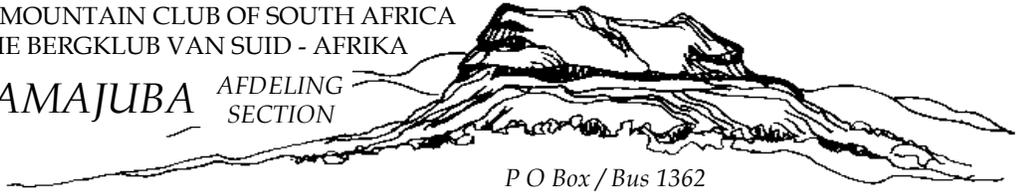


THE MOUNTAIN CLUB OF SOUTH AFRICA  
DIE BERGKLUB VAN SUID - AFRIKA

**AMAJUBA** AFDELING  
SECTION



P O Box / Bus 1362  
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## **JubaJabber - Monthly**

**April 2010**

**News items**

### **Lief en Leed**

Baie geluk aan Surina Louw met die geboorte van haar baba seuntjie. Helen Wright sends love to the club. She seems very happy teaching at Pretoria Girls High and although not hiking, she is swimming, horse riding and fencing. And to everybody out there that might be sick that we do not know of, hope you get better soon.

### **Committee and Membership matters.**

Your committee for the year 2009 is as follows:

Chairperson: Thea Groenewegen – 0343123703 / 083 378 7655.

Vice-Chairman: Johan de Villiers – 072 712 7022.

Treasurer: Ruan Adendorff – 082 577 7555.

Secretary: Ria Kotze – 082 682 8646.

Social Convener and Publicity: Debbie Behrens - 083 357 2636.

Climbing and Rescue: Paul Behrens – 0343151168 / 083 677 1080.

Juba Jabber & e-mail: Adriaan Dippenaar – 082 337 2970 / [adriandip@telkomsa.net](mailto:adriandip@telkomsa.net)

Additional member: Len Stoop – 078 598 1643.

### **MEMBERSHIP FEES FOR 2010**

**Family membership is R250 per year**

**Single member R160 per year**

**Family pensioner R180 per year**

**Single pensioner R130 per year**

Members can pay their fees via cheque, cash or electronic transfer. Our banking details are as follows:

|                        |  |
|------------------------|--|
| <b>Bank:</b>           | <b>Nedbank</b>                                 |
| <b>Account Holder:</b> | <b>MCSA Amajuba Section</b>                    |
| <b>Account Number:</b> | <b>1337163309</b>                              |
| <b>Branch Code:</b>    | <b>133724</b>                                  |
| <b>Reference:</b>      | <b>Your initials and surname and Subs 2010</b> |

Accounts for 2010 membership will be sent out ASAP.

## Recent outings by Amajuba Section Members.

### Easter hike 2010

#### 1 April

We arrived at Monks cowl at about 3 o'clock. The group from Joburg wasn't sure of starting the hike. We set off at 3:30 and decided that we would see how late it is when we reach Breakfast stream. Reaching Breakfast Stream we decided to push on to Blind man's corner and overnight there. Nice place to camp, it was still raining lightly. We won't see the others until the next afternoon at Keith Bush camp.

#### 2 April

Today it's a 6, 8 km hike to Keith Bush camp, weather is looking good and the views awesome. We would be traversing the base of Sterkhorn and up the Mlazini valley and finally Keith Bush camp which is situated under Grays pass. From Hlatikulu Nek we could see the other group of hikers on their way to Blind man's corner. Reaching the camp site we decided to camp at smaller site next to the river. It was great relaxing in the sun with feet in the stream...this is the life... indeed. The others arrived and later another group came as well. It started raining again. Supper was noodles/curried mince

#### 3 April

Woke up with clear skies and grand views of the Cowl looking over us, the valley is beautiful and birds are singing. The guys from Joburg decided to ascend Grays pass and head for Champagne Castle. They would then come down and sleep over at Keith bush camp and meet us near the contour path in the Cowl Fork valley the following night. As we left to climb the gully we noticed that another group of hikers arrived presumably late yesterday. In total there were about 25 to 30 people in Keith Bush camp! It's a 3,36km hike to Cowl cave, a climb up the gully between Cathkin and Monk's Cowl. As we ascended the gully we saw groups going up Grays pass, it's a tough pass but the view from the escarpment makes it worth it, like all passes in the berg. Once over the top we had to traverse the Cowl and finally climb 150 meters to the gully under the cliffs of Champagne Castle. The cave is easily found.

#### 4 April

Stunning sunrise greets us, I had a look down the Cowl valley and was tough looking. Maybe hike back to Keith Bush, the idea was short lived. We had coffee and instant oats for breakfast. We hiked down the Cowl valley, was very steep and dangerous at some river crossings. We reached the narrower part of the ravine and the going was getting tough now. We made a decision to ascend down the left hand side of the valley, after a while we rested at a nice flat area, made a cup of soup and rested for a while. Coming down this valley was quite tiresome. Shortly after our quick stop we got to a small side valley we had to cross, we had to cross a small stream and climb a grassy ledge on the other side. I was leading and found it hard going. I asked Anny if I could carry her pack and seconds later I saw her losing grip and falling, with the uttermost horror I watched as she was falling, she landed on a top of a small waterfall and she was wedged awkwardly. One wrong move and she would fall another 50 to 60 meters. I can't remember how I got down to her but it was seconds!

Thank God she didn't take her pack off, it saved her from more serious injuries.

I pulled her out to some level ground, made her comfortable and climbed the ridge above us. No signal at all, I then climbed down to Anny. No time to waste now, I knew I had to get to Shada Ridge because we knew there was signal there. I left my pack with her, took out the tent I took my rain jacket cell phones, water bottle and GPS. What a horrifying idea...to leave her there. But we both knew what to do and the experience and cool headedness of us both calmed the situation a bit. Before leaving I marked the spot with the GPS. The trip down the valley was fast, adrenaline was pumping, and sometimes I would come crashing down on all fours. There was no trail to the contour path, reaching Shada Ridge I was exhausted, just want to fall down and pass out! But the situation and the adrenaline pushed me to carry on. I phoned mountain rescue and Hannelie Morris called me back saying that an Oryx from Durban is on its way to us. I had to stay put and wait for the helicopter. After a long time I got the news from Hannelie that they are turning around.

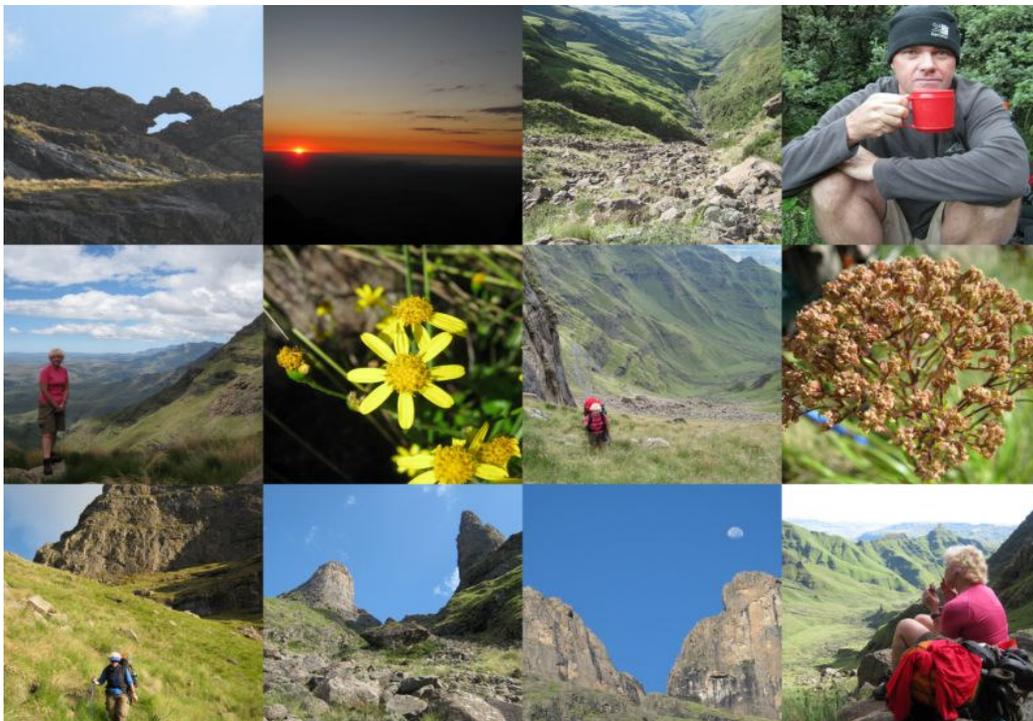
It was getting late and I knew that climbing back to Anny will be suicide in the dark, but I knew she was fine and would be ok for the night. I ran from Shada Ridge to Monks Cowl in 2hours 45 minutes, from Blind man’s corner in the dark. All the way I ran thinking of Anny, but I knew she’ll be ok, she’s brave. At the gate I met up with Frik Lemmer of the parks board and Karl that has his own horse trail business. Karl took me to his home and I had a long hot shower. I could not sleep at all so it was a very long night.

**5 April**

04:45 am. Had few cups of coffee and checked for weather update. Raining and misty, heard that the Oryx left Durban 10 minutes ago. Wow what a relief, tears of so many mixed emotions was flowing. We got to the Dragon Peaks air force field, only to hear that they cancelled the flight from Durban. After a long time of phone calls, sms’s, they got hold of local pilot Brett, we met him and he made the decision, he’ll fly two mountaineers, Karl and Nick in to assess the situation. The window in the weather was just right and when he flew back to refuel, he said Anny’s ok! Next trip in him took Frik with. When the yellow little Robinson R44 came in again I saw Anny smiling waving and showing me the thumbs up. I could only thank God, he gave us that opening in the weather; He guided Brett to land 2 meters from her. He gave us another chance. We have learned from this experience and we will be back in the mountains, doing what we love. Anny broke her lower leg and had plates and screws put in and the doctors say she won’t be able to hike in maybe a year. She has the guts and will overcome this, so from my point of view she’ll be back, watch this space.

**Footnote:**

On this 4 and a half day hike we used K-Way’s 55L packs, Adventure Light sleeping bags, minimalist ¾ sleeping pads (First Ascent). We worked out to take the lightest food and clothing. I have done a lot of research on hiking light, and must say at the end of the day it’s a pleasure. Spending lots of money on equipment is at the end of the day your life saver. Anny had all the right thermal wear and outer clothing. Sometimes she contemplates on taking her down jacket with or not on a hike, especially when not in winter months. That jacket saved her. On 1 April before we left I still remarked....”this is going to be one hell of an adventure”. One thing I learned from this ordeal is to listen to your gut feeling. I would like to thank the pilot, Brett. Karl whom opened his humble home to me, to Nick that drove from Giants Castle and had a flat tire on his way, and to KZN wildlife Frik Lemmer. We will always remember you; you guys are our hero’s.



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# OF INTEREST

## ***Hiking Skills*** by Adrian Dippenaar

The suggestions contained in this document are intended to help make your hiking safe and enjoyable. Since it is impossible to provide a complete set of guidelines for hiking, the closest one can come to a guarantee for a safe and enjoyable hiking trip remains experience on the part of the leader, gained over time.

### **Group size and composition**

#### **The size of the group:**

There is no such thing as an ideal group size. Ask yourself: how many people can I handle safely on a hiking trip? A good rule of thumb is that a leader should be looking after not more than three to four inexperienced children on a hiking trip, or more than eight suitably experienced children. Ideally, **no group should consist of fewer than four hikers: if one person is injured, someone can stay with him while the other two seek assistance.** In any group, particularly one with children, one or two experienced helpers will greatly simplify the leader's task. When trying to determine an appropriate group size for a particular hike, you need to consider the following factors which will affect your ability to exercise efficient control:

- The distance to be covered.
- The kind of terrain to be negotiated.
- Likely (and possible) weather conditions.
- The fitness, age and sex of members of the group.
- The number of experienced hikers in the group.

**The size** of the group and the experience and expertise of its individual members should be taken into account when the following route details are considered:

- The time allowed for completing the route.
- Safety considerations.
- The degree of difficulty of the route.

**If these** parameters are fixed or inflexible (as in an attempt to climb the Amphitheatre Wall) they will largely determine the composition and size of the group. In the case of an Amphitheatre Wall ascent or any similar potentially risky undertaking, the climb should be attempted only by a reasonably small group of experienced rock climbers, adept at route finding, able to navigate in mist and rain, and experienced in rescue techniques. The ability to assess in advance what demands a given expedition will make on a group (also taking into account what might go wrong), is an important requirement of the leader, and this ability can be acquired only through experience.

- Concentrate on where you put your feet. A momentary lapse of concentration could result in a sprained or broken ankle. Be particularly careful on steep slopes or when boulder hopping.
- Feet should be placed firmly on any solid object such as a rock or a clump of grass.
- When going downhill, the toes can be placed against any projecting firm object, preferably in such a way that the toes are slightly higher than the heel. Move diagonally across the slope when going down a steep slope.
- Although it is enjoyable to run downhill, this can be exhausting and can easily lead to ankle injuries.
- Care must be exercised on steep descents, particularly if you are carrying a full pack. Knees should be kept slightly bent to offset jolting; avoid over striding and keep feet as horizontal as possible.

### ***Group procedure on difficult terrain:***

- When going up or down very steep slopes it is much easier and safer to follow a diagonal zigzag course across and up the slope than to pursue a direct ascent. In this way, you 'cheat' the slope by never walking at the true angle of steepness of the hill.
- Do not take shortcuts while pursuing a zigzag footpath — this leads to serious erosion of the slope.
- When the group has to move up or down a steep screed slope great care should be taken that no rocks are dislodged. A warning call, such as 'rock below!' should be arranged beforehand.
- Having once gained height, try to maintain it, even if this involves a moderate detour. It is frequently easier to contour round a valley or a spur (i.e. to stay at the same height) than to pursue a direct course cross through the valley or up the spur.
- Though it sometimes may not look like it, a footpath is usually the easiest means of moving between point A and point B. However, you should avoid following a path in the wrong direction just because you want to walk on a footpath!
- At all times energy should be conserved. If a non-stop ascent up a steep slope will exhaust some of the group, rather make short stops on the way up and arrive at the top ready to stride on.

### ***Safety arrangements:***

Before and during the hike the leader has a number of specific responsibilities with regard to the safety of his party. To neglect any of these precautions is to fail in your primary responsibility as leader and to invite disaster.

### **The rescue co-coordinator:**

Before the trip you should appoint someone at home as contact person (or persons), in case of an emergency. This contact person should have the name, address and telephone number of the next of kin of each member of the group, the complete itinerary and the route to be followed, and a copy of the route card, if available. (To simplify a rescue attempt, it is important that you should plan your route so that other people can also understand it). At least one contact person should be available at home for the duration of the trip. The task of this person is to raise the alarm if the group fails to return on schedule; to liaise with the groups carrying out the rescue (Police, Mountain Club, etc.); and to contact the next of kin to reassure them and inform them of developments. Each member of the group should know the telephone number of this person.

### **Rescue registers:**

On visits to the Drakensberg the group leader must fill in the Mountain Club rescue register which is kept at Police stations and entry points controlling access to the mountain. Details of the members of the group, motor vehicle registration numbers, the planned route, the colour of the group's rucksacks and tents, and the expected time of return are filled in on the form. It is very important that you 'sign out' again before leaving the area, otherwise a rescue attempt will be launched by the authorities to find your party, and you may have to foot the bill.

### **Important precautions:**

The leader is responsible for ensuring that his group is properly prepared for a hike. This means that you should ensure that they are fit enough and have the right equipment for the proposed hike. While it is not necessary for everybody to carry a compass and a map of the area, this is recommended. You should have a good map of the area (1:50 000 scale) and a compass. Ensure that your map covers the entire area. It is best if you have walked the particular route before, or if at least one of the members of the group knows the route. The group should carry a communal first-aid kit, even if it is only sufficient for treating bleeding and shock. Snakebite serum should be carried only if someone in the group is trained in its use and if the correct medication is carried to deal with possible allergic reaction to the serum. A rope should be carried if there is any possibility that it might be required. An equipment check prior to setting out for the wilderness is essential. In the case of beginners or first time hikers you should personally confirm that everybody is carrying the essential survival equipment. Check that all food is accounted for (with nothing left in the fridge) and that fuel and food are packed properly and separately. Stoves, torches and torch batteries should be checked, as well as all communal equipment such as the first-aid kit and stove repair kit.

## Safety during the hike:

- Ensure that nobody becomes separated from the group; do not allow the group to split up.
- If you are not walking at the front, appoint an experienced route leader and a rear man; provide them with specific instructions regarding their duties.
- As far as possible, stick to the itinerary entered in the rescue register, since this will be the route any rescue party will follow.
- Know the procedures for calling for assistance.
- Be aware of rescue facilities available in the area (e.g. rescue equipment dumps).
- You should have a basic knowledge of first aid and should be able to identify in good time the symptoms of typical medical conditions that affect mountaineers. These include; hypothermia, heat exhaustion, sunstroke and altitude sickness. Particularly on a long trip or expedition it is good idea for a doctor or someone with medical knowledge to accompany the group.

## *Changing your plans during the hike:*

Proper route planning is essential. That is not to say that everything must be planned in advance to the very last detail. However, if you deliberately want to leave certain decisions for later you will find that, paradoxically, this decision also has to be planned for. The greater the degree of 'planlessness', the greater the safety margin required, for example, in your timing. The more thorough your original planning on the other hand, the more unlikely it is that you will be forced to deviate from it. Route planning does little more than provide you with a guideline. Bear your original planning in mind during the hike, but remain flexible and adapt your plans to changing circumstances. Should the group move slower than you originally planned, accept the fact and change your plans accordingly. On the other hand, if your estimates were conservative and you find yourself with time in hand you can extend the route, explore the area, or spend a whole 'unplanned' morning next to a mountain pool.

## Mountain Weather:

Mountain weather is both unpredictable and liable to sudden and dramatic change. The experienced hiker or climber has a healthy respect for its changing moods: he knows that a sunny and pleasant mountain scene can quickly be transformed into a death-trap for an ill-equipped or inexperienced party, and he is therefore always prepared for the worst possible conditions he might encounter. Be aware of the state of the weather, try to anticipate changes in the weather, and plan in advance your response to worsening conditions. Experience is a valuable though not infallible guide to the vagaries of mountain weather. To supplement your practical experience, you require:

- A basic understanding of meteorology.
- Knowledge of local weather conditions and the effect of altitude in the area where you intend to hike or climb.
- Knowledge of how to obtain and interpret weather information.

**Climate** refers to the predominant type of weather which is experienced in a region, as determined over a number of years, while **weather** is defined as short-term or day-to-day fluctuations in atmospheric conditions. Moving from low-lying regions higher into the mountains, one -can, within the space of a few kilometers, go from warm, windless conditions to icy-cold, windy and rainy conditions with an accompanying lethal wind-chill factor and near-zero visibility. The main cause of the rapid weather changes usually experienced in mountainous regions is the undulating terrain itself. Mountain slopes force the air to move either upwards or downwards; when air moves upward against a slope, air pressure decreases and the temperature drops. On the other hand, the air pressure of air which moves down a slope increases, causing the temperature of the air to rise.

## Cloud types:

A basic knowledge of the various types of cloud often allows us to make inferences regarding the weather. Clouds are classified on the basis of their shape and altitude. The four basic cloud types are:

- Cirrus (fleecy, white — high altitude).
- Cumulus (big and billowy — low and medium altitudes).
- Stratus (grayish, fairly dense, uniform shape — low, medium and high altitudes).
- Clouds with vertical development (develop vertically as a result of rising air currents, e.g. cumulonimbus).

'Nimbus' means rain. Nimbostratus, which describes stratus clouds that bring rain, are low, thick clouds that bring soft, continuous rain that can last for days. This weather is typical of the Cape Province. Cumulonimbus, on the other hand, is usually associated with the heavy showers, lightning and high winds that characterize Transvaal thunderstorms. During winter in the Natal Drakensberg only fair-weather cumulus normally forms. This dissipates on the Natal side. If the clouds maintain on the Natal side, snow often results. Rain is more frequent in summer, usually in the form of afternoon storms.

## ***Mountain Hazards***

In the book *Dragon's Wrath*, Reg Pearse, the well-known writer on the South African Drakensberg, gives the following accident statistics for the Drakensberg, from **1906 up to approximately 1985**: There were **55 recorded deaths** in total:

- Twenty-nine deaths as the result of some 50 falls (in nine cases the person was climbing alone or had strayed from his group).
- Five deaths by lightning.
- Four deaths as a result of exposure.
- Three deaths as a result of 11 rock falls.
- Three deaths as a result of a flash flood.
- Three deaths out of nine people who fell seriously ill.
- Three missing persons.
- Two deaths by fire.
- Two deaths by drowning.
- One death from snake bite.

**(It is significant that more than half the deaths were as a result of falls, often a preventable cause of accidents.)** As Mr. Pearse points out, these figures show that, statistically, the Drakensberg is a safer place than the streets of Johannesburg, Durban or Cape Town. Nevertheless, even a minor accident in the mountains can have potentially serious consequences, since help is usually far away and rescue and evacuation are complicated by the difficult terrain and often by bad weather as well. A number of deaths from accidents in the mountains can be ascribed more to the delay involved in getting the injured person to hospital than to the actual effects of his injuries. The leader of a party to the mountains must, therefore, be aware of the hazards inherent in the mountain environment and do everything in his power to reduce the chances of an accident or mishap occurring.

## **Causes of falls:**

### **Slipping -**

You should be aware of how easily a mere slip can turn into a fatal accident, and you should educate the members of your group regarding dangerous conditions that might cause someone to fall and injure himself. The following are some common, preventable causes of falls in the mountains. Walking in the veldt is an acquired skill. Beginners, used to walking on level pavements and streets, must be told that they need to concentrate on where they put their feet while walking in mountainous terrain and while boulder hopping. Even on fairly level ground a fall with a 15-kg rucksack on your back can be unpleasant, while falling with a heavy rucksack while you are boulder hopping could easily lead to a twisted ankle or a broken arm. Concentrate hard and be particularly careful on wet or loose rock. Inadequate footwear or shoes with poor quality soles can also easily lead to a slip. Vibram-type soles provide excellent grip, even on slippery rock.

### **Trying to descend from a mountain in rain or mist -**

Unless you know where you are and the route down, you are better off seeking shelter and staying where you are until the weather clears.

### **Trying to find a shortcut into or out of a kloof -**

The golden rule is: Don't. Remember that it is easier to climb up than to climb down.

### **Incorrect use of the rope -**

Some people, **possessing a rope and a false sense of security** which is not based on sufficient experience of rope work and climbing skills, venture into dangerous places, unaware of the dangers they are courting. If your passion is climbing, as opposed to hiking, you must join a group of similarly inclined people until you have 'learnt the ropes'.

# **Shock**

Shock is a depressed condition of vital body functions, due to a decrease in the effective blood volume circulating through the body, usually as a result of severe bleeding. It can be caused by fractures, internal or external loss of body fluids (plasma, blood, perspiration), and any other major injury. The word 'shock', as used in a medical context, should be clearly distinguished from the popular use of the word to describe a sensation of extreme horror, disgust or surprise.

## **Treatment:**

### **1. Position:**

The victim must lie down. Raise his feet (except in the case of a head injury, breathing difficulties, or an unsplinted fracture of a lower extremity). Find and treat the cause of any bleeding. If the patient is unconscious and vomits, turn his head sideways. However, do not turn his head if a neck injury is suspected; instead, use your fingers to clear the vomit from his throat.

### **2. Maintain body heat:**

Use blankets, sleeping bags, space blankets, etc. to insulate the patient from the ground taking into consideration that the patient might have severe neck and back injuries, so be careful how you do this.

### **3. Keep the patient dry:**

Remove all wet clothing. Move the patient to shelter or erect an improvised shelter over him; always take the nature of the patient's injuries into account when considering various options.

### **4. Supply external heat:**

Taking care not to inflict burn wounds, use hot-water bottles, heated stones, another person's body heat and hot fluids (the latter only if the patient is fully conscious and not vomiting) to warm the patient gently.

## ***A final note***

Prevention is better than cure. Most of the injuries and emergencies dealt with in this document can be prevented, particularly if leaders of groups going into the mountains exercise proper control over their party and instill in every member a cautious respect for the outdoor environment. The following common-sense guidelines, most of which have already been mentioned elsewhere, are worth repeating:

- **Do not** split up your party; a number of fatal cases of hypothermia, drowning, falls, and even fatal heatstroke has taken place because a group was allowed to split up.
- **Do not** go into the mountains unless you are carrying the correct equipment and food; a number of people would be alive today if they had not underestimated mountain weather.
- **Do not** allow high-spirited youngsters to indulge in solo exploits or to behave irresponsibly in the mountains; they are not at home, where medical attention is just a phone call away.
- **Do not** take unnecessary chances; diving into a mountain pool of which you do not know the depth, climbing up the side of a cliff just for the fun of it: these actions can easily result in fatal accidents or serious injuries involving internal bleeding, fractures, or open wounds.

## On the Lighter Side:

### Doctors Receptionist

An older gentleman had an appointment to see the urologist who shared offices with several other doctors.

The waiting room was filled with patients.

As he approached the receptionist's desk, he noticed that the receptionist was a large unfriendly woman who looked like a Sumo wrestler. He gave her his name.

In a very loud voice, the receptionist said,

**"YES, I HAVE YOUR NAME HERE;  
YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE, RIGHT?"**

All the patients in the waiting room snapped their heads around to look at the very embarrassed man.

He recovered quickly, and in an equally loud voice replied,

**'NO, I'VE COME TO ENQUIRE ABOUT A SEX CHANGE OPERATION, BUT I DON'T WANT THE SAME DOCTOR THAT DID YOURS.'**

**DON'T MESS WITH OLD FOLKS**





Mountain Club of South Africa  
KwaZulu-Natal Section  
90<sup>th</sup> July Camp

30 Ogilvie Road  
Merrivale  
3291

*July Camp Convener* **Rikki Abbott** [rikki.abbott@kzndae.gov](mailto:rikki.abbott@kzndae.gov) 082538 538 9

[ronwedd@netactive.co.za](mailto:ronwedd@netactive.co.za) 033 330 8412 (evenings only)

Greetings

**90<sup>th</sup> July Camp, Crystal Waters, 3 to 17 July 2010**

You may recall that I wrote to you, in high spirits late last year, outlining my hopes and plans for celebrating the 90<sup>th</sup> July Camp with a special camp in the southern KZN Drakensberg. The GOOD news is that although this notice is so very late, there WILL be a July Camp, from 3 to 17 July, at a beautiful campsite on the farm, Crystal Waters, near Bushman's Nek in the southern Berg on the farm of Mr and Mrs. Arthur Cole.

The BAD news is that my life, and hence the organization of the July Camp, is in complete disarray. At the time of the Christmas letter, everything seemed to be on track. I had only one minor worry (as has been the case since I took over from Kay Nixon in 2006) and that was that this, essentially, has been a one-woman show. In my case, however, I had wonderful support from Ron Wedderburn, the love of my life, who also was our meticulous Treasurer and did so many other things for July Camp as well. You will notice, sadly, that his name no longer appears as the Camp Treasurer.

On Christmas Day, as Ron and I walked up a very slight incline to our church in the Dargle Valley, he lagged behind me, was breathless and a very minor scratch bled copiously. A few weeks later, the dreaded tests were confirmed. In addition to all the suffering he had endured from that botched knee op in November 2006 (and a further 6 ops and/or procedures) he was diagnosed with an aggressive, untreatable and incurable leukaemia. His decline was alarmingly rapid and he chose to be nursed at home for as long as possible. Only then did I realize that, in all honesty, I need no longer doubt myself about being able to take the vow of 'in sickness and in health' since I was already nursing a very ill man, we were married in Howick Hospital on March 10 and three weeks later, he died on Good Friday, 2 April, 2010. In the meantime Margaret Brown, who was the right hand woman to both Ron and to me, has had her own chapter of ill health with Derek, her husband, having had fairly serious heart problems, thankfully now under control. She also had to have a shoulder operation, and just was well on the road to recovery when she developed a bad bout of flu, but hopefully she is getting over that too. In March, as soon as Margaret was able, she and Andre Bouwer, undertook the first recce to Crystal Waters and set the process in motion. Yesterday we did a second recce to this superb site and tied up the last few loose ends. Now we can say that it is "All systems go!"

**In essence July Camp will be what July Camp always was, and will be fully described in the usual notice and application form that will be sent out before the end of the week, BUT we wanted you to have the exact dates, the place (off to the right of the road to Bushman's Nek) and the remarkably good news that the costs, unbelievably, will be the same as last year's!!!!**

In the meantime, if you have bookkeeping skills and would like volunteer for a much needed and light job for about three months of the year – your offer will be received with open arms and I long to hear from you...

Best wishes and hoping to see you at the 90<sup>th</sup> July Camp  
**Rikki Abbott Wedderburn, Convener, July Camp**

| <b>Programme 2010 Program</b> |                          |                                    |                                  |
|-------------------------------|--------------------------|------------------------------------|----------------------------------|
| Date / Datum                  | Description / Beskrywing | Activity / Aktiwiteit              | Contact / Kontak                 |
| 11 May                        | Social, Newcastle Club   | Slides of past hikes               | Debbie Beherens<br>083 357 2636  |
| 15 May                        | Utrecht, Johan Joubert   | Day Hike (2)                       | Thea Groenewegen<br>083 378 7655 |
| 29-30 May                     | Ntendeka Forest          | Weekend Camping with day hikes (3) | Thea Groenewegen<br>083 378 7655 |
| 12 June                       | Ncandu Forest            | Day Hike (3)                       | Thea Groenewegen<br>083 378 7655 |
| 26-27 June                    | Kranskop                 | Rock Climbing                      | Thea Groenewegen<br>083 378 7655 |
|                               |                          |                                    |                                  |

\* Dates to be finalized. The programme is subject to change.

\* Datums moet nog bepaal word. Die program kan verander.

### **Rating System**

1. *Family weekend.* Children, prospective & older members. Easy, short hikes often-good facilities.
2. *Easy hike.* Footpaths present or otherwise flat open terrain.
3. *Average difficulty.* Path over varying terrain, often steep. Sometimes paths, route finding necessary.
4. *Difficult hike without footpath.* Might incl. bundu bashing, serious scrambling, kloofing or exposure.
5. *Technical climb.* Requires climbing gear (sometimes ice climbing gear).

**Enigiemand wat voorstelle vir 'n uitstappie het en/of vir ons die uitstappie kan lei, kan gerus vir Ria Kotze kontak by 082 682 8646.**

## **General Interest**

***If anyone has anything of interest they would like to share in the news letter or wants me to put an article about anything in, then please contact me. It has to be relevant to hiking, mountaineering, camping or the outdoors. Ideally the article or request should reach me within the first 12 days of the month.***

## **Trading Post:**

**For Sale:** XXX

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**Wanted:** XXX

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**If there is anyone not receiving the Jubba-Jabber via e-mail and wants to receive it that way then please send me a mail at: [adriandip@telkomsa.net](mailto:adriandip@telkomsa.net) and let me know your e-mail address so I can add it to the mailing list.**