

UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC



NOVEMBER 2022

PHOTO: ROB GALLAGHER. MOUNT SOMERS

NOVEMBER SECTION MEET

Canterbury Westland
Section Evening

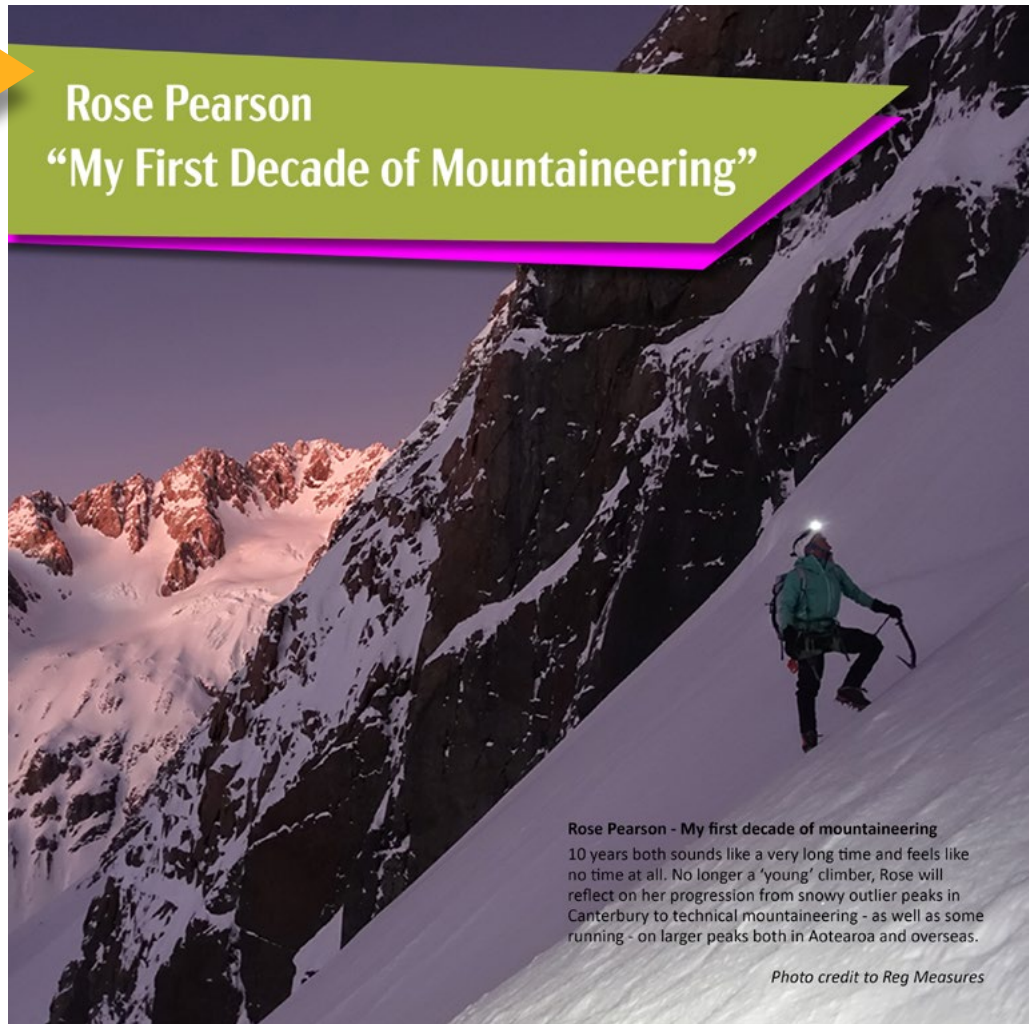
The Cashmere Club
50 Colombo Street

Thursday 17 November
Doors open: 7pm
Talk starts: 7:30pm

If you want to purchase an alcoholic drink from the bar, you must show a Guest pass. You can pick one of these up inside the room we meet in where they'll be on a table near the door.

Entry is free and everyone is welcome, you don't need to be an NZAC member to attend.

Rose Pearson "My First Decade of Mountaineering"



Rose Pearson - My first decade of mountaineering
10 years both sounds like a very long time and feels like no time at all. No longer a 'young' climber, Rose will reflect on her progression from snowy outlier peaks in Canterbury to technical mountaineering - as well as some running - on larger peaks both in Aotearoa and overseas.

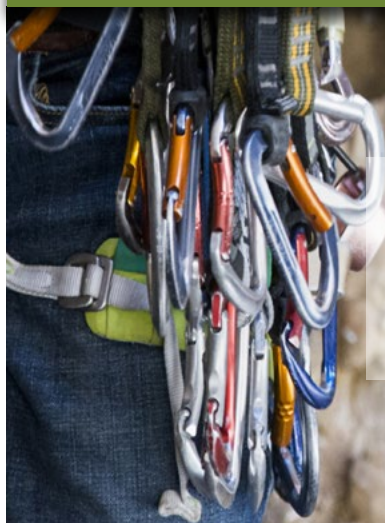
Photo credit to Reg Measures

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...



- **THURSDAY 8 DEC: CRAG-CUCHA**

October Section Meeting Report: Talk by Paul Hersey

SECTION EVENING TALK BY PAUL HERSEY

On October 11th Paul Hersey gave a talk and slideshow to the section, and introduced his latest book ***"The Cold Inside"*** to us. Paul's been a really active climber, both in NZ and overseas, for many years, and had some great photos to show us, as he went through the process of writing his book, which covers individual climbs that were important events in his life. Paul did a lot of climbing with Jamie Vinton-Boot, and a significant portion of his book and talk focused on these climbs and how two very different people formed such a close partnership in the mountains. Jamie was quite a bit younger than Paul and much more confident and ambitious, not to mention fitter, but it was obvious that the relationship benefitted both of them and Jamie's death was a huge blow to Paul.

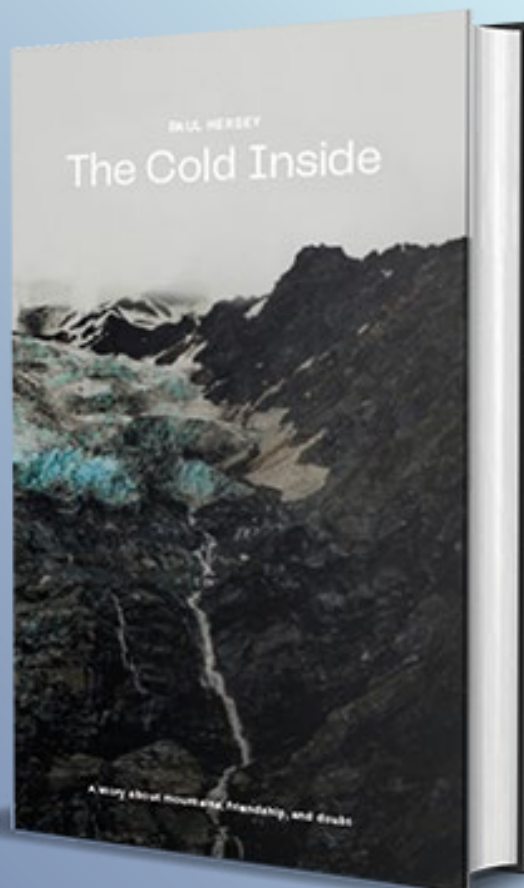
Paul's book is much more than a climbing biography with interesting anecdotes and much of it covers Paul's thoughts and philosophies about climbing in as much detail as he covers the facts. Paul sees himself as being a cautious climber, and is very honest about his own nervousness prior to a climb, and told us it extends to trying hard never to lead the first pitch!

As well as talking about his new book, he introduced us to a new project he and his wife Shelley are involved in, covering the Grade 1 and 2 climbs in New Zealand. For the vast majority of people going into the mountains, these are the most advanced climbs they will ever do, and are within the range of most trampers who enjoy a bit of rock scrambling and who are happy to use ice axe and crampons. So a book focusing solely on this grade of climbs should be very popular.

Paul Hersey is a well-known name in NZ mountaineering, so it was great to be able to hear his talk which gave us a bit of insight into his personality and the importance climbing has for him.

HELEN'S SAFETY TIP: *This month Helen picked out the fear that Paul alluded to, and the mental side of being in the mountains, as well as the fact that being a great climber doesn't mean you're any less likely to suffer from mental issues as non-climbers. But maybe climbers are less likely to admit it? So she stressed how people should seek help if they need it.*

John Roper-Lindsay



PAULS BOOK CAN BE
PURCHASED AT THE ALPINE
CLUB ONLINE SHOP

<https://shop.alpineclub.org.nz/product/the-cold-inside-by-paul-hersey-copy/>

UPCOMING COURSE

Sport Lead Climbing Course

Saturday 19 & Sunday 20 November



Please note date change!

PLEASE NOTE the change of date and PLEASE READ CAREFULLY

This is a two-day course, based on the Port Hills of Christchurch and for current NZAC members (non members are welcome to apply but must join the NZAC in order to be accepted onto the course - NO EXCEPTIONS), aged 16 and over and at a cost of \$150.

Day one on Saturday 19th November will run from 8am to 5pm and day two on Sunday 20th November will run from 8am until 4pm so you must be available for both days when applying.

In case of rain interrupting the course, an additional mid week evening session will be provided and decided amongst the instructors and students which evening suits everyone the best.

The course is designed for those either making the transition from indoor or outdoor top rope climbing and can at a minimum, top rope belay.

WHAT WILL BE TAUGHT:

- Balance, movement and technique on rock
- Safe top rope belaying
- Sport Lead Climbing
- Abseiling
- Transition at sport anchor station/cleaning a climb
- Knots
- Equipment and its use

EQUIPMENT REQUIRED:

- Harness (please provide)
- Rock shoes (please provide)
- Chalk bag (optional)
- Climbing helmet (Can be provided if requested)
- ATC type belay device and HMS/Pear shaped locking biner (can be provided if requested)
- Safety/Anchor chain and small locking biner (can be provided if requested)
- Short prusik (1.3m total untied length) and small locking biner (can be provided if requested)

Equipment can be purchased at Aspiring Safety, Bivouac or Further Faster and all give NZAC members discounts.

COST:

\$150 will cover two days instruction plus any of the equipment listed free of charge if requested.

Please contact Clayton Garbes on cw.summerinstruction@gmail.com with your full name, age, phone number, NZAC members details, a brief climbing history and if (where?) you are attending from outside of Christchurch. All above details required for a reply back and if you don't hear from me within 48 hrs during the week, please check your junk mail first then text me on 027 446 1562.

REFUND:

A full refund will only be given for genuine reason if withdrawing from the course or if we have enough time to find a replacement for your spot.



UPCOMING COURSE

BUSH SURVIVAL COURSE 3 - 4 DECEMBER 2022 (2DAYS)

**This is an instruction course and will not be a "man vs wild" or "naked and afraid" type thing nor will anyone be eating bugs, drinking their own urine or hunting anything.*

A NZAC members only course, limited to 8 x students and based in the Benmore Hut area of Canterbury and at a cost of \$150.

COURSE DESCRIPTION:

A course designed to show students how to make a shelter, light a fire, signal for rescue etc when things go wrong while having an adventure in the backcountry, using both traditional bushcraft skills alongside modern equipment.

WHAT WILL BE TAUGHT:

- * Priorities of survival
- * Shelters - natural and man made
- * Fire - types, set up, lighting and maintenance
- * Water - procurement and processing
- * Signals - types and manufacturing
- * Kit and equipment that aid survival

EQUIPMENT REQUIRED:

A more detailed gear list will be provided closer to the time but think along the lines of bringing what you would if you were planning on spending a night in a backcountry hut.

FOOD:

2 x lunches, 1 x dinner, 1 x breakfast, snack and energy food.

COST:

\$150 will cover two x days of instruction, some team equipment and fuel reimbursement to drivers car pooling.

START AND FINISH TIMES:

Two options of departing from Spreydon in Christchurch at 8am on Saturday 3rd or 8.15am to 8.30am in Rolleston (these will be the only two options given) and returning to Christchurch by 4pm on Sunday 4th.

WHAT IS REQUIRED WHEN APPLYING:

- * Your full name
- * Age
- * Phone number
- * Current NZAC members details
- * NZ based emergency contact person, their phone number & relationship to you
- * Any medical issues you may have
- * Plus a guarantee that you have

a good, moderate tramping fitness (provide some details of recent trips and future trips you will be doing, leading up to the course), that will enable you to carry a full weekend pack up to 2.5 hrs each way

NO EXCEPTIONS to any of the above requirements when first applying - please don't miss anything out or you might not necessary get a reply back (this is a volunteer role so emails to be kept to a minimum thanks).

CONTACT:

Clayton Garbes on cw.summerinstruction@gmail.com using the subject line of 'Bush Survival Course'.

If I don't reply within 48hrs mid week, please check your junk mail then text me on 0274461562 if still no reply.

You must apply as per the above requirements.



DUNEDIN ADVENTURE WEEKEND!

10 - 13 NOVEMBER 2022

The C/W sections most popular weekend, now in its 9th year and to be held over Canterbury Anniversary weekend.

As always, we will be based at the Long Beach Community Hall which we have booked so there is a set fee per person attending of \$60 (or \$40 if attending for a two day weekend from outside of Christchurch) This will cover three nights camping (either tent or car camp outside the hall or stay inside), full use of the hall facilities & food (including gluten free and vegetarian options) for the Friday night barbecue.

If you wish to attend but don't want to base yourself at the Community Hall or attend the barbecue and pay the \$60/\$40 - please arrange your own weekend another time as we need all attending to cover the \$600 booking fee.

Any left over \$ after the booking fee and barbecue will go towards crag repairs and maintenance so not only is it a cheap weekend, it's contributing to a good cause and a really fun, social and enjoyable time.

Non NZAC members are welcome to attend but everyone must agree to the guidelines- wear a helmet at all times when climbing, look after each other and be safe and DO NOT bring any drugs to the weekend (alcohol is the only exception). This is also a family friendly weekend so kids are welcome to come along but will need to be supervised by their parents or guardians.

ACTIVITIES:

Something for everyone and all abilities from easy sport and trad climbing, bouldering, mountain biking, tramping of all levels and exploring the Otago area. The weekend will run in all weather conditions so have a plan B if you only want to come along to climb.

We can also put you into groups of like minded people if you don't have an adventure buddy and for those climbers that don't lead climb or are fairly new to climbing- we can set top ropes up and help you out.

Please come up with a plan of the activities you want to do and where, over the weekend so we can have things sorted before we get there (A list of climbing, tramping and biking options can be sent to you if unsure).

HALL FACILITIES:

Long Beach Community Hall is on the corner of Baird and Driver Streets and the quickest way to get there if coming from North of Dunedin is to turn off at Waitati and go over the hill via Blue Skin and Mihiwaka Roads.

The hall has most things a normal house has - fully functioning kitchen with fridges, ovens, microwave, kettles, toasters. Cutlery, pots and pans etc, barbecue, 3 flush toilets with hand basins, large communal area with dining tables & a piano. There are no showers at the Community Hall but the beach is just 5 mins away for a dip.

SHOPS:

No shops in Long Beach so either get your supplies before hand or Port Chalmers is 15 mins drive back over the hill and has a supermarket, dairy, petrol station, cafes and pub. Dunedin is 20 to 25 mins drive from Long Beach.

CAR POOLING:

If attending from Christchurch area, as its a 4.5 hr drive to Long Beach and we are travelling on the Thursday night, now is the time to get a few hrs off earlier on the Thursday so you get down there at a reasonable time.

If you want to share or need a ride - please let me know and a time you can leave.

There will be a briefing on the Friday morning at 9am at the Hall and a white board to put your name down into each days group activities to ensure you don't get left behind.

People from other areas outside of Christchurch are welcome to attend but you will need to arrange your own travel to get to Long Beach.

Names of all attending will be required NO LATER than Sunday 6th November and payment of the \$60 can either be by bank deposit or cash on the weekend (we rely on everyone's honesty to pay).

Please contact Clayton Garbes on cw.summerinstruction@gmail.com with all relative details to what is written above thanks.



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!

Keen for a climb? Join the Midweek Climbing group to organize rock climbing related missions, meet new people and explore the outdoors. Depending on the time of year, there will be regular sessions after work, during the weekend, or just send an email if you're going out or looking for a belay. Mostly in and around the Port Hills with day trips to the Banks Peninsula and occasionally beyond.

If interested, please send an email to James Skeggs at nzacmidweekclimbing@gmail.com and you'll be sent the sign-up form. All are welcome and you don't need to be a NZAC member to join.

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.

Cheers,
James

EVENT FOR CMC & NZAC CW SECTION



Canterbury West Coast Air Rescue Trust visit 3rd November

The Canterbury West Coast Air Rescue Trust invites CMC and NZAC members to a 'tell and show'; evening at their base at Harwood. As day-to-day Cantabrians, and as alpine travellers, we greatly appreciate the Trust's work, just as the Trust also has some dependencies on the alpine community.

The Trust will tell us about their work and how they operate as an organisation, and crew will show us around their aircraft and facilities.

Date: Thursday 3 November 2022

Time: 6.30 pm

Where: GCH Aviation, 73 Grays Road Yaldhurst.
Onsite parking available.

(It would be good if you can indicate interest as if total numbers look to exceed c. 60, we may need to split across a second date.)

Event contacts:

Air Rescue Trust:

Rachael McNutt rachael@airrescue.co.nz

CMC:

Sophie clubnights@cmc.net.nz

NZAC:

Marie nationaloffice@alpineclub.org.nz

Jim cw.chairperson@gmail.com

Mature Mountaineers:

Neil pilbrows@gmail.com

Overall contact:

Grant ghunternz@gmail.com



CLASSIC BANFF

A FUNDRAISER FOR THE
NZAC ASPIRING HUT PROJECT



NEW ZEALAND
ALPINE CLUB

Enjoy online 'Classic Banff' - a collection of much-loved Festival and World Tour films from the past decade!

In celebration of all things Classic, the NZ Alpine Club (NZAC) brings to you this Classic Banff Program - a fundraiser for the NZAC Aspiring Hut 2022 Refurbishment Project. Take a trip down memory lane, and to remote corners of the world and help contribute to rebuilding one of NZAC's Classic Huts! Don't miss a collection of much-loved Festival and World Tour films from the past decade.

Sitting in the beautiful West Matukituki valley of Mt Aspiring National Park, the Aspiring hut has been an important location for outdoor enthusiasts since it opened in 1949. NZAC Aspiring Hut will continue to be open to the public to book once the refurbishment project is complete. Funds raised from your purchasing of this program will support the major refurbishment of NZAC Aspiring Hut, making the layout more family and group-friendly, completing earthquake-strengthening work, and maintaining the historical significance of the hut.

Viewing period: 16th - 30th November 2022. Programme pre-purchase is available now. You'll receive an email reminder when the screening becomes available to view.

Click here to view the Classic Banff Programme and to Pre-Purchase:

[https://watch.banffcentre.ca/banffondemand/
play/633b7ca3318f090029d44a95](https://watch.banffcentre.ca/banffondemand/play/633b7ca3318f090029d44a95)

**A FUNDRAISER FOR THE NZAC ASPIRING HUT PROJECT
VIEWING PERIOD 15 - 30 NOVEMBER 2022**

Join the Bealey Spur Trap line Team

Did you know we have a trap line up in Arthurs Pass, and are you interested in joining the team of people that check the trap line regularly?

Great! We are scheduled to do our next check at the end of October. If you are interested please email Laura at l.wolken@windowslive.com.

Here some photos of our last check where Janne and Neville found a pure white stoat.

Laura



NZAC CANTERBURY WESTLAND SECTION

GEAR HIRE

FOR NZAC MEMBERS ONLY

HIRE

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.

PRICING

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

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](#)



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 [HERE](#)

(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 not technical 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: Keen for a climb? Join the Midweek Climbing group to organize rock climbing related missions, meet new people and explore the outdoors. Depending on the time of year, there will be regular sessions after work, during the weekend, or just send an email if you're going out or looking for a belay. Mostly in and around the Port Hills with day trips to the Banks Peninsula and occasionally beyond.

- Helmets are compulsory when climbing and belaying (if you don't have a helmet, please source one or talk to the climbing coordinator 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 interested, please send an email to:
nzacmidweekclimbing@gmail.com
and you'll be sent the sign-up form.

All are 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 Andy Barrett
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

PHOTO: ROB GALLAGHER. MOUNT SOMERS



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.



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:

Andy Barrett andrew.barrett@liquidvoice.co.nz

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 nzacmidweekclimbing@gmail.com

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