



June 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.
- 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





Alpine Central

 **NEW ZEALAND ALPINE CLUB**

SNOWCRAFT 2015

INTRODUCTION COURSE

25/26th July
or 8/9th August

For more information contact Ray Long
snowcraft@alpinecentral.org.nz

027 461 8336

Events

Monthly Meeting - New attendees are encouraged!

Date	2015-07-08
Time	19:30
Location	Good George 32A Somerset Street, Frankton, Hamilton 07 847 3223
Organiser	NZAC CNI
Other	Menu
Agenda	No planned agenda. Come and have a drink, some eats, share some war stories or just listen to some, talk to someone new, find a new partner in crime, and plan a new adventure.



American Alpine Club International Climbers' Meet 2015

Date	2015-09-27 thru 2015-10-03
Location	Joshua Tree National Park
Organiser	Carol Kotchek <icm@americanalpineclub.org>
Reference	https://alpineclub.org.nz/event/2015/09/27/american-alpine-club-international-climbers-meet-2015

The American Alpine Club would like to extend an invitation to participate in the annual International Climbers' Meet (ICM). The ICM is held the week of Sept 27th - October 3rd, 2015 in Joshua Tree National Park, California. The goal is to host a diverse group of climbing abilities from a multitude of countries, and American Alpine Club members from all parts of the U.S.A.

TO BE HELD IN WORLD RENOWNED CLIMBING DESTINATION OF
JOSHUA TREE NATIONAL PARK
SEPT 27TH - OCT 3RD

- 7 nights / 6 days of camping at Joshua Tree Lake Campground w/ showers and wi-fi
- Three organic catered meals per day by Sierra Gourmet Catering
- 6 days of climbing in world renowned Joshua Tree
- Climb w/ knowledgeable locals and participants from around the globe
- Evening entertainment includes slide shows, live music, trips to hot springs, and the Star Show by Southern California Astronomy

Application and fee received by July 20th: \$435 USD / person.
Application and fee received after July 20th: \$485 USD / person
For info and application, go to: americanalpineclub.org/p/internationalclimbersmeet
or contact icm@americanalpineclub.org



New Zealand Alpine Club Central North Island Newsletter

June 2015

Homer Hut - 50th Anniversary Weekend

Date	2015-07-08
Location	Homer Hut, Hollyford Valley
Organiser	Ron McLeod <r.m.mcleod@extra.co.nz>
Reference	https://alpineclub.org.nz/event/2015/10/24/homer-hut-50th-anniversary-weekend
Registration Form	Homer Hut 50th Registration Form updated.doc Homer Hut 50th Registration Form updated.pdf

Fifty years ago the Southland Section of the New Zealand Alpine Club built and opened the current Homer Hut. This Labour Weekend they ask you to join them in celebrating this occasion with a programme of climbing on the Saturday and Monday, along with an alpine barbeque lunch and speeches on the Sunday.

Registrations are essential and can be made on forms linked above. Further details of the weekend's event are on the reverse of the form.

Please join the section in celebrating the anniversary of this popular and much loved hut.



Feature Story:



By Mark Smith

I am really into rock climbing. I have often called it my *rock-therapy*. When work is throwing me for a loop and I'm all stressed out, nothing centers me more than a couple of hard hours touching ignimbrite. On the way there: fuming about one thing or another; on the way back: what was I upset about again?

So it was with great trepidation that I found that my shoulder was getting worse and worse. In the past, I've just worked through it, but this felt odd. I was getting a bit older too so I decided to play it safe. This was July of 2013.

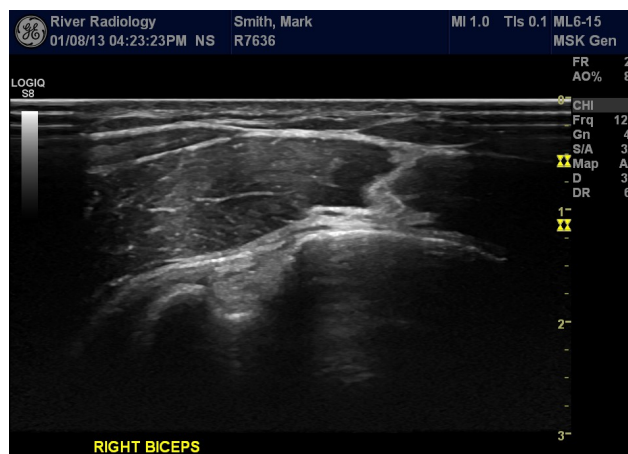
It wasn't a massive movement that caused the problem in my case. It was a nice slow easy transfer of weight from left to right. My arms were fully extended across the wall as far as my 6'4" frame could achieve at the Hamilton Extreme Edge indoor climbing gym. It was nothing but a slight tweak at the time, but over time that slight tweak threw me into deep end of shoulder discomfort for a long time.

At the worst of it, it was painful with no motion whatsoever. This included not sleeping soundly for about 3 months. Any motion whatsoever woke me up.

Symptoms included a reduced range of motion in all axis, reduced strength, and pain. Reaching behind my back was impossible. Raising my arm above my head was right out. This fits the diagnosis for any number of ailments. Early on a strong contender was adhesive capsulitis aka frozen shoulder. As a specialist would go on to tell me repeatedly with a bit too much glee in his eye, that this was normally reserved for women in my age range. Hey, it's all good. Better to laugh than to cry.

The diagnosis process was first to go through my regular doctor. This was expanded with a referral to

a physiotherapist. As part of the process we decided to get more information via an ultrasound. The basis for this was to make sure there wasn't anything mechanically wrong within my shoulder (e.g. a torn ligament).



The ultrasound imagery was confusing to me, but they tell me it was pretty normal. The bicep attachment, which is extremely small to begin wasn't, wasn't 100%, but that wasn't the obvious cause of my issues. It could have been that way for decades. We wanted to investigate further, but the next tests, an MRI, required a specialist's signature.

I signed up for a Hamiltonian shoulder specialist who comes highly recommended. He treats his customers well and was quite personable. He took a look at my arm and decided it worth getting some more pictures to at least rule out something that would require surgery. Six long weeks later I found myself surrounded by liquid helium in a super cooled magnetic chamber listen to horrible radio music trying to stay as still as possible for 20 minutes. Several days later the confirmation was that nothing seemed obviously wrong. Since the negatives were

ruled out, the diagnosis became [Adhesive capsulitis](#) (source: [shoulderdoc.co.uk](#)):

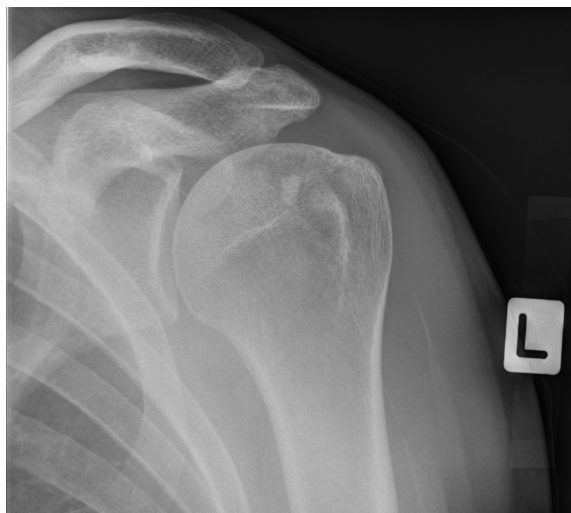
Frozen Shoulder is an extremely painful condition in which the shoulder is completely or partially unmovable (stiff). It is one of the most painful conditions of the shoulder (the others being Calcific Tendonitis or referred Nerve pain from the neck).

Frozen shoulder often starts out of the blue, but may be triggered by a mild injury to the shoulder. The condition usually goes through three phases, starting with pain, then stiffness and finally a stage of resolution as the pain eases and most of the movement returns. This process may take a long time, sometimes as long as two or more years. ...

So, at least the beast has a name. The adhesions in the capsule will work themselves out soon enough.

One of the options open to me was an arthrographic injection. That's fancy talk for a radiological imaging for helping get just the right location.

They use a big needle which goes deep into the shoulder. The needle is guided through to exactly the right spot by ultrasound. The entire substantial payload of saline, anaesthetic and steroid is injected directly into the capsule. This helps to break the adhesions and provides relief. Over the next couple of days relief was provided. In my case, it was somewhat better, but nothing to write home about.



As my right shoulder was on the mend, I was acquainted with a rule of thumb for frozen shoulder. That is, when you get it on one side, you usually get it on the other one soon thereafter.

I had decided it was time to give some climbing a go again. I was really careful as to how to load my shoulder. As long as I was within my power range it seemed fine. The problems arose when I tried to work outside of that range. I had wanted to try out the stone at Buck Rock. Seemed like some easy stuff was available too.

It was like starting to climb all over again. I felt really weak. On a pulling motion, I tweaked it again. Now, I managed to hurt my left shoulder. This went through the motions quite a bit faster. I knew what was happening early on so I was faster to deal with the injury. I knew who to talk to, what tests to get. That really helped.

I got an injection for this arm quite a bit earlier. The impact on how much it helped was astonishing. Within a few days my range of motion had increased by several hundred percent.

For a long time I couldn't even raise my hands above my head, but slowly it got better and better. I have been stretching and doing light resistance training for months now.

It is now July 2015 and I have been able to hang my whole weight from my arms on my mostly unused fingerboard for a whole ten seconds without discomfort. This pleases me.

I'm really looking forward to doing some light climbing this summer. If nothing else, hanging out with some friends near some rocks is much anticipated.

Notices:

- **Lost yellow La Sportiva Katanas**

Has anybody heard about a found pair of yellow La Sportiva Katanas up at Mangakewa? I left them up there on Monday April 27th (ANZAC weekend). They have a wearing out toe and a *distinctive aroma* so if somebody does have them I guessing that they would love to get rid of them ASAP. Thanks in advance for any help.

Simon Stewart
021 0472860

- **Photo Competition to Open July 1**

Photocomp entries to open 1 July - there's no link, or prize details yet, but a notice in advance to ask people to get their images sorted would be good to get out to members.

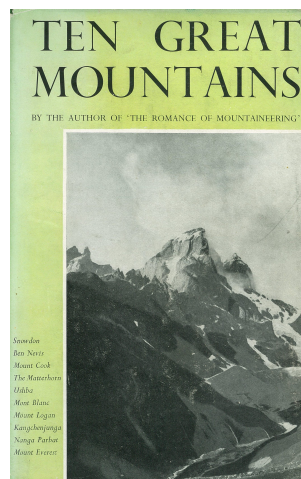
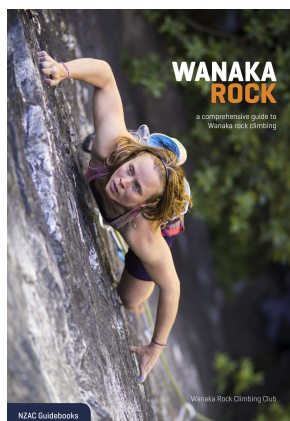
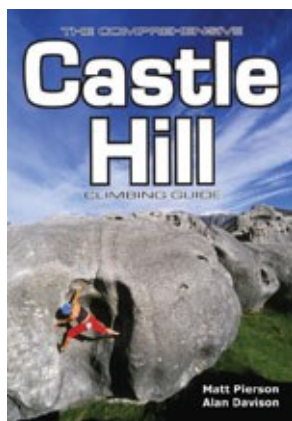
- **Update on the Guidebook Recall**

All four guidebooks involved in the recent recall, have now been reprinted. Replacements are now heading out to those who have already returned covers and the recall of old guides will continue through until the New Year.

For anyone who never got the chance to purchase one of these guides initially, the reprints are for sale [online](#).

- **Some more surplus books for sale**

There are some books for sale, surplus to our library requirements. Just \$5 each plus p&p. List [online](#). Contact margaret@alpineclub.org.nz to check on availability.



- **Chrome newsletter Issues**

Some people using Chrome are having trouble opening newsletters (PDFs) and other things. Chrome did an update this month that disabled plugins like Adobe and Java. Can you please make mention of this in newsletters and direct them to enable plugins again to get newsletters to open online, thanks: <chrome://plugins/>

- **Slideshow of the Recent Kangchenjunga Anniversary Available Online**

Norman Hardie's slideshow portion of the recent Kangchenjunga anniversary is now [online](#).

- **LINZ seeks feedback on maps and topographical products**

Land Information New Zealand (LINZ) has released a new topographic strategy which ensures it reflects changing needs and uses for its topographic mapping products.

LINZ Group Manager Topography and Addressing, Aaron Jordan says that the trusty topo map has long been used by trampers and others in the outdoors.

“This strategy recognises the need to continue to produce accurate, high quality maps, but also reflects the growing number of digital uses for topographic data.”

LINZ will look at the potential for new digital versions of its data, that others can reuse it to create new products like mobile apps, software and websites.

“In developing the strategy, LINZ received feedback from trampers and other users. We appreciate the time people took to contribute and we considered all of their comments.

“Many of these comments were specifically about our maps and as a result we’ll be looking at how we can continue to gather user feedback and better prioritise the way we update our maps.

“As part of this we are currently carrying out a customer survey and map users are encouraged to participate. In addition, if people do have feedback on errors or omissions in our maps they can email info@linz.govt.nz.”

The New Zealand Topographic Strategy is [available on the LINZ website](#). The customer survey is also [available online](#).



- **Club Development Fund Raising**



We're fundraising with *entertainment*[™]

Order your new Entertainment[™] Books and Entertainment[™] Digital Memberships from NZAC, and 20% of your Membership contributes towards our NZAC Club Development Fund.

Order at: <https://www.entertainmentbook.co.nz/orderbooks/9p13998>

Entertainment[™] Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel, and much more!

Available as a [traditional Entertainment[™] Book -or- Digital Membership on your smartphone](#), your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2016!

From the Desk of Sam Newton NZAC General Manager (sam@alpineclub.org.nz)



Boom! Snow. And lots of it. There was a somewhat unusual weather system that has the requisite cold air coming up from the South meeting the moisture coming in from the West. The result has been plenty of snow and cold temperatures everywhere. Good news for ice climbers, skiers and winter mountaineers! Alas, apart from the quick ski tour lap of Castle Hill I did on Saturday afternoon, I will miss the peak of the season. In July, I will be visiting various Alpine Clubs in Europe and the UIAA, as part of a study tour funded by the Winston Churchill Memorial Trust and the FMC Mountain and Forest Trust. I will let you know what the Via Ferratta in the Dolomites is like. In the meantime, it is a busy time of year for NZAC.

Kachenjunga – 60th anniversary video released

Well over 100 people attended an NZAC event in May, recognising Norman Hardie as a first ascensionist of the world's third highest peak. Knowing that his slideshow would be of historical importance, we asked donors to fund professional filming and editing of his lecture. It has taken a bit of time in the editing suite to synch the slides with the speech, but the result is on Vimeo [here](#). Thanks to all those that responded to our givealittle fundraiser. It has been great being able to contribute to the historical record.

National Instruction Programme Courses

A cancellation has made a space available on the [Leading on Technical Ice](#) course, and there are still spaces on the new [Glacier Skiing](#) course. All other winter national courses are full -get in quick!

Recalled books replaced and back on sale

It has been a very trying time, with four recently published guidebooks suffering from a faulty binding process and having to be replaced. But it is with some relief that I can say that this sorry episode is over. The printer has agreed to pay NZAC some compensation for the time and effort we have put into the recall, but we must face the reality that, through no fault of our own, we have suffered significant reputational damage and loss of revenue. Many members have been inconvenienced over the peak rock climbing season. Those that have returned faulty copies of North Island Rock Deluxe, South Island Rock deluxe, Castle Hill Climbing or Wanaka Rock should have had replacements sent to them. Anyone who purchases new copies of those books [here](#), can be assured that they are bound with a strong and durable stitch-binding method.

Photocomp

The NZAC Photocomp will open for submission on July 1st and close on August 2nd – get those beautiful images processed and ready for upload!

Discounts at ski fields negotiated

One of the things that last year's membership survey reminded us of is the extent to which skiing - in all its forms - is popular with NZAC members. So it makes sense that we should try and add some value to your NZAC membership by negotiating discounts for lift passes at ski fields. So it is very satisfying to be able to announce that [Porters Ski Area](#), [Roundhill Ski Area](#), [Mt Cheeseman Ski Area](#), [Mt. Lyford Ski Area](#) and [Cragieburn Valley Ski Area](#) are offering their Student Rate for NZAC Members. This represents a savings of \$20-\$25 a day. So remember to take your NZAC membership card up the mountain for a cheap days skiing! There are still a few other fields considering our proposal, so watch this space as more are added to the list.

Federated Mountain Clubs

Along with several other members of NZAC, I attended the Federated Mountain Clubs AGM earlier in the month. NZAC is the largest constituent club of FMC and our relationship is important. So it is great to see so many NZAC members on the FMC Executive including Robin McNeil (President), Peter Wilson, Jan Finlayson, Erik Bradshaw, Rob Mitchell and Lesley Topping. The AGM had a noticeably large turnout, with many people keen to hear about the various huts and tracks that had been maintained via the [Outdoor Recreation Consortium](#).

Going Up is Easy – Lydia Bradey

NZAC Life Member, Lydia Bradey, has written her biography and it is a ripper! In 1988, Lydia became the first

woman to climb Mount Everest without supplementary oxygen. She made the ascent alone and to date she is the only New Zealander to have made an oxygen-free ascent. Her climb was a truly remarkable achievement. That climb and her numerous other adventures make this a must-have book. NZAC members can get it [here](#) for less than RRP.

Mountain Safety Council Restructure

The Mountain Safety Council (MSC) has undergone a significant shift in focus in recent months. The changes are pretty well described [here](#), but put simply MSC is focusing on Safety Messaging and Public Awareness and moving away from carrying out instruction courses. For NZAC, this is a big opportunity. Qualified MSC Alpine Instructors have been offered a home at NZAC to help us with our basic snowcraft instruction courses, organised at Section level. It is great to inherit their skills, experience and enthusiasm for volunteer instruction. Most of them are NZAC members anyway.

Avalanche Training is a gap left by MSC that NZAC can look to fill. The statistics tell us that it is mountaineers and alpinists that are over-represented in avalanche fatalities – not skiers or snowboarders.

Avalanche Awareness is a course and a level of understanding that all NZ mountaineers should have.

Moving forward, we will be supporting Sections to be able to provide this training, simply and affordably. In my view, it is as fundamental as learning how to use an ice axe and crampons.

Entertainment Books

Last thing. Many of you will be aware of this fundraising mechanism from your local sports clubs and community groups. An entertainment book contains hundreds of discounts, freebies and two-for-one-deals in your area. 20% of the purchase price of every one sold using [this link](#) goes to the NZAC Club Development Fund.

Thanks for being part of a great club.

Since 1891,

Sam Newton
General Manager
New Zealand Alpine Club