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APRIL - JUNE 1998

TITLE	COMMITTEE MEMBER	HOME TEL	BUSINESS/CELL OR FAX NUMBERS
x Chairman	Colin Turner	708 3517	
Secretary	Pam Podmore	21 6160	Fax : 202 8404
x Treasurer	Chris Dobson	765 1824	082 4611954 20
✓ Day Hike Organiser	Adrian Rowe	764 4721	9-9-98
✓ Trails Organiser	Margret Kirsten	7658052	2027220 (082-0800) 2321628
✓ Weekend Organiser	Cedric Biggs	86 4053	
✓ Social Organiser	Denise Warburton	42 9781 6629781	
✓ Editor	Jenny Hewitt	28 1522	083 3254781
✓ Publicity	Mary-Lee Amot		082 4600454
7 Ordinary Member/Sat Hike Organiser	Philip Gatenby	21 3592	

CHAIRMAN'S CHATTER

The AGM of our Club was again well attended and with a bit of persuasion, some new faces were elected to positions on the committee. The committee, which members voted in to serve you for the ensuing year, is listed above. A welcome is extended to first-timers Chris Dobson and Cedric Biggs (although Cedric is unable to hike at present, he has much Berg experience), and Pam Podmore, Jenny Hewitt and Philip Gatenby who have served on the committee in previous years. It is also nice to have Adrian, Margret, Mary-Lee and Denise back in the fold, though two now have different portfolios.

At our AGM I was very pleased that the recipient of the Leader's Floating Trophy was Bill Hyslop for the amount of work he had put in on recces on old and new hikes, and for organising and leading many of them.

During the past year, Honorary Life Membership was bestowed in terms of our constitution on George and Mary Carr, as well as Trish Ogle, all three having attained 30 years membership of our Club. Well done!

Should any member wish to read the Chairman's Report for last year, which is too lengthy to include in the magazine, they are welcome to contact me.

At our most recent committee meeting, it was unanimously agreed that we waive the R1 fee, which the Club receives out of the R5 charge for Saturday hikes, as there are no costs incurred by the Club. The full charge will now be paid to drivers.

In view of the unfortunate incident which befell Paula when out by herself on a recce, I must warn those of you who assist the club in this way to be very careful, and if not able to get a group of at least 3, including a man, to not take the chance of going out alone. I appeal to members to contact Adrian to offer your services on recces and he will arrange a group when and where necessary.

At a recent meeting between Hiking Clubs and the KwaZulu Natal Nature Conservation Service (formerly Natal Parks Board), we were requested to draw to the attention of those who hike in the Berg, the following:

- Emphasis is going to be put on Berg hikers being responsible for rescue costs. When signing the hike register at KZN NCS Resorts, details will have to be given of your medical aid membership and any insurance covering medical rescue. A minimum premium insurance scheme to cover Berg hikers is being investigated by KZN NCS.
- On occasions, when hikers' equipment is stolen and subsequently recovered, it is impossible for officials to identify the owner of the articles. They suggest that items of value be clearly marked with the owner's name and telephone number.
- It would be of great help to them if hiking Clubs could assist by setting aside one weekend to work with them in the restoration of paths etc in the Drakensberg Park. We are looking into the matter.

A short discussion took place after the hiking clubs' meeting with KZN NCS, without the latter being present, at which a proposal was put forward, namely, that outdoor recreation organisations with a particular interest in the Drakensberg form an NGO to represent their interests wherever and whenever appropriate. The clubs present considered the proposal a good idea and this will be followed up in the immediate future.

Yours in hiking
Colin Turner

MEMBERS' NEWS

We extend a friendly Ramblers' welcome to the following new members: Mike and Patti Sageantes, Ann Geraghty, Ema Sigrist, Eileen Kenshale, Tonyo and Petro Harris, Mr & Mrs David Rothwell, as well as a new Aspirant, Joyce May. We hope you will all have many years of happy hiking with us.

Cupid has been at work in the Club again and we congratulate Jenny Lamaletie and Andre Parmentier on their recent marriage, and Christine Giblin and Grahame Davies on their recent engagement. We will wish you a loving and peaceful future.

ANNUAL SUBSCRIPTION FEES

Couples/Families	R25	Single	R20
Country Couples/Families	R20	Country Single	R16
Entrance Fee	R10 per person.		

NB - SUBSCRIPTIONS WERE DUE ON 1ST JANUARY. PLEASE REMIT IF OUTSTANDING.

HIKING PROGRAMME : APRIL TO JUNE 1998

Please try to get to our meeting places at least 10 minutes earlier so that fees can be collected and lifts arranged timeously. Day hikers, bring 2 litres of water, a hat and a cup for lunchtime tea/coffee. Saturday afternoon hikers, bring 1 litre of water and a snack for half time.

Meeting places : Durban - Musgrave Park, Cnr Berea & Musgrave Roads
Pinetown - Union Main Centre, Old Main Road.

NB - PLEASE BRING CORRECT MONEY AS NO CHANGE WILL BE GIVEN

DAY HIKE PROGRAMME

All meeting times, unless otherwise stated are : Durban 08h00 Pinetown 08h30

29/3/

DATE	DESCRIPTION OF HIKE	HIKE LEADERS COST OF HIKE	TELEPHONE NOS.
5 April	Salimba Farm - has not been hiked since 1994. A lovely hike on a farm near Richmond - NB Start Times Durban 7.30 Pinetown 8.00 am	Dave Easton Members R22 Visitors R27	Adrian Rowe 7644721 (H)
12 April	Easter Weekend - no hike		
19 April	Rob Roy's Retreat - enjoy an exhilarating hike in the Valley of 1000 Hills	Steve Nel Members R10 Visitors R15	Adrian Rowe 7644721 (H)
26 April	Faraway Farm - an enjoyable hike in the bush near Eston Long	Dave Easton Members R16 Visitors R21	Adrian Rowe 7644721 (H)
3 May	World's View - a relaxing medium hike above Pietermaritzburg	Tony Livingstone Members R20 Visitors R25	251654 (H)

Hot
20

10 May	Lower Nqutu Gorge – partly within Krantzklouf Nature Reserve down the ravine and waterfalls of the Nqutu River through lovely natural bush	Colin Turner Members R8 Visitors R13	7083517
17 May	Molweni – Nkonka Circuit – from Krantzklouf's main picnic site down to Sora's Pool up to Forest Hills and back to Inanda Road and then down to Everton – long hike - NB Start time Dbn 7.30 Pinetown 8.00	Adrian Rowe Members R8 Visitors R13	7644721
24 May	Lighthouse Trail – an easy to moderate South Coast hike through dunes and canefields, ending in a Nature Reserve. Braai afterwards BYO. NB Start times Pinetown 8.00 Durban 8.30 am	Tom de Waal Members R16 Visitors R21 Employment R2 100 m Trekking	474766 (H)
31 May	Aasvoel Krantz – hike in the hills of the PMB side of Table Mountain 9.15 entrance	Steve Nel Members R16 Visitors R21	Adrian Rowe 7644721 (H)
7 June	Baynesfield – a hike in the rolling hills in Thornville area. NB start time – Dbn 7.30 Pinetown 8.00	Philip Gatenby Members R16 Visitors R21	213592 (H)
14 June	Shongweni Circuit – provided the rhino have settled in we will enjoy an old favourite Ngomankulu	Dave Easton Members R8 Visitors R13 Plus R5 entrance	Adrian Rowe 7644721 (H)
21 June	Triple Ridges – a nice, energetic hike for a cool Winter's day	Steve Nel Members R10 Visitors R15	Adrian Rowe 7644721 (H)
28 June	Krantzklouf Circuit – starting from the main picnic site in the reserve, along the top of the escarpment and then down to Sora's Pool and back	Margret Kirsten Members R8 Visitors R13	Adrian Rowe 7644721 (H)

PROGRAMME OF SATURDAY AFTERNOON HIKES

These hikes depart from Musgrave Park Medical Centre at 13h30 sharp, and cost R5.00. (Hikes marked * involve a small payment to the reserve – please bring some small change). Would those for whom the above starting point is not convenient, please proceed to the destination, or phone one of the organisers between 12h00 and 12h45 on the day, to arrange a suitable meeting point.

Those who have led a particular hike and/or would like to lead a hike, should approach the organisers at the start, and their wishes can normally be accommodated (with open arms).

Organisers : Philip (213592), Gavin (284342 and Fred (849724)

DATE	DESTINATION
4/4	Winston Park 2. Start at the lake – previously St Heliers Tea Garden
11/4	Kloof 1 – Kloof Falls picnic site
18/4	SPCA – Kloof & Highway SPCA. Village Road
25/4	Roosfontein – Westville Prison – Spine Road <i>Post-Reg 13-25</i>
2/5	Burman Bush – Car park at bottom of Burman Drive
9/5	Palmiet – entrance opposite Westville Hotel
16/5	Kloof 3 – Kloof Falls picnic site
23/5	Nqutu Gorge – Valley Drive near causeway
30/5	New Germany – 2 nd right off Otto Volek Road, after OMR
6/6	Uve Road – off Krantzview Road, Kloof
13/6	Kloof 2. Kloof Falls picnic site
20/6	Umbilo Moss – Old Umbilo drive-in site
27/6	Paradise Valley – between dual carriageway and flats.

WEEKEND AND TRAILS PROGRAMME

VE = VERY EASY, E = EASY, M = MODERATE, S = STRENUOUS, VS = VERY STRENUOUS

DATE	DESCRIPTION	LEADER	PHONE	RATING
9-13 April	Blinkwater Trail – Cost R60 plus R30 for petrol	Philip Gatenby	213592	
24 April-1 May	Transkei – Coffee Bay-Dwesa Nature Reserve – cost R100 plus petrol	Mary Lee George	0824600454	
25-27 April	Lapas and tents at Ndwaleni on the bank of the Mooi River	Tom de Waal R25/night lapa, R15/tent	H 474 766	M
1-3 May	Contour path Giants Castle Centenary hut to Giants hut	Philip Gatenby	213592	M
16-17 May	Stable cave from Monks Cowl	Nevil Walmsley	7052919 H	M-S
May/June	Scotland, Scottish Ridge	Bill Hyslop	Paula 214619 or Glenys 847632	
30-31 May	Wilson's Cave from Garden Castle	Jack Aumord	H 423245 W 7199072	M
13-16 June	Tomatu Ridge, Lamergeyer, Tomatu & Bushmans Caves	Anitha Jaipal	H 592977 0824568739	M
26-28 June	Haven Rock Farm	Mary Lee Arnot	0824600454	E

14-18/9/98 Tritzshana trail Mountain Backpackers Harry & d Webb

Christine last weekend May?

11-12 Jul	Redi peak from Loteni Reserve	Hill Hyslop Cedric Biggs	864053	M-S
18-19 Jul	Pillar cave and Rhino peak	Luciano Colombo	H 9036333 W 9027470	M-S
25-26 Jul	Zulu cave from Monks Cowl	Jack Aumord	H 423245 W 9027470	M
Early August	Malalotsha <i>Blyde River</i>	Ian Stewart	0323-98058	
Early August	Blydepoort	John van Zyl	429781	
8-10 Aug	George Archibald's farm carry tents	Mary Lee	0824600454	E
8-10 Aug	Engagement cave – Pillar cave eroded rock extravaganza	Philip Gatenby	213592	M
11-12 Aug	Climb Rhino Peak (optional)			
28-30 Aug	Day hikes from Injasuthi base	George Archibald	Mary Lee	M-S
Early Sept	Bannermans Hut and Pass <i>X @ Pico</i>	Neville Walmsley	H 7052919	M-S
Sept/Oct	MALAWI – Exploring Mount Mulanje	Bill Hyslop	0824552217 after 1.7.98	
24-27 Sept	Cathedral Peak and contour path – carry tents	Audrey Vickers	H 237902	M
2-4 Oct	Have Rock	Mary Lee	0824600454	E
17-18 Oct	Whites Cave	JP de Pesta	H 283296 W 4602426	M
24-25 Oct	Day hikes from Injasuthi campsite	Steve Nel	W 0351-928443	E-M
14-15 Nov	Day hikes from Cobham	John van Zyl	H 429781 W 9032374	M
3 Nov	Gxalingerwa Cave	George Archibald	Mary Lee	M-S

SOCIALS DIARY

DATE	EVENT	CONTACT NOS
Fri 3 April	Scrabble – Reg & Lyn 133 Marianridge Dr, Pnt	0824600454
Fri 17 April	Social get-together at Horse with No Name, Greyville Race course from 17h30 onwards	Denise - 429781
Wed 6 May	John Van Zyl's 50 th birthday surprise get-together for drinks and supper at Thatches	RSVP any committee member by 4/5
Fri 8 May	Scrabble/games evening at Linda Holmes, 11 Elizabeth Crt, 31 Chelmsford Rd.	222330
Sat 23 May	Afternoon hike and braai at Dobson's waterfall – meet at Union Main, Pinetown at 13h30 BYO	Denise or Chris 751824

Fri 5 June	Scrabble/Games evening – Anorra, 48 Beach Rd, Bluff	4664728
Sat 20 June	Hike and braai at Point Yacht Club – meet at 13h30 at PYC	Denise
Fri 26 June	Social get-together at Mykonos, Essenwood Road (supper R40 eat as much as you can) from 17h30 onwards	Denise

MOUNTAIN SURVIVAL CAKE

Ed Wilson kindly provided his secret recipe for a nourishing cake that has kept me going on many a hike. Here it is.

- 1 mug Kelloggs All Bran Flakes
- 1 mug sultanas
- 1 mug brown sugar
- 1 mug milk

Mix, and leave in 'fridge overnight. Then:

- Add : 1 egg
 Half a tsp salt
 2 tsp (level) cinnamon powder
 half tsp mixed spice
 chopped pecan or walnuts (and any other nuts of your choice)
 1 mug self-raising flour.

Place the mixture in greased tin and bake for 45 mins at 180 degrees

I took this basic recipe and experimented a little in order to make the product tougher in texture, so that in an anorak pocket it would not collapse into crumbs as I pounded our hills. I found that changing the ratio of all-bran to SR flour (less SR and more bran), using all-bran 'worms' instead of flakes, and increasing the quantity of nuts to a mug-full had the desired effect, and produced a product which did not quite need a hack-saw to cut. I also used ginger as one of the spices and tried adding vegetable protein powder. I also found that only 30 minutes baking in my oven was needed.

As a person of average weight only needs 800 gms of this a day, you do not need much space in a rucksack for food, so you can expect to go like a rocket!

Bill Hyslop

Has anyone else any recipes or hints/tips to share ?

