



UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC

JULY 2024

SECTION TALK THURS 11 JULY

Canterbury Westland
Section Evening

The Cashmere Club
50 Colombo Street
Sydenham

Thursday 11 July
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.

LINKS TO 'CW SECTION'

Remember to 'Like' our Facebook & Instagram pages so you can be kept up to date on Monthly meetings, talks, events, trips, courses and lots more. Share your trip photos and inspire others. And check out our section website for more information.



<http://canterburywestlandpineclub.org.nz>



Anna Keeling was born and raised in Ōtautahi/Christchurch. A former ski and adventure racer, she trained as a IFMGA mountain guide over 20 years ago, fell in love with an American film maker, had a son and has based herself in Salt Lake City, Utah and Castle Hill village since 2009.

Guiding has provided remarkable opportunities and friendships - ski guiding in the Indian Himalaya before she knew anything about guiding, learning the ropes properly in the Canadian Rockies, ice climbing in Canada, New Hampshire, Vermont, and Utah, guiding Mt Kenya with food poisoning, adventures in Alaska, multiple sessions as an Everest wife (including taking their 6-year old to EBC), crossing South Georgia Island and guiding on the Antarctic Peninsula and from

a tiny icebreaker in the Arctic, climbing and skiing off various North American volcanoes, mixed feelings on mechanised guiding in Utah, Aoraki and other high NZ peaks, starting her own business in her beloved Craigieburns plus training and certifying guides in two countries. And throughout - dealing with the sometimes tough outcomes of a life in love with mountains.

Now in her 50's, Anna admits that she finds mountain guiding fairly stressful at times and is currently dealing with some burnout from 30 consecutive back-to-back winters. A straight-talking human, she will talk about this as well as about one of her favourite topics - avalanche safety for recreational backcountry riders and climbers.

THE BEALEY SPUR TRAPLINE



ACTION ON THE BEALEY SPUR HUT TRAPLINE

Club member Neville Ross recently held a training day on the Bealey Spur Hut trapline on Saturday 15th June. Three NZAC section members joined the pool of people trained to service this trapline. Neville has taken over its management from Laura Wolken who helped to establish this trapline and has managed it since 2020. Thank you Laura for your perseverance and service!

NZAC accepted responsibility for this trapline about 2020. It's one of 55 traplines containing 1242 stoat traps that are currently overseen by the Arthurs Pass Wildlife Trust. On 15 th June, we removed

seven stoats and three rats, a record. The previous record of catches was six stoats in March this year, so clearly they're around and the team's efforts to reduce these introduced predators are proving worthwhile. Overall we've caught 28 stoats.

Please email Neville at neville.rossnz@gmail.com if you'd like to join the team.

Photo of Ed, Greg, Neil and Janne packing up after lunch on the training day.

Future Section Evenings. Save these dates...



**AUGUST: COLIN MONTEITH
THURSDAY 14**

**SEPTEMBER: BUY/SELL GEAR SALE
THURSDAY 12**

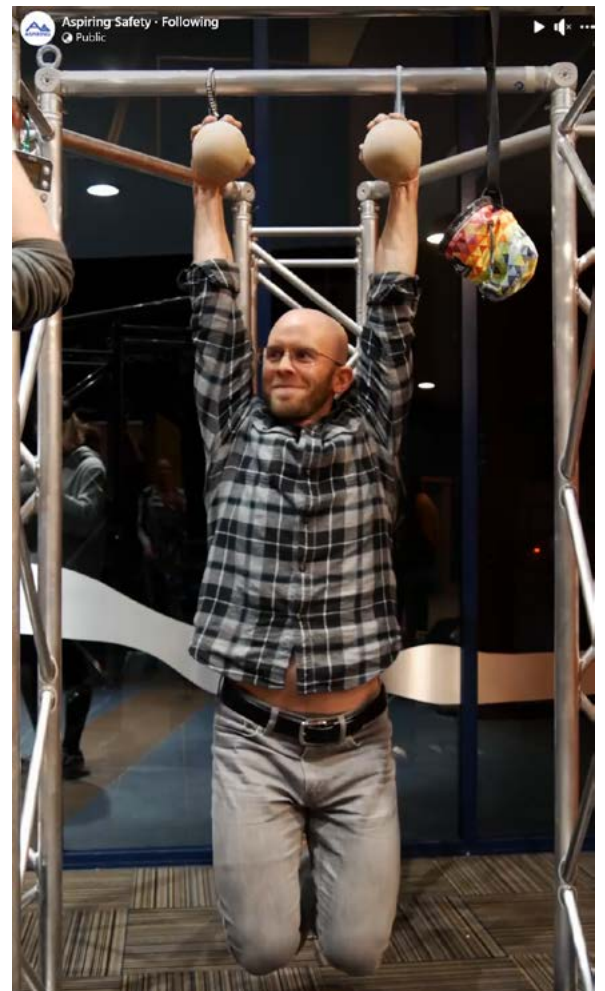
BANFF 2024. THANK YOU!



Once again, thanks to everyone that came out to support the NZAC's main fundraising effort for the year - Banff Mountain Film Festival 2024 has been a massive hit around the country and our Christchurch screenings were enjoyed by nearly 3000 people. A fantastic lineups of films provided outdoor inspiration in for range of adventure!

A special thanks to our local Christchurch sponsors - Two Thumb Brewing and Aspiring Safety who also ran the 'dragon ball hang challenge', which was a massive hit with young and old.

See you all again next year!



CW SECTION FIRST AID COURSE

How did it go? Well, nobody died.

Participants on the course learnt the following skills

- Provide basic life support to a patient.
(specifically: managing airway obstructions and respiratory and circulatory insufficiency)
- Provide first aid for patients with shock, fractures, environmental emergencies, bleeding from trauma and basic medical conditions.
- Manage patients with minimal resources on hand.
- Understand and respond to outdoor and alpine specific first aid issues including extended care of a patient in a cold environment.

On the 15th and 16th of June, a band of outdoor enthusiasts set out to upskill themselves in the realm of outdoor first aid. Ali and Tee from Horizons Unlimited served as our guides, training us in a variety of techniques for tackling a broad range of 1st aid challenges, from mishaps in civilisation, to those far from it.

Day 1

Was set in the NZAC offices in the city.

There were discussions, demonstrations, and scenarios covering the usual themes of a 1st aid course, with many war stories being shared, and several debates on the best ways to have tackled them. There were D.R.S.A.B.C...s amongst other abbreviations, unfortunate failed attempts to resuscitate our manikins- R.I.P.- and the dusting off of cobwebs from the last courses we'd taken. For some it'd been a year or so, and for others the 1980s may have been mentioned.



CW SECTION FIRST AID COURSE

How did it go? Well, nobody died.

Day 2

Was spent at Rāpaki carpark on Summit Rd.

Here we spent the day braving mother nature and patching up various “injuries”. Academy worthy performances were noted during the scenario phase from our “victims”. Improvisation, quick thinking, camaraderie, and most importantly a sense of humour, were all in abundance. Everyone had the chance to practise their new skills and left feeling vastly more confident in their abilities.

On behalf of all the participants, a massive thank you goes out to everyone involved, the instructors and the committee members who organised the weekend.

See you on the next one!

Write up by Jacob Baxter (participant)



PROFILER

GET TO KNOW OUR COMMITTEE MEMBERS & AMAZING VOLUNTEERS

Lindsay Main, Committee



Being from Christchurch, I started climbing at Arthur's Pass in the 1970s, doing the usual climbs on Rolleston and around the Waimak, before moving on to winter gully climbing in the Arrowsmiths, with a dedicated group of young climbers. This proved to be a tough apprenticeship; however we all survived, and climbed a few problematic gullies in tricky soft conditions.

This was followed by some bigger climbs in the Mount Cook area. I was lucky to be starting when there were great innovations in techniques and equipment, and lots of routes suddenly became much safer and more easily achievable. I was always interested in keeping up with the latest equipment and techniques.

My interest in equipment led me to the formation of a new business, Aspiring Safety, in the 1980s. The design of climbing harness in the early 1980s was crude in the extreme, which was a big help in getting a new business started.

I was involved in NZAC instruction for about a decade, running courses at Arthur's Pass, and also spent a lot of time developing crag routes around the Port Hills and on Banks Peninsula. I also had a few overseas trips, to India, North America, and to Antarctica as a snowcraft instructor. Around this time I was given an opportunity to rewrite the Mountain Safety Council's "Mountaincraft Manual".

Later I got out of mountaineering and into caving, while continuing to climb on rock and developing crags around the Port Hills and Banks Peninsula.

I was lucky to get married and raise a family with my wife Alice, who I met on an NZAC climbing course. With the children we did quite a few of the standard tramps around Arthur's Pass. When the children were teenagers, we founded a youth climbing club, the Flying Geckos, which is going strong 20 years later.

After the earthquakes I focused my climbing on Banks Peninsula crags such as Otepatotu, Coffin Rock, and Little River Crag. Then the development of Dragon Crags was a major project in 2018 -19.

My climbing is behind me now, but after 50 years I can't complain, and I still take an interest in the climbing world and the NZAC. I've built up relationships with a few Banks Peninsula landowners over the years, which helps in my role as the section Access Coordinator.

These days I'm retired from working as well, but I have a new interest in controlling the invasive weeds that are slowly enveloping our crags and hill country, which gets me out in the local hills regularly. I also occasionally enjoy tramping trips that take in more obscure routes and can't be found in guidebooks.

If you would like to join our committee or give back to the club in any way please send an email to cw.chairperson@gmail.com

Canterbury Westland Section

Winter Courses

NZAC MEMBERS ONLY



BASIC SNOWCRAFT: 2 COURSES

- 2 - 4 August **NOW FULL**
- 16 - 18 August **SOME SPACES STILL AVAILABLE**
(Tuesday evening in Christchurch, plus two days in Arthurs Pass)

Who is this course for?: The NZAC Basic Snowcraft course is designed for experienced trampers and those with a passion for the outdoors who are looking to gain additional skills to travel safely in alpine terrain where snow and ice is often encountered.

Full details can be found [here](#) along with the registration form

AVALANCHE AWARENESS: 10 - 11 AUGUST **SOME SPACES STILL AVAILABLE**

(Friday evening in Christchurch, plus either Saturday or Sunday in Arthurs Pass)

Who is this course for?: The NZAC Avalanche Awareness course is designed for NZAC Novice mountaineers (or equivalent skill set) who are looking to gain a greater understanding of the avalanche phenomenon. This course is designed to introduce participants to the avalanche phenomenon. Those looking to spend a significant amount of time in the alpine environment should consider the 4 day Backcountry Avalanche Course. Participants should be competent in the skills listed in the Basic Snowcraft course outline to ensure they can safely access terrain during the course. Please do not apply if you are not competent in the course outcomes from the NZAC Basic Snowcraft Course.

Full details can be found [here](#) along with the registration form

INTERMEDIATE SNOWCRAFT: 24 - 25 AUGUST **NOW FULL/WAITLIST**

(Arthurs Pass)

Who is this course for?: The NZAC Intermediate Snowcraft course is designed for NZAC Novice Mountaineers (or those with an equivalent skill set) who are looking to gain additional skills to travel safely in alpine terrain where straightforward steep snow and ice is encountered, and where abseiling on descent could be required. This is an alpine course suitable for NZAC Novice Mountaineers who have consolidated their skills through trips on grade 1+ alpine terrain. Please ensure you meet the minimum requirements.

Full details can be found [here](#) along with the registration form

National Winter Courses



NZAC MEMBERS ONLY

INTERMEDIATE

- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course Vol 15-18 July 2024
- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course 1, 20th - 23rd July 2024
- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course 2, 25-28 July 2024

ADVANCED

- ICE WYE CREEK, Women's Leading on Technical Ice Course, 3 August - 6 August 2024
- ICE WYE CREEK, Leading on Technical Ice Course, 3 August - 6 August 2024
- ICE WYE CREEK, Leading on Technical Ice Course, 10 August - 13 August 2024

INTERMEDIATE

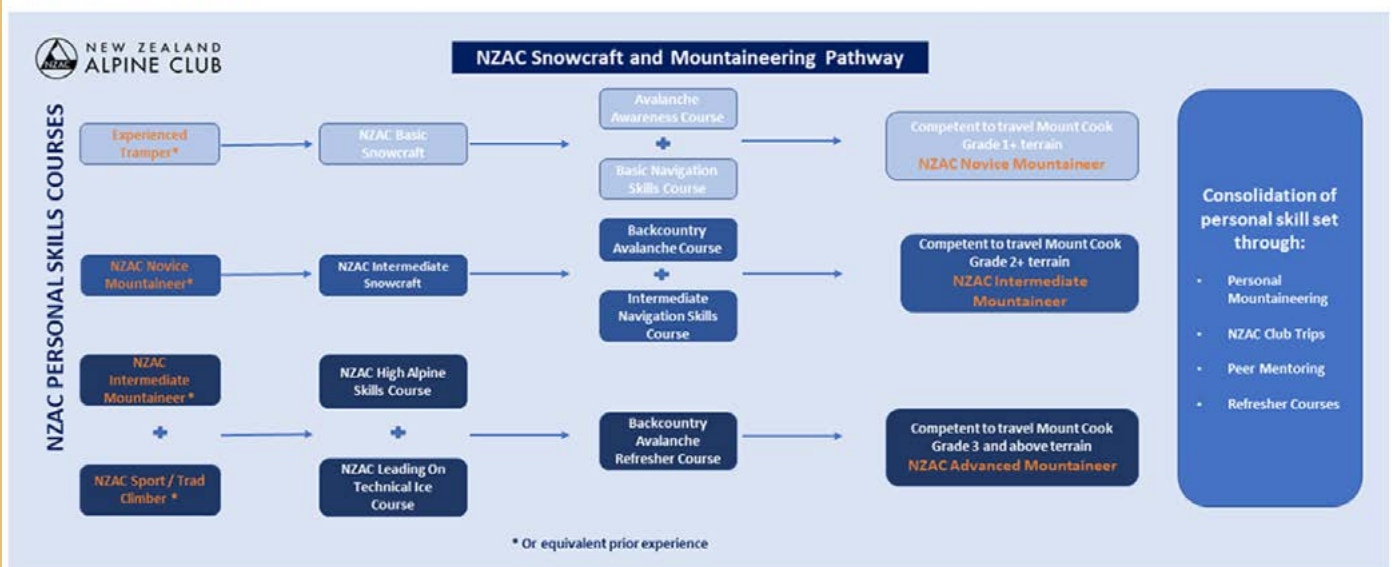
- Intro to Backcountry Ski Course, 31 August - 3 September 2024, 7-10, September 2024

ADVANCED

- SKI TOURING AORAKI / MT COOK NATIONAL PARK, Glacier Ski Course
28th September - 2nd October 2024, 5th October - 9th October 2024
- ALPINE AORAKI / MT COOK NATIONAL PARK, High Alpine Skills Courses
12th - 17th November, 19th - 24th November, 26th November - 1st December

CLICK HERE FOR MORE DETAILS

Alpine Climbing Pathway



OTHER BITS

CAN YOU HELP? SAVE THE DATE!



SEEKING A SECRETARY Duties primarily entail preparing the agenda and taking minutes at our Canterbury Westland monthly section meetings. Meetings are usually held at 6pm on the first Monday of each month in Addington and are done and dusted by 7.30pm latest.

If you are prepared to put some time back into the club and are interested in this position please contact: Sam White - 021 831 911 or cw.chairperson@gmail.com

DUNEDIN ADVENTURE MEET AT LABOUR WEEKEND

Details are yet to be announced but save the date for our annual Dunedin Adventure weekend. This year it will run over Labour weekend, Oct 26th - 28th 2024.

Always a lot of fun where you can meet up with like minded people at Longbeach and either climb, hike, explore, relax and make new friends. So save the date and watch out for posts on Facebook, Instagram & future newsletters.

Remember, 'Meets' are open to everyone, you don't need to be an NZAC member to attend. But why not become a member anyway? There are many advantages to being an NZAC member. These include courses, trips, discount at a huge range of local retailers & climbing gyms!



WANAKA ADVENTURE MEET. CANTERBURY ANNIVERSARY WEEKEND

Plans are under way for a combined Wanaka Adventure weekend with the Otago section. This will be held over Canterbury Anniversary, Nov 15th - 17th 2024.

Save the date and plan for another adventure filled weekend. More details will be out in the coming months on our Facebook, Instagram pages & in future newsletters. Keep an eye out so you don't miss out!

Remember, 'Meets' are open to everyone, you don't need to be an NZAC member to attend. But why not become a member anyway? There are many advantages to being an NZAC member. These include courses, trips, discount at a huge range of local retailers & climbing gyms!



An Evening with **LYDIA BRADEY**

**1st Female to Summit
Everest without Oxygen**

HOST: John Palmer
Climber & Mountaineer

All Proceeds to
Permolat Trust

**7-9PM
FRIDAY 26TH
JULY 2024**

Tickets \$29⁹⁵
www.ticketek.com

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EDELRID 

An Evening with **LYDIA BRADEY**

**1st Female to Summit
Everest without Oxygen**

HOST: John Palmer
Climber & Mountaineer



Come and Support the Permolat Trust!

Lydia Bradey has been climbing the world's highest peaks for 40 years. Lydia is a sought-after Mountain Guide and Professional speaker boasting 6 ascents of Mt Everest including the first female ascent without oxygen, 10 ascents over 8000m and over 35 expeditions over 6000m. Lydia is a passionate mountaineer with a story to tell about extreme physical environments and how to overcome insecurity, fear and discomfort by developing a mindset of resilience, and an addiction for experiences.

Guest interviewer John Palmer is also a passionate climber who loves nothing more than a good conversation about climbing. John has climbed all over the world, has co-authored climbing guidebooks, is an internationally published climbing writer and photographer, and hosted a podcast about climbing in Aotearoa. However, he has not climbed Mt Everest. Yet.

An Evening with Lydia Bradey promises to be thought-provoking, entertaining and inspirational event for anyone connected with the Outdoors. All proceeds from the evening will be donated to the Permolat Trust for the benefit of the wider Outdoor Community. Permolat has a mission to restore Back Country Huts so we can all discover more of our great outdoors.

**Aurora Centre
Burnside High School
151 Greers Road
Burnside, Christchurch**

**Photo credit: Mike Roberts
Proudly brought to you by: La Sportiva &
Edelrid**

Tickets available to purchase at:

Ticketek 'Lydia Bradey'

Information Links

Click on a circle to get the full information that you require.



Monthly Section Talks

[CLICK HERE](#)

Our Section talks are held each month, usually on the second Thursday. Everyone is welcome and you don't need to be an NZAC member to attend.



Midweek Mountaineering

[CLICK HERE](#)

The midweek group are mainly fairly mature mountaineers who still manage to plod up a few peaks, usually on Wednesdays, depending on the weather.



Midweek Rock Climbing

[CLICK HERE](#)

Join our midweek crew for a variety of local climbing opportunities year-round. Whether you're up for a quick indoor session post-work or eager to hit the hills for some outdoor rock action, we've got you covered.



Section Library

[CLICK HERE](#)

Did you know that the Canterbury Westland Section has it's own, very extensive Library with both books and DVDs? You just need to be an NZAC member to be able to borrow.



Gear Hire

[CLICK HERE](#)

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.



Bealey Spur Trapline

[CLICK HERE](#)

The section helped to establish this trapline and has serviced it since 2020. For your safety and instruction on how to service the trapline, you must attend one of the training days, which are held from time to time. It's a rewarding day out helping to remove introduced predators and assist our native wildlife to thrive.

Information Links

Click on a circle to get the full information that you require.

A photograph of a group of people gathered outdoors in a natural setting, possibly a campsite or a meeting point, with trees and a clear sky in the background.

Section Meets

[CLICK HERE](#)

Section Meets are hosted by & on behalf of current members of the CW Section of the New Zealand Alpine Club. You don't need to be a current member of the NZAC to participate but the safety is the responsibility of each individual. These are not guided meets, nor do they involve any instructional training or tuition of any kind.

A photograph of a group of people sitting on a rocky ledge in a mountainous area, with a cloudy sky in the background.

Section Trips

[CLICK HERE](#)

Trips are hosted by & on behalf of current members of the CW Section of the New Zealand Alpine Club. You need to be a current member of the NZAC to participate. Participants will need to be totally self-sufficient in the environment and have the skills, experience and judgement to undertake alpine and related mountaineering activities consistent with the level of experience required, independently and safely.

A photograph of a snow-capped mountain peak under a clear blue sky.

Becoming a Trip Leader

[CLICK HERE](#)

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 and 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.

A photograph of a person wearing a yellow helmet and a blue shirt, climbing a rocky cliff face.

Section Courses

[CLICK HERE](#)

The club runs instruction courses covering rock, snow, avalanche awareness and navigation. These courses are for NZAC members only, you must have an in date membership to sign up for a course.

A photograph of a wooden lodge building with a brown roof, surrounded by trees and a clear sky.

Arthur's Pass Lodge

[CLICK HERE](#)

In the heart of Arthurs Pass National Park, this warm little lodge provides a great base for exploring the surrounding mountains with peaks suitable for beginners to advanced climbers alike.

A photograph of several newsletters or magazines, one of which has the word 'UPRISING' on the cover.

Newsletters Past & Present

[CLICK HERE](#)

Sign up to have our monthly newsletters delivered to you by email. You can also read past newsletters on our website.

CANTERBURY WESTLAND
SECTION OF NZAC

CHECK IN
LIKE US
TAG US

FACEBOOK, INSTAGRAM
& GROUP PAGE



We now have our own
Canterbury Westland Section Website
Check it out! → 



One easy place to find out all the information you need, on your section

JUST SOME OF THE BENEFITS FOR NZAC MEMBERS

Benefits for NZAC Members

NZAC Membership gives you access to many discounts with the following retailers. You may be 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> and <https://alpineclub.org.nz/member-discounts>

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



CANTERBURY WESTLAND SECTION OF THE NZAC COMMITTEE MEMBERS

lindsay@mainshanks.nz



CHAIRPERSON

Sam White
cw.chairperson@gmail.com



SECRETARY



TREASURER & LIBRARY

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