found it best to go trekking with increasing pack weight (only 5kg at the moment). On bad weather days I climb up and down a chair with on leg and hands raised above head (15 reps for each leg). At least one rounds of lunges (10 reps), burpees (8reps) and finally 20 minutes of yoga for flexibility and balance. Currently, training is only three days a week. Aim is to increase to everyday. Once achieved fitness goal hope to do Alpine skills course.

Learning the ropes, training body to be stronger and more flexible seems hard and painful process but determination to achieve is stronger. A little nervous if I will be able to find a partner for climbing. To accompany on Everest Base camp (hope to go next year), Mt Kilimanjaro and Mt Junfrau (this time on foot not on rail..ha!). This will be the beginning of life in mountains.

Body, mind and spirit all needs to be prepared with appropriate fuel which is nutrition, training, concentration and focus. Being a female, training, nutrition and everything must be modified to suit body. There are days where I need to take it easy and just let body heal. Training in the same way as any male would do is the biggest mistake any female can make, at least true for myself. I will be setting myself to fail by doing that. Fuel usage and nutrition requirements are different at different times of the month according to vast hormone changes. In addition, keeping a regular check on iron levels is crucial. As there is little benefit from aerobic exercise if anaemic.



Sunset as going down Mount Titlis, Switzerland

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Buy or Sell Gear (<http://climber.co.nz/forum/buy-sell>)



Lost and Found (<http://climber.co.nz/forum/lost-and-found-gear>)

The Climber has a forum for lost and found gear.

Club Discounts

- New Zealand's Wilderness Heritage by Les Molloy and Craig Potton. NZAC members 20% discount until 2015-02-28. See here for details:
<https://alpineclub.org.nz/news/2014/new-zealands-wilderness-heritage-20-member-discount>
- A new member discount offer from Top Gear. Top Gear operates a specialized Auckland store which is located at 215 Rosedale Road, Albany, Auckland 0632. Telephone 07 415 8145. Email: info@top-gear.co.nz. They offer members 10% discount off their prices. Show your card in-store or order online using the discount code on the members' only page:
<https://alpineclub.org.nz/membership/members-only>
- Cactus offers a 10% discount (excluding discounted and promotional items). In store at 90 Fitzgerald Avenue, Christchurch use your NZAC card. Members can also apply online to become pro-team members for online discounts (<http://www.cactusoutdoor.co.nz/pro-team-pricing/>). Cactus also donates a percentage of sales profit to NZAC for the club's Expedition Fund. We thank them for this ongoing extra support.
<http://www.cactusequipment.co.nz/>

From HQ

- Wanaka Rock available head office:
<https://alpineclub.org.nz/product/wanaka-rock/2014>
- Nth Island Rock Deluxe available at head office:
<https://alpineclub.org.nz/product/rock-deluxe-north>
- NZAC calendar still available at head office:
<https://alpineclub.org.nz/product/nzac-alpine-calendar-2015>
- Expedition Fund – Reports and Grant History; This is a general list of expeditions and members who have received support in the past from the Club's Expedition Fund. Grants are open to Club members only and do have a number of conditions attached including articles and photos for both The Climber magazine and New Zealand Alpine Journal, and being available for shows and talks to local monthly section evenings. See more here:
<https://alpineclub.org.nz/expedition-fund/reports/grants/history>
- Unwin Lodge Saucepans; Please take a look next time you're out and about near second-hand stores to see if you come across some good-condition, stainless-steel saucepans (3-4 litre). Unwin Lodge would like some and they can be sent down directly, or dropped off at the National Office in Christchurch and we'll arrange to get them to the Lodge. Thank you.
- Unwin Lodge clean empty trigger spray bottles wanted; If you find you have some of these, rather than throwing into the recycling bin, Unwin Lodge could do with some for their cleaning products. Please send direct to Simon and Pip at Unwin Lodge at Unwin Lodge, PO Box 786, Mount Cook, Aoraki Mout Cook 7946. Alternatively if you are in Christchurch you can drop them at the office, and they'll send them down with our next package to the lodge. Thanks.

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- Mark Hayes from Nelson who works with youth and adult community support requests used climbing cams. When pulled apart, the parts provide interesting shaped bits to make quick, easy sculptures. These are great, fun projects for his clients which help to build self-esteem, as well as keep them busy. He can be contacted at 027 236 9001, [Mark Hayes <mark.hayes@ght.co.nz>](mailto:mark.hayes@ght.co.nz), or 38 Hart Rd, Richmond, Nelson 7020. Any help would be appreciated.

Quick Reference

Facebook	https://www.facebook.com/alpinecentral
Section Website	http://www.alpinecentral.org.nz/
Google Groups	http://tiny.cc/nz-cni-climbers http://goo.gl/dr4hw7
Google Calendar	http://goo.gl/UEJxS0
Buy/Sell Forum	http://climber.co.nz/forum/buy-sell
Lost and Found Forum	http://climber.co.nz/forum/lost-and-found-gear
Mangaokewa Restoration Project	http://goo.gl/sPVY07
Wanaka Rock	https://alpineclub.org.nz/product/wanaka-rock/2014
Expedition Fund	https://alpineclub.org.nz/expedition-fund/reports/grants/history
Nth Island Rock Deluxe	https://alpineclub.org.nz/product/rock-deluxe-north
NZAC Calendar	https://alpineclub.org.nz/product/nzac-alpine-calendar-2015
Cactus Discounts	http://www.cactusoutdoor.co.nz/pro-team-pricing/
Member Discounts	https://alpineclub.org.nz/membership/members-only
NZ Wilderness Heritage Discount	https://alpineclub.org.nz/news/2014/new-zealands-wilderness-heritage-20-member-discount