



PO Box 50563  
4062 Musgrave Road

APRIL TO JUNE 2002

TITLE	COMMITTEE MEMBER	HOME TEL	BUS, CEL & FAX Nos
Chairman	Brian O'Connell	3060743	0834540569
Secretary	Grahame Davies	6648728	6648728
Treasurer	Biff Maggs	3121503	0829006966
Day Hike Organiser	Margret Kirsten	7658052	
Sat. Hike Organiser	Ann Olds	7671027	
Berg/Trails Organiser	Chris Dobson	7661824	0824611954
Publicity Organiser	Werner Vanselembrouk	2087632	
Magazine Editor	Christine Davies	6648728	6648728
Socials Organiser	Ann Thompson	7655133	
Ordinary Member	Paul Abelman	2013066	

A big welcome to the new executive committee appointed by members at the AGM in February. They all are prepared to give of their time to ensure that we have good hiking and happy social interaction. Give them your support.

*"I thought I would begin my recital by reading a poem by Will Shakespeare, but then I thought: Why should I? He never reads any of mine."*  
Spike Milligan

**HIKING PROGRAMME : JULY TO SEPTEMBER 2002**

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, P'town 08h30.*

DATE	DESCRIPTION OF HIKE	HIKE LEADER	TEL NOS
April 7	Umdloti Area. Forest & beach walk – moderate in strength & length. <i>N.B.-Durban-08h00, P'town-08h00</i>	Brian O'Connell Members - R10 Visitors - R15	0634540569
April 14	Amanzimtoti Circuit. Easy hike with braai after – a chance for Sat & Sun hikers to walk and talk together. If you don't want to walk, come to the braai. Phone hike leader for details. <i>N.B.- Durban-8h30; P'town-8h30</i>	John Van Zyl  Members - R5 Visitors - R10	4629761
April 21	Inanda Dam. Medium to strenuous hike. Lots of lovely ups and downs. Great scenery.	Colin Turner Members - R10 Visitors - R15	7083517
April 28	Chanteclair Skyline. Medium hike replacing the one that was recently rained out.	Steve Nel Members - R10 Visitors - R15	0634540569
May 1 Public Holiday	Shongweni Dam. Short hike in lovely area followed by a braai. <i>Meet in Pinetown at 08h00 or go direct to the Dam.</i>	Denise Warburton Members - R5 Visitors - R14 <i>NB + entry fee-R7</i>	4629781
May 5	Gibe Heights and Woods. Medium to easy. Suit Saturday hikers wanting to try Sunday hiking.	Dieter Becker Members - R5 Visitors - R10	4627445
May 12	Umdloti Bentley Trail. A different hike from last month's Umdloti area hike. <i>N.B.- Durban-08h30; P'town-08h30</i>	Glenys Bentley  Members -R9 Visitors - R14	5647832
May 19	Faraway Farm. A long hike that is moderate to strenuous. A good workout and value for money.	Chris Dobson Members - R18 Visitors - R23	7651824

May 26	Baynesfield. Medium hike – uphill in morning, downhill after lunch. Lovely indigenous forest / orange groves.	Philip Gatenby Members - R15 Visitors - R20 + entry fee R5-7	2013592
June 2	Highland Rockeries. Moderate, lovely winter hike.	Llewellyn Evans Members - R14 Visitors - R19	7641013
June 9	Little Table Mountain. No shade and ideal for winter hiking.	Lee D'Eathe Members - R19 Visitors - R24	2623753
June 16	Kloof Gorge High. Medium hike led by guest leader Adrian.	Adrian Rowe Members - R6 Visitors - R11 +entry fee R5	7644721
June 23	Ingomankulu. Camperdown area – great views. Medium hike with steep downhill.	Margret Kirsten Members - R15 Visitors - R20	7658052
June 30	Craig Lea. Strenuous to moderate hike in the African bundu.	Steve Nel Members - R13 Visitors - R18	0834540589

#### Why do we Hike?

After a recent strenuous hike there was a discussion in the pub about why we are punishing our aging bodies in this way. Even the leader, who happened to be Steve Nel, was groaning into his beer. In case we forget, it has been proved by studies in UK and USA that *active people are healthier*.

Regular strenuous activity protects against heart disease, may lower blood pressure and reduces the risks of osteoporosis. It promotes suppleness, controls weight and gives us a healthier appearance with a sense of well-being (except on Monday morning after the hike). With this increased physical and mental efficiency we can more easily handle stress and lower our medical costs.

So the next time you are trudging painfully up the highest hills in Durban or flopping exhausted into the nearest chair in the pub or crawling out of bed in agony on a Monday morning and wondering why we do it. *It's good for you – so is eating raw broccoli!!*

*A couple drove several miles down a country road, not saying a word. Earlier, a discussion had led to an argument, and neither wanted to concede their position. As they passed a barnyard of mules and pigs, the husband sarcastically asked: "Relatives of yours?"*

*"Yep," the wife replied, "In-laws."*

**SATURDAY AFTERNOON HIKES PROGRAMME**

Hikers may meet at the Musgrave Park Medical Centre at 13h30 and share transport to the relevant starting point of a hike. Hikes depart 14h00 sharp and participants must be at the start at least 10 minutes beforehand. The transport cost of R8.00 is payable to the driver. All visitors are to pay R4.00 to the hike leader of the day. Hikes marked with # involve an additional entry cost to the nature reserve. Hikes marked with \*\* are suitable for beginners. If you require directions to the starting point of a hike, or information regarding suitability for beginners, etc., please contact one of the organisers below between 12h00 and 12h45 on the Saturday.

Ann - 7671027    Dave - 2668602    Brian - 0635446379

DATE	DESCRIPTION OF HIKE	LEADER
April 6	New Germany Nature Reserve	Dave
April 13	Winston Park. Meet at east end of Jan Smuts Avenue.	Ann
April 20	# Alverstone. Meet on verge outside Assegai Hotel. <i>Entry - R5.</i> Bring braai and gas equipment.	Clive
April 27	# Kloof. Longshadow. Hike beside stream & return along escarpment. <i>Entry - R7</i>	Philip
May 4	Umhlatuzana Valley. Meet at St Helier Dam.	Brian
May 11	# Kloof. Nkonka Falls. <i>Entry - R7</i>	Ann
May 18	** # Stainbank. <i>Entry - R7.00.</i> B.Y.O. for sundowners.	Clive
May 25	# Nqutu Gorge. Waterfall area. <i>Entry - R7.00.</i> Bring and braai.	Dave
June 1	# Kloof, Uwe Road. Meet in the carpark opposite Stokers. Hike along grassland path then steeply down to river, rest and steep retreat. <i>Entry-R7</i>	Ann
June 8	** # Paradise Valley. <i>Entry- R4.00.</i> Bring and braai at Dave & Erica's home.	Werner
June 15	** Umbilo D'Moss. From old Umbilo drive-in site. BYO for sundowners.	Dave
June 22	Clifton Lookout. Meet on verge at Assegai Hotel.	Dieter
June 29	Shongweni. Meet on the verge at the Assegai Hotel.	Clive

*Old Fred went for his annual medical check-up. "Look, Fred, you are 93 now, and your hearing is getting much worse", said the doctor. "And you'll have to cut out drinking, smoking, partying and sex." "What!" cried Fred in alarm. "Just so I can hear better."*

**WEEKEND AND TRAILS PROGRAMME**

DATE	DESCRIPTION	LEADER	TEL NOS
March 29 - April 1	Cobham (Himeville). A variety of day hikes from campsites, and wash off by tubing down the river (bring own tube).	Margret Kirsten	7658052
April 27/28	Stable Cave - early start Saturday morning to Monks Cowl Forest Station with an energetic hike to overnight in the Cave.	Neville Walmaley	3092298
May 25/26	Havenrock. Active Friday evening to comfortable accommodation, and a pleasant weekend of day hikes and game viewing.	George Archibald	Chris Dobson 7651824
June 15 - 17	Vergezient (Olivershoek) - a well equipped lodge with magnificent views and hikes to suit all. Please book before May 10th 2002.	Margret Kirsten	7658052

*The Rambler's alternative code :- "Seen it all, done it all, can't remember most of it."*

**SOCIAL DIARY**

DATE	EVENT	CONTACT
27 March 17	Short hike and braai. Meet at Christine and Grahame Davies house at 8h00, 12 Gemmel Place (off Delaware Ave), Durban North. BYO salad or dessert to share.	Christine 5648728
April 5	Point Yacht Club - "Charlie's Pub" from 17h30 onwards. Meats available for approx R20.	Denise 4629781
May 1	Worker's Day at Shongweni Dam. Short hike and lunch braai afterwards. BYO everything. Meet at Union Main at 09.00. <i>NB entry fee - R7.00</i>	Denise 4629781
June 8	Saturday Hike in Paradise Valley followed by braai at the home of Dave (Hancocks) and Erica. BYO with salad or dessert to share. Phone first.	Dave 2668602

Scrabble :- If you are interested in playing scrabble, please ring Lynde on 2022330 or Colleen on 2022279.

## MEMBERS NEWS

### Help Required

Articles needed for the magazine – hiking, humour, recipes, health tips – do you have anything that your Rambler colleagues would like to read? The editor would love to have your input :- fax or e-mail Christine – 5648728, [macda@tsemail.abss.co.za](mailto:macda@tsemail.abss.co.za).

### New Members

We welcome the following new members to the club :- Sue van der Spek, Glenda Hicks, Hunter and Joyce Murphy, Graham and Janine van Staden, Gordon and Joan Graham, Trevor and Ann Thompson, Sue van der Westhuizen, Lois Harte, Kim Gibb, Craig Laidlaw, Brian and Suzanne Blankenberg, Sharyn Prouse, Irene Rupp and Merle Mackenzie. May you enjoy hiking and socialising with us.

### Travels

Good luck and happy travels to Bill Hyslop who is in the UK for 3 months, to Chris and Garry Dobson who are in the Cape for a few weeks and any other member who is away on holiday.

Welcome back to Paula Baxter from her stay in Australia.

### Committee Changes

Ann Thompson has taken over as Socials Organiser from Denise Warburton, who kindly filled in to get the April-June socials published. Werner Vanslebrouk has kindly taken over from Jenny Hay on the Publicity portfolio.

### Remember

"It's better to be silent and thought a fool than to speak and remove all doubt." The brain is like a T.V. screen – when it's blank, you should turn off the sound.

## LIFESTYLE

This is a new section which will be active whenever there is the space for it in the magazine. I envisage recipes, articles about health issues, hiking issues and information, positive reviews about restaurants, theatre and cinema, household tips and other useful lifestyle information. So give me, Christine Davies, a call or fax on 5648728 or e-mail me at [macda@tsemail.abss.co.za](mailto:macda@tsemail.abss.co.za).

Durban has a year long summer and the most popular social event is the braai. The custom is that the men take over the meat cooking duties and leave the women to the menial tasks of preparing the salads, sauces and vegetables cordon bleu. The chief braasler chucks a match on petrol soaked charcoal or briquettes spotted with pieces of firelighter, watches the flames shoot up and then shoves off to the bar with the boys for the next 20-60 minutes. The meat is either cooked on a roaring flame and crisped to a blackened mess "it's that bloody marinade that burns it." Or the fire is forgotten in favour of liquid gold until he staggers over to put the peri-peri flattened chicken on dying embers, and it then has to be cooked in the microwave.

Ok not all men are like that. But if you are, then take note of the 10 braai commandments as laid down by one of the world's best meat cookers – Steven Raichlen:-

- 1 **Be Organized**  
Have everything at hand – food, marinade, seasoning, equipment – at the grillside.
- 2 **Gauge Your Fuel**  
When using charcoal light enough to form a bed of glowing coals 3 inches larger on all sides than the surface area of the food you are planning to cook.
- 3 **Preheat the Grill to the Right Temperature**  
Let charcoal burn until it is covered with a thin coat of grey ash. Hold your hand about 6 inches above the grate – after 3 seconds, the force of the heat should force you to snatch your hand away.
- 4 **Keep it Clean**  
There's nothing less appetizing than grilling on dirty old burnt bits of food stuck to the grate. Clean the grate twice: once after you've preheated the grill to remove bits that remained after the last braai and again after you have finished cooking. Use a metal spatula and wire brush.
- 5 **Keep it Lubricated**  
Oil the grate just before putting the food on top. Spray it with oil before the flames appear, use a paper towel soaked in oil or rub it with a piece of fatty bacon, beef fat or chicken skin.
- 6 **Turn, don't Stab**  
Turn meat with tongs or a spatula. Never stab the meat with a fork or knife – unless you want to drain the flavour-rich juices onto the coals.
- 7 **Know when to Baste**  
Oil & vinegar, citrus and yoghurt based marinades and bastes can be brushed on the meat throughout the cooking time. When using a sugar-based sauce, apply it towards the end of the cooking time as these sauces burn easily.
- 8 **Keep it Covered**  
Larger cuts of meat such as whole chickens & legs of lamb should be grilled on a weber-type braai with the lid on.
- 9 **Give it a Rest**  
Beef, steak, chicken – almost anything you grill, will taste better if you let it stand on the cutting board for a few minutes before serving. This allows the meat juices which have been driven to the centre of a steak by the searing heat, to return to the surface – juicier & tastier.

10 **Never Desert your Post**

Grilling demands constant attention. Stay with it until it is cooked. Grilling isn't brain surgery, it just needs a little attention. And enjoy it!

A young executive was leaving the office late one evening when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive and important document here, and my secretary has gone for the night. Can you make this thing work for me?"

"Certainly," said the young executive. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO, as his paper disappeared inside the machine. "I just need one copy....."

The last word - a cat died and went to heaven. God welcomed him saying "You've lived a good life. If I can make heaven more comfortable for you let me know." The cat thought, then said: "All my life I've lived with a poor family and had to sleep on a hard wooden floor..." Suddenly a fluffy pillow appeared and the cat settled down for a nap.

A few days later six mice arrived in heaven. God greeted them with the same offer. One mouse said: "All our lives we've been chased. We're tired of running." In a flash each mouse had beautiful roller-skates and skated off to happily explore their new home.

About a week later God found the cat still snoozing. "How are things going?" God asked. The cat stretched, yawned and replied: "It's wonderful here. I sleep on a lovely soft pillow and those meals on wheels you sent are great."

