



PO Box 50583  
4062 Musgrave Road

OCTOBER TO DECEMBER 1999

*stand  
xmas*

TITLE	COMMITTEE MEMBER	HOME TEL	BUSINESS/CEL OR FAX NOS
X Chairman	Colin Turner	7083517	
✓ Secretary	Pam Podmore	216160	
✓ Treasurer	Chris Dobson	7651824	082 4611954
Day Hike Organiser	Colin Turner	7083517	
X Berg Hike Organiser	John van Zyl	4629781	
Trails Organiser	Bill Hyslop		0835412228
X Entertainment Organiser	Christine Davies	5648728	Fax : 5648728
✓ Magazine Editor	Grahame Davies	5648728	Fax : 5648728
✓ Publicity Organiser	Margret Kirsten	7658052	
✓ Ordinary Member / Sat. Hike Organiser	Philip Gatenby	2013592	

The quarterly quote:-

"Nobody goes there anymore - it's too crowded."

*Yogi Berra*

## CHAIRMAN'S CHATTER

### Cambalala Cottage - Cathedral Area

Members present at our last A.G.M. will recall that we discussed our interest in tendering for the lease of the above property, once the formalities had been concluded by the KwaZulu Natal Nature Conservation Service (KNNCS) with the present lessees for the termination of their lease. There have been a number of discussions amongst your committee members as well as with other interested club members. In addition, visits have been made to view the condition of the cottage. The latest information is that the KNNCS has still to draw up a new lease tender document which then has to go before their Board for approval before it will be available to forward to interested parties including ourselves. It is not expected to be available before the end of October.

### Krantzkloof Nature Reserve

Your club has donated split poles to the value of R548 to the reserve for them to reinforce the path between Soras Pools and the escarpment. These monies have come from the levy introduced for Saturday afternoon hikers and the balance, at this stage, from other club funds. This is in accordance with a decision taken by your committee and referred to in our Saturday afternoon hike programme.

### Sunday Hikes

As members are aware, our Sunday hikes are our main hiking activity for those who seek a full days brisk walk in the countryside. For us to put together suitable hikes each quarter, we have to take into account a number of factors, such as distance from the meeting point, summer or winter hikes, river crossings, safe parking, availability of leaders who know the hike, whether paths need to be cleared or rechecked, entrance fees, safe areas, permission to hike on certain private farms etc. We have on file approximately 60 suitable hikes which we can do on Sundays, and we try not to hike any of these more than once per year. Unfortunately certain hikes have had to be removed from our programme for reasons such as new developments, closing of accesses ( i.e. Beachwood Mangroves, hidden Umbilo, Ingweni MOSS and certain routes in Shongweni Nature Reserve). Other hikes are too far away in view of petrol prices. Entrance fees are also being introduced at such places as Nagle Dam, Cumberland Nature Reserve (Aasvoel Krantz) and other dams under the management of Msinsi. We need to find new hikes to replace those not now possible, so I ask each one of you to give thought to possible areas where we could hike. Let us know and we will follow them up. We have two new hikes in this quarter programme.

A special thanks is due to those members who make their cars available to transport hikers. In calculating the hike fee which includes the R2.00 for the club to cover refreshments and recce costs, we try to arrive at an amount that is not a deterrent to hikers, but at the same time compensates the drivers for their car usage. With recent petrol price increases we now compensate drivers at about 50c per km and more if a Kombi type vehicle carrying additional passengers is used. We also, where possible, give a nominal extra amount to drivers who bring passengers to the final departure place. If we used the AA recommended overall rate then hikes would be expensive. It is not always possible to

compare compensation for one hike with another as the above factors together with the actual number of hikers on the day and the fact that the leader does not pay, all affect the payment. Remember also that the hike fee is calculated in the early part of the month before each quarter, so further petrol price increases are not catered for.

### Path-clearing Equipment

The club has two sets of equipment and is always looking for volunteers to help clear certain hikes which we do each year and to open up new ones. Please phone Bill or myself so that we can record your name and when available.

Finally please give thought to making yourself available for a position on the committee next year. We need new blood. (ed's note:-it is not true that Colin originates from Transylvania).

Yours in hiking

Colin Turner

*Man to God: "God, why did you make woman so beautiful?"*

*God to man: "So that you would love her."*

*"But God", man said, "why did you make her so dumb?"*

*God replies: "So she would love you."*

## MEMBERS' NEWS

It is with sadness that we record the death of one of our Honorary Life Members, John Castleden who joined the club in 1963. Our sympathies have been extended to his family.

Jean Foster recently received a letter from Tak & Kiyoko Mori in Japan. They sent their greetings together with photos taken on their last hike with us on 4 January 1999. A copy of this magazine will be sent to Tak & Kiyoko in greeting and we hope to see them again on our hikes.

Whilst Pam Podmore is gallivanting in Europe, Margret has kindly taken over the secretarial services of the club.

Bill Hyslop is keen to organise trails overseas in Austria, Switzerland, France, New Caledonia etc. He would like anyone who is interested to contact him on 0835412228.

***What's the difference between government bonds and men? Bonds mature.***

***Diamonds are a girl's best friends. Dogs are a man's best friend. So which is the dumber sex?***

**HIKING PROGRAMME : OCTOBER TO DECEMBER 1999**

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**

DATE	DESCRIPTION OF HIKE	HIKE LEADERS COST OF HIKE	TEL NOS <i>Hike Rating</i>
3 Oct	<b>Umdloti Bentley Trail.</b> A new hike in the Umdloti area. Thanks to Glenys and her helpers who planned and opened it. <b>N.B. : Ptn 8h00 ; Dbn - 8h30</b>	<b>Glenys Bentley</b> members - R11 visitors - R16	5647632 a/h <b>easy</b>
10 Oct	<b>Mlazi Meander.</b> Hike down to a lovely stretch of the Mlazi River above the Shongweni Dam. Abundant birdlife.	<b>Adrian Rowe</b> members - R13 visitors - R18	7644721 a/h <b>moderate</b>
17 Oct	<b>Osgodsby Farm.</b> Not hiked for a few years. Hike in the hills and valleys on a farm this side of Richmond. Bring tick repellent. Possibly Tom's swansong as a leader. <b>N.B. : Dbn 7h30 ; Ptn 8h00</b>	<b>Tom De Vaal</b> members - R21 visitors - R26	4674766 a/h <b>easy</b>
24 Oct	<b>Hornets Krantz.</b> Hike into the valley of 1000 hills near Drummond and enjoy the majestic views after we climb out at Monteseel.	<b>Steve Nel</b> members - R11 visitors - R16	Colin Turner 7083517 a/h <i>Cancelled Jan</i> <b>moderate</b>
31 Oct	<b>Table Mountain.</b> One of our favourites. A strenuous hike up from Nagle Dam followed by an interesting walk across the summit. <b>An entrance fee of R5.00 may apply</b>	<b>Philip Gatenby</b> members - R16 visitors - R21	2013592 <b>strenuous</b>

7 Nov	<b>Mid-Nkutu Gorge.</b> Bill has opened up a new hike for us in this area, having cut a way through unwalked bush in the early part of the hike.	<b>Bill Hyslop</b> members - R9 visitors - R14	0835412228 <b>moderate</b>
14 Nov	<b>Cumberland Nature Reserve (Aasvoel Krantz).</b> Hike in the hills on the Pietermaritzburg side of Table Mountain. <b>N.B. : Dbn 7h30 ; Ptn 8h00</b>	<b>Tony Livingstone</b> members - R23 visitors - R28 <b>+entrance - R5</b>	0331 63967 a/h Colin Turner 7083517 a/h <b>moderate</b>
21 Nov	<b>Inanda Dam.</b> Hike along the panoramic hilltop overlooking the Umgeni River and the Dam, past Topps Needle and down to lunch by the river below the dam wall. Stiff climb back after lunch.	<b>Colin Turner</b> members - R11 visitors - R16	7083517 a/h <b>moderate</b>
28 Nov	<b>Old Baldy.</b> Our old faithful in the Valley of 1000 Hills overlooking the Umgeni River.	<del>Steve Nel</del> members - R16 visitors - R21	Colin Turner 7083517 a/h <b>moderate</b>
5 Dec	<b>Clifton Canyon.</b> Not done for two years. Bill needs volunteers to help him re-open this hike near the Toll road. Possibly 3 Saturdays, otherwise no hike. One of our former favourites incorp. Macintosh Falls, if accessible.	<b>Bill Hyslop</b> members - R10 visitors - R15	0835412228 <b>moderate</b>
12 Dec	<del><b>Hilton College Heights.</b></del> Part of a former hike on the Hilton College Estate with a magnificent view of Albert Falls Dam and down to Gwen Falls. <b>N.B. Dbn - 7h30 ; Ptn - 8h00</b>	<b>Colin Turner</b> members - R25 visitors - R30	7083517 a/h <i>Hiked Delville Wood last</i> <b>easy</b>
19 Dec	<b>Soras Pools.</b> Hike down to Nkutu Falls, scramble up the opposite side before winding our way to the Molweni River for lunch and a dip.	<b>Jean Foster</b> members - R10 visitors - R15	7021539 a/h <b>easy</b>
26 Dec	<b>Umbilo MOSS Trail to Stainbank N.R.</b> Hike along the Umbilo Canal, through the bush and on to Stainbank N.R. for a circuit and lunch. <b>N.B. Dbn - 8h30 ; Ptn - 8h30 :- both groups go straight to Umbilo Park</b>	<del>Audrey Vickers</del> <i>Bill</i> members - R12 visitors - R17 <i>includes Park fees</i>	3127902 a/h <i>away</i> <b>easy</b>

**What do an anniversary and a toilet have in common? Men always miss them.**

**SATURDAY AFTERNOON HIKES PROGRAMME**

These hikes depart from Musgrave Park Medical Centre at 13.30 sharp, (except where shown), and cost R7.00. (Hikes marked # involve a small payment to the reserve. Please bring a little small change). 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.

**ORGANISERS :-Philip (2013592), Fred (5649724).**

DATE	DESTINATION
2 Oct	<b>Celia's Kloof</b> Kloof Falls picnic site. Walk to the crest of the ridge overlooking Uve Road.
9 Oct	<b>Hamilton Estates</b> Meet on the verge near Assagay Hotel (ex Polo Pony). New hike, courtesy of some of the lady hikers.
16 Oct	<b># Alverstone Wildlife</b> Meet on verge near Assagay Hotel. New hike courtesy of lady hiker and friend.
23 Oct	<b>Nqutu Gorge</b> Valley Drive near causeway. Walk on sides of gorge joined by rugged crossing below waterfall.
30 Oct	<b>Kloof and Highway SPCA</b> Village Road. Bring secateurs- yes, you. The hike descends to the valley floor and out the other side, offering good views.
6 Nov	<b># Paradise Valley</b> Between dual carriageway and flats. A small reserve with a variety of vegetation, waterfall and historical interest.
13 Nov	<b>Kloof 2</b> Kloof Falls picnic site. We descend to the valley floor through indigenous bush and waterfalls.
20 Nov	<b>Springside</b> First right off Hillcrest Old Main Road after leaving highway. Cross country walk to small nature reserve consisting mainly of grasslands.
27 Nov	<b>Winston Park 1</b> Turning circle at eastern end of Jan Smuts Avenue. Walk on edge of escarpment. Inland views.
4 Dec	<b>Winston Park 2</b> Start at lake on the property previously known as St Heliers Tea Garden. Walk around recently fenced indigenous bush. Lovely inland views.

11 Dec	<b>Kloof 1</b> Kloof Falls picnic site. We hike through forest to bottom then top of waterfall, then more forest.
18 Dec	<b>Palmiet</b> Entrance opposite Westville Hotel. Shady valley walk in forest with river sometimes alongside.
25 Dec	<b>Kloof 3</b> Kloof Falls picnic site. Forested walk alongside stream, returning on top of escarpment.

**Remember - be nice to your kids. They'll choose your nursing home.**

**WEEKEND AND TRAILS PROGRAMME**

**VE = very easy, E = easy, M = moderate, S = strenuous, VS = very strenuous**

DATE	DESCRIPTION	LEADER	PHONE	STD
23-24 Oct	<b>Burne Valley.</b> Explore from old Settler Cottage. Maximum 8 people. R40 dep required with booking. Cost excludes transport, if required.	<b>Neville Walmsley</b>	3092298 a/h	M
30-31 Oct	<b>Silo Trail.</b> Be sure not to miss this one - book early to avoid disappointment.	<b>Chris Dobson</b>	7651824	E
13-14 Nov	<b>Lions River Trail.</b> Hiking through wooded hills surrounding upper reaches of Umgeni River. Comfortable campsite plus option of huttled accomodation. First come first served.	<b>Bill Hyslop</b>	0835412228	M
20-21 Nov	<b>Injasuti.</b> Hike to Wonder Valley Cave, sleep over and enjoy the most beautiful area of the Berg. This is a must on your hiking list.	<b>Luciano Columbo</b>	423245 -h 9027470-w	M
27-28 Nov	<b>Royal National.</b> Day hikes from big comfortable campsite.	<b>Neville Walmsley</b>	3092298 a/h	M
1,2,3 Jan 2000	<b>Millenium Party in the Berg.</b> Start the new year surrounded by beauty. Party will be hosted by Bill in a mystery cave entered from private land.	<b>Bill Hyslop</b>	0835412228	M

**If anyone is interested in a 2-day hike on the Bald Ibis Trail at Swinburne (near Van Reenen) please contact Colin Turner on 7083517.**

**SOCIALS DIARY**

DATE	EVENT	CONTACT/TEL
Friday 1 Oct	<b>Scrabble</b>	<b>Reg / Lynn</b> 7001860
Tuesday 5 Oct	<b>Bridge</b> - every alternative Tuesday. <i>Phone first to confirm.</i>	<b>Dee</b> 2054462 -h 3040431 -w
Sunday 17 Oct	<b>Music at the Lake</b> Vivaldi's "Four Seasons". No group meeting, but great way to spend a Sunday afternoon.	<b>Check press</b> or tel <b>Molly Willans</b> on 2025819
Friday 29 Oct	<b>Fun run/walk 5/10 km</b> - Dbn Amphitheatre -6 pm start - but check press to ensure it is on. Then meet at " <b>The Deck</b> " afterwards for drinks/meal.	<b>Christine</b> 5648728
Friday 5 Nov	<b>Scrabble</b>	<b>Linda Holmes</b> 2022330
Saturday 20 Nov	<b>Social Braai at 38 Hilken Drive, Umhlanga</b> (on Leo Boyd H'way going north take Umhlanga turn off but turn left, up the hill turn right into Westridge, follow it round to the right, then left into Hilken. No 38 is in a small cul-de-sac on the left after Pearl Drive.) From 5.30 onwards - bring meat & drink + salad or dessert to share + a chair if possible.	<b>Jenny / Andre</b> 5612716 Cell-0824650345
Wed 24 Nov	<b>Line Dancing - New, great fun- no partners needed.</b> 6.30 pm - cost R10-R12 depending on numbers. Book with Christine.	<b>Christine</b> 5648728
Friday 26 Nov	<b>Fun run/walk 5/10 km</b> - Dbn Amphitheatre - 6 pm start, but check press to see that it is on. Then meet at " <b>The Deck</b> " afterwards for drinks/meal.	<b>Christine</b> 5648728
Friday 3 Dec	<b>Scrabble</b>	<b>Monica</b> 3092729
Saturday 4 Dec	<b>Christmas Lunch at Point Yacht Club.</b> See details below.	<b>Christine</b> 5648728
Tues/Wed 21/22 Dec	<b>Carols by Candlelight.</b> Botanic Gardens. No group booking, but go along and celebrate Christmas.	<b>Check Press</b> or tel <b>Molly Willans</b> on 2025819

**Always give 100% at work :- 12% on Monday, 23% on Tuesday, 40% on Wednesday, 20% on Thursday, 5% on Friday.**

**And remember.....when you are having a bad day and it seems people are trying to upset you, remember it takes 42 muscles to frown, and only 4 to extend your middle finger.**

**The Christmas Lunch - December 4 1999**

The lunch will be a Mediterranean Buffet at the Point Yacht Club from 12.30 onwards at a cost of R45 per person. Numbers are limited to about 50. **Full cost to be received by 20 November to secure your booking.** Postal remittance to Grahame Davies P.O.Box 22320 Glenashley 4022. Or give to Christine or Grahame Davies at a hike or social.

**Menu :-** Help yourself - as much as you want.

**Starters** - calamari salad, stuffed calamari, mussels in vinaigrette, pickled fish, fresh line fish, smoked trout, angel fish, cajun prawns, crab salad, peri-peri chicken, cold meats, spare ribs, stuffed peppers.

**Main meals** - roast chicken, rare roast beef, roast turkey with chestnut stuffing + gravy, roast potatoes & medley of veg in season. Chicken or beef curry + sambals. Spinach & potato bake with feta cheese topping. Vegetable lasagna.

**Dessert** :-chocolate mousse,tiramsu, glazed cheesecake, fresh fruit salad, Xmas Pud with hot custard.

**MEMBERS FORUM**

A section for members to air their views, write about their hiking experiences, publicise happenings or to print humorous and other stories and anecdotes. Also for sale of Hikers' items only. Please send your contributions to **Grahame Davies P.O.Box 22320, Glenashley 4022** or fax them to him at 5648728.

**Hiking in New Zealand** - some snippets by **Audrey Vickers**

Hiking in New Zealand is called tramping and trails are tracks. While staying in Auckland I managed to do four super Sunday hikes with North Shore Tramping Club, a most friendly group who made me feel very welcome. They were interested to learn about hiking in South Africa. I soon decided that hikers are much the same the world over.

This club has a bus which is used for Sunday hikes and frequent away week-ends. It is painted yellow and has footprints all over it. A bus may be a misnomer as it is actually a converted large truck. The back has four rows of seats going lengthwise and seats about 30 people comfortably. When away on weekends, the seats are put down to make sleeping space. Club members seemed to take turns at driving and when not in use, the bus was parked at a member's home or a local garage. The cost was much the same as we pay to drivers here. The maximum charge was \$NZ18.00(about R3.00 to the dollar) and that would be for a venue about three hours drive away. Under the floor is a drawer for dirty boots, there is a strict rule, no dirty boots in the bus after a hike. Also there was no smoking or eating on the bus.

For both Sunday and weekend hikes there is an organiser who plans routes, takes money

and distributes plans of routes to hikers and discusses who wants to go where. They usually have 3 groups, fast, medium and slow. Visitors are not allowed with fast groups, most first timers are allocated to the slow group. I have hiked with them on previous visits to Auckland so I was allowed into the medium group. I found it quite a challenge, they went at a pace much faster than our Sunday hikes. I hate to think how fast the fast group went. Only when the group is assembled at the venue does the day organiser, who doesn't always lead, appoint leaders from the club members present. Most of the hikes are in mountain ranges near Auckland - these are bush-covered and criss-crossed with well maintained paths, many of the gradients being quite steep up and down. They also go for hikes in regional parks which have an undulating terrain with sea views. For weekends away, hikers had to have done three day hikes and proved their capabilities. Like us they had monthly club evenings and a bi-monthly magazine.

Generally New Zealand is very easy to get around by using local transport which is not expensive, there being various bus and train concession tickets. Back-packer hostels, youth hostels and B&B places are everywhere. I used several back-packer hostels and found the smaller places better than the large hostels in the city centres. There are many well known tracks in New Zealand which are easily accessible but tend to be over-utilised and too crowded. Imagine 40 people starting the Otter Trail every day. That is the price of tourism, I don't think it has hit us yet. The main tramping season is from October to March. When the cricket matches were often abandoned due to rain, it was difficult to get people to believe that parts of New Zealand especially the South Island is into a severe drought cycle. Many of the mountains which usually have snow on their tops all year round were absolutely bare, and some locals could not remember when that had happened before. Despite my saying the tracks are over-crowded there are some like the Milford, Routeburn, Hollyford and Heapy which are a must for beautiful mountain scenery. I would recommend the four-day Banks Peninsula Track which is on the east coast of the South Island near Christchurch, not for spectacular mountain scenery, but for rolling countryside with steep sided valleys, beautiful bays and cliff-top sea views. One is able to see little White Flipped Blue Penguins indigenous to the area where they breed in burrows often near the hiking paths. They are the smallest of all penguins. We also saw Yellow-eyed Penguins. Hector's Dolphins are also found here, smaller than the more common Dolphins and white underneath their bodies shaded to a deep grey on the back. There were also New Zealand Fur Seals along the coast within view of the path, and Sea Lions as well as many sea birds. I would not recommend it to those who do not like heights as the path did go near the edge of the cliffs in many places with nothing between you and the turbulent surf a few hundred metres below. There were warnings to take care in windy weather. Farmland stopped at the brink and I wondered how many sheep had disappeared into the sea. In the beautiful indigenous bush there were many birds including the delightful little Fantail which is so friendly and inquisitive, flying very close to inspect hikers.

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**Why are men like blenders? You need one, but you are not quite sure why.**

#### THE GREAT CHRISTMAS CAKE IN TWENTY STEPS by Margret Kirsten

**Ingredients:-** 1 cup butter, 4 large eggs, 1tsp baking powder, 1 cup brown sugar, nuts, 1 cup flour, 1 cup dried fruit, 1 tsp salt, lemon juice, 1 bottle whisky.

- Method:-**
- 1) Sample whisky to check for quality
  - 2) Take a large bowl.
  - 3) Check the whisky again to be sure it is of the highest quality.
  - 4) Pour one level cup whisky and drink.
  - 5) Turn on the electric mixer.
  - 6) Beat one cup of butter in a large fluffy bowl.
  - 7) Add one teaspoon sugar and beat again.
  - 8) Make sure whisky is still OK. Cry another tup.
  - 9) Turn off mixer.
  - 10) Break two leggs and add to the bowl and chuck in the cup of dried fruit.
  - 11) Mix on the turner. If the fruit gets stuck in the beaters pry it loose with a drowscriver.
  - 12) Check the whisky again for tonsistency.
  - 13) Sift two sups of coll(or something). Who cares? Check the whisky.
  - 14) Now sift the lemon juice and strain your nuts.
  - 15) Check the whisky.
  - 16) Add one babblespoon of brown sugar or whatever colour you can find.
  - 17) Mix well.
  - 18) Grease the oven.
  - 19) Turn the cake-pan to 350 degrees.
  - 20) Don't forget to beat off the turner. Throw the bowl out of the window, check the whisky again and go to bed.

\*\*\*\*\*

***Do you know what would have happened if there had been Three Wise Women instead of Three Wise Men?  
They would have - asked for directions, arrived on time, helped to deliver the baby, cleaned the stable, made a casserole, and brought practical gifts!***

#### Health Forum

A new section for members to air their tips and advice on how to live a healthy life. So contact the editor to input. As hikers we should look towards increasing our energy levels - there are many ways to do this :-

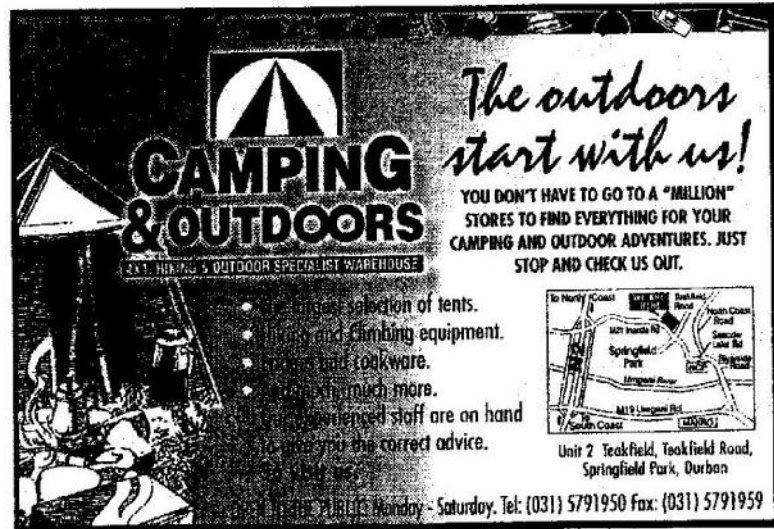
The World Health Organisation recommends that you drink at least two litres of pure water a day because the more dehydrated you are, the more tired you feel. Start the day with two glasses of water, then have two glasses between meals and one before bed. And green veggies are great for boosting your energy levels as they are packed with B vitamins,

potassium and magnesium. Try to have two green dishes a day to turbo-charge your body.

\*\*\*\*\*

*One morning while breakfast was being made, a man walked upto his wife and pinched her on the rear and said, "You know if you firmed this up we could get rid of your girdle." Whilst this was on the edge of intolerance, she thought and replied with silence. The next morning the man woke his wife with a pinch on the breast and said, "You know if we firmed these up, we could get rid of your bra." This was too much, so she rolled over and grabbed his male member. With a death grip in place she said, "You know if you firmed this up we could get rid of the postman, the poolman and your brother."*

**RAMBLERS HATS FOR SALE R10 EACH** : Contact Colin Turner at 7083517  
**Hiring of Equipment for Members :**  
**Tents** : R7.50 per day. Deposit R50.00 Contact Gerald Hall at 251089  
Contact Philip Gatenby for the following at 2013592:  
**Backpacks** :- R3.00 to R5.00 per day. Deposit R50.00.  
**Sleeping mats** R1.00 per day. Deposit R10. **Stove with fuel** R5.00. Deposit R20.00



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