



PO Box 50563
4062 Musgrave Road

JULY TO SEPTEMBER 2001

TITLE	COMMITTEE MEMBER	HOME TEL	BUS, CEL & FAX Nos
Chairman	Philip Gatenby	2013592	
Secretary	Mary Perry	2615789	after hours
Treasurer	Chris Dobson	7651824	0824611954
Day Hike Organiser	Bill Hyslop	2628792	0835412228
Berg/Trails Organiser	Bill Hyslop	2628792	0835412228
Entertainment Org.	Vacant		
Magazine Editor	Grahame Davies	5648728	fax: 5648728
Publicity Organiser	Margret Kirsten	7653052	after hours
Sat. Hike Organiser	Celia Vergari	7644608	0838255936
Ordinary Member	Clive Siepmann	7655051	after hours

*A South African on holiday in Greece was irritated to find that he had torn his best trousers. He takes them to a shop and gives them to the tailor who puts out his hand and says: "Euripides"
The South African shakes the his hand, nods and says: "Eumenides."
The Idler in the Mercury*

HIKING PROGRAMME : JULY TO SEPTEMBER 2001

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 Bessa & 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 HIKE COST	TEL NOS
July 1	Dead Horse Cave :- a medium hike providing splendid views of the Umbogintwini valley.	Allan Ikin Members R9 Visitors R14	7671419
July 8	Rob Roy's Ridge :- starting at the Rob Roy, we penetrate deeply into The 1000 Hills Valley beside a Pleasant stream with waterfalls.	Steve Nel Members R10 Visitors R15	0834540569
July 15	Upper Nkutu Falls :- by the George & Dragon route.	Bill Hyslop Members R9 Visitors R14	2626792 or 0835412228
July 22	Umzunduzi Valley :- follow the way canoes go without too much of a water-splash at the river crossing.	Steve Nel Members R19 Visitors R24	0834540569
July 29	Mposane :- this mountain, beautifully situated above the Nagle Dam is an historic route for the club and our leader Steve Watson is one of the traditional leaders	Steve Watson Members R18 Visitors R23	3127108 or 0824434155
Aug 5	Giba Heights & Woods :- a mixture of distant views, dizzy heights, indigenous forest and interesting bird-life.	Dieter Becker Members R7 Visitors R12	4627445
Aug 12	Rob Roy's Retreat :- another valley running down from the hotel. This features a pleasant descent to a lake, and paths by a nice brook for lunch in a peaceful valley.	Bill Hyslop Members R10 Visitors R15	2626792

Aug 19	Coastal Hike :- known as the "267 Steps", in the Umfoloti area. Glenys' famous challenge to those who think coastal walks are easy. <i>N.B. : Durban - 08h30; Ptn - 08h00</i>	Glenys Bentley Members R11 Visitors R15	5647632
Aug 26	Dungbeeie Hill :- hiked only once before, this hike descends into a rarely visited part of the 1000 Hills area and in the afternoon climbs out with a final amusing scramble.	Bill Hyslop Members R10 Visitors R15	2626792
Sept 2	Kloof Gorge :- well known medium hike taking in all the cliff top in the morning and returning by the river in the afternoon.	Philip Gatenby Members R8 Visitors R13 + R5 entry fee	2013592
Sept 9	Umgeni Bend :- very popular hike, last done some years ago, as much bush cutting needs to be done before the trip. Medium in length.	Dieter Becker Members R19 Visitors R24	4627445
Sept 16	Killarney Valley :- original version of this popular medium hike in the countryside close to Umhlatzi River. Welcome to our new leader on his first mission.	Llewellyn Evans Members R16 Visitors R21	7641013
Sept 23	Old Baldy :- no year is complete without this steep adventure on this interesting hill. Short but energetic.	Steve Nel Members R16 Visitors R21	0834540569
Sept 30	Rob Roy's Retreat 2 :- one of the many explorations of the valley of 1000 Hills which each year acquires new variants. Who knows what variants will be included this year.	Bill Hyslop Members R9 Visitors R14	2626792

Christine and I have just come back from a camping tour of Australia's central outback, the northern territories and the eastern reef & rainforest areas. We were very impressed at the Aussie people, especially the Aussie males. They reminded us of the Banoni Bokkies. The following is an example of their sensitive poetry:-

"Of course I love ya darling, you're a bloody top notch bird,
And when I say yer gorgeous, I mean every single word.
So ya body's on the big side? I don't mind a bit of flab.
So long as when I cuddle ya, there's something there to grab,
I'm telling ya the truth now, I never tell yer lies,
I think it's very sexy that you've got dimples on yer thighs.
No matter what ya look like, I'll always love ya dear,
Now shut up while the rugby's on, and gimme another beer."

Courtesy - Martin Crook, Namibia

SATURDAY AFTERNOON HIKES PROGRAMME

These hikes depart from Musgrave Park Medical Centre at 13h30. The cost is R8.00 for transport which is payable to the relevant driver. Hikes marked # involve a payment of R5.00 each for entry into the nature reserve. Please bring the correct amount of money as change is not always available – thank you. Would those for whom the 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.

CONTACT:- Celia (7644608 /0839255938) or Philip (2013592)

DATE	DESCRIPTION OF HIKE	HIKE LEADERS	TEL NOS
July 7	#Nqutu Gorge:- Valley Drive near the causeway. Walk on sides joined by rugged crossing below waterfall.	Celia	7644608 0839255938
July 14	Winston Park 1 - turning circle at eastern end of Jan Smuts Ave. Walk edge of escarpment.	Celia	7644608 0839255938
July 21	#Kloof 2:- from picnic site, descend to valley floor through indigenous bush and waterfall.	Celia	7644608 0839255938
July 28	Umhlatuzana Valley:- bushy walk through Umhlatuzana river valley. Meet at Seasons Restaurant.	Bill	2626792
Aug 4	Shongweni:- meet on grass verge near Assagay Hotel. Open hike.	Sally & Clive	7655051
Aug 11	Paradise Valley:- meet at entrance opposite Westville Hotel. Nature reserve, variety of vegetation.	Bill	2626792
Aug 18	Springside:- first right off Old Main Road, Hillcrest after leaving highway. Cross country.	Dave	2668602
Aug 25	Umbilo D'Moss:- old Umbilo Drive-in site. From canal bank to wooded trail.	Celia	7644608 0839255938
Sept 1	#Alverston:- nature reserve. Meet on grass verge near Assagay Hotel.	Sally & Clive	7655051
Sept 8	New Germany:- nature reserve. Variety of vegetation and animals.	Celia	7644608 0839255938
Sept 15	Rooftopfontein:- Westville Prison, Spine Rd. Open walk in grass /river bed.	Dave	2668602
Sept 22	Lower Macintosh Falls:- meet at Seasons Restaurant. Bushy path to spectacular waterfall.	Bill	2626792
Sept 29	#Stainbank - meet at Stainbank Nature Reserve. Lovely shady walk. Bring drinks & snacks for after hike.	Sally & Clive	7655051

WEEKEND AND TRAILS PROGRAMME

DATE	DESCRIPTION	LEADER	PHONE
July 21/22	Buccleuch - our new bunk-house on the fork of Blinkwater. 6 places with beds, good camping available or verandah - but only one toilet and bath-room!	Phillip Gatenby	2013582
Aug 18/19	Glen Garry - very well equipped camp-site including electric power points beside your tent & a TV lounge. Surrounded by steep mountain peaks giving good mountain walking & scrambling.	Bill Hyslop	2626792
Sept 22/23	Glen Garry - this marvellous camp-site has electric plugs for easy cooking & a TV room for the evening. It affords access to a row of free-standing peaks on the fringe of the Drakensberg, which are enough to keep us occupied for a few years.	Bill Hyslop	2626792

Annual Joint Anglo-South African Trip

This will take place as usual in the first two weeks of September. We will follow part of the famous "Grande Route" No 10 which goes along the border of France and Spain in the High Pyrenees.

Interested? If so please contact **Bill Hyslop** on 2626702 or 0835412228 soon, so that we can discuss plans and look at the maps and guide books together.

Van goes to the top house of ill-repute in Paris. He goes up to the madam and asks, "I want your best girl!"
The Madam then calls her top girl, and the two of them go upstairs.
Two minutes later the girl comes down screaming, "Nevair! Nevair! 'ow can you ask me zat."
The Madam is astounded, as this has never happened before, but nevertheless she sends up her second best girl to satisfy Van.
Two minutes later the girl also comes down the stairs screaming, "Nevair! Nevair! 'ow can you ask me zat?"
The Madam is now intensely curious, since she has experienced everything and is totally unshockable, she then decides that SHE must go upstairs and service this client herself.
Two minutes later the Madam also comes downstairs screaming, "Nevair! Nevair!"
Some guys sitting at the bar ask her what the hell was going on.
She replies, "e wants to pay me in Rands!!!"

SOCIAL DIARY & MEMBERS NEWS

Ramblers Social Evening

Mary Perry is leaving in July to work in UK. She is holding a social evening to bid farewell:-

Date :- Saturday 30th June
Venue:- 4 Old Mill Way, Durban North

Time:- 18h00
Please bring snacks/salads/puds etc., to share and your own drinks. If possible bring a chair as well. Contact **Mary on 2615789 after hours.**

Scrabble

Those who would like to participate, please contact Colleen on 2022279.

Is there no-one out there who would like to take up the position of Entertainments Organiser ? Contact Philip Gatenby on 2013592.

New Members

The Committee welcomes the following new full member – Anita Smith, and the following new aspirant members – Paul Abelman, Jill Dunstone, David Hancock and Erica Clarke. May you all enjoy hiking with the club.

Good Luck

To Mary Perry, our Secretary, who leaves South Africa in July to work in the UK. Thanks, Mary, for help on Committee, and may you enjoy your new adventure.

With Mary leaving, is anyone willing to take over her position of Secretary? If so please contact Philip Gatenby on 2013592.

At our last Committee meeting we were so sad at Mary leaving us that she told us the following joke to cheer us up:-

This elderly couple had recently met and decided to get together and begin a more personal relationship. They met to discuss each other's attitude to such things as washing-up, cleanliness in the bathroom, likes and dislikes about food, TV, music etc.

Then the old man looked craftily at his companion and asked,

"How do you feel about sex?"

The old lady replied, "I don't mind it infrequently."

"Is that one word or two?"

Lost

Long-sleeved, crew-neck navy blue heavy cotton T-shirt top. It was left in a car boot before a hike. Please contact **Ann Geraghty**.

For Sale

75 litre "Boulder – Backpacker", in excellent condition – R300. Or swap for a 65 litre backpack in similar condition. Contact **Colin Turner on 7083517**. There is no truth in the rumour that Colin is feeling his age!

August 9th 2001 – Womens Day

Last year the Entertainments Organiser, Margaret Pershouse, reminded the Committee early in May of the public holiday on August 9th. As a result the committee organised a great lunch party. This year as there is no Entertainments Organiser, nothing has been raised in respect of August 9th – a sign of the apathetic times. Is anyone willing to organise a Women Days hike and social or brass? Comments to members of the Committee as soon as possible.

One night a burglar is trying to break into a house. He's sneaking across the lawn when he hears a voice – "Jesus is watching you!"
He jumps, turns around, but doesn't see anything. So he starts creeping across the lawn again. – "Jesus is watching you!"
He hears it again. So now the burglar is really looking around, and he sees a parrot in a cage by the side of the house. He says to the parrot, "Did you say that."
The parrot answers, "Yes I did."
So the burglar says, "What's your name." The parrot says, "Clarence."
The burglar says, "What sort of stupid idiot would name his parrot Clarence?"
The parrot cackles and says,
"The same stupid idiot that named his Rottweiler "Jesus".

HEALTH FEATURE – TRADITIONAL REMEDIES

The cost of medical care is rising so rapidly that, perhaps, it is time we looked for alternative cheaper remedies. And why not start with remedies that were tried, tested and found to work before the 'great advance' in formal medical practice. The healing properties of so many herbs and cheap household products have been known for years, yet the act of visiting the doctor seems to give us more succour than any acts of self help, regardless of the success or not of the treatment. The doctor, we hope, will give us a 'quick fix', but are drugs he or she dispenses a holistic or long-term solution? In many instances of serious illness the answer must be yes, but for the minor nagging discomforts, traditional remedies may be the way to go. As costs in all facets of life rise, DIY becomes more and more a chosen alternative – why not heal thyself – if it doesn't work, there's always the doctor. Below are examples of traditional remedies for certain common ailments. My source for these was the Fair Lady magazine.

Abscesses

Bind a slice of raw onion to the wound to draw out the sepsis

Bites & Stings

Crushed parsley or parsley juice rubbed or dabbed on the spot eases discomfort

Crushed fresh cabbage leaf reduces pain and discomfort.

Constipation

Mix one teaspoon of honey to one cup of hot water and drink before breakfast – or

Take one of two tablespoons of black molasses in a glass of warm milk at bedtime.

Cuts

Smear on petroleum jelly to stop bleeding and prevent bacteria entering the cut.

Coughs, Colds and Sore Throats

Gargle for sore throats - half teaspoon of salt, half teaspoon of bicarbonate of soda and the juice of half a lemon in half a cup of warm water. Mix well and gargle. Do this three or four times a day.

Cough/sore throat syrup - slice an onion and sprinkle with brown sugar. Allow to draw, and take one tablespoon when needed.

Jewish penicillin - chicken soup made from whole chicken with onions, salt, pepper and garlic - drink it hot.

Diarrhoea

Eat small squares of pumpkin cooked without water or salt.

Earache or Infection

Put a drop of garlic juice mixed with warm olive oil into the ear.

Eye Care

Boil two cups of water and a teaspoon of salt, then add a teaspoon of bicarbonate of soda. Cool and use as a soothing eyebath.

Flatulence / Upset Stomach

Boil a few slices of fresh ginger in two cups of water and sip. This is also good for sore throats.

To be continued if feedback is positive.....

*"Great people talk about ideas
Mediocre people talk about things
Small people talk about people."
In the USA the "People" magazine is a best seller*

**the outdoors
start with us!**

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STORES TO FIND EVERYTHING FOR YOUR
CAMPING AND OUTDOOR ADVENTURES. BEST
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of tents,
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