

IN BRIEF

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FACEBOOK/INSTAGRAM

Remember to 'Like' our Facebook & Instagram pages. Be kept up to date on Monthly meetings/Talks, Events, Trips, Courses and lots more. Share your trip photos and inspire others.





Future Section Evenings. Save these dates...



MID-WEEK MOUNTAINEERING BY PAT PENDERGAST – NZAC VOLUNTEER OF THE YEAR 2021

I would like to thank Neil Pilbrow & members of the Mid-week group for nominating me for NZAC 'Volunteer of the Year' 2021.

The group has been going for over 18 years & has been a wonderful way to get into the mountains at a time when there is often not many others around but most of all to keep fit & active as the years move on & the mountains get higher than they used to be!

Over the past 18 years we have scrambled our way up hundreds of peaks, with thankfully 100% accident free trips, apart from a few minor cuts & bruises.

So what have we been doing? In a nutshell, our day trips each Wednesday when the weather is good enough, have covered almost everything that's climbable in a day from Christchurch, from the Lewis Pass region to Little Mt Peel in the south & west to Arthurs Pass NP, mostly in the warmer months with skiing or ski touring in winter. We also have done overnight trips, usually in the summer or ski touring in the winter.

List as follows:

- Mt Valiant, Arthurs Pass NP
- Waterfall Hut/ Hell's Gates, Cass Valley
- Pito Peak, South Ashburton
- Fox Pk, South Canterbury/ 70 th birthday climb
- Mt Potts, Rangitata Valley
- Dun Fuinary/Whale Stream, Mt Cook region
- Mt Princess, Waiau Valley, Nth Cant.
- Mt Sibbald, Macaulay Valley x2
- Mt St Mary, Ahuriri Valley
- Ski touring, Rex Simpson Hut, Two Thumb Range
- Ski touring, Rainbow Ski Field, Nelson Lakes NP
- Ski touring, O Leary Hut, Cass Valley

A big thank you to all the folk who joined us over the years. We've had a wonderful time, & may the group continue to operate for many years to come.

Regards Pat Prendergast NZAC Volunteer of the Year 2021

If you are interested, Pat's details can be found under the 'Weekly Activity Options' section of this newsletter.





'Winter,Peak Hill, Rakaia Valley'

WOMEN'S CLIMBING SUMMIT 2021 - REPORT BY CIRRUS TAN

THIS WAS THE FIRST YEAR FOR THE WOMEN'S CLIMBING SUMMIT, WHICH WAS ORGANISED BY CIRRUS TAN. NZAC CANTERBURY WESTLAND SUPPORTED THIS EVENT AS WE THINK IT'S A GREAT INITIATIVE BY CIRRUS IN PROMOTING CLIMBING IN THE COMMUNITY. AND GETTING 45 ATTENDEES THE FIRST YEAR OUT IS A PRETTY IMPRESSIVE ACHIEVEMENT! BELOW IS A WRITE-UP OF THE EVENT BY CIRRUS.

This event aims to connect, inspire and empower women in climbing. Held in Christchurch this year, we had 45 women attend. Most participants were local, with a few who travelled from other cities around New Zealand.

We had five speakers in to share their knowledge:

Alaina Morrison: Nutrition and Fuelling

for Climbing

Rachel Maia: Importance of Mindset

Sara Widdowson: How the Menstrual Cycle affects

Climbing/Training

Tanja Rosendorfsky: Climbing Physio - Strength

Training and Injury Prevention

Cirrus Tan: How to avoid a Climbing Plateau

After the presentations, we all had a fun climbing session at Uprising. This was a great chance to put what we had just learnt into practice, but also to meet new friends. The women were really supportive and encouraging of each other.

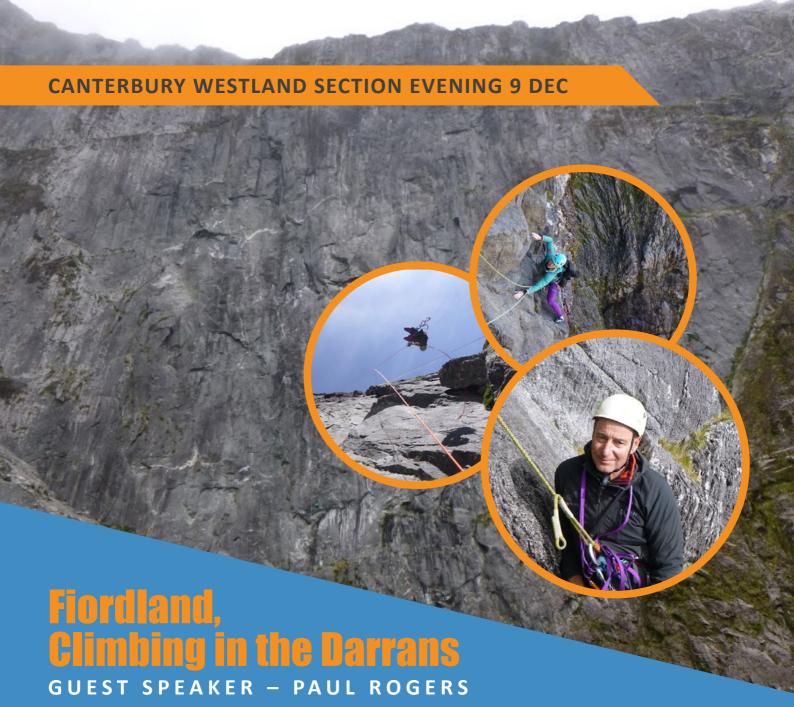
For many of the women attending, they expressed that they were happy to connect with other women in the climbing community. There was a sense of openness and acceptance amongst the group. This space allowed us to share challenges and insecurities common amongst women c limbing. Based on all the positive feedback, I am excited to be hosting this event again next year!

A big thank you to NZAC for being the main support of this event.





Cirrus Tan



If you are wondering where to go this summer, if COVID has stifled your plans yet again, come along and get some inspiration!

Catch up with other members, tell tales and make plans, have a beer and pizza at our casual meet-up at Eruption Brewing and get inspired!

This month's section evening is all about Climbing in the Darrans, Fiordland. Paul will talk about what led to the development of Uprising and Sinbad. We'll also talk about logistics, and show some great photographs.

Paul's safety message will be beyond the beacon. How to call for help, and what your rescuers want you to do before we reach you.

(Non-members are welcome, beer and pizza are to be paid for individually. It is recommended to call ahead to Eruption Brewing for the pizza as there could be a long wait if everyone orders all at the same time when they arrive).

Eruption Brewing
9 December
Anytime after 7pm, talk starts 7:30pm
26 London Street, Lyttelton 8082
Non-members welcome



GEAR FOR SALE - GRAB YOURSELF A CHRISTMAS BARGAIN!

La Sportiva Nepal Evo boots, size 43, used two days (retail well over \$900) \$550

La Sportiva Karakorum boots, size 42.5, used six days (retail well over \$650) \$350

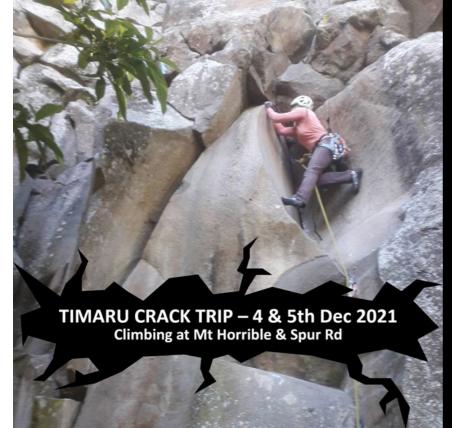
Burton ski glove with detachable inners, size m, very good condition \$40

Black Diamond winter weight mitts with detachable innerspring, size L, excellent condition \$60

Black Diamond lightweight gloves, size m, very good condition \$40

ALL PROCEEDS FROM SALES GO TO THE CANTERBURY WESTCOAST AIR RESCUE TRUST Christchurch sales and pick up only (I don't have time to post sorry)
Please text Clayton on 0274461562





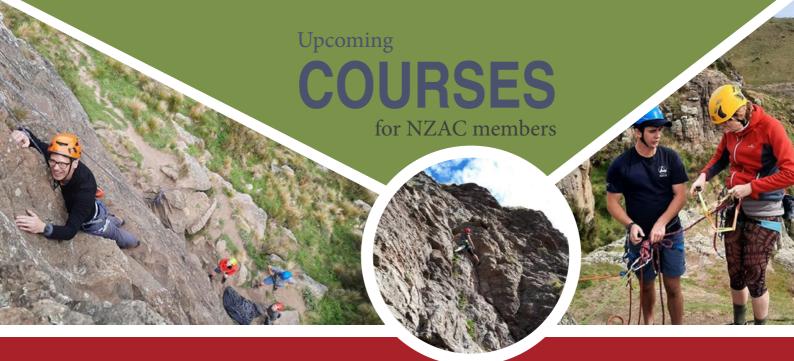
TIMARU CRACK TRIP 4 & 5th December 2021

Climbing at Mt Horrible & Spur Rd

Staying at Timaru Top10 campground, tent or cabin

BYO bbq at campground

Contact Grubbie 021 711 300 before 3 Dec





SPORT LEAD COURSE SATURDAY 20 NOVEMBER 8am to 5pm - \$75

An ideal one day course at Cattlestop Crag designed for those that have top rope climbed outside, abseiled (and belayed) regularly, have completed the recent NZAC top rope course with confidence or only lead climbed indoors, are aged 16 and above and are current NZAC members.

Click here for full details



MULTI PITCH ROPE COURSE SATURDAY 27 NOVEMBER 8am to 5pm - \$125

An NZAC members one day course for ages 16 and over. This course is designed for those that have a sound background in sport lead climbing grades 16 and over, can lead belay and abseil and wish to make the transition to sport multi pitch climbing and learn self rescue skills.

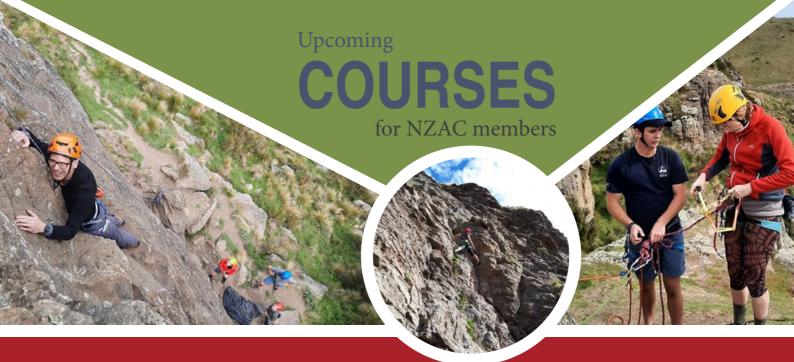
Click here for full details



BEGINNERS NAVIGATION COURSE SATURDAY 11 & SUNDAY 12 DECEMBER – \$50

An NZAC members only old school 'map and compass' course for ages 16 and above. This is a weekend (1/2 Sat & full day Sun) course. Both days will start at 8am. You will learn map and compass use, pacing, terrain selection and identification, route finding, triangulation, basic use of GPS only.

Click here for full details





LADIES TRAD CLIMBING COURSE SATURDAY 22 & Sunday 23 JANUARY 8am to 5pm - \$200

An NZAC members two day course for ages 16 & over. This course has an all female instructor team, just for the ladies. A sound background of sport lead climbing, lead belaying & know how to abseil is a must OR, you may already be a trad climber looking for a refresher. This course is NOT suitable for beginners.

Click here for full details



GENERAL TRAD CLIMBING COURSE SATURDAY 12 & Sunday 13 FEBRUARY 8am to 5pm - \$200

An NZAC members two day course for ages 16 and over. Members must have a sound back ground of sport lead climbing, lead belaying and know how to abseil OR, you may already be a trad climber looking for a refresher. This course is NOT suitable for beginners.

Click here for full details

PLEASE NOTE THE FOLLOWING

- These are all NZAC members courses only but non NZAC members are welcome to apply. But, as the
 courses are limited in numbers and always fill up fast, it will be on a first come first serve basis and
 non members must join the club before being guaranteed a spot on any course.
- Please do not apply on behalf of others all individuals are to apply themselves and as outlined on each of the courses when you follow the links for full details.
- If for any reason you have to withdraw from the course, a full or partial refund will only be given if
 we can find a replacement for your spot in time, or there is a genuine reason for withdrawing.



Midweek Rock Climbing

To join the midweek rock climbing group send our midweek climbing coordinator,
James Skeggs, an email to
nzacmidweekclimbing@gmail.com and you'll
be sent a Google form for emergency contact
details, and then added to the Google group.

WELCOME TO MIDWEEK CLIMBING!

Use this group to meet new people, organise climbing related missions (for any day or time of the year) and explore the outdoors.

If you're heading out or looking for a climbing partner, you will be able to send a group email to nzac-midweek-climbing@googlegroups.com or start a 'new conversation' directly through Google Groups.

PLEASE NOTE

Mid week climbing organizers do not provide guiding or instruction and individuals within the group are responsible for their own safety.

You will need a harness, rock shoes, belay device, locking carabiner, and helmet. Please also let the person in charge know what equipment you have and if unknown to them your climbing experience.

SAFETY RULES

- Helmets are compulsory when climbing and belaving.
- If abseiling, use a prusik as back up and tie a knot in the end of the rope.
- Use clear commands and make a plan between climber and belayer before leaving the ground.
- If in doubt about anything, please ask questions.
- If you see something amongst the group you are not happy about - please speak up.

Be safe and have fun climbing!

Cheers, James



NZAC CANTERBURY WESTLAND SECTION FOR NZAC MEMBERS ONLY



EQUIPMENT LIST

- Crampons (12 x pair, fully adjustable)
- Walking ice axes (12 from size 60cm to 70cm)
- Technical ice axes and hammers (5 pairs of various brands)
- Avalanche kits (12 transceiver, shovels & probes. Transceivers use 3 x AAA batteries not included)
- Helmets (12)
- Snow shoes (2 pairs of MSR evo ascent & 2 pairs of MSR lightning ascent)
- Snow stakes (8 with mid clip wire)
- Ice screws (16 screws, various sizes 13cm to 22cm)

NZAC members can hire gear on behalf of non-members on the same trip they are attending with the knowledge that the NZAC member is responsible for any loss or damage.

CONTACT

Prices:

- \$20 per day for Avalanche Rescue Kits
- \$10 per day, for ice screws & pitons: two items
- \$10 per day, per item for all other items
- Payment is by bank transfer

CONTACT BEN SCOTT:

Text: 021 236 8413

Email: cw.gearhire@gmail.com

Please give your full name, membership number, equipment you require and the dates you require it for. Please do not ask to hire equipment on a Friday or Saturday at the last minute.

Other Gear hire options in Christchurch include: Bivouac at Tower Junction – click here Further Faster in Sydenham – click here



Pastel Drawing Weekend Retreat

December 10-12, 2021



2-day pastel drawing workshop with Dunedin-based artist and Otago Polytechnic lecturer, Hannah Joynt

Improve your drawing skills in a fun and supportive environment.

Open to all abilities.

Be inspired by the stunning views of Broken River's alpine basin

Cost \$350, includes 2 nights treeline accommodation with meals provided

For bookings or more information, email bookings@brokenriver.co.nz or visit www.brokenriver.co.nz.



Watercolour Painting Weekend Retreat

January 28-30, 2022



"Mt McClure Havelock Valley" Original watercolour by P. Prendergast

2-day watercolour painting workshop with artist and qualified instructor Patricia Prendergast

Learn the techniques to paint stunning landscapes in a fun and supportive environment. Open to all abilities.

Be inspired by the stunning views of Broken River's alpine basin

Cost \$350, includes 2 nights treeline accommodation with meals provided

For bookings or more information, email bookings@brokenriver.co.nz or visit www.brokenriver.co.nz.



It's that time of year when we're climbing outdoors more, please climbing outdoors more important points remember these important points out of respect for landowners and fellow climbers.



Climbing

Remember... to do the right thing!

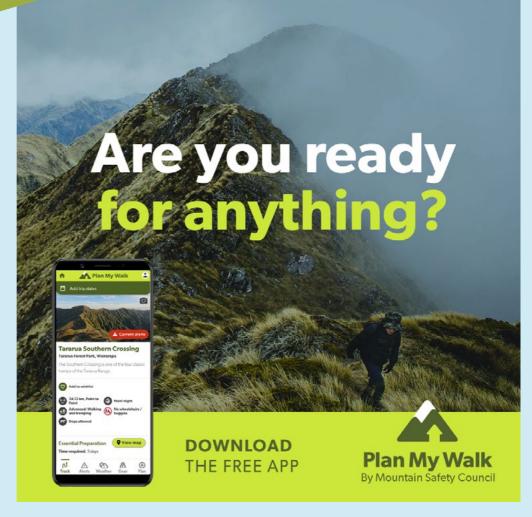
• Call the landowner to state your Intentions & elevery approach the whole climbing do not mind you calling will lead to the whole crags.

Can't reach them? Find another crag to climb these great crags.

The landowners do not mind you calling they will lead to the whole climbing community missing out on

Scan the QR code to download the free 'Plan My Walk' App







CANTERBURY WESTLAND SECTION OF NZAC

CHECK IN LIKE US TAG US

FACEBOOK & INSTAGRAM!





SECTION LIBRARY

Section Library: Did you know that the Section has its own library and that you can borrow the books in the Section library?

Every section meeting I will bring a good selection of the hundreds of book in the library along with the DVDs.

The contents of the C/W Section library can be found on line <u>HERE</u>

(There is a list of DVDs on the second tab of the spreadsheet). If you would like to borrow a book or DVD then please email me and we'll sort something out.

Library policies: You must have a current NZAC membership card to borrow

- Books are generally to be returned within 2 months, but new purchases will be expected to be returned within 1 month
- DVDs are expected to be returned within 2 weeks



Returns: Books/DVDs can be returned in one of 4 ways.

- Return at the next Section meeting
- Drop them off at National Office and tell whomever you speak to that they are for C/W library
- Email text/phone me to arrange handover some other way
- Drop them off at Boffa Miskell office on the 1st floor in Lane Neave building at 141 Cambridge Tce, marked for "Yvonne"

Email: John Roper Lindsay john@roperlindsay.com or call/text 021 395 513

WEEKLY ACTIVITY OPTIONS

Lead a Trip: If you would like to lead a trip for the club, alpine, rock climbing, cycling or otherwise, please contact Findel Proebst cw.tripscoordinator@gmail.com

Midweek mountaineering: The midweek group are mainly fairly mature mountaineers who still manage to plod up a few peaks, usually on Wednesdays, weather permitting. Most of the trips are nottechnical climbing but scrambling at a fairly relaxed pace. If you are interested in joining us, please contact Pat Prendergast on 337 0079 or email pat@slingshot.co.nz

Mid Week Rock Climbing: A new and exciting format from September (day light savings start) onwards. Instead of one set evening each week, we are hoping to be able to offer people a choice of two nights each week, which will vary depending on who is looking after the group. We believe this will give people of all abilities more opportunities to get out climbing. A few things to note when rock climbing with the mid week group;

- Helmets are compulsory when climbing and belaying (if you don't have a helmet, please source one or talk to the climbing co ordinator and they will try and have one available)
- For those new to climbing and belaying, we can assist in this so please ask if you are not sure
- Two top rope kits (each with a rope, biners and slings) are available each week for the person in charge to use rather than their own equipment and for those climbers who don't want to lead but top rope instead.

Climbing will usually run from approximately 4.30 pm onwards, outdoors during daylight savings hours, or indoors in winter, or if the weather is no good. We also welcome and would appreciate people assisting from time to time on a roster basis rather than relying on the same people every week having to look after the climbing group so please contact Clayton if you are able to help out (it's not too difficult!)

If you would like to attend and are on the google climbing group already, we will email out at the start of the week with which nights we are running climbing and who is in charge and their contact details. If you would like to be on the group list, please email James Skeggs on:

nzacmidweekclimbing@gmail.com

All welcome, including non members.

WE NEED YOU

The NZAC Canterbury/Westland section is looking for volunteer trip leaders

A club trip is a great way to spend time with like minded people, share some adventures and give back to the outdoor community. Most trips involve moderate to intermediate mountaineering but they can include anything from tramping, rock climbing to mountaineering objectives. The trip leader is not a professional guide or instructor, as a trip leader you organise and lead the group only.

What is involved?

- · Pick an objective and date
- Use this trip leader worksheet to plan your trip https://alpineclub.org.nz/resources/organising-trips/
- Get in contact with the trip coordinator (see details below).
 Your trip needs to be signed off to make sure all points are ticked off. The trip coordinator can also help you with any questions you have regarding the planning

The trip gets advertised in the newsletter and/or to the Cant/Westland facebook page

Email: Shannon at nzac.cw.newsletter@gmail.com

• You organise the participants and do pre—trip preparations This list is a suggestion of day or overnight trips which could be both run during summer or winter. All these trips are achievable in a weekend. If you have another objective in mind just get in contact with the trip coordinator. Thanks for leading a trip for the club!

Volunteer trip coordinator email: Email Findel Proebst cw.tripscoordinator@gmail.com

Some Ideas! Mt Aiken, Binser, Avalanche Peak, Mt Cloudsey, Torlesse, Avalanche-Bealey Traverse, Castle Hill Peak, Longfellow, Avalanche Peak-Crow Valley, Mt Oates, Murchison, Temple-Phipps Traverse, Mt Somers, Mt Guinevere, Mt Rolleston, Mt Philistine



KEEN TO SHARE YOUR OUTDOOR EXPERIENCE?

Keen to share your outdoor experience? Helen Sinclair, our section meeting co-ordinator is the person to contact.

Helen organises speakers to share their outdoor experiences with the rest of our community. If you have any outdoor adventures to share or know someone who has a story to tell, then please contact Helen either by phone or email.

P: 027 435 3674 E: helen@helensinclair.com



TRIP GUIDELINES

An important part of the NZAC is volunteer organised trips. If you're thinking of joining or organising a trip, here are some guidelines on what to expect. Check out the NZAC Trips page for resources to assist you with planning a section trip. https://alpineclub.org.nz/resources/organising-trips/

Responsibilities of a Trip Organiser:

- Trips should be fun for everyone.
 Choose a mountain, peak, hill,
 traverse, route, crag, or whatever
 and get out there and meet some
 keen club members!
- You cannot be responsible for the safety of every member of the group, but you should aim to empower every group member with enough knowledge to make their own informed decisions about the proposed trip both before, and during the trip.
- Choose a realistic goal for the time available and give prospective group members an idea of the amount of effort required.
- Set a group size limit based on your experience, the goal, time available and the groups individual fitness and experience.

- Let the group know what skills & equipment are needed when they sign up.
- Provide the trip Participants with a copy of the NZAC waiver form and have them understand, sign and return it to you in advance of the trip.
- Organise travel arrangements at the earliest opportunity and let everyone know how much they can expect to pay for transport costs - petrol, wear & tear.
- Prepare detailed trip intentions and leave them with at least one responsible individual.
- If someone on the trip voices their concern about a situation it is up to you (with the help of the group) to find a safe solution.
- Give priority to NZAC members
- Find someone on the trip to write an interesting trip report for the Section Newsletter and email it to:

nzac.cw.newsletter@gmail.com

Responsibilities of a Trip Participant:

- You are responsible for your own safety. If you are uncomfortable with any situation, let your trip organiser know straight away.
- Be prepared to drive or contribute to transport costs incurred (petrol, wear & tear)
- Make sure you have a clear idea of the trip's goals and what will be required of you. Obtain a relevant map and know where you are going, the terrain, what gear you will need, and how to use it.
- If you discover that you cannot go on the trip then let the Trip organiser know as soon as possible so that another person can take your place.
- Read, understand and return the signed copy of the NZAC waiver form to the Trip Organiser.

BENEFITS FOR NZAC MEMBERS

Benefits for NZAC Members

NZAC Membership gives you access to many discounts with the following retailers. You maybe asked to present your active NZAC membership. To see full terms and conditions and other benefits of being a member, please visit... https://alpineclub.org.nz/membership-benefits/

To visit any of the retailers below, click on their logo.







































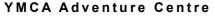








10% discount* to NZAC members







CANTERBURY WESTLAND SECTION OF THE NZAC COMMITTEE MEMBERS

Section Library: CLICK HERE

Chairperson:

Jim Petersen 022 620 0619 cw.chairperson@gmail.com





Secretary:

David Jefferson djamesjefferson@gmail.com

Events:

Adam Humphries 027 200 4760 adam.b.humphries@gmail.com

Accommodation & Committee Rep:

Philip Tree philiptree7@gmail.com

Summer Instruction Coordinator:

Clayton Garbes 027 446 1562 cw.summerinstruction@gmail.com

Winter Instruction Coordinator:

Sam White cw.winterinstruction@gmail.com

Gear Custodian:

Ben Scott cw.gearhire@gmail.com

Recreational Advocacy:

Lindsay Main Lindsay.main@caverock.net.nz

Trip Coordinator:

Findel Proebst cw.tripscoordinator@gmail.com

Newsletters & Online Coordinator:

Shannon Cook 021 809 088 nzac.cw.newsletter@gmail.com

Treasurer & Library:

John Roper Lindsay 021 395 513 john@roperlindsay.com

Arthur's Pass Lodge:

John Henson 027 471 4075 hensonj@xtra.co.nz

Section Evenings:

Helen Sinclair 027 435 3674 helen@helensinclair.com

Crag Maintenance:

Grant Piper 021 711 300 grant.piper66@gmail.com

Midweek Rock Climbing Coordinator:

James Skeggs <u>nzacmidweekclimbing@gmail.com</u>

Please Note

CONTRIBUTIONS TO THE NEWSLETTER ARE MORE THAN WELCOME PLEASE SEND TO NZAC.CW.NEWSLETTER@GMAIL.COM
BY THE 25TH OF EACH MONTH AT THE LATEST