



Turere Stream Bridge, 18 October 2026

Please submit your **December 2026/January 2027** H&V articles to the editor by **27th November 2026**

HVTC Postal Address: PO Box 30-883, Lower Hutt:
Clubrooms: Birch Street Reserve, Birch Street, Waterloo
Internet: <http://www.hvtc.org.nz> E-mail: info@hvtc.org.nz

President:	Ann Hayman	021 880 097	Secretary:	Marina Skinner	021 792 260
Trip Coordinator:	Mel Stoneham	027 361 3423	Treasurer:	Leanne Asher	021 070 4195
Editor H&V : Bruce Miller 027 563 5966			the-bruce@xtra.co.nz		



CLUB NIGHT PROGRAMME

Starts 7:30 pm promptly



4 November: Open Night

This is the chance for club members to bring along their own slides and tell us about what they have been up to in the outdoors over winter and spring, since our last Open Night at the beginning of June. Please limit your presentation to about 10 minutes, so others have the chance to tell their story (usually about half a dozen presenters on the evening). If you have a longer presentation, contact graememcv2@xtra.co.nz to offer it as a full-length presentation in the New Year, perhaps using the Open Night as a teaser to interest the audience.

11 November : René van Lierop - Te Awa Kairangi: Flood Resilience and Environmental Restoration

Floods have shaped the Hutt Valley throughout its history and will continue to be one of the region's most significant natural hazards. Protecting Our Place is Greater Wellington's long-term programme, delivered as part of Te Wai Takamori o Te Awa Kairangi, to improve flood resilience, restore the natural environment and support community wellbeing across Te Awa Kairangi ki Tai Lower Hutt and the wider valley.

This presentation will outline the programme's vision, priorities and key projects, and explore how we're working to reduce flood risk while enhancing the river corridor, protecting environmental values and maintaining connections to the places people enjoy. Together, these investments will help us protect our place while giving the river room to move.

René is a Chartered Professional Engineer and Principal Engineer on Te Awa Kairangi / RiverLink project for the Greater Wellington Regional Council. He has dedicated his career to hydrology and hydraulics, flood risk management, river engineering, and water infrastructure design. After many years working for engineering consultancies, René decided 3 years ago to join the RiverLink team at GW and work on this ambitious project providing flood resilience, transport improvements, and revitalisation of Hutt City. A key aspect of the proposed flood protection works is "providing room to the river", a concept from his home country, the Netherlands. Outside work, he enjoys the environment as a keen cyclist and member of WTMC.

18 November : Jackie West - Two Australian Train Journeys and Four Cities

For a number of years Chris and Jackie West have had on their bucket list the Ghan and Indian Pacific train journeys to do when they got old. In May this year they set off for Australia. As well as enjoying their train experience they also spent time in Sydney, Perth, Adelaide and Darwin. They visited wineries, markets, Litchfield National Park and went to Rottnest Island where they met the quokkas.

Also 18 November: The Sales Table

The final sales table of the year will be held tonight. Cakes continue to be the best sellers, with fruit and vegetables and plants also selling well. Thank you to all those who have contributed over the year, either as donors or buyers. Please try to be there early with your items to sell, preferably by 7pm.

25 November : Peter Barry - To the end of the earth: Tramping in the far south of South America

Peter is from Lower Hutt, but spent many years in Brazil, during which time he was able to get away to various parts of the Andes for tramping and climbing.

At the southern extremity of South America lies the archipelago of Tierra del Fuego, a wild land of mountain ranges, islands, glaciers, never ending fjords and a myriad of lakes. The Darwin range to the West is serious, remote mountaineering, but the lesser ranges to the east offer scope for good tramping. Peter has travelled in the region three times. He will talk about the region and show one of the tramping trips.

2 December : Jonty Crane – Hiking the Lycian Way and in Taiwan

Jonty Crane returns to the club to share his recent adventures walking the Lycian Way in Turkey and exploring Taiwan's hiking trails. He is still travelling as this is being written, and will speak to us a week after returning home, with stories, photos and reflections from both trips.



SPEAKERS FOR 2027

The list of speakers for 2027 through to the end of March is currently being compiled, hopefully before Christmas. Several speakers have been suggested or have offered presentations, but have not committed to dates so far. If you have a talk to offer next year, especially in the January to March period, please contact graememcv2@xtra.co.nz

Thank you to those who have presented this year or recommended outside speakers to allow a good balance between club members and visitors.



FORTHCOMING TRIPS



NOTES

Where there is no leader given for a trip, please email tripcoordinator@hvtc.org.nz to volunteer to lead a trip, either as shown or an alternative.

November					
Tues 3 Nov		Tues Night Walk-		Doreen Courtenay	027 663 0493
6-8 Nov	T1				
	T2				
Sat 07 Nov	D1+	Mick Plane Crash site with Whanganui TC	Pvt T	Nick McBride	021 410 551
Sun 08 Nov	D1	Newlands Ramble		T Birtwistle / J Scott	021 228 4430
13-15 Nov	T1				
	T2				
Sun 15 Nov	D1	Paekakariki Escarpment Track	Minibus	Tania Hatfield	022 053 5604
		Bike ride 2hrs - 9.30 from Avalon Park		Leena Stowell	027 672 1604
Tues 17 Nov		Tues Night Walk- Waddington Winder		Kirsten Reid	
20-22 Nov	T1				
	T2				
Sun 22 Nov	D1	Wainuiomata-ECNZ Track-Taita		David Barnes	021 143 7281
		Bike ride 2hrs - 9.30 from Avalon Park		Leena Stowell	027 672 1604

Sun 22 Nov		Rafting Trip	Minibus	Debbie Labett	027 2093721
27-29 Nov	T1	Tutawai Hut	Minibus	Mel Stoneham	027 361 3423
	T2				
Sun 29 Nov	D1	Butcher track		Diana Rickman	
		Bike ride 2hrs - 9.30 from Avalon Park		Leena Stowell	027 672 1604

D1 - Day trip grade 1

T1 - Overnight/s tramp grade 1

D2 - Day trip grade 2

T2 - Overnight/s tramp grade 2

RUAPEHU ROUNDUP

Kate Brownsword

Hi everyone

The lodge has had a steady winter season this year, similar to last year. The previous years of uncertainty over ski field ownership, and current cost of living pressures, seem to be affecting all lodges on the mountain, including ours. As ever, once you are up there, there's plenty of fun to be had, and the weather at Ruapehu is definitely better than the forecasts! New ski field operator WHL has had another good year of shuffling snow around to where it is needed, and making snow as required. WHL made a real effort to have as many lifts open as possible, including the Far West T.

The lodge's summer season - and summer pricing - starts on November 1. It's a great place to be throughout the summer, for day walks, overnight tramps, or just sightseeing and enjoying the views. Please get in touch if you would like to head up there, either on an informal trip, or even better, organise a trip for your fellow club members.

You can contact me on the.brownswords@xtra.co.nz; or booking officer Alison Newbald on ruapehubookings@hvtc.org.nz

This is a fantastic asset for the club and we are keen for as many people as possible to enjoy it. Looking forward to seeing you on the mountain!

On behalf of the Ruapehu committee

Kate

23 NEWCOMERS ON OUR INTRODUCTORY TRIPS

Marina Skinner

We ran two popular introductory trips for people interested in the club on Sunday 18 October.

A total of 18 newcomers joined Mel Stoneham's day trip to Tūrere Lodge and another five joined Andrew Robinson's more challenging trip, which crossed the Orongorongo River and climbed up beside Goat Stream to South Saddle.

This was the largest number of non-members to join the introductory trips in the seven years I've run this series. It's hard to know the reasons for the higher turnout – perhaps it was the earlier date in October, or the friendly faces in Clare Kelly's photo used for the Facebook advert and poster, or the sunny spring weather that inspired people to get outdoors.



We had positive feedback from people on the trips, and we're pleased to have welcomed two new club members already. We hope that more will join in the coming months. If you see new people on club trips, please make them welcome because they might be trying out a couple of trips before considering joining.

The introductory trips are part of our work to publicise the club and attract new members so we can sustain an active tramping club.

Thanks to Mel and Andrew for leading successful tramps, to Heather Eskdale for distributing the posters, and to the club members who came along to support the trips.

Marina

MEMBERSHIP MATTERS

Please welcome John and Julie Steele as new members. We look forward to joining you on club trips.

Doreen Courtenay

Membership Officer

PAPATAHI HUT WORK PARTIES

Mel Stoneham

The HVTC has an arrangement with DOC for us to carry out work parties twice a year at Papatahi Hut in the Orongorongo Valley. These work parties are meant to be run mid-week and accommodation at the hut is free for the duration of the work party (max three days, 2 nights). In return the Club can book the hut for 4 nights a year.

What I am looking for is a club member who is happy to run these work parties twice a year (normally after March 31 and before Labour Weekend).

If you are interested or want some more information please email me melanie.stoneham@gmail.com or tripcoordinator@hvtc.org.nz miles .

Mel

INTER CLUB WEEKEND 27-28 FEBRUARY 2027 AT OTAKI FORKS

Mel Stoneham

We have an exciting event coming up for the weekend of the 27-28 Feb at Otaki Forks. We will be joining with the Wellington, Tararua, Kaumātuas, Vic Uni and maybe some more Clubs for an Inter Club Weekend. There is a lot of details still to work out. But the plan is to offer a range of day trips on the Sat, a social evening and games/ campcrafts on the Sunday. We will be either based at Parawai Lodge or the main camp ground at Otaki Forks. There is also no pressure to stay the night.

The walks on offer will probably be:

E: Stay around Parawai Lodge, potentially visit Fisherman's Hut and do Arcus Loop (easy)

EM: Field Hut return (easy/medium)

M: Table Top or Kime Hut return (medium)

MF: Nav up Rae Ridge to Dennan, then walk down track (medium/fit)

MF: Trail run to Mt Hector and back? (runners)

There will be a lot more details in the coming months. If you are interested in attending even just a day or the dinner please put in your expression of interest by emailing me

melanie.stoneham@gmail.com or tripcoordinator@hvtc.org.nz

Also we are after some ideas for games and things to do on the Sunday. We know these events have happened in the past so if you have been on one and remember some ideas please let me know

Mel

TRIP REPORTS

COW CREEK VIA RUAMAHANGA GORGE

12-13 SEPTEMBER

Andrew Robinson

The weekend's route to Cow Creek hut was a less often used one up the Ruamahanga Gorge and over Cow Saddle then back the same way the following day. Although I thought it would be a relatively easy trip I anticipated it would take upwards of seven hours so I advertised it as a grade two trip. Seven others signed up for the trip, a sign that overnight trips are still popular. Three pulled out a few days beforehand for various reasons but for the rest of us (Nick and Kate Brownsword, Shane Harrison, Angela Hope and Andrew Robinson) that meant a greater chance of getting a bunk at the hut

At the road end cake from Angela got us off to a good start. The signage at the car park was a bit ambiguous but by process of elimination we worked out which way to go. After meeting a couple of unsuccessful hunters on their way out early on we headed up a marked steep farm track which I wasn't expecting. From my one previous trip on the route I knew it used to pretty much follow the river all the way to the forks (although seldom in sight of the river) so I wondered if there had been a slip on the old track. A look at aerial imagery afterwards suggests that's probably the case. The unexpected hill didn't add a great deal to our total time. About an hour later we got to a couple of cabins, presumably where the hunters had stayed the previous night given the time we'd met them. Shortly after that we had an easy stream crossing then we were on an easy track through

regenerating bush, mostly manuka. We had a pleasant morning tea stop quarter of an hour along the track. About half an hour later we got to the actual Tararua Forest Park which makes it probably the furthest the park boundary is from the start of any track into the park (nearly two hours excluding breaks).

Prior to the trip I had checked with Jim Cousins who has used the gorge route multiple time and confirmed that the route is relatively easy. He did say however that at one of the stream crossings where the track drops steeply to the stream it is better to cross further upstream. Twenty minutes after the park boundary we got to the stream in question. It was a tricky descent to the stream and Nick took a tumble near the bottom, fortunately suffering just a bit of bruising so he was able to continue. We did search for a better place to cross at the bottom but not finding anywhere better we crossed at the usual place with no further drama.

The track continued on an easy gradient but with patches of mud and tree roots that weren't too much of an issue. Half an hour after the difficult stream crossing we stopped for a late lunch. At three o'clock we reached some old wooden signposts that I remembered from my one previous trip. By my calculation we were only half an hour over my estimated time to that point if I'd got my times right. We were just short of the forks then it was a bit over an hour up Cleft Creek to the start of the track up to Cow Saddle. The route to the saddle used to be via a stream but now it follows a ridge track which I think is a good idea. It was 5:30 by the time we got to Cow Saddle, an hour over my estimated time, with about another hour to go. I was hoping we would get to the hut before dark but with about twenty minutes to go it was time to get head torches out. When we got to the bottom the group decision had already been made to ford the river rather take the longer route via the bridge. The river was a bit deeper than I expected but only the bottom of my shorts got wet. It was a relief to arrive at the hut nine hours after we'd set off and find it empty. Nick and Kate had their tent so Shane, Angela and I got a bottom bunk each.

Before and after dinner there was discussion about meet-up groups and it seems from people that have experienced both tramping with a tramping club and tramping with a meet-up group that a tramping club tends to offer safer and more friendly trips and has more experience to draw on. That's good news.

Given it had taken two hours longer than expected to get to the hut I decided it best not to try to follow the old route down the stream from Cow Saddle on our way out. Not much to say about the trip out. It was colder than on the way in though still fine and the tricky stream crossing was marginally easier given we knew what to expect. Back at the minibus we had cake from Angela again, a great way to bookend a tramp.

Andrew

TE PUA-A-TĀNE CIRCUIT - FLIP A DUCK!

Mary Horner

Trampers: Janine, Kirsten, Mary, John and Shane

"Some of the tramp is quite glamorous, some a little less travelled! We'll need to share the driving and dinner-cooking duties, as well as the load."

On Wednesday 30 September earlier this year, we left the clubrooms just after 7.30am for the long drive to Minginui complete with strategic food and rest stops. Once there, we explored Murupara and Minginui, sparking discussion about what we knew of each town, past and present.

Thursday morning saw us up early and ready to begin the circuit. After a later shuttle ride than expected to River Road car park, we were walking by 9am on a well maintained track as despite evidence of mountain biking use, plenty of fresh clearing and levelling work had been done. About 20 minutes short of Moerangi Saddle, one member of the group suffered an injury and made the difficult decision to turn back. After a quick discussion, food and gear were redistributed and the

remaining four continued on. We reached the saddle in time for lunch and a well-earned rest before descending through warm sunshine alongside the Moerangi Stream. The first whio of the trip appeared on cue and provided some excitement enroute to quirky, wee Rogers Hut (Te Wairoa). Additional mattresses mysteriously appeared from the tents of others and after a quick wash in the river and dinner, we were pleased to get into bed.



Friday's walk over Mangahika Saddle was another fine day in the bush. Nothing too strenuous, plenty of sunshine, and lunch at Mangahika Hut before continuing to Central Te Hoe Hut, the most remote stop on our circuit. Dinner that night deserves special mention; sweet and sour pork with rice, vegetables and salsa was enjoyed by all. Hunters arrived later in the evening but a peaceful night's sleep left us well rested for what we expected would be the tough, long day of the trip.

Two substantial climbs, the Te Hoe Bluffs and a predicted walking time of over 10 hours had our attention from the outset. Thankfully, the first climb and the bluffs proved less intimidating than anticipated, and the recently cleared descent to Upper Te Hoe Hut made for pleasing progress. After lunch in the sunshine, we tackled the second major ascent and reached the Pukahunui turnoff in good time.

Confident that the descent to Upper Whirinaki Hut would be just as straightforward, we were expecting a relatively easy finish to the day. Instead, once we reached the Whirinaki River, we found huge piles of flood

debris choking the river with the track appearing and disappearing at chaotic levels and intervals on each side. We scrambled up banks, dropped back into the river, climbed out again on repeat. Our progress slowed substantially but with the experience, expertise and fitness in the team, we kept moving. By 6pm head torches were required. Eventually, we caught the unmistakable smell of woodsmoke. A few minutes later we stumbled into Upper Whirinaki Hut after more than 14 hours on our feet. Local hunters welcomed us in and packs were taken from tired shoulders, sleeping spaces were offered, and a handsome border collie named Eli quickly became the hut favourite. We devoured a quick dinner, shared a few stories, and fell into bed, simply relieved.

Day 4 and the track alongside the Taumutu Stream was beautifully straightforward. We reached the spacious Central Whirinaki Hut in time for an early lunch. The final Whirinaki River section was gorgeous with beautiful bush, clear water and excellent walking. With a few ups and downs beside the river, we made good time back to River Road car park, where our ride returned us to the lodge (Whirinaki Adventures). A large roast dinner followed, complete with dessert was enjoyed by all before falling into clean sheets.

The drive home took us around the western side of Lake Taupō and was longer than expected, although the sunny weather and stunning views made it a pleasant finish to the trip. We arrived back at the clubrooms around 5pm, where Doc was waiting enthusiastically to inspect and clean the van. Happily, we received high praise for its condition.

LESSONS FROM THE CIRCUIT

Every member of a team is a leader. Leadership happens at the front, the back, with the map, without the map, in encouragement, and in simply putting one foot in front of the other.

1. Be grateful for the body that carries you, especially your feet.
2. Notice the magic: whio on the river, towering bluffs, vivid stream colours, lush forest, strange fungi and the generosity of strangers.
3. Eat before you're hungry.
4. Treat blisters before they are blisters.
5. Flip the duck! And celebrate every victory.
6. Pack liners, head torches, blister kits and sleeping mats are not optional extras.
7. Have the best team.
8. and you will get there in the end! ;)

The experience, support and trust shared within this group turned a challenging tramp into a memorable adventure. On this trip, this camaraderie wasn't just appreciated - it was essential. Thanks to HVTC for the opportunity and support.

Mary

TREGAR FALLS AND KOROKORO DAM 4 OCTOBER

Mel Stoneham

Most of you all know I love a good waterfall, the sound of running water and watching it for me is a magical sight. The sun was shining and 12 of us set off to find some. We got to the spot where we go off track to head up and over to Tregar falls. The off track was a bit slippery after the rain



but we all managed to get down to the stream. It was great to see how much the bush has grown. We headed up the stream to Tregar falls. There were a few obstacles to scramble over so made the trip a bit more difficult than originally planned. Only Tony J was keen enough to climb up and get very wet to see the rest of Tregar falls. Once back out on the main track we headed up to Bakebeans bend and crossed the stream to go to this stunner of a waterfall. I was amazed on how many in the group didn't know it was there. We said goodbye to some of our party and they bathed in the sun, ate lunch then headed out. The rest of us headed up to the dam. At the bottom of the dam I noticed they had cleared the track so you could head up that way. Tony J and Heather decided to try that way, some others did to, but decided to turn around. We then all enjoyed a sunny lunch spot looking out over the dam. Once we had lunch we took the main track back to the cars. Was a great day out and thanks for all that joined me.

Mel

THE OMAKERE COASTAL HILL COUNTRY WALK 16TH TO 18TH OCTOBER 2026

Debbie Labett

Friday Night - The Journey Begins

Nine of us set off from the Hutt Valley Tramping Club rooms in the minibus, with plans to collect Hassan from the Mobil Service Station on High Street en route.

We travelled towards Central Hawke's Bay via Haywards Hill, delayed slightly by the usual roadworks, before enjoying a smooth run along Transmission Gully and the relatively new Manawatū-Tararua Highway. It was certainly much quicker than tackling the Remutaka Hill Road.

The group decided to stop in Woodville for dinner, but options were a little limited in the small town, so we continued on to Dannevirke where there were slightly more choices. Some enjoyed Chinese takeaways while others opted for Subway.

After dinner we travelled on to Waipukurau and our overnight accommodation. Some stayed at the Tuki Tuki Motel, while others were kindly hosted at my friend Sue's home up the road.

Saturday morning started bright and early. The motel crew were picked up at 7.50am and by 8.00am we were on our way to the event start point at Waipari Station, Ōmakere.

The drive from Waipukurau to Clareinch Road is just over 43km, and when we arrived, we were greeted by excellent traffic management run by the local community.

As the minibus driver, I was secretly hoping we wouldn't be directed into what looked suspiciously like a giant mud pool masquerading as a paddock! Fortunately, we were guided up a slightly steep gravel road and neatly parked in front of a farm gate. Success! No risk of the van disappearing into the mud.

As it turned out, this was an excellent decision. By the end of the day, the paddocks and exit roads were incredibly muddy.

The minibus certainly didn't escape unscathed. It finished the day dusty, muddy, and very dirty!

Event Details

Hosted by the Ōmakere School & Community Association as part of the Spring Fling Festival fundraiser, the event offered three course options:

- 6km Coastal Walk/Run
- 12km Inland Loop
- 18km Combination Route (for those who enjoy steep hills, uneven terrain, and water crossings!)

Registration was held in a large wool shed, followed by the safety briefing and expectations for the day.

The weather? Very cold, very windy, and definitely wet.

We were all keen to get moving just to warm up.

One quote from the organisers summed up the local attitude perfectly:

"We don't do that sort of carry-on around here."

In other words... no cancellations!

What Our Members Said:

"Really enjoyed the farm walk near Waipukurau. The cool weather was much better than super hot conditions, the people were friendly, and the lunch was very good. It was great doing it with the club group. First time I've seen the minibus covered in mud!"

"The 'no track' sections of the 12km route were certainly adventurous, with steep paddocks, rock outcrops, muddy stream banks, and water crossings all playing their part. The 6km coastal loop in the afternoon was easier, with lovely views and plenty of fresh salt-laden sea air. A great day out alongside another 330 keen walkers."

"Thanks for organising it Debbie - it went really well!"

Rosie Doole

"This was my first visit to the beautiful Hawke's Bay region. I wasn't expecting such cold and wet weather. We experienced all four seasons in one day! Mud, mud, and more mud through stunning green paddocks and rolling hills. Despite the weather, it was heartening to see people from near and far coming together to support such a great cause. I'll be back, Hawke's Bay... preferably in better weather!"

Mimi Hodis 🥾☁️🌊🚌

Post-Race Festivities: Included live music, a school fundraiser stall, a barbecue, and local refreshments

It was a real shame it was so cold, many people headed home



They usually make extra money by selling goodies, I like the set up where you pre purchase tickets for so many beers and a BBQ item, as they are not licenced to sell alcohol or food, this provides a great workaround.

Where there is a will there is a way

I spoke to one of the organisers she mentioned about 70 people bailed on the day due to weather, no refund policy, unless you purchase insurance, all funds raised are a great donation to the school, which pays for kids swimming lessons, transport into local swimming pool

Our group purchased some left-over lunches, as there were several spares due to no shows, big bags of apples, plus some homemade fudge, real fruit ice-cream, hot beverages, beers, locally crafted jewellery, and other items from the stall. I would like to make a huge shout out to New World Waipukarau who provided, ingredients, delicious fresh rolls and fillings for our lunches, fruit, also the local community had included homemade baking in each brown paper bag, which we collected at top of the hill.

Our group were comparing who got what slice in their bag, most were different and some tastier than others, slice envy!!



Rain, wind, mud, sea views and smiles.

I will run this trip again next year for those who missed out

In case those of you who like to crunch numbers

Yes, I can count...Originally, we had 10 booked in minibus, one lady sprained her ankle and needed to bail at short notice.

Rosie took her own car up and stayed extra days with her friend Carol, who had the cutest wee dog, they met us on Sunday morning on our way back to Wellington at Hatuma Café for breakfast or just coffee if your preferred

Summary:

A weekend of muddy paddocks, changing weather, great company, community spirit, homemade baking, and one very dirty minibus. Despite the conditions, everyone had an enjoyable adventure and helped support a fantastic local cause. Some came home with sore legs, some with fudge, and all came home with stories. 🚌 🌧️ 🏠

Huge thanks to Doc for cleaning it for us. I did offer to put it through the carwash or hose it down, he said "leave it, I will clean on Thursday" as it is going out to Baring Head with Murray.

I don't think he realised how muddy it was.

Participates: Louise Gibson, Tereka Zaloumis, Kate Becker, Diana Rickman, Mimi Hodis, Sarah Spencer, Oscar Taylor, Rosie Doole, Hassan M , Debbie Labett (scribe)

Debbie



FOR SALE : Primus stove

Chris West



MSR Dragonfly white spirits primus stove with 591ml fuel bottle.

\$100 but open to offers

Chris West at jackieandchris@xtra.co.nz or 027 3351688

Chris

Apologies

I am sorry that I was not able to include the report for the Te Whiti Riser – Point Howard Loop. This will be included next month.

Here is an image of some of the newcomers and veterans who enjoyed the tramp to Tūrere Lodge.



Bruce

The views expressed in the articles in this newsletter are not necessarily the views of the Hutt Valley Tramping Club. Any queries or comments should be directed to the writer of the article. Contributions to the Hills & Valleys are welcomed and encouraged but all are accepted on the understanding that the Editor has the authority to make minor changes if deemed necessary, refer back to the contributor for amendment, or return the contribution for amendment by the Writer.