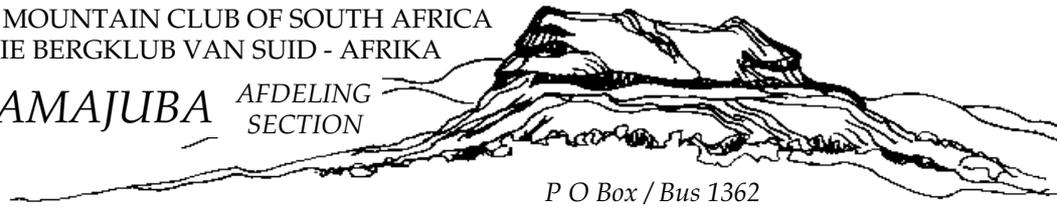


THE MOUNTAIN CLUB OF SOUTH AFRICA
DIE BERGKLUB VAN SUID - AFRIKA

AMAJUBA AFDELING
SECTION



P O Box / Bus 1362
Newcastle 2940

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

JubaJabber - Monthly January 2013

News items

Love and Woe.

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

This is the first news letter of the New Year (2013) and as can be seen we have a new chairman, a word of thanks must go out to Thea for her contribution as chair person, **Dankie Thea!!** Our chairman is a very active and dedicated hiker so I can just see us going forward, sooo..., all of you out there who have not been doing any hiking dust of your boots and join us as this year promises to be a year with a lot of activity.

Committee and Membership matters.

Your committee for the year **2013** is as follows:

Chairperson: Hermann Kuhne - 0845600613.

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

Treasurer: Len Stoop – 078 598 1643.

Secretary: Christine de Villiers – 072 712 7022.

Social Convener: Thea Groenewegen – 0343123703 / 083 378 7655.

Climbing and Rescue: Ruan Adendorff – 082 577 7555.

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

Publicity:

MEMBERSHIP FEES FOR 2013

Family membership is R260 per year

Single member R170 per year

Family pensioner R190 per year

Single pensioner R140 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 2013

Recent outings by Amajuba Section Members.

Giants Castle, Bannerman Hut – Bannerman Pass – Langalibalele Pass – 15/17 December 2012 (Hermann, Gustav and Gerhard)

We left Newcastle late Friday morning for Pietermaritzburg, for some hiking gear shopping! Late afternoon we were heading for Highmoor, just south of Giants Castle. It is a beautiful scenic route. We took the road from Hilton towards Nottingham Road, from there the winding road to Highmoor.

Highmoor is a fantastic place if you want to be away from the crowds, there are only 7 camp sites with one very neat abluion block.



Highmoor Campsite



Humble Ablutions

Saturday morning early we left for Giants Castle where Gerhard was waiting for us. He drove down and slept in his bakkie at the picnic site. Sadly there are no camping facilities at Giants.



We took the path just past the heli-pad, descended to the river and crossed over with bridge. It was very hot and we took it slow. On route to the contour path we saw Oryx helicopters flying to the Dakota crash site and back. Later I heard it was the deceased family members that were on those flights. We saw a few Eland grazing in the green veldt below us at one time. Reaching the contour path we only had 4,5km to go to the hut. Clouds were building and it was welcoming to walk in the shade for a change.



We reached Bannerman Hut about 11:30. It was cloudy so we couldn't see up Bannerman pass. There were four other guys in the hut, which the previous day hiked there in pouring rain. The hut is in good condition and looks cozy.



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We pitched our tents and soon afterwards another group arrived, which also pitched their tents next to ours. The rest of the afternoon we chilled, walked around and chatted to the other folk.

The next morning early we said our goodbyes and left for Bannerman Pass, it was okay going up, with the usual bad places here and there. A few places we had to climb through running water. The other group caught up to us near the top of the pass. The clouds opened up and we got a glimpse of Lesotho.



Just then a Basotho and his two dogs came to greet us. I was surprised at how well the dogs were looking, for the environment they live in. I really take my hat off for the folk that live in these high mountains. Absolutely freedom, I don't think even have a stressful lifestyle!



Herdsmen and his dogs



Gerhard offering a smoke

As quick as the clouds opened up, it closed up again. I took the GPS out and headed South East towards Langalibalele pass. The mist was very thick, but I wasn't worried, knowing that the top of Langalibalele pass isn't far.



Looking into Lesotho

We had lunch near the edge of the escarpment, I was so tired didn't bother to cook the noodles. I ate it like a packed of chips!



Lunch



The Thumb

After the delicious lunch we headed south to the pass, the clouds opened and I could see the top of the pass. If it was the good old days we would have camped in the valley, but unfortunately these days camping near a top of a pass is out.

We ascended down the pass and set up camp on a ridge with awesome views until the clouds and rain came down.



Camp



Langalibalele Pass

The next morning we packed up and descended down to the contour path and took the path that will lead us to the camp. The rivers were flowing strongly but we crossed it with ease. We arrived at Giants camp, had a cold one and headed back to Newcastle





Hermann Kuhn

OF INTEREST

Sleeping Bags

Key points to look at when buying a sleeping-bag:

- 1. Mummy shape.**
- 2. Down filled.**
- 3. Baffle inner construction.**
- 4. More loft equals more warmth.**
- 5. Large cowl and draw string around the head.**
- 6. Thick baffle along the zip or no zip at all.**

Sleeping-bags are a very important part of a mountain-hiker's equipment as they will be the main source of warmth during the coldest times of the night. They differ in two main areas – firstly in shape and secondly in what they are filled with.

Shape

They are basically either a rectangular or a “mummy” type shape. The rectangular type has a larger area around the legs, making for a more comfortable and looser feel. It is also easier to manufacture and thus cheaper in price. However this shape also means that there is more area your body has to heat up (so you will be colder) and more fabric used which makes it heavier than necessary. Mummy type bags on the other hand are tapered towards the feet and are warmer, lighter and are the preferred shape for most hikers and mountaineers.

Filling

The filling inside a sleeping-bag gives the bag loft, which is the amount of thickness or fluffiness of the layers when un-rolled. This gives a good indication of how much warmth the bag potentially can retain. The more loft, the warmer the bag. The warm air is trapped by the filling – fine pieces of down-feather or holofibre.

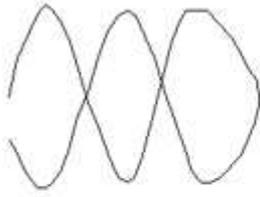
The filling inside a sleeping bag can be divided into 3 main types: cheap synthetic, holofibre and down (fine feathers). Synthetic filling is usually cheap in price, not very warm and quite heavy. It is therefore not really an option for hikers. Holofibre is a better type of synthetic filling made of very fine hollow filaments that trap air inside them and between them. It is a fairly warm filling and retains its warmth when wet. They have a life span of about 10 years if they are looked after. It has the advantage of being cheaper than down, however, it will not compress as well as down and is also heavier. Down, on the other hand is the first choice for high quality sleeping bags. Down consists of the very fine feathers found on the breast area of geese. Some sleeping bags use a lower quality of down consisting of larger feathers. These feathers can be felt when handling the bag and indicates a lower quality and less warmth of the product.

Good quality down bags are light, have more warmth per weight of filling, compress more easily and lasts a lifetime if looked after properly. The disadvantages are that they lose most of their warmth when wet, are hard to get dry and more expensive. The advantages of down far outweigh the disadvantages, making down the preferred choice in most instances.

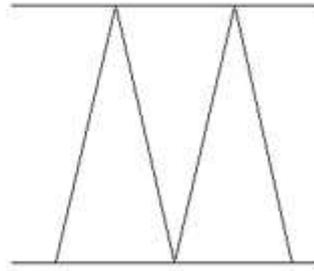
Internal construction

The internal construction of sleeping-bags is very important. In both holofibre and down bags there are two major design types. These are sewn-through type construction and a baffle type construction. Both these construction types are to create separate compartments so that the filling does not shift around and remains fairly evenly spread throughout the bag. The sewn-through type allows for warmth to escape through the constricted areas where the inner and outer pieces of fabric are brought together. This is a major disadvantage and is not used on well-constructed sleeping bags. Baffle type bags have compartments where the two layers of fabric are kept apart by a separate inner wall. These compartments have different designs, which could be a zigzag pattern or a rectangular shape, depending on the manufacture.

Sewn through construction and Zigzag baffle type



Sewn through construction



Zigzag baffle type

Cowls and hoods

Good quality sleeping-bags also have additional features such as cowls or hoods, which can be pulled over the head and shoulder area and semi-waterproof outer material. If they have a zip, the zip area will have thick baffle to prevent warmth escaping.

First Ascent make a good range of sleeping bags. These include:

- **Fusion 900* – very cold conditions -15C (High altitude -Andes, Kilimanjaro)
- **Fusion 600* – for fairly cold conditions -5C (Top of the Drakensberg in winter)
- **Adventure Light* – summer hiking at low altitude in southern Africa +5C.
- **Ice breaker* – summer hiking +8C.

Washing a down sleeping-bag:

Down filled sleeping-bags need to be washed once in a while. Washing them cleans the bag and also revives the “loft”, bringing back the product’s ability to keep you warm. It is a long process, but is worth the effort for getting a “new” and warm sleeping bag.

Place the bag in a bath of lukewarm water. Add down-soap manufactured by Nikwax or First Ascent. Follow the instructions and measures required. Move the bag around gently and rub where needed. Rinse the bag out 3 times in cold water or until the water runs clear. Gently press the water out with your hands. Do not “wring” the water out, as this could tear the inner baffles.

Then hang the bag in a warm, dry and preferably windy area (but not in the sun). Leave it there until most of the water has drained. Then place in a tumble dryer on low heat. It is good to put some tennis balls into the dryer also. These help to get the down to loosen up and dry properly. Every 30 minutes or so, take the bag out and shake it out well. Keep drying until the loft has been obtained. Note: The bag will remain very soggy and flat for a long time. It will seem to suddenly dry and return to its proper shape. Follow the same procedures if washing a down-jacket.



On the Lighter Side:

WHY MEN ARE NEVER DEPRESSED:

Men Are Just Happier People --
 What do you expect from such simple creatures?
 Your last name stays put.
 The garage is all yours.
 Wedding plans take care of themselves.
 Chocolate is just another snack...
 You can be President.
 You can never be pregnant.
 You can wear a white T-shirt to a water park.
 You can wear NO shirt to a water park.
 Car mechanics tell you the truth.
 The world is your urinal.
 You never have to drive to another gas station restroom because
 this one is just too icky.
 You don't have to stop and think of which way to turn a nut or bolt.
 Same work, more pay.
 Wrinkles add character.
 Wedding dress R5000 - Tux rental R100.
 People never stare at your chest when you're talking to them.
 New shoes don't cut, blister, or mangle your feet.
 One mood all the time.
 Phone conversations are over in 30 seconds flat.
 You know stuff about tanks.
 A five-day vacation requires only one suitcase.
 You can open all your own jars.
 You get extra credit for the slightest act of thoughtfulness.
 If someone forgets to invite you, he or she can still be your friend.
 Your underwear is R18.95 for a three-pack.
 Three pairs of shoes are more than enough...
 You almost never have strap problems in public.
 You are unable to see wrinkles in your clothes...
 Everything on your face stays its original color.
 The same hairstyle lasts for years, even decades.
 You only have to shave your face and neck.
 You can play with toys all your life.
 One wallet and one pair of shoes -- one color for all seasons.
 You can wear shorts no matter how your legs look.
 You can 'do' your nails with a pocket knife.
 You have freedom of choice concerning growing a moustache.
 You can do Christmas shopping for 25 relatives on
 December 24 in 25 minutes.

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Program for 2013

Date	What/Where	Contact person	Contact number	Details
16 Feb	Ncandu	Len Stoop	078 598 1643	Family day hike. (2)
23/24 Feb	Roodepoort	Johan de Villiers	072 712 7022	Family hike (2)
02/03 Maart	Vulintaba	Len Stoop	078 598 1643	Hike (2)
21/24 Maart	Cathedral Peak	Hermann Kuhne	0845600613	Escarpment Hike (3)
13 April	Goewermentskop	Johan De Villiers	072 712 7022	Dagstap (2)
26/28 April	Moorefield tot Mont Pelaan	Ruan Adendorf	082 577 7555	Oornag Stap (3)
18/19 May	Bannerman Hut	Hermann Kuhne	0845600613	Escarpment Hike (3)
25 May	Majuba	Len Stoop	078 598 1643	Day Hike (2)

* 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: MSR Dragonfly Multi Fuel Stove + MSR 975 ml Fuel Bottle:

R 1600.00 for both (this stove sells for R2120 without the fuel bottle the bottle by itself sells for ± R220.00)

Both are brand new and have never been used, the bottle has not even had fuel in it. Reason for selling; was given this stove as a gift but already own one.



Contact: Adrian Dippenaar 082 337 2970 or adriandip@telkomsa.net

The Dragonfly liquid-fuel camp stove takes precision-simmering performance and puts it in a chassis that's built to handle a variety of fuels and the frequent use dished-out by global vagabonds. Tough and stable, it excels in institutional and guide service settings. Its dual-valve design gives you the flame control you need for evenly heating large pots (up to 9" maximum diameter) of crowd-pleasing gruel. Of course, when the need arises to melt snow and brew-up fast, the DragonFly goes from zero to searing at the twist of a knob.

Package includes: Fuel pump, windscreen, heat reflector, small-parts kit, instructions, and stuff sack.

- **Unrivaled Flame Control:** We pioneered the dual-valve design of the Dragonfly stove, enabling it to deliver precision simmer-to-boil control with a simple twist of the flame adjuster.
- **Extra Wide Pot Supports:** Three wide pot supports hold larger (up to 9" maximum diameter) MSR pots or fry pans for group cooking.

- **Multi-Fuel:** Burns white gas, kerosene, unleaded auto fuel, diesel, and jet fuel.
- **Compact:** Folds to 1/3 of its working size and fits in a 2-liter MSR pot for easy storage.
- **Efficient:** The suspended burner cup enables the stove to burn hot and strong while reducing heat lost to the ground.
- **Field Maintainable:** Shaker Jet technology and smart engineering allows complete cleaning and maintenance in the field.

Wanted:?????????????

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.