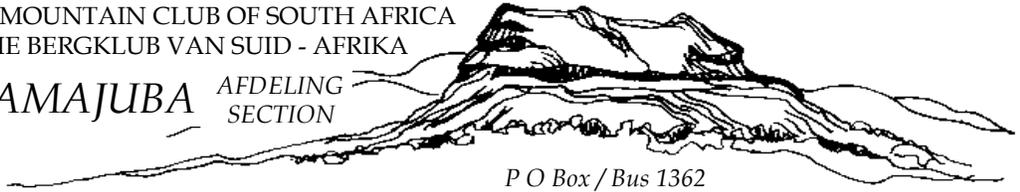


THE MOUNTAIN CLUB OF SOUTH AFRICA  
DIE BERGKLUB VAN SUID - AFRIKA

**AMAJUBA** AFDELING  
SECTION



P O Box / Bus 1362  
Newcastle 2940

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

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## **JubaJabber - Monthly**

**May / June 2011**

### **News items**

#### **Lief en Leed**

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 and Publicity: 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](mailto:adriandip@telkomsa.net)

Additional member: 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:

<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 2011</b>

## Recent outings by Amajuba Section Members.

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**Please remember the social on the 12<sup>th</sup> July at the Newcastle club starting at 18h30 for 19h00, your contact person is Estè on: 072 325 5078**

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### OF INTEREST

#### *Equipment Guide to Survival and Exploring Nature*

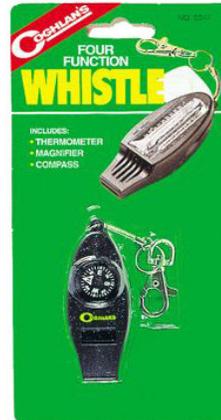
Planning on a trek through nature? **Be prepared** for any situation. You could get caught in a rain storm, lost in fog, flash floods may occur at anytime, without warning, or you just might not have done your planning very well and all of a sudden the sun sets, especially in mountainous areas the lights go out very quickly. This happens very quickly in areas like Ntendeka forest, thick vegetation makes for a very bad hike in the dark without the right equipment or even an overnight stay in the forest until sun-up the next day. You may be left in dire straits and whichever of these events might befall you it might just end or change your life so dramatically that you just do not want to contemplate it. If such an event occurs, where you are forced to spend hours or days in the wilderness, then you need the means for survival. Also expect the worst from weather, and dress accordingly, especially in the mountains. Wool is highly recommended, because it keeps you warm even when wet. To prevent hypothermia, always have at least 2 sources of heat handy. Have fun exploring but be sensible, never say never, do not think because you know an area well that nothing can go wrong, bad things even happen at home, and when bad things happen it makes it a miserable outing for everyone that has gone with to enjoy themselves, you may have wandered off by yourself or even taken some of the party with you, those that were not with you are inevitably the ones who end up having to rescue you. I personally always carry a small survival kit in my pack whether I am on a day hike, weekend hike or even a day hunting trip. The big trick to making up a sensible kit is to not make it so bulky and heavy (loaded with unnecessary items) that you never want to take it along. I am going to go through the items that you should always have with you. And then after that I am going to deal with the very necessary little item that you need to carry all the time, **the actual survival kit and no you do not just need them in wartime.**

#### **A well-stocked survival kit while hiking can be the difference between life and death.**

If you are planning a light day hike, there are certain essentials you should carry with you. The trick is to bring what you need without being overburdened. For starters, you'll need a day pack or large fanny pack; good, broken-in hiking boots or trail shoes; and socks that don't chafe (thin synthetic socks or liners under hiking socks are a good choice). You'll want to wear comfortable clothes, such as long pants with removable "legs" that can be transformed into shorts. Leave the cotton at home; it stays wet from sweat and rain, which can contribute to hypothermia and always at least a light top or jacket.

Here is a list of other items you'll need in your survival kit, not in any specific order of importance: (with each item is a picture to give you the idea what is needed)

A **compass** - this may seem unnecessary for a light day hike, but this small, lightweight item can help if you become lost or disoriented, you do not need a big or heavy compass something small that fits on a key holder or even a watchstrap will work fine.



The above item is very nice as it has a magnifier, thermometer, whistle and compass in it.

I have had so many people say to me, why a compass, we have never been lost and anyway we know how to tell direction, uhm yes, famous last words.

**Flashlight or headlamp** and extra bulbs/batteries - you may get caught on the trail after dark (and believe me this happens very quickly) or need to signal for help.



It does not have to be a big bulky torch, the above examples are adequate especially the headlamp type as that leaves your hands free, the black one is also small (fits in the palm of a man's hand) and has a very bright LED light.

**Food** - for an all day hike, you'll need a lunch, plus several snacks. Energy bars and dried fruit are lightweight and keep you going. Other options that don't weigh a lot or take up a lot of room in your pack are packet of soup and some Provita biscuits. It is wise to put a small quantity of salt and at least one beef or chicken stock cube in your survival kit, these items stay in there and is only refreshed/replaced when used or expired.

**A map (of the area that you are hiking)** - even if you know the trail, a map is a lightweight item that can help you locate water sources, and an exit route or place to camp in case of an emergency.

**Rain gear** - the weather can change rapidly, particularly at high elevations. Lightweight rain gear can be stuffed in a pack (the best folds up into itself to make a compact "package"). You get some very light weight ponchos that are made of clear see-through plastic and fold up to the same size as an average size cell phone.

**First aid kit** - A small kit consisting of the items below should be carried by all members of a hiking party, it is not fair to expect other people to supply you with plasters and pain killers. I have seen this happen so many times on hikes where people's attitude towards carrying a basic first aid kit is one of "why should I, so and so always has one", **not fair**, it costs that person money every-time they give out something, they have to replace it out of their pocket. See below list for minimum kit:

- **1 pair of Sterile Gloves**
- **Small packet pain killers (Ponado or similar)**
- **Antibiotic Ointment**
- **1 Lip balm (Labello or similar)**
- **6 Alcohol Wipes**
- **2 Patch Bandages 2" x 3"**
- **Small tweezers**
- **2 Small Bandages**
- **12 Band aids 1" x 3"**
- **4 Gauze Pads 4" x 4"**
- **1 Burn Free Gel**
- **1 Gauze Roll 3" x 4.1 meters**
- **1 Scissors - 5"**
- **1 Tape - 1/2" x 2.5 meters.**
- **Small tube of insect repellent**
- **1 Small Pouch or container to put the above in**



A kit in a small bag like above should not weigh more than 200 gram and it will cover most day and even longer hikes. If you need more than that you need to get the helicopter in.

**Sunscreen**, sunglasses, and a sun hat - again, the weather can change. Plus, you can get sunburned on a cloudy day - especially at high elevations and where there is snow. Sunglasses are especially important in snowy areas to prevent snow blindness. A well-ventilated, lightweight sun hat with a brim can provide enough shade to keep you from overheating and provide further protection against sunburn.

**A Swiss army knife or multi-purpose tool** - the best ones have scissors, tweezers, small screwdriver, can opener and knives in various sizes. It is not only MacGyver who use and carry this, anybody going into the wild should.

**Waterproof/windproof matches or Gas lighter in a sealed container or Ziploc bag** - in an emergency, a fire can prevent hypothermia and can be used to signal for help.



**Above is an example of a waterproof match holder.**

Again most people will say that they do not need matches or a lighter as they drink cold drinks or juice on their day hikes. But we are talking emergency here, the “what if” situation, when things go wrong.

**Water/water filter** - the recommend amount of water should be a minimum of one liter per person per day of hiking, but in our climate especially in the summer that should be two to three liters. You can carry a water filter or **puritabs** if there are water sources on your route and purify drinking water along the way. Never drink untreated water even if it looks clean. And believe me this is becoming more relevant even in South Africa with our rural areas becoming more populated.



**Water Purifying Tablets**

**Whistle** – A very essential item to have with you, if you get lost or injured when on your own it can help your rescuers to find you.



**Whistle**

**Space or Aluminum foil blanket** – This will keep you warm if you have to overnight in the wilderness.



**In the next Jabber I will discuss the issue some more and then show you how to make up your own survival/emergency kit which you can then use in a number of situations not just hiking.**



## On the Lighter Side:

**The SOUTH AFRICAN Border Patrol is asking citizens to be on the lookout for a red 1951 Chevy that they suspect is being used to smuggle illegal immigrants across the border from ZIMBABWE / MOZAMBIQUE and into points along the SOUTH AFRICAN Border. If you see the vehicle pictured below and have reason to believe that it is the suspect vehicle, you are urged to contact your local police department or the SOUTH AFRICAN Border Patrol.**



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## Cheap Vasectomy.

After having their 11th child, a Brakpan couple decided it was enough. So the husband went to his doctor and told him that he and his wife didn't want to have any more children...

The doctor told him that there was a procedure called a vasectomy but that it was expensive. (For people staying in Brakpan, paying more than R50 for anything other than booze, car accessories or a sound system, is expensive).

A less costly alternative, said the doctor, was to go home, get a cherry bomb (fireworks are legal in Brakpan), light it, put it in a beer can, then hold the can up to your ear and **count to 10!**

The man said: " Aag yinne, I maait not be de cleverest oke in the wurld, but I dussin see how putting a cherrie bom in a beer can, next to my ear, are going to help me. "

"Trust me," said the doctor...

So the man went home, lit a cherry bomb, and put it in a beer can. He held the can up to his ear and began to count: " Wun, too, free, for, faaife, " at which point he paused, placed the beer can between his legs, and resumed counting on his other hand.....

By the way, this procedure also works in: Vereeniging, Vanderbijlpark, Pretoria, Springs, Primrose, Kempton, Benoni, Boksburg, Bloemfontein, Kroonstad, and in fact the whole of the Free State

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## Top this for a speeding ticket...

Two British traffic patrol officers from North Berwick, east of Edinburgh, were involved in an unusual incident, while checking for speeding motorists on the A1 Great North Road.

One of the officers (who are not named) used a hand-held radar device to check the speed of a vehicle approaching over the crest of a hill, and was surprised when the speed was recorded at over 300mph. The machine then stopped working and the officers were not able to reset it.

The radar had in fact locked on to a NATO Tornado fighter jet over the North Sea, which was engaged in a low-flying exercise over the Borders district.

Back at police headquarters the chief constable fired off a stiff complaint to the RAF Liaison office.

Back came the reply in true laconic RAF style. "Thank you for your message, which allows us to complete the file on this incident. You may be interested to know that the tactical computer in the Tornado had automatically locked on to your 'hostile radar equipment' and sent a jamming signal back to it. Furthermore, the Sidewinder air-to-ground missiles aboard the fully-armed aircraft had also locked on to the target. Fortunately the Dutch pilot flying the Tornado responded to the missile status alert intelligently and was able to override the automatic protection system before the missile was launched."



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<b>Programme 2011 Program</b>			
Date / Datum	Description / Beskrywing	Activity / Aktiwiteit	Contact / Kontak
12 July	Social meeting/ Newcastle Club	Watch slides discuss past hikes	Estè 072 325 5078
2 – 16 July	July Camp	Hiking (3,4,5)	In last jabber

\* 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.**