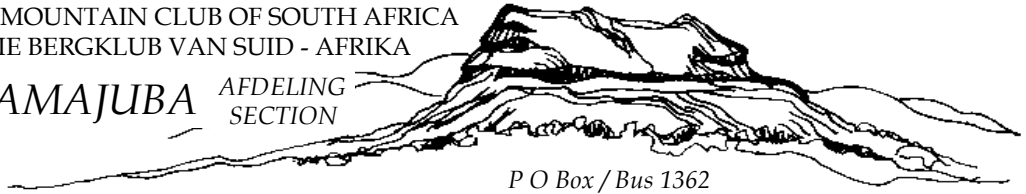


THE MOUNTAIN CLUB OF SOUTH AFRICA
DIE BERGKLUB VAN SUID - AFRIKA

AMAJUBA AFDELING
SECTION



P O Box / Bus 1362
Newcastle 2940

<http://ama.mcsa.org.za/>

JubaJabber - Monthly

July / August 2011

News items

Lief en Leed

Inalize is leaving us at the end of the month, she is going back to Pretoria for work reasons, she will be sorely missed as she has already left her mark in the short time that she has been with us, we wish her all the best in her future endeavours and hope she will stay in touch.

Have not heard of any illnesses or deaths or otherwise, so I am assuming that all is well with our members and their loved ones.

Committee and Membership matters.

Your committee for the year **2011** 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: Inalize Oosthuizen – 073 240 9647

Social Convener: Jandri Barnard – 084 580 3501

Climbing and Rescue: Ruan Adendorff – 082 577 7555.

Juba Jabber & e-mail: Adriaan Dippenaar – 082 337 2970 / adriandip@telkomsa.net

Publicity: Estie Gunter – 072 325 5078

MEMBERSHIP FEES FOR 2011

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:

Bank:	Nedbank
Account Holder:	MCSA Amajuba Section
Account Number:	1337163309
Branch Code:	133724
Reference:	Your initials and surname and Subs 2011

Recent outings by Amajuba Section Members.

The Memel to Newcastle Blood Buddy Walk 2011:08:09

The Memel to Newcastle Blood Buddy Walk takes place annually on Women's Day and the Amajuba Mountain Club has entered teams for several years.

This year we managed to find participants to make up two teams with the help of a few non-member volunteers. A team consists of five members, each one walking one leg of the relay. The legs are not the same distance as a change-over point needs to be positioned with safety in mind, so that oncoming traffic can see the activity from a good distance and there must be parking for vehicles, as well. As the distance between Memel and Newcastle is 50 kms, each leg is more or less 10 kms. Some have long uphill and some long downhill.

The race starts at 6.00 a.m. for participants doing the whole distance, and at 6.30 a.m. for the teams. The starting line is outside the Memel school, and the route ends near Majuba Lodge in Newcastle. This means an early start and a COLD start with heavy frost guaranteed for the 9th Aug. The weather was perfect..... no wind, not too hot or cold,.... and, NO SNOW, which was lying thick only a week before.

This year the race was dedicated to Derek Federer and Richard van Zutphen. There were 135 individual participants and 1000 team entrants.

We had a ladies team and a mixed team and one of our members, Thea Groenewegen, walked the whole route, coming in amongst the first ten ladies. Well done Thea. We are proud of you! Our teams also did well and completed the walk, qualifying for medals.

After the race there were cold beers on sale and other stalls providing for the hungry. We hope those who had sore muscles or blisters have recovered and are looking forward to doing a different leg next year. Johan and Christine have walked all five legs now.

Thanks to all who participated. And a BIG thank you for those walkers [Monique, Eshane, Marcus and Jandri] who stepped in to help out at the last moment for some who couldn't make it for various reasons.

Report by Christine de Villiers.



Do you think we will make it, watch us.



Top of Botha's Pass, we are nearly there.



Jandri giving a brave wave to all the fans.

Please remember the social on the 13th September at the Newcastle club starting at 18h30 for 19h00; your contact person is Estè on: 072 325 5078

OF INTEREST

Equipment Guide to Survival and Exploring Nature

As I said in the last Jabber, survival/emergency kits are not a Rambo issue or something that only gets used by soldiers at war or in the movies, they are really very essential pieces of equipment that save lives, yours or others. A lot of people feel that there is enough population around that they do not have to worry about these items on a hike, but as I said before things can and do go wrong very quickly, we still have some very wild places in South Africa that are frequented by hikers on a regular basis.

What's In My Survival Kit (Total weight is 620 grams)

- Razor Blades
- Plastic Whistle
- Needle
- Candle x 1 (Standard candle cut in half to make two shorter lengths)
- Plastic Poncho
- Antiseptic Pads
- Small plastic bottle with some Disprin, Antihistamine tablets and some Anti-Acid (Rennies)
- Thread
- Notepad and Pencil (for jotting down notes)
- Salt (I put some in a old 35mm film canister)
- Fish Hooks
- Safety Pins
- Fishing Line (\pm 50 meters)
- Compass (I have one in the kit and have another on my watch strap)
- A small Esbit pocket stove
- Small Mirror (for signaling, not to check hair and makeup LOL) I use a military issue stainless steel reflector with a hole in for aiming at your reflection target.
- Light stick (the kind you break to activate)
- Emergency Blanket (it is metallic and folds really small)
- Nylon Cord (mine is 20 meters long and 6mm in diameter, it is very strong)
- Sterile Gauze Pad
- Spare fuel tabs for stove (they can also be used as fire lighters)
- Small magnifying glass
- Small Bottle of Steritabs (for water purification, or can double as disinfectant)
- Emergency Saw
- Swiss Knife
- Trail Tape (mark where you were)
- Matches in Waterproof Container
- Elastoplast Strips
- Waterproof Pouch or some zip-lock bags
- Oxo stock cubes x 2
- Packet of soup x 2
- Compact Bag (to hold everything in.. mine is 160^{mm} x 220^{mm})

I carry a water bottle, stainless-steel mug and small torch/headlamp on all my hikes/hunts/outdoor excursions. The reason why I use a stainless-steel mug and not plastic is that I can use it on the stove to heat or boil water in an emergency. My compact bag that I put my stuff in has loops on it to fit a belt through so that I can also carry it on a belt if necessary. You can of course also put your kit in a plastic container, it works well and keeps everything dry. If you are not in the mood to make-up your own kit you can also buy a ready-made kit, below is a picture of it and the website of the local supplier, they are also available from other outdoor/hiking stores.

Description (Coghlan's) R128.00, Mammothoutdoor.co.za



Coghlan's "Survival Kit-in-a-Can" is compact, lightweight and watertight. This survival kit contains 38 items which can provide warmth, shelter and energy in life threatening situations from desert to Arctic.

Content:

- **Compass**
- **Fire Starter**
- **9'8" Multi-use Cord**
- **3' Wire**
- **4 Waterproofed Matches**
- **101' Fish Line**
- **Soup Packet**
- **Tea Bag**

- **Sugar Packet**
- **Match Book**
- **2 Antiseptic Swabs**
- **Razor Blade**
- **3 Twist Ties**
- **12" Duct Tape**
- **Signal Mirror**
- **Zip-Lock Bag (to store the kit in once you have opened it)**
- **2 Bandages**
- **2 Nails**
- **2 Safety Pins**
- **2 Fish Hooks**
- **Signal Whistle**
- **Chewing Gum**
- **Sewing Needle**
- **Energy Candy**
- **Note Paper**
- **Pencil**
- **Survival/First Aid Pamphlet**

This is one of our favorite survival kits. Not only is it great for go bags, mini and maxi kits, it is great just to have in your glove box or that drawer in your kitchen. It goes in all of our personal survival kits. It has many things that you need daily. Keep it inside a zip lock bag or other container so when you open it and use any of the contents, you can use the zip lock to keep it all together for future use.

The kit can also be kept in your car when not on a hike, you never know what might happen on the road, remember cell phones do not have reception everywhere and their batteries do go flat at the most unexpected times. So keep safe and stay one step ahead.

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On the Lighter Side:



Let's go for a drink; why woman are more complicated than men!

Jealousy is dangerous!

A woman wanted to reach her husband on his mobile phone but discovered that she was out of credit, she instructed her son to use his own phone to pass across an urgent message to his daddy who was on site. After junior had called, he got back to mummy to inform her that there was a lady that picked up daddy's phone the three times he tried reaching dad on the mobile (Woman!!!!!!).

She waited impatiently for her husband to return from work and upon seeing him in the driveway, she rushed out and gave him a tight slap and she slapped him again, kicked him in the nuts, pulled on his nuts and spat in his face for good measure.

People from the neighborhood rushed around to find out what the cause of the commotion was. The woman asked junior to tell everybody what the lady said to him when he called.

Junior said "The subscriber you have dialed is not available at present. Please Try Again Later"...

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Programme 2011 Program			
Date / Datum	Description / Beskrywing	Activity / Aktiwiteit	Contact / Kontak
10 September	Wakkerstroom berge	Hiking (3)	Estè 072 325 5078
13 September	Social meeting/ Newcastle Club	Watch slides discuss past hikes	Estè 072 325 5078
24/25 September	Royal National	Hiking (3)	Christo
*End October	Lesotho (need passports)	Hiking & Absailing (3)	Estè 072 325 5078

** 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.

Trading Post:

For Sale: Nothing

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

Wanted: Nothing

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 so I can add you to the mailing list.