Vertigo

No 837 May 2020

NEW ZEALAND ALPINE CLUB

Wellington Section Monthly Bulletin

www.facebook.com/nzacwellington Twitter @NZACWellington

Shaun Barnett blows off the cobwebs of Level 3 on the second weekend of Level 2. Here heading for a camp on the Dome, Mount Ruapehu. Photo: Peter Laurenson

> Chair's Report > Section News > Notices > Coming Trips, Courses, Events > Trip Reports > Section Contacts > Our Club On A Page

Chair's Report

May 2020

Bubble culture

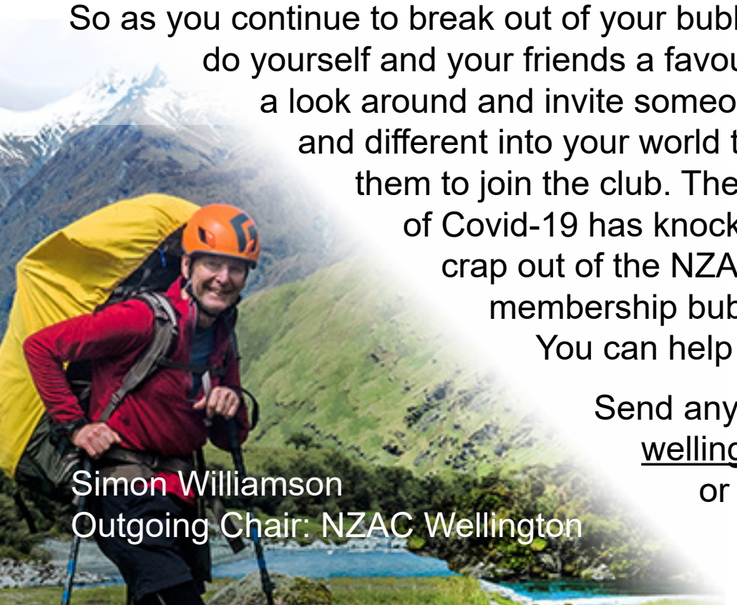
Bubbles aren't new. We have been living in them all our lives. Recently they got smaller - very small under Level 4. They are starting to expand again, but even if and or when they are back to pre Covid-19 size, they will still be remarkably homogeneous. You can test this if you like by counting all the people in your bubble from different ethnicities, ages, genders (all of them), and level of education and see how many you share the same social and/or economic characteristics with, and how many you don't. In terms of ethnicity, if your bubble is representative of the general population it should have roughly 70% European, 16% Maori,15% Asian, 8% Pacifia, 1 Latin American, Middle Eastern or African, and 1% of another ethnic group. Don't forget to count yourself. If you notice that this adds up to over 100% that's because some people identify with more than one ethnicity. If you are typical of the NZAC membership demographics, you will likely only have one or two ethnicities in your bubble at Level 2. If you add gender and age to ethnicity it will be even less diverse. This isn't an NZAC or even a New Zealand phenomena, it's global.

Most of us socialise with, have families with, spend time on social media and do business with people like ourselves. In spite of all the Zooming and Skyping going on, Covid-19 has only exacerbated this situation. So what?

Diverse bubbles (not national population bubbles) are strongly correlated with innovation, tolerance and successful life outcomes. Start-ups with a more diverse workforce succeed more often. People in more diverse bubbles have better health outcomes. It isn't clear if this is because diversity causes better outcomes or the type of people in a diverse bubble are more open to new or different ideas and experiences. It's probably both.

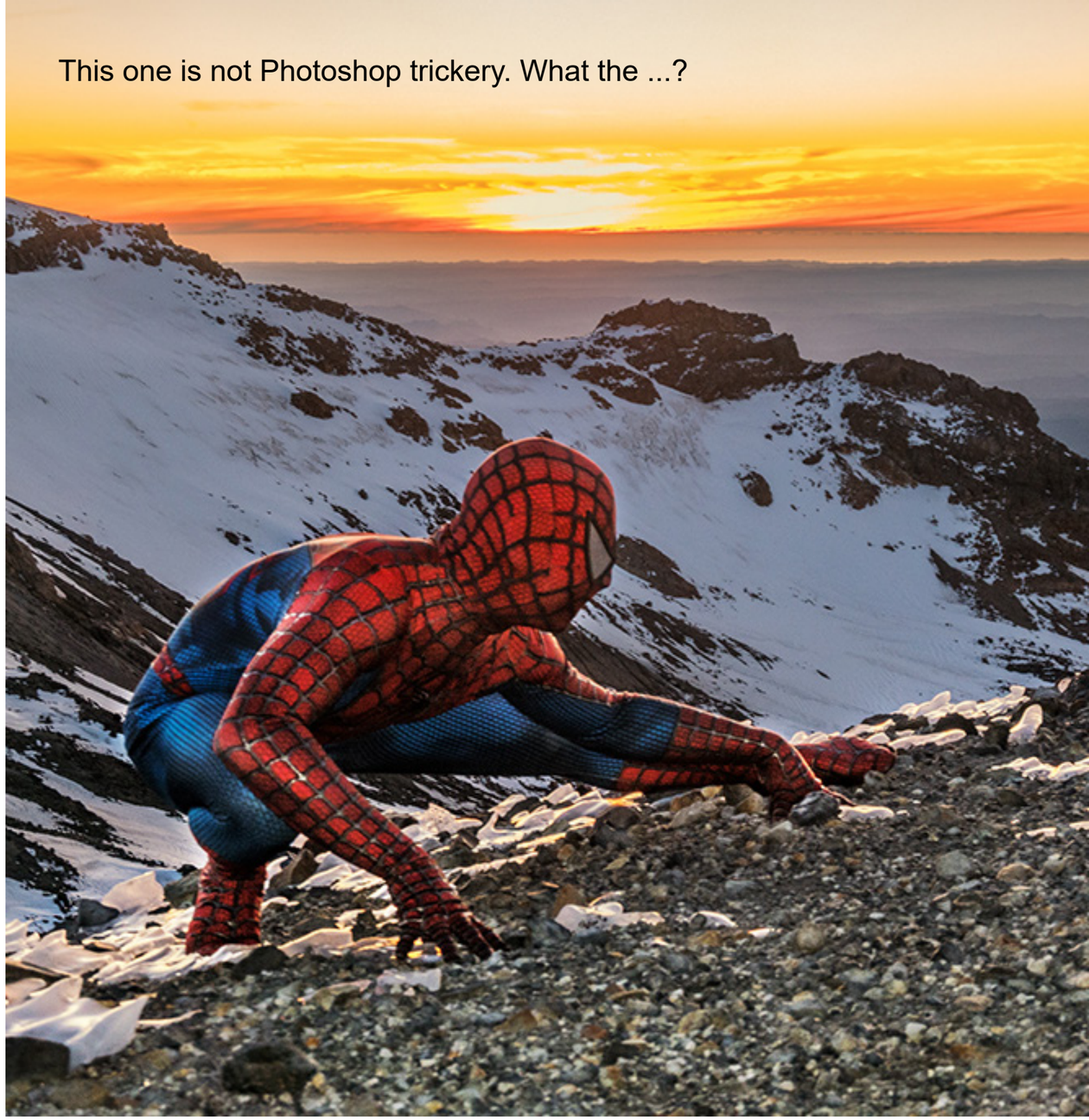
So as you continue to break out of your bubbles, do yourself and your friends a favour, take a look around and invite someone new and different into your world then get them to join the club. The impact of Covid-19 has knocked the crap out of the NZAC, which needs to expand its membership bubble now more than ever. You can help to do that. See you out there.

Send any comments to
wellington@alpineclub.org. nz
or tweet us @NZACWellington.



Simon Williamson
Outgoing Chair: NZAC Wellington

This one is not Photoshop trickery. What the ...?



From the editor

Our journey continues. At least the constraints of lockdown are falling away, including resumption of our access to the mountains. To mark my reaquaintence with the hills I enjoyed 4 days in Tongariro National Park last weekend, in perfect conditions. It was so calm on the Dome, where Shaun Barnett and I camped one night, that cooking and leaving gear on the ground unattended wasn't a problem. The air was unusually clear too. It almost made a month of lockdown worth the wait. I'll put my trip report in next issue of Vertigo.

Others, please feel free to do likewise.

Time to embrace the freedom we once may have taken for granted ... Peter

Section News

Gear Hire

The Section has gear for hire: avalanche transceivers, ice axes, shovels, stakes, hammers, helmets, crampons, probes, PLBs, ice hammers (entry level). Each item costs $5 per week with the exception of PLBs – PLBs are free but require a deposit of $50 refundable on return. To hire gear please fill in the form here. You can find out more from Carolyn.

Some advance notice, especially over the Chrismas period, is appreciated as gear is in higher demand and often needs to be retrieved from the gear store. To collect or return your gear liaise with Genevieve.

InReach for hire

We suggest that all climbing parties carry a PLB as well as the InReach. If there is demand the section will purchase another one or two. The benefit of the InReach is that you can send and receive text messages, receive weather forecasts, and send an SOS in an emergency.

The InReach comes with 3 preset messages: 1. Delayed but everything is ok; 2. Starting our trip now; 3. This is where we are. Messages received from the InReach include a link that can be used to see the location. When hiring the InReach you need to provide an email address that will receive the messages and also advise if you'd like to adjust the preset messages.

The InReach can be paired using bluetooth to a Smartphone which has the Earthmate app loaded. This makes it much easier to type in messages. We recommend that you take a powerpack to keep the device charged and also only turn the InReach on when you need to use it to save battery power.

There's a $50 deposit for hiring the InReach and a hire charge of $20 / week-end. Additional charges will be incurred if you request weather forecasts or use non-preset messaging. Contact Carolyn kaz1963@gmail.com to find out more.

Discounted PLBs

skippersmate.co.nz offers a 5% discount to all NZAC members for NZ purchases of PLBs. Two brands are on offer - KTI SA2G and McMurdo Fast Find 220 (not always in stock). To use the discount, the coupon code on the website is **NZAC05** and the owner, Peter, asks you to send a copy of your membership card to peter@cooeebay.com

Section nights

Events have eclipsed our online session aspirations. That's a good thing because it means we're escaping lockdown. We're now in the process of investigating resumption of in-person section nights.

Jo Morgan has kindly confirmed her availability to present her **climbs in New Zealand's 3,000ers** sometime in June.
Our tentative date to mark in your calendar is Tuesday 16th June from 6pm.
This will be confirmed by email as soon as possible.

We also have Paul Maxim still pencilled in to present his recent climbing in the European Alps, including Mont Blanc. Date to be advised.

Change of venue

When Section evenings resume they will be held at the Guest Room at the Southern Cross Tavern, 39 Abel Smith Street, from 6pm. We shifted from this venue before because our then Wednesday evening time slot clashed with live band performances, which made hearing difficult. This is nolonger an issue so, we will be able to once again enjoy a good space and food and beverages.

If you would like to make a presentation at a future Section night, or have a suggestion about someone else to present, please let Peter know - occasionalclimber@gmail.com.

Accommodation on Mt Ruapehu

Our snowcraft courses for the past few years have been run out of the Manawatu Tramping and Skiing Club lodge on Whakapapa. We're always made to feel welcome and the lodge is well situated a short walk from the top of the Bruce Road. Membership to the club is extremely reasonable - $35 per year or $50 for a family membership. Members stay at the lodge for $36 a night including food. If you're looking for somewhere to base yourself for your winter pursuits or rock-climbing over the summer months go to www.mtsc.org.nz/joining.php to find out more about joining the club.

Notices

TABLELAND ... the history behind Mount Arthur
Promising to be a much-loved reference work, as well as a beautifully illustrated coffee table book. To be printed in June, and on the bookshelves by October 2020. Sign up to the book's website to get an earlybird discount plus go in to a lucky to draw win a free book.

More secondhand books from NZAC's store available here.

More copies of Summits and Shadows by Graham Langton available here. Proceeds are being donated back to the Club's DOW Hall Fund.

The Summit of Her Ambition: The Spirited Life of Marie Byles 1900-1979
Now available here.

The Earle Riddiford Collection
Gifted to the Alexander Turnbull Library, see more here.

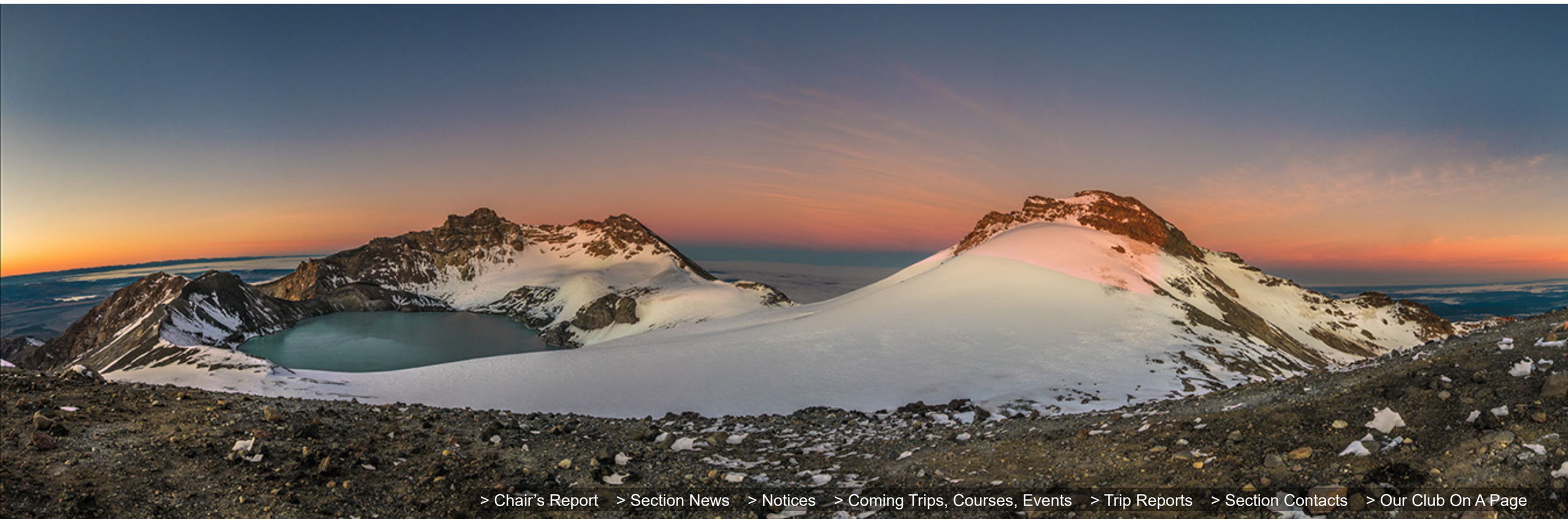
Recycling ideas
Find out about NZAC's recycling efforts and ideas here.

Backcountry Hut Passes can be extended
Customers who have purchased Backcountry Hut Passes are eligible for extensions on their pass. Passes will be extended by the length of time that huts remain closed. For example, if an annual pass had 3 months until expiry from 23 March 2020 (the date backcountry huts closed), the customer may request a new expiry date of 3 months from the date that the huts are opened again. To access the extension, customers will need to take their pass to a DOC Visitor Centre, where they will be issued with a new pass with an extended expiry date. This will only be possible once the COVID-19 Alert Level has reduced and Visitor Centres have reopened.

More NZAC member discounts
New or recently renewed discounts:
Snow Farm - details here.
Go Native - details here.
Monster Merinos - details here.
Outfitter - details here.
An online discount code is viewable to members only once logged in.
All other discounted providers to NZAC members here.

Indian Mountaineering Federation subscription offer
Over the next few weeks, regular Webinar videos will be uploaded on You-Tube, starting with Volume 1 of the IMF Webinar Series titled Zemu Gap from South (Sikkim Himalaya - Kanchenjunga) by Anindya Mukherjee, which is now live here.

Below, lockdown-free dawn from the Dome Photo: Peter Laurenson



Coming Trips, Courses, Events

Covid 19 impact
Now that we're in Level 2 and, going by the continuing daily zero new infection reports, bound for Level 1 soon, trips are back on and scheduling new trips is possible.

NZAC Central Office has provided some guidance on what's appropriate, including being mindful not to take risks that could require a rescue; keeping track of who you are with on a trip (tracking); following Government requirements regarding personal spacing, washing hands, etc.

As new trips are proposed we will brief the trip leader on protocols appropriate at the time.

If you're uncertain about the skill level required with any of the trips, would like to register your interest or to find out more, email us at wellington@alpineclub.org.nz.

When	What and where
29 May - 1 June	**Flock Hill bouldering** On hold. New dates to be advised. Contact ericduggan@gmail.com
17 and 24 June	**Banff Mountain film Festival 2020** Cancelled. But not necessarily dead in 2020 - watch this space.
24 - 26 July 31 July - 2 August 14 - 16 August 21 - 23 August	**2020 Snowcraft courses** Still open, to be reassessed late June. Contact Nish Shah catchnishie@gmail.com Please note: a compulsory theory night for participants is on the Thursday night two weeks prior to each course. Participants will need to take the Friday afternoon off work to travel to the course venue.

NZAC instruction courses

Click for more details Ice Climbing Ski Touring High Alpine Skills

Approaching the summit of Mt Tasman
Photo: A Hansen

Margot working Gravity
Photo: Alex Waterworth

Paines Ford March 2020

Cheesecake and wetas, a vegans worst nightmare
By Marie Kelly

In the beginning there were five… On the first day we set our eyes on Globe Wall. The cool shady rock was a nice reminder that autumn had begun. The cool crisp air was excellent conditions for sending. Our trusty ‘Feisty Red’ and ‘Super Blonde’ gals were always ready for us. The thought of post send cheesecake was a powerful motivator amongst the group.

Eric eyed up a stiff 23 warm up on ‘Master of Puppets’ but he was too eager for the send and didn't give the climb the respect it deserved and the ‘Master of Puppets’ became Eric's nemesis. It wasn't long until Eric had won it over and could finally look upon his real project 'Feeling Lucky Punk', a strong and intimidating 25.

Margot stared down the Electricorp wall while Marie was otherwise engaged with solving a weta crisis back at home. Margot jumped right on 'Electricorp Production' and conquered the classic 22. She swiftly moved on to its neighbour 'Send a gorilla' (23) and ticked off another cheesecake. Meanwhile, Alex clawed his way up 'Dirty Harry's after a brief hiatus from rock climbing. He didn't quite know what he was getting himself into when he joined this Alpine Club Meet. Paul was one of the unsung heroes of the day providing patient belying and moral support knowing that his time to shine would soon arrive.

Hangdog camp was busy and lively but as always Troy provided a warm welcome.

Friday found us back at globe Wall as Eric, Marie and Paul had unfinished business. Eric took no time to swiftly send his 25 project 'Feeling lucky punk'. With the relief of knowing he had cheesecake to enjoy later on, he quickly flashed ‘Gravity’ (24). As the weta crisis escalated, Marie tried to multitask and get some climbing in. Electricorp was on her list and it remains just a bridge too far for now.

The team migrated to Stone Symposium and Raw Hide Wall. Margot and Paul couldn't resist that Raw Hide temptation. Alex had his eye on the Payne's Ford Classic ‘Temples of stone’, a beautiful 26m 18. Alex mastered all 26m of it and came down with a mighty grin on his face. While Margot was working on her beta for Raw Hide, Paul and Marie had a crack at R for Ranger D for Danger. Unfortunately they both lost the onsight and flash but with a bit of a push from Eric, Marie went back up for the pink point. ‘Cheesecake’ for Marie, if we were able to find a vegan one. After Paul and Margot tackled Raw Hide we decided to go for a dip in the river before dinner. Dinner at Dangerous Kitchen is always amazing. We were lucky enough to have Jess and Lindsey join us here in Golden Bay.

And so the evening ended with pizza and cheesecake.

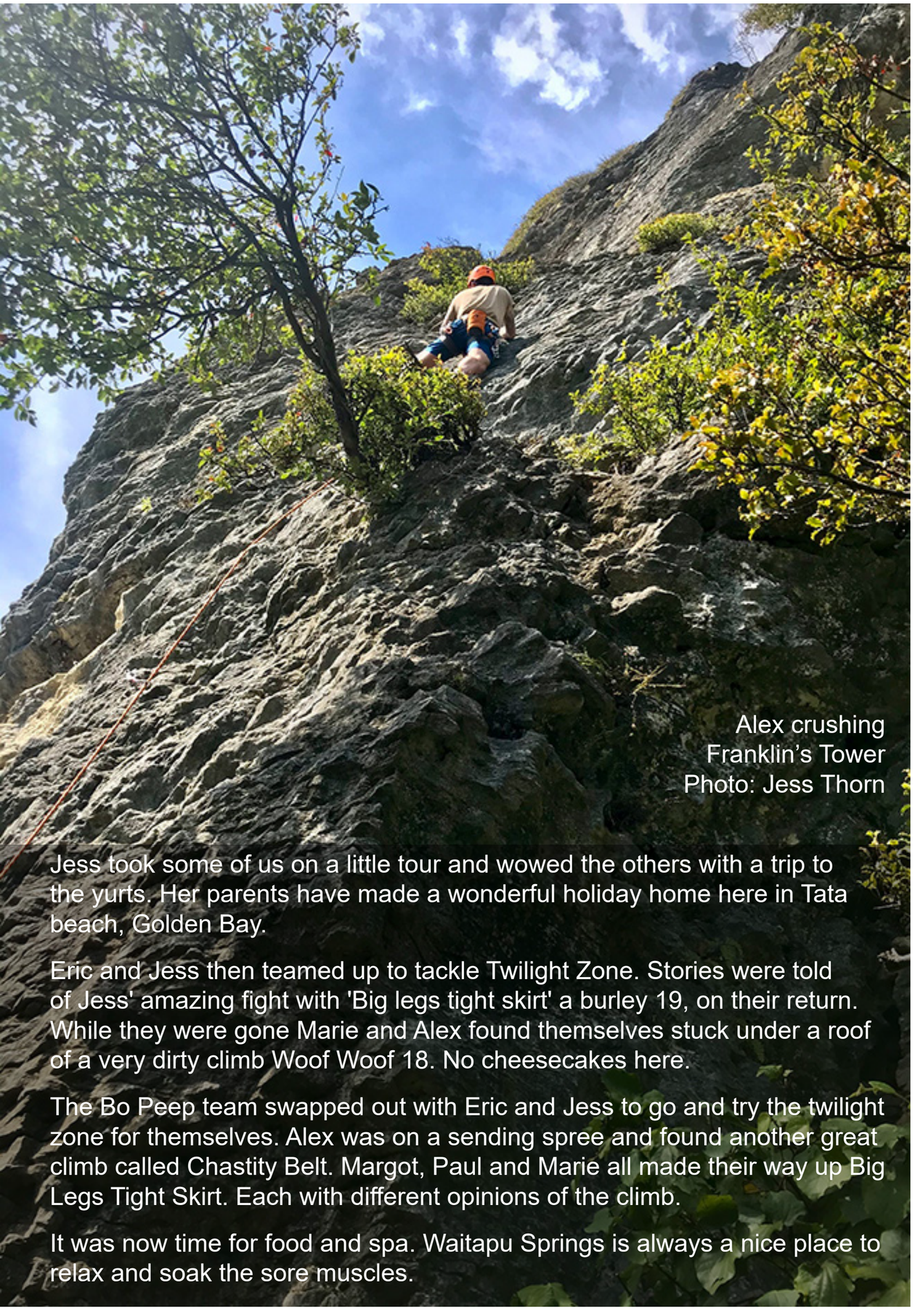
Saturday also began at Globe Wall...we could possibly rename this a Globe Wall meet. Eric wanted to unleash the beast within on his new 26 project 'The beast within'. Today was wee Paulie's day to shine. He danced his way up Electricorp production like he had electric current coursing through his body. Cheesecake for Paul.

Pohara was our next destination for the afternoon. Eric would have to return at a later time to revisit the beast. The sea was beautiful and calm and the sun shone down upon us as we leisurely arrived at Bo peep slab.

Paul wanted his just desserts and enjoyed his marvelous cheesecake along the beach. Eric found a challenge worth another cheesecake slice. ‘Absconicism’ was just another tick for the books. Alex made his first send of the weekend on Pohara's Classic Franklin's Tower. Despite the sun beating upon the climb, he rang that bell. Cheesecake for Alex. He also made his second send on R for Roger on Seagrass Wall.

Marie found herself hot and flustered on a 21 around the corner called Rumpy Pumpy. Marie has now renamed it Dirty Hurty. A good reminder to wait for shade. Margot and Paul jump on ‘Vexatious Litigant’ (21) with the sun beating down on them. They retreated to the shade for lunch. They too learned their lesson.

Eric and Paul getting
in their last climbs
Photo: Alex Waterworth



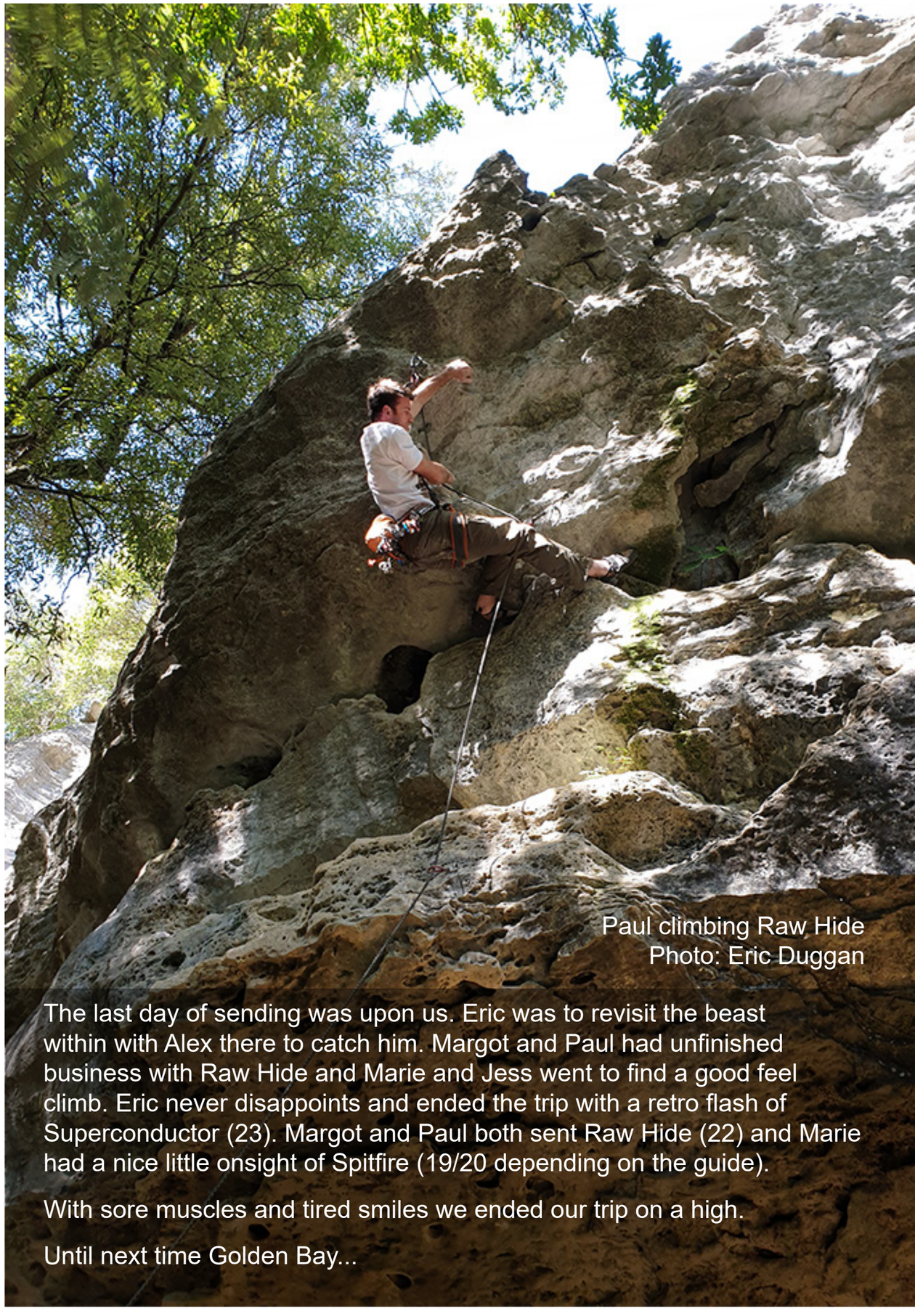
Alex crushing
Franklin’s Tower
Photo: Jess Thorn

Jess took some of us on a little tour and wowed the others with a trip to the yurts. Her parents have made a wonderful holiday home here in Tata beach, Golden Bay.

Eric and Jess then teamed up to tackle Twilight Zone. Stories were told of Jess' amazing fight with 'Big legs tight skirt' a burley 19, on their return. While they were gone Marie and Alex found themselves stuck under a roof of a very dirty climb Woof Woof 18. No cheesecakes here.

The Bo Peep team swapped out with Eric and Jess to go and try the twilight zone for themselves. Alex was on a sending spree and found another great climb called Chastity Belt. Margot, Paul and Marie all made their way up Big Legs Tight Skirt. Each with different opinions of the climb.

It was now time for food and spa. Waitapu Springs is always a nice place to relax and soak the sore muscles.



Paul climbing Raw Hide
Photo: Eric Duggan

The last day of sending was upon us. Eric was to revisit the beast within with Alex there to catch him. Margot and Paul had unfinished business with Raw Hide and Marie and Jess went to find a good feel climb. Eric never disappoints and ended the trip with a retro flash of Superconductor (23). Margot and Paul both sent Raw Hide (22) and Marie had a nice little onsight of Spitfire (19/20 depending on the guide).

With sore muscles and tired smiles we ended our trip on a high.

Until next time Golden Bay...

Surfing the Sound Waves

By Naomi Bondi

On 21st March, New Zealand came to a standstill. Level 4 Lockdown had started. Two weeks into it, I found myself couch-ridden due to a not insignificant injury (long story which we will not go into here). My pre-Covid, pre-injury, overflowingly hectic lifestyle came to an abrupt halt. I was used to racing between full time work, home life, the indoor climbing gym to train hard, then driving on average 12-14 hours per weekend to any of our 'closest' crags for the weekend warrior sends. What is a climber to do without rock to cling too? Let's face it, there's only so much finger boarding, Netflixing and instagram scrolling you can bring yourself to manage each week.

Up popped an instagram post on my feed by one of my all time climbing heroines, Hazel Findlay. Most of you have probably heard about her ballsy daring feats of fearlessness and if you haven't, you should definitely search YouTube to watch her first nail-biting British female ascent of the nerve wracking trad line 'Once upon a time in the Southwest' E9 (grade 34/5.14c). Her instagram advertised that she had recently started up her own podcast 'The Curious Climber' with her friend Mina Leslie-Wujastyk (I think I have the spelling right?). I'd never heard of Mina before but turns out she's a pretty bad-ass climber too, bouldering 8B/V13 and sport climbing 8B/5.14b/33 all over the world. With a slight degree of scepticism, I plugged in my headphones and took one of their podcast episodes for a spin. I'm relatively new to podcasts as having such a jam-packed lifestyle I'd never really had time to listen to many before.

What possible new things could I learn from a climbing podcast that I couldn't glean from the countless videos on YouTube, Vimeo or Instagram? So so so much! These podcasts helped to speed up the hours spent on the couch. 60 minute chunks flew by. Not only do they interview athletes at the tops of their field but also scientists and researchers who are brimming with knowledge about the roles psychology and gender play on athletic performance.

Above - Mina nails first female ascent of Careless Torque 8A+ (V12)

Left - Hazel Findlay on the trad climb 5.13d (31) 'Tainted love' in Squamish

Refreshingly geared towards feminine climbing needs, Mina connected with a top Indian female climber (Prerna Dangi) who shared her battles not just climbing in a country that can be difficult to access the right climbing gear and equipment for alpine missions, but also in gender issues as trying to be a strong female in a male dominated society. It made me so grateful to live in a country where females can go on girls-only climbing trips without being harassed by macho males. I also learnt way more than I needed too about the impacts of the menstrual cycle on female sports performance. The 'Women are not small men' episode completely revolutionised my attitude towards climbing training. Of course women need to train differently to men, given our drastic hormone changes each month, not to mention our completely different body types. Also the majority of the research into sports training and performance has only been done on half of the population, i.e. those that don't have ovaries. It was a fantastically educational interview with our very own Stacy Sims, a research scientist based at Waikato University, who is pioneering more research into women's specific sports training.

Another encouraging nugget of information that was shared on this episode by Mina was that some of the global stats from climbers around the world show that females don't need as much finger strength as their male counter-parts when climbing the same hard grades, given our lower centre of gravity and flexible hips. We can more easily stay on the wall with the lower parts of our bodies compared to males, woohoo! So no excuses ladies, use those flexible hips to your advantage!
Check out Mina here.

I was hooked on this podcast business. Sifting through other climbing podcasts listed in Spotify, unearthed the Enormocast. Chris Kalous' velvety American drawl has been bantering with climbers since the end of 2011. He seems to know everyone in the American and International climbing scene or if he doesn't, he knows someone who knows someone. He is an accom-plished climber in his own right, free climbing trad lines up to 5.13b/29 as well as big wall climbing El Cap. The aim of his podcast he claims is to 'demystify climbing while simultaneously building its mythology.' If you have non-climbing friends who get bored with listening to your endless climbing send stories or how nervous you were at the run out from your last trad piece placement and you're not sure it's going to hold if you took a massive whip, this is the podcast for you. Hours of endless access to stories of all the climbing greats right in your headphones. Whether you enjoy short strenuous boulder problems, run-out sport or trad climbing, or icy alpine mountaineering adventures, Chris has you covered.

Somehow, Chris' laid back charm helps to put these climbing legends at ease to really open up and share their insights and emotions about their passion for the sport we all love, even touching on some sensitive topics. He conducted a surreal interview with Brad Gobright, a couple of years before his recent tragic accident, just as he was starting to make a name for himself in the realm of trad climbing. Quinn Brett opened up about her major life changes following her fall while climbing the Nose in 2017, leaving her paraplegic. Chris even manages to get a confession from Adam Ondra who lives and breathes everything about climbing that at the time of the interview he (Ondra) 'hates the speed climbing' part of the combined Olympics event. Tommy Caldwell, Lynn Hill, Alex Honnold are some of the other superstars he's managed to snag time with. I always enjoy learning new things from whatever I read, watch or listen to and something new I learnt from one of Chris' episodes is that 'bouldering is 99% failure and 1% success' (from strong man Paul Robinson who climbs V15).

Mina sending a pumpy 5.14b (grade 33), 'Nordic Plumber', Flatanger, Norway

So if you're a climbing geek like me, who likes to learn new things about climbing, training and most importantly adventure, go catch some sounds waves and tune in to some of these episodes. They make for good lockdown listening and as we are moving out of lockdown, entertainment for long drives to your next adventure.

Section Contacts

Powered by volunteers

We're always thankful for volunteers and members stepping forward to help the section run smoothly. A lot goes on to keep our club going, virtually all powered by volunteers. On the back page is our "Club on a page" summary. It gives an at a glance description of all the things we do, how and why. Feel free to print a copy and pass it on to anyone who might be interested in becoming a member or volunteer. And if you'd like to learn more about how you could get involved, please email us at wellington@alpineclub.org.nz.

Role	Name	Contact
Outgoing Chair, course coordinator	Simon Williamson	021 054 7684
Treasurer	Eva Duncan	evaduncan@windowslive.com
Secretary, club liaison	Keith Munro	keithm@mtgelab.co.nz
Gear custodian	Carolyn Ellis	021 574 287
Trip co-ordinator	Stacey Wong	staceycolleena@gmail.com
Section nights, Vertigo, Banff	Peter Laurenson	occasionalclimber@gmail.com
Banff	Emma Hayward	emmahayward@windowslive.com
Photo comp	Guy Dubuis	guy.dubuis@gmail.com
Social media	Rosie Percival	calicoanne@gmail.com
Reel Rock	Naomi Seow	naomiseow@gmail.com
Social media	Derek Cheng	derekcheng.nz@gmail.com
Patron	John Nankervis	
Rock drill overseer	Jeremy Tries	027 555 5893

Our club on a page

WELLINGTON SECTION

NEW ZEALAND ALPINE CLUB

WHAT WE DO

FOR MEMBERS

Facilities
* Huts
* Gear
* Library
* Discounts

Training
* Level 1-3 winter skills
* Summer rock
* Instructors

Climbing trips
* Section
* National
* International

FOR MEMBERS AND WIDER PUBLIC

Publications
* Website
* Social media
* Vertigo
* Guide books

Events
* Banff mountain film festival
* Reel Rock
* Photo comp

Networking
* Section nights
* Conferences and meetings
* Lobbying

HOW WE DO IT

Organise, encourage, support, enable

Inform, entertain, promote

OUR RESOURCES

Volunteer time and capabilities, income from events and gear hire, national office support, sponsorship

WHY WE DO IT

Connecting & developing more climbing & mountaineering people, knowledge, skills & experience, thereby ...

- ... building lifelong friendships
- ... protecting and improving access to alpine places
- ... sustaining and growing climbing and mountaineering achievement
- ... enhancing alpine safety
- ... building appreciation, enjoyment and protection of alpine places

Image and diagram Peter Laurenson www.occasionalclimber.co.nz

> Chair's Report > Section News > Notices > Coming Trips, Courses, Events > Trip Reports > Section Contacts > Our Club On A Page