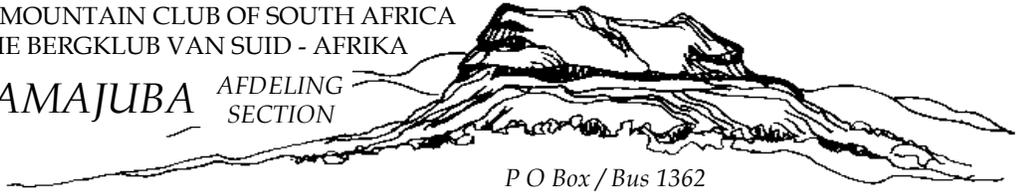


THE MOUNTAIN CLUB OF SOUTH AFRICA  
DIE BERGKLUB VAN SUID - AFRIKA

**AMAJUBA** AFDELING  
SECTION



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

**September 2010**

### **News items**

#### **Lief en Leed**

I have not heard of anyone being sick or otherwise, so to everybody out there that might be sick or sad that we do not know of, hope you get/feel better soon. **There was no JubaJabber last month (August) as I had some personal tragedies in my life last month and could not do a Jabber as a result of that; just in case you were wondering what happened to last month's edition.**

#### **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: Len Stoop – 078 598 1643.

Secretary: Christine de Villiers – 072 712 7022.

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: Ruan Adendorff – 082 577 7555.

#### **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>

Recent outings by Amajuba Section Members.

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## **Close Encounter with a Puff Adder by Gavin Raubenheimer**

Many members know I was bitten by a Puff Adder while out guiding at Cathedral Peak and I have been asked to write up what happened. So here it is...

The incident occurred on Friday the 16th of April at about 12 noon, on the path just above the Sherman's Cave waterfall. My client was walking some distance behind me and we were on our way back from a 2 - day trip. I did not see the reptile till after I felt some pain and turned around and saw it. I had probably stood on it or kicked it.

I was wearing long trousers and ankle gaiters, but the reptile still managed to make two distinct holes in my upper calf, well above the gaiter. The one hole was very deep, while the other went in only about 5mm.

From that point I had to rely on First Aid knowledge of what to do for this type of snake. Puff Adders are cytotoxic (cell destroying) and you have some time before anything too serious should happen, several hours at least. You also need to keep your heart rate down as much as possible, to stop the venom from circulating. It is not advised to try and suck out the poison or to cut the wound open.

So I just lay on my back in the grass with my leg slightly below my heart level and pulled an emergency blanket over me. Within about one minute of the bite, the pain and swelling could be felt spreading into my leg and moving up above my knee. My client arrived and I gave him Steve Cooke's cell number and told him to move about 100m away to where he could get a cell phone signal. He soon had Steve on the line, whom then in turn phoned the ranger at Cathedral Peak and got authorization for a flight-against-repayment from the Emergency Services Fund. Steve then tasked the private helicopter from Cathedral Peak Hotel. About 25 minutes after the bite occurred, the aircraft landed near us and I was carried to the aircraft by the pilot and my client. We took off and went back to the hotel where we refueled and then routed for La Verna private hospital in Ladysmith.

At the hospital I was first seen by a GP and given a Tetanus injection, put on drip and given various antibiotics and an anti-inflammatory. They then gave me a test dose of anti-venom. I had an allergic reaction to this and it was stopped immediately. My leg had swollen a good deal, but soon stopped getting any bigger. Later that day I was put under the care of an experienced surgeon and kept for 3 days in high-care. Later I was moved to a general ward for a day and was then sent home for bed rest and the use of crutches for about 10 days. Three weeks after the bite I had very little pain or swelling and have now resumed a normal life.

I am not a medical person but can try and give this advice for Puff Adder and Berg Adder bites. Firstly, nothing too serious will happen for several hours or even days. (Puff Adder bites can cause complications later, such as gangrene and kidney failure, which in turn can result in death). The patient must just lie down, stay calm and keep the heart rate down. Get the patient's limb below the level of the heart; some medical people advocate using a light pressure bandage along the entire limb. I, however, did not use one. Then just get medical help to the patient or get transported to medical help by aircraft or by road. The patient needs to get to a doctor with having the least amount of exertion in getting there.

**Some don'ts:** Do not use a tourniquet of any sort. Do not use any suction device on the wound. Do not cut or press on the wound at all. Do not move about.

**Do's:** Lie absolutely still. Rather wait for help to arrive, than try to go and get help. Carry a cell phone. Have the Drakensberg mountain rescue number handy (0800 00 5133). Identify the snake. Try and go to a hospital where they deal with the type of snakebite that you have experienced.

## Map Reading & Navigation (part III)

### Conversion of bearings –

#### **Map to compass**

To convert a true (map) bearing to a compass bearing, add the magnetic declination to the true bearing.

Since the compass needle points to a point on the earth's surface some  $10^\circ$  west of true north, you will bypass your objective if you walk on a true (map) bearing without first adding the magnetic declination to it.

#### **Compass to map**

To obtain the true (map) bearing, which can be drawn in on the map, subtract the magnetic declination from the compass bearing.

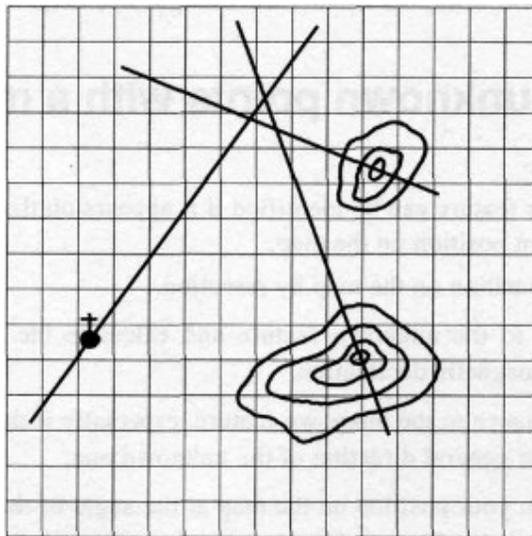
Two useful mnemonics for remembering when to add or subtract the magnetic declination are: UPMA — Up from the map = add and DOMS — Down to the map = subtract.

### **Determining your position on a map using a compass**

Resection is a method for locating your position on a map with precision by using a compass. It can only be used when at least two terrain features can be observed which can also be identified on the map.

### **To find your position on the map, using resection**

1. Identify two or more landmarks on the ground and on the map.
2. Take magnetic bearings to the landmarks.
3. Subtract the magnetic declination to obtain true bearings.
4. Set the true bearing to a landmark on the compass and pencil in a line on the map on that bearing, with the line passing over the landmark. Repeat this process for each landmark with the calculated bearing.
5. The lines will intersect close to your position.



Determining your own position by resection. Less accurate map and compass work will produce a larger 'cocked hat'.

**Let us consider these steps in greater detail:**

- The terrain features, or landmarks, should be distinct, some distance apart, and preferably at right-angles to each other.
- At least two landmarks are required, so that you have cross-bearings to fix your position.
- The magnetic bearings must be converted into true bearings by subtracting the magnetic declination.
- Set the true bearing to the first landmark on the compass. Place the compass on the map so that the edge of the base plate intersects the first landmark (provided you have a compass with a rectangular base plate). Keep the edge of the plate on the landmark and, without disturbing the setting, swivel the compass on the map until the orienting lines are parallel to the grid lines (or the sides of the map) and the orienting arrow points to north on the map. Ensure that the edge of the compass base plate still passes over the landmark and then pencil a line on the map along the edge of the compass. Your position is somewhere along this line. Repeat this procedure for the compass bearings to the other landmarks.
- If you take bearings to three landmarks it is unlikely that the lines will intersect in exactly the same place. It is more likely that there will be a triangle of error (also called a 'cocked hat'), with your position somewhere in this triangle. (The more accurately you work, the smaller the triangle will be.)

**Identifying unknown points with a map and compass**

An unknown peak or feature can be identified if it appears on the map and if you can identify your own position on the map.

1. Find your own position on the map by resection.
2. Take a bearing to the unknown feature and calculate the true bearing by subtracting the magnetic declination.
3. Estimate the distance to the unknown feature, especially if there is more than one feature in the general direction of the unknown one.
4. Draw a line from your position on the map at the angle of the calculated true bearing. This line should pass directly over the unknown feature which can then be identified from the map. (The distance is estimated to ensure that the correct feature is chosen on the map.)

**Backbearings**

A backbearing is the bearing in the opposite direction to your objective.

**To calculate a backbearing**

1. Take a map bearing or a bearing to a landmark, using a compass.
2. If the bearing is less than 180°, add 180°.

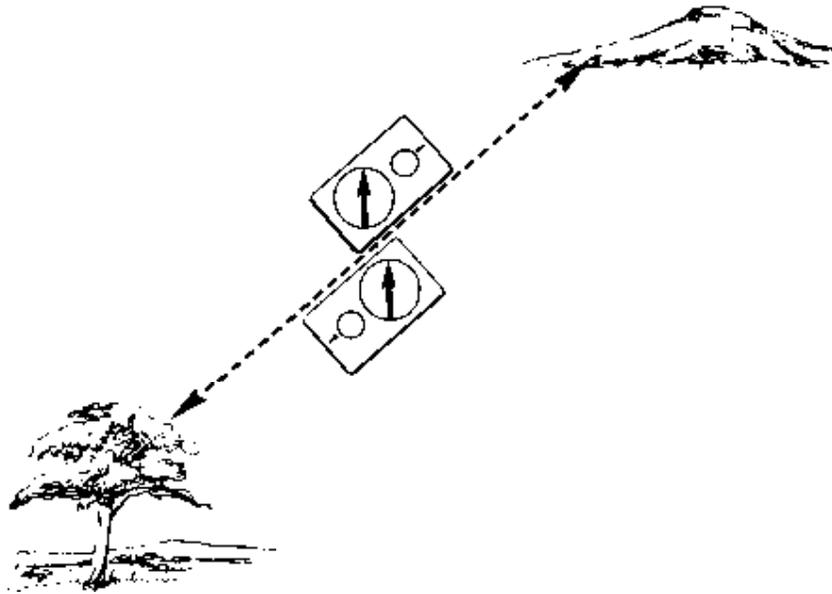
If the bearing is more than 180°, subtract 180°.

**Example:**

Bearing 60° Backbearing = 240° (60° + 180°)

Bearing 295° Backbearing = 115° (295° - 180°)

(A simple means of checking: there are only 360° in a circle — if the backbearing is greater than 360° you have made a mistake.)



*The relationship of a bearing to a backbearing.*

## Situations in which backbearings are useful

- If, in the middle of a flat plain which you are crossing on a given bearing, e.g.  $120^\circ$ , you have no object ahead of you to aim towards, you know that if you keep a visible object or landmark behind you on a constant bearing of  $300^\circ$  you will be walking in the right direction.
- If mist obscures the point ahead of you, while a landmark behind you is still clear.
- If you are lost: you can retrace your route along the backbearing (this is called backtracking).

### **Backtracking**

If you need to locate a particular place (where, for example, you left an injured person to seek help) backtracking is used as follows:

1. Take a bearing to a landmark in the direction in which you will go for help and which you will easily be able to identify again when you return.
2. Pace off the distance to this point, counting one for every pace you take with your left foot.
3. When you return, walk on the backbearing from the distinct landmark originally chosen, checking the number of paces.

## Walking a route –

The ability to walk on a compass bearing and arrive at your destination in all weathers, day or night, summer or winter, is the most important part of map and compass work. The best way to achieve this is to proceed by 'legs', or stages, following the same procedure for each stage.

### Walking a route in good weather

1. Identify a distinct landmark in the distance which lies in the direction you must walk.
2. Look for one or more smaller landmarks somewhat closer but in line with the distant landmark.



***Poor navigation can have disastrous consequences!***

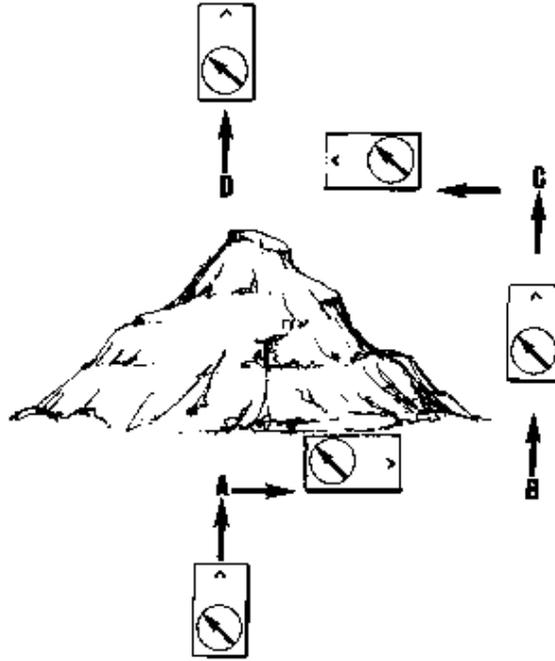
1. Now you can simply walk from one feature to the next. This permits minimum use of the compass and makes allowance for contouring around ridges and obstacles. You can deviate from the direct route if you need to and return to the original route by realigning the landmarks that you originally identified and using the relative positions of the most distinct features that you pass. This method works very well when the visibility is good and you can see distinct landmarks relatively far away. Remember to look for landmarks behind you as well as ahead of you; you can occasionally use backbearings to confirm that you are still heading in the right direction.

### Walking a route in bad weather

1. It is much more difficult to stay on course when visibility is limited.
2. The same method as described above is used, but the landmark chosen will be much closer. If no landmark can be seen, a person can be sent ahead to act as a landmark. He can move left or right until he is standing in the right direction and the group then moves up to him. The process is then repeated. Another way to keep on course is to let the first and last person in the group walk by compass. The last person must check that the person in front (and the rest of the group) is moving in the right direction. In thick mist it is very important to keep your compass handy, so that you can take a bearing to a landmark if the mist should clear partially even for a few seconds. Remember — if visibility is extremely bad it is better to sit out the bad weather and to move only once visibility has improved sufficiently to allow you to keep moving safely. To blunder on, not knowing whether you are on course or not, is foolhardy and dangerous.

## Navigating around obstacles –

Occasionally, obstacles such as a rocky outcrop or dense thorny thickets will require you to change course and walk around the obstacle.



*Navigating around an obstacle*

### **If you can see a prominent feature**

1. If you can see a prominent feature (e.g. a single tall tree) in line with your bearing on the other side of the obstacle, walk around the obstacle towards the feature.
2. Continue walking on your bearing to the landmark. If necessary, double-check by taking a backbearing to the point you came from.

### **If you cannot see to the other side of the obstacle**

1. On reaching the obstacle, change direction by 90° and walk until you are clear of it; count the number of paces you take.
2. Return to your original bearing and walk until you have passed the obstacle.
3. Change direction back again by 90°, and walk the same number of paces back to your original route; continue walking on the original bearing.

*\* Next Jabber we will look at “Common navigating errors”.\**

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## *On the Lighter Side:*



**Sign at a Zoo**

<b>Programme 2010 Program</b>			
Date / Datum	Description / Beskrywing	Activity / Aktiwiteit	Contact / Kontak
01 October	Safari Supper	Sundowners & Supper	Debbie Behrens 083 357 2636
09 October	Kameelkop Game Farm – Wasbank	Game Count & Hike (2)	Adrian Dippenaar 082 337 2970
23 October	Bundu Bash – Utrecht	Triathlon	Debbie 083 357 2636
16 November	Club AGM – Newcastle Club	Meeting & Braai	Thea 083 378 7655
20 - 21 Nov	Steijlkranz Year-end Function	Party and Swim	Thea 083 378 7655
04 December	Moorefield	Day Hike & Swim (2)	Johan de Villiers 072 712 7022
17 – 21 December	Drakensberg – Traverse, Centinal to Cambalala.	Hiking (3)	Ruan Adendorff 082 577 7555

*\* 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).

## 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 15 days of the month.*

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## Trading Post:

**For Sale: Nothing**

*Remember, you can sell anything here, not only hiking or camping related.*

**Wanted: Nothing**

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**If there is anyone not receiving the Juba-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) so I can add you to the mailing list.**