



Halloween Bash

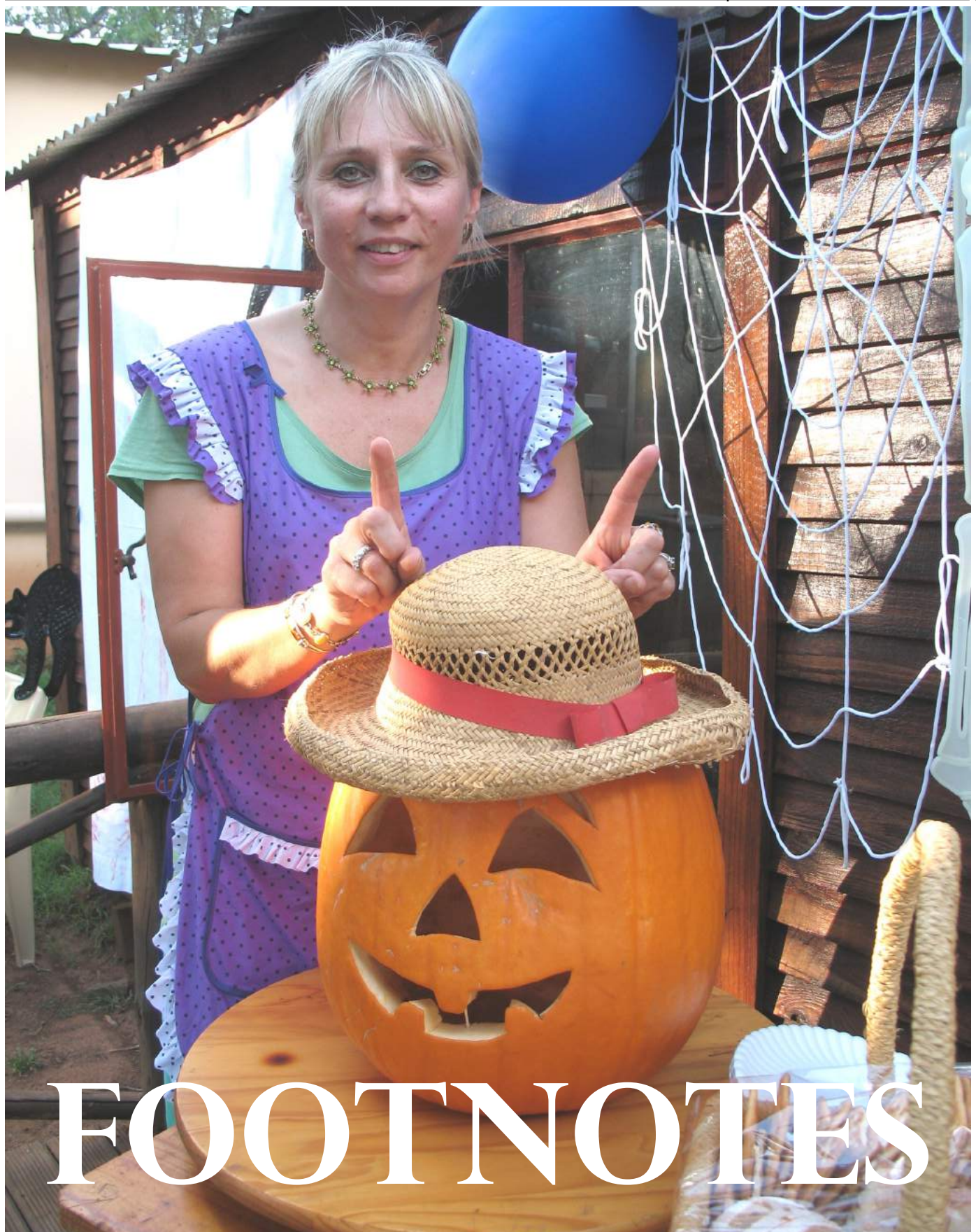


Visit to Netcare



Quarterly
Newsletter

Jan, Feb & March 2009



FOOTNOTES

IN THIS ISSUE



Olga Braude and her helpers put on an amazing Halloween party at Segwati Ranch on the weekend of the 1st and 2nd November. Read about it in this edition of Footnotes.

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Editor's Notes Harry Parsley

Without doubt the social highlight of the Club in the last quarter was the Segwati Bundu Bash and Halloween. The whole committee worked hard at making the weekend the great success that it was, but a special thanks must go to Olga for her wonderful organization. From the photographs on page 9 one can see the fun that was had by all who attended.

After many years of dedicated service to the Club Jean Williams has decided to hand over the admin reigns to her successor. Jean is one of those wonderful people who combines the most charming personality with supreme administrative efficiency. Jean has also built the Wednesday hikes to the stage that 40 hikers on a day is not unusual. The Club has benefitted hugely from her contribution. On behalf of the whole Club we thank Jean (and Clive) for all they have done and wish them well in their "retirement".

Finally, I wish you all a happy and safe Xmas and New Year. May you partake in magnificent hikes in 2009.

Letters to the Editor

On behalf of the whole school: learners, educators and Governing Body we thank you very much for inviting our learners to go on the mountain hike in the Magaliesberg on the 9th October, 2008. It was a great experience for the learners, especially because it was their first time on such a hike.

Please remember what you have done for us is valuable for our deaf kids and it will help them in the future. We hope that you will always invite us on future occasions such as this.

Many thanks,

Yours in education,

Signed: T P Metaoana (Deputy Principal) and J P Luthuli (Educator).

DEADLINE FOR THE NEXT ISSUE 15th March, 2009

Email all articles and correspondence to the editor.



Robbie MacDonald
Chairman

THE EXTRA MILE

Robbie Macdonald

The Club Weekend at Foothold in August went off without a hitch and was well attended. There were several objectives for the meeting. One was to encourage the exchange of hiking and navigational knowledge by inviting well-known experts in their particular field to speak. The second objective was to perform much needed maintenance on the Foothold property and trails. The last one was to encourage leaders and those interested in becoming a leader by giving them the necessary skills and experience to lead with confidence. As a club we could not function without the dedicated support of our leaders and are continually on the lookout for hikers with the potential to lead hikes. There are no monetary rewards for leading. However, after having lead a hike the leader knows that he/she has enriched the lives of all who accompanied him/her. We are also intending to mentor new leaders by teaming them with an experienced leader who has a good knowledge of the terrain. If you would like to become involved you can get in touch with any of the club's committee members.

In June we received an invitation to attend the inaugural meeting of Hiking Organisation of South Africa (HOSA) this is an organisation dedicated to the promotion of the individual hiker, the interests of hiking organisations and trail owners. Such an organisation has the potential to boost hiking nation wide and to this end the JHC has tentatively given its support to the organisation. Much work has to be done to develop a constitution, form working committees, and attract all classes of membership. In the interests of hiking we wish HOSA every success and look forward to a close working relationship.

As the year draws to a close, perhaps it is a good time to reflect on the past year. The situation relating to the country's financial and political affairs is extremely volatile, which in turn creates high levels of stress for us all. It is more important than ever to get out into the fresh air and the mountains. This I believe is the best way to relieve stress, avoid high medical bills, improve general health and well being and add years to life. I believe that it is incumbent on all JHC members to encourage friends and family to come along and experience the benefits of hiking for them selves. This in turn must have a positive spin off on the population in general. The

EXCO, the HIKESCO and Media have responded magnificently to the challenges of producing a varied and interesting programme and dealing with many administrative and media related challenges that constantly arise. Their efforts are an inspiration and example to all.

The JHC has extended the hand of friendship to the children of Eco Access. This organisation strives to introduce disabled children to nature. Recently I accompanied a group of deaf kids to Piranha Pools. Many had never been hiking before and the sense of excitement at the beginning of the hike was evident on their faces. They climbed the old mule track, explored the natural rock carvings, bathed in the sparkling water of the pools and picnicked in the warm spring sunshine. On returning to the car park the smiles were bigger than ever. They had experienced real joy in nature. We are rewarded with the thought that seeds have been planted in young minds that one day may blossom into love, respect and wonderment for our beautiful land. Many thanks to Bev Brockman and helpers for making it happen.

To all helpers, leaders, and committee members a very sincere thank you for your sterling efforts through out the year. Without it the club would not exist and we would be the poorer for it

Many of you will be preparing to travel to holiday destinations or arranging the family get together, or perhaps it is the Christmas camp. Wherever you are going, whatever you are doing I wish you a truly restful, peaceful and fulfilling festive season. Let us put the memories of this old year out of our minds and welcome a new year filled with love, hope, challenge and miles of happy hiking.

Happy hiking!!

**You can hire Hikers Haven at Foothold, camp there, or simply come to the monthly camp.
Contact number: 011 462 2993**



Jean Williams Wednesday Hikes

MIDWEEK HIKES AND CLUB ADMINISTRATOR'S REPORT Jean Williams

Firstly, after five wonderful years of serving as the JHC Club Administrator, I feel it's time for someone else to bring new energy to this office. It's been a pleasure working with Robbie and all the committee members that have come and gone.

I will miss being Club Administrator very much. This position came at a time when I needed something to replace the attention the grandchildren had previously taken up, but had then left the country. I was quite devastated, and what nicer way to fill that void than by devoting my time to the JHC. It has been a very rewarding experience. Thanks to all the wonderful members and others who have been at the other end of the telephone.

As far as the midweek hikes are concerned, these events have gone from strength to strength, and some Wednesdays we have had almost forty participants. We are mostly retirees, but there are a couple of much younger participants who make every effort to join us on these hikes. We are all enthusiastic hikers, some slower than others, but tinker, tailor, soldier, sailor, (retired, of course) we are all in it together. There are times when we battle along, but there is always someone close by giving encouragement and spurring each other along. There are also those who could do the trail twice over and still feel no pain.

Some of the venues we use offer us a brunch/lunch, and this seems to be a special time of camaraderie. This type of event appears to attract larger crowds than the normal hike. It tells me that these midweekers enjoy their food!

I offer a special thank you to those midweekers who are always willing to help by leading at a moment's notice, and the rest of you by being there. You make it all worthwhile.

Come try it sometime. These midweek hikes come highly recommended.

Happy hiking!

On behalf of the whole Club we extend our most sincere thanks to Jean and Clive for their wonderful contributions to the Club over many years.





Jean and Clive relaxing at the Segwati Halloween bash.

Picture: Harry Parsley



Peter Faugust
Slide Shows

SLIDE SHOWS

An eight day hike in the Pyrenees, France: Andrew Pedley

On 11th August we welcomed Andrew Pedley to present a slide show. Andrew grew up in the United Kingdom where he studied in Manchester. He is a geologist by profession with an interest in rock climbing that started at an early age. In South Africa he currently ranks as the number three rock climber in skill and expertise in severe rock climbing. He is an active member of the Mountain Club of South Africa. When he is not at work he heads off to the vertical rock faces found in places like the Magaliesberg, the Blouberg or the Waterberg. His slide show was entitled: "An eight day hike in the Pyrenees, France".

Mozambique beach hike: Jill Salt

Jill is a longstanding member of the JHC of 25 years. She would have been a member for five years longer had it not been for her sojourn in China. Jill and her husband, Richard, have been living in Sabi for about three years. When she is not working as a bookkeeper she is walking the beaches of Mozambique. Her presentation was entitled: "Mozambique beach hike".

Climbing and trekking in Europe: Neil Margetts

On Tuesday the 14th October, 2008 we welcomed

back Neil Margetts. Neil has been hiking since he was eight years old. He has been a member of the Mountain Club of South Africa for twenty five years and is currently Vice Chairman of the Johannesburg section. Being an active rock climber and mountaineer he likes to pioneer and open new (mountain) passes and climbs. He is also Chairman of Gauteng Schools Climbing League; and also Chairman of Rock and Road Organising Committee. Neil has also been involved with Foot-hold. During 199 he assisted in the installation of the chain ladder (see page 29) in Chain Ladder Gulley situated in the cliffs above the property. Through Neil's expertise the Club has enjoyed fault-free use of the most used chain ladder in the Magaliesberg. Neil works with a lab supply business.

In November 1998 Neil's older brother Darryl, together with Greg Devine, both of the MCSA, gave the Club a slide show entitled: "The Caucasus, Russia". Two years earlier in 1996 Neil gave the JHC the first slide show entitled: "Aconcagua, a dream made true".

On the 14th October Neil was at our slide show for the second time with a talk entitled: "Climbing and trekking in Europe".



Pic du Midi d'Ossau

Photograph: Andrew Pedley



Bev Brockman
Vice Chairman

A new venue!

Our Halloween Party/Hey Day's was held at the Segwati Ranch, Nyala Bush Camp on 1st and 2nd November and was certainly a great success! There was a good turnout of about 60 on the Saturday and well over a 100 on Sunday. Thanks to Olga for her huge contribution for not only creating a spooky atmosphere with all sorts of creepy decor, but also for her delicious Happy Hour goodies on the Saturday night. Those that dressed up in horror gear gave the rest of us a crazy, but fun show. There were prizes for the best dressed, which was a difficult choice for the judges. Harry Parsley, our MC for the evening, towered over everyone, sporting a Black Cloak and a tall Harry Potter like Hat, topped with a feather duster. Most were so well disguised that we had no idea who they were! Robbie played DJ as we all danced the night away, or rather until the heavens decided that the neighbouring giraffe and buck needed peace - a hectic storm sent us all to bed. On Sunday morning more hikers arrived and we had a good hike. Thereafter, lunch was served for all. Thanks to Olga again for her superb spread!

Eco Access:

On the 7th and the 9th October, two special days were spent up at Castle Gorge with two groups of deaf, mentally disabled and disabled children from the Eco- Access organization. Thank you to those that assisted in helping (see separate article).

Kiddies' hike at Castle Gorge, 10th August.

This was one of the best days we have had, topped with glorious weather. With 14 children our group was well over 20. Sue Desmond and Bengt, with their kiddies, helped to lead, thank you! Many parents had read about the day on the "Jo'burg Child" magazine calendar. We had a good hike to Piranha Pools, where some of us spent an extra long lunch and others hiked down to the lower waterfall. We had a couple of 6 yr olds; one little girl sat down on the top road on the way back and cried. She clearly had had enough of the day. Kindly Shimon was just passing and picked her up onto his shoulders and carried her to nearly the foot of the mountain. It is so important that children that participate are over 8 yrs of age!

Youthful Hiking

Wendy Farrow and I will be planning and leading Youthful Hiking together as a team. So expect to see either her name, or mine or both under the

leadership column. Please support us! Just remember on the away hikes the more senior members of the club will only be allowed to fill 25% of space allocated. We need to encourage the youth to join our club!

The Club weekend

This was once again a success, thanks to Robbie! This is a weekend which is especially for our leaders and it had a good turn out, but we would like to see more of you join us next year.

There are leaders that need training and leaders that would like to learn about new areas in the Magaliesberg. Shimon Botbyl and Angelo Denicolo have huge knowledge of our Magaliesberg and wish to share their knowledge with our leaders. They have offered to shadow leaders on a Sunday, thus will take you to new areas and guide you as to how to get there. Here is a great opportunity to learn about our mountain. If you are leading, contact them, as they will be more than willing to assist you!

Annual Xmas Dinner Dance

The 6th December at Old Ed's promises to be a good Party! Olga and I are organizing the event. Hopefully, you have booked, as this is going to be another "not to be missed" occasion.

Cheers for now ... until next time!

ECO ACCESS: 7TH AND 9TH OCTOBER 2008

A time to share and give back!

Beverly Brockman

Two splendid days were spent with some very special people.

Dr Khanya Rajuili from Eco Acces met Mike Openshaw, Andy Hesslop and me at 8am at Constantia Park on the morning of the 7th October. Introductions were made to meet about fourteen teenagers and the volunteer youth group of helpers for Eco Access - "The Natural Born Leaders". We all piled into the School bus and set off to the Magaliesburg, Castle Gorge. Mike, Andy and I wisely brought extra backpacks and hats for those who needed them. In this group we had some disabled children. One boy was born with half a leg and half an arm. With his leg/foot extension, he managed to get all the way up to Piranah pools ... and was the first one to swim! Another had no hand, but

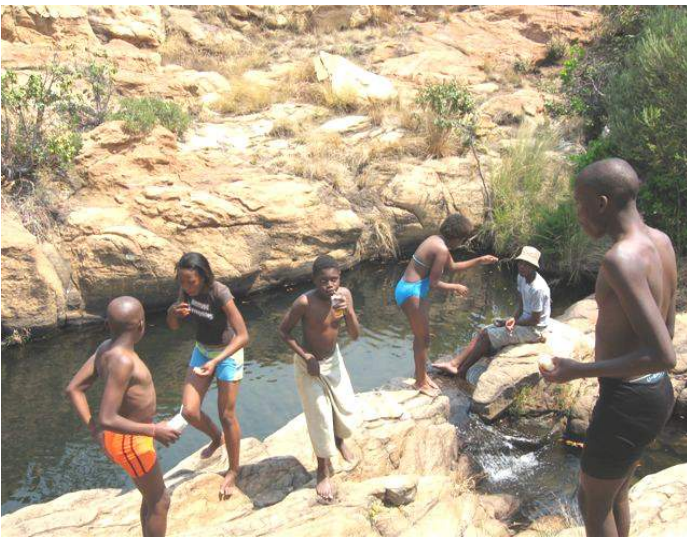


Bev Brockman
Vice Chairman



that did not stop him from being our paparazzi photographer that day! Andy and Mike lead the stronger ones from the group, including our youth NB (Natural Born) Leaders, to the Gorge to see the waterfall; the rest of us stayed and relaxed at the pools. On this first hike, the helpers learnt what a hike up into the Magaliesburg entails. Thus on the next outing, everyone was more prepared.

On Thursday, 9th October we again all met at Constantia park at 8am. This time, Robbie MacDonald, Ann Kenny, Alison Prentice, Ian & Jacky Evans and Chris from Cape Town, came along to help. Our group of children was younger, averaging 12 to 16 years, all deaf, and a bigger group than the day before. Then, of course, our Natural Born Leaders volunteer group was with us again to assist. Robbie suggested a slightly different route, up the zig zag path, up to the right ridge. The children were more energetic than the previous disabled group. Ann and I carried our Camel packs, from which they noticed us drinking from the pipe. Being totally fascinated, they soon discovered a wonderful source for cool water. Well that was the end of our supply! Fortunately, the Piranah pools were not too far off! We stayed at the pools for lunch. There was something so special about watching a group of teenage girls having such fun, chatting and laughing, with an array of hand movements, in absolute silence. Some of these children have never spent a day like this in nature before. Their lives are so small, going to school and home again, and never seeing the outdoors.



Eco Access dedicates their work to bringing the children to nature. If a child can think twice about throwing rubbish in the street just through realizing how rubbish can spoil and damage the environment then we have all achieved something good.

I would like to arrange more days to take the children up Castle Gorge. There are so many schools. We have only taken two small groups. Help from Club members will always be appreciated. Please let me know if you can assist. A day spent with these children is so rewarding.



HALLOWEEN NIGHT



HALLOWEEN: SCARY CREATURES



Jessie Moehl and Harry Parsley



Este Schearer and Jessie Moehl



Sexy siren (Olga Braude)

Halloween men's costume winners were (1) Roger Loveland (2) Yri, (Norman Abraham) and (3) Alan Ralph. Ladies were (1) Pat Borsato (2) Suzy Marx and (3) Alison Moolman.

Thanks to the following photographers for Halloween pictures: Merle Doctor, Este Schearer, Jessie Moehl and Harry Parsley.

HALLOWEEN: SCARY CREATURES



HALLOWEEN: SCARY CREATURES

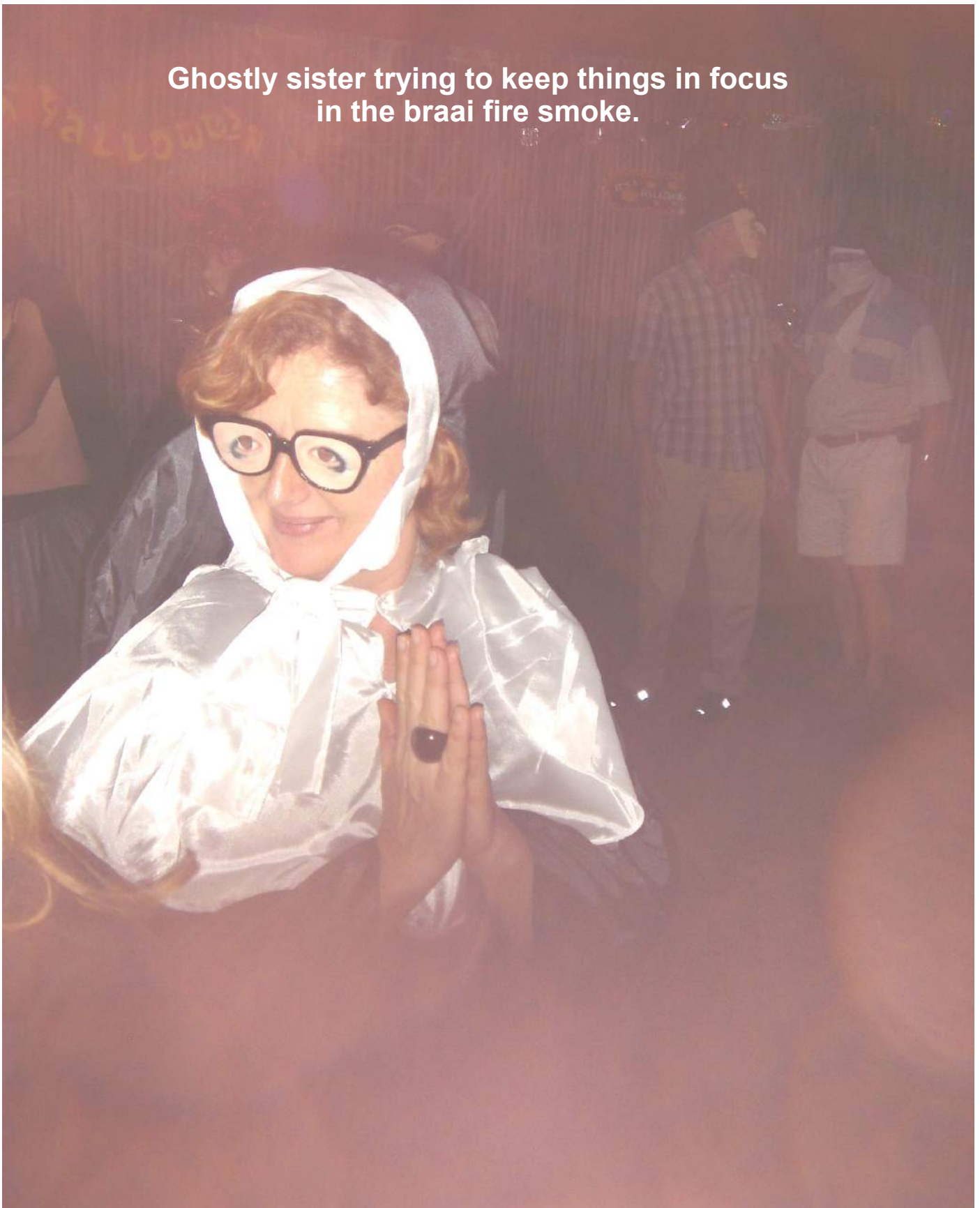


Man (Robbie we think) with his head in his hands, the lady with a super bad hair day, and Devil Man with his sexy witch.



HALLOWEEN: SCARY CREATURES

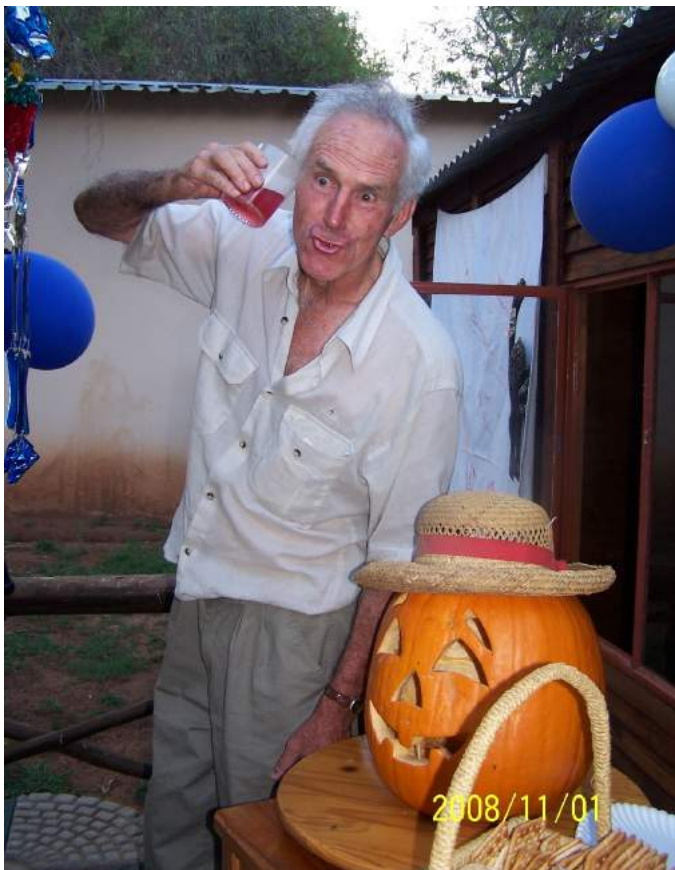
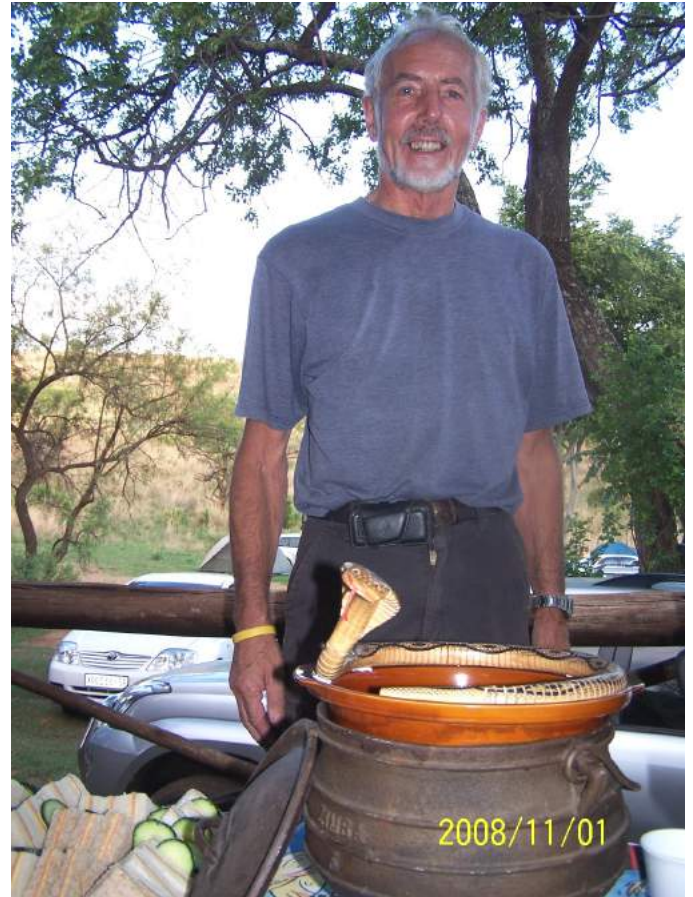
Ghostly sister trying to keep things in focus
in the braai fire smoke.



HALLOWEEN: ROBBIE'S WITCH'S BREW

Robbie concocted a secret witch's brew with unknown ingredients guaranteed to cast a spell over all imbibers.

Photos from top right: Witch's brew complete with serpent, the brewer himself, Olga trying out the fire water and Jim Hutchison fully under the spell of the potent brew.



HALLOWEEN: FOOD FOR AFRICA

Olga and her team ensured that there were tables groaning under the weight of the most delicious food. On Saturday evening members were treated to many trays of incredible snacks for the Happy Hour. Then after returning from the hike on Sunday no one went hungry at the lunch as again the display of beautifully prepared food was a feast to behold.

Sitting in pride of place was the Halloween Pumpkin with a satisfied smile on his face from gazing upon this feast. He knew that no-one was going to return home slimmer than when they arrived.

Thanks to Olga and her team for such a wonderful festival of wonderful food.



Olga Braude and Bev Brockman

HALLOWEEN: JUST HANGING OUT

When one has returned hot and tired from a hike Ernst's rooibos tea brew is manna from heaven.

What better way to spend a weekend than hanging out with good friends in a beautiful bush environment. The braai in the evening was followed by the Halloween parade of weird and ghoulish characters and then by dancing around the fire, which was fuelled by red-hot music supplied by Robbie.

Sunday morning saw a few nursing throbbing heads, but still managing to go out on the hike. Others simply relaxed in the camp and when the hikers returned a sumptuous meal was waiting. Segwati proved to be the ideal site of the Bundu Bash.



HALLOWEEN: JUST HANGING OUT



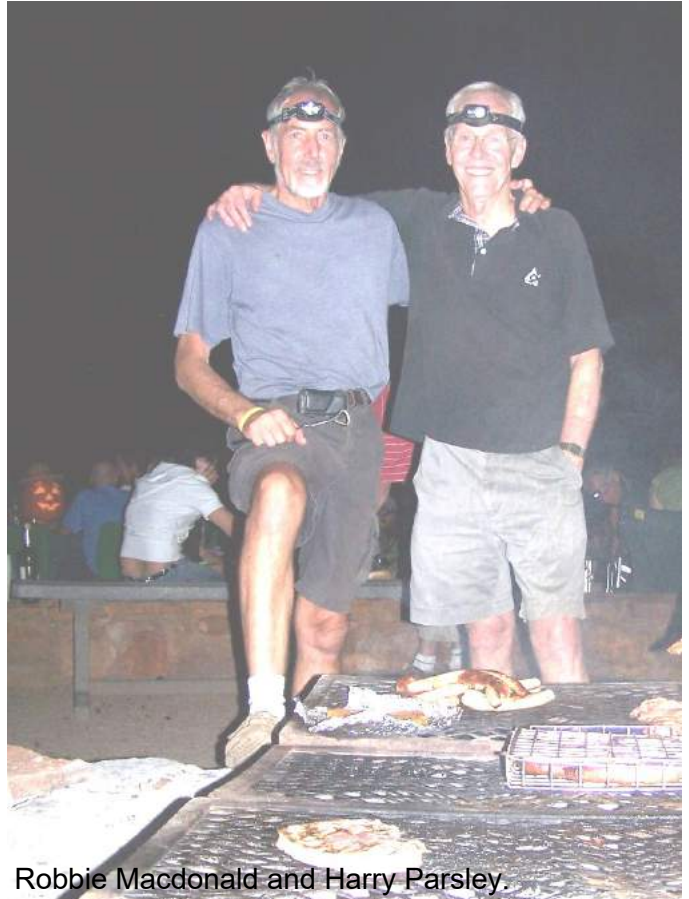
Chief photographer (Merle Doctor)



Jean Williams and Robbie Macdonald.



Bob Greenwood.



Robbie Macdonald and Harry Parsley.

RULES OF THE JOHANNESBURG HIKING CLUB

Rules

All persons taking part in club activities do so entirely **at their own risk** and must adhere to the rules of the Johannesburg Hiking Club.

- 1: Hikers must follow the instructions of the appointed leader and must remain with the main party unless the leader has agreed to a splinter group controlled by a nominated sub-leader.
- 2: No fires may be lit (except at designated sites by permission of the hike leader) and must be extinguished completely before leaving the site.
- 3: All litter must be carried away.
- 4: No uprooting of plants or picking of flowers is permitted and care must be taken to avoid damaging trees, fences or private property.
- 5: Dogs and radios are not allowed on hikes or at camps.
- 6: Anyone under the age of 18 years who attends a hike must be the responsibility of a nominated member.
- 7: Nude bathing can be offensive. Please exercise discretion.
- 8: All behavior likely to bring discredit to the name of the club is to be avoided.

Camp and trail booking procedure:

Phone the designated leader of the trail or camp to reserve a place for yourself. Full payment of the event fee must be made promptly, either by making a deposit into the club's bank account, or by sending a cheque made payable to the Johannesburg Hiking Club. Your booking will only be confirmed once the club has received full payment. It will automatically lapse if payment is not received within two weeks from date of booking, unless otherwise arranged. If you wish to cancel your booking, the fee will be refunded **ONLY** if the club is notified at least two weeks prior to the event and a replacement can be found. If cancellation is later than prescribed date, fees will not necessarily be refunded.

Precautions: The following basic precautions are recommended: Kindly carry your **medical aid card** or details with you at all times; Carry a minimum of 2 liters of water and drink sufficiently during the hike; Wear an effective hat; Use a high UV protection sunscreen lotion; Carry rain gear and a jersey in both summer and winter – during a thunderstorm the temperature can drop by as much as 10° Celsius; Wear strong suitable footwear that will provide traction and support the ankles (lace tightly); Walk with care to prevent injury

SUNDAY HIKES

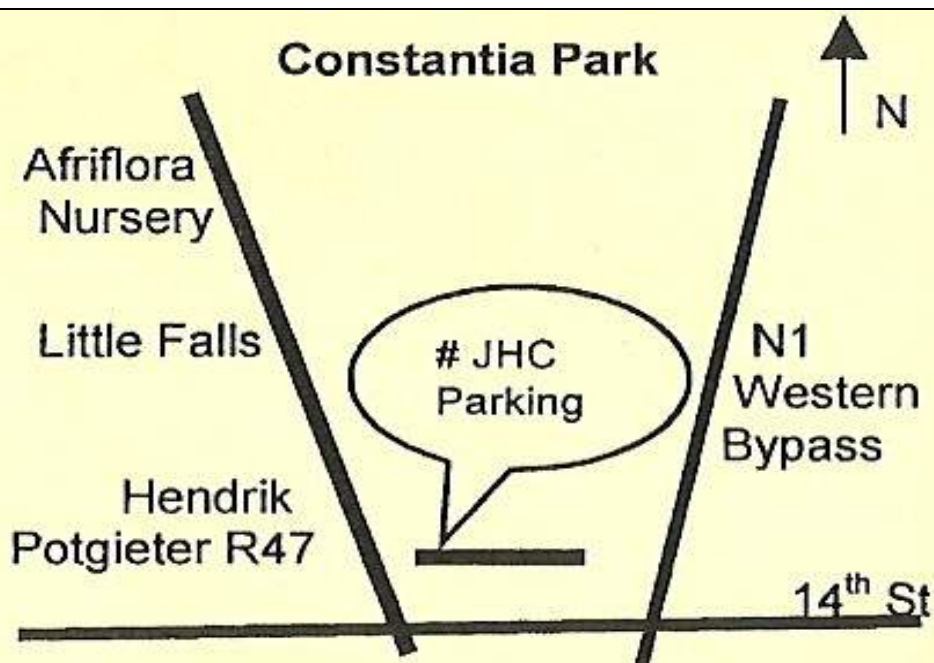
Meeting place: Constantia Park, Gateway House.

Meeting time: 07h45, but consult programme as times can be earlier or later on occasions

Return to meeting place: Varies, but usually before 17h30

Hike fees: Refer programme (non member fee in brackets). Bookable events indicated by 'B'

Restrictions: Certain events are subject to restricted numbers identified by, eg, R(10)



HIKE REVIEWS



**MWENI, DRAKENSBERG: 26 – 28
SEPTEMBER 2008**

Wendy Farrow

Leader: Neil Ransome

Hikers: Cathy Phillips, Roger Price, Paul van Beek, Danny Rost, Wendy Farrow, Neil Voges.

Thursday evening was spent relaxing and enjoying a sundowner and a braai at the Mweni Cultural Centre as the sun slowly sank below the outline of the majestic Drakensberg. Friday dawned sunny and warm and by 8am we were headed off enthusiastically along the gravel road on our way up the Mweni valley. The pace was brisk and after few water breaks and a lengthy lunch break at a stream in the baking sun we reached the overnight spot by early afternoon. This gave us plenty time to pitch tents, swim in the river and enjoy a relaxing afternoon gazing up at the splendour of the Drakensberg.

Saturday also dawned beautifully clear and stayed that way as we made our way to the top of the escarpment. The higher we climbed, the more beautiful the views became; one couldn't help stopping to take in the splendid views along the way. It was about four to five hours to the top for our group of seven. Once at the top we were greeted by some Basotho herd boys, draped in their blankets, with their dogs and sheep. After lunch at the cairn we headed off to the edge of the escarpment to find Ledgers Cave and take in the view. We located the cave, but found it to be unsuitable for a group of our size. This area on top of the Berg is the source of the Orange River. However, the water was scarce and we reluctantly filled our water bottles from a pool of water which looked all right.

We continued along the escarpment watching the eagles soaring around us and headed off to Mponjwane Cave. We soon settled into the cave and enjoyed a hearty hiker's dinner on the edge of the mountain. We awoke early on Sunday to a sea of cloud below us and the top of the escarpment peaking out above the wispy layer of cloud; it was a beautiful sunrise. Here there were some superb photo-taking opportunities. Soon it was time to leave and we made our way down the Rockeries, through the cloud into the foothills below. It is a long trek down and quite slippery in places. By one o'clock, after some of us had taken the wrong path, we arrived back at the Mweni

centre.

The Mweni Cultural centre has a few rondavels sleeping five to six people each. The ablution facilities are clean and the showers are hot. The dining area has tables and chairs and an adjacent kitchen area with fridge and gas stove. There is also electricity.

It was a great hike all round with weather playing its part superbly. Thanks to our leader Neil Ransome for showing us the way up and along this beautiful part of the Drakensberg.



The following letter was received from Eco-Access thanking Beverly Brockman and her team for hosting them on a recent hike.

October 16 2008

Dear Beverly,

I write this letter to you on behalf of Eco-Access to thank you sincerely for supporting the talent of the young athletes from the three LSEN schools (Thabo Vuyo, Adelaide Tambo school and Ekurhuleni school for the deaf) as well as the Eco-Access volunteers (youth leaders from Natural Born Leaders). I know that for the majority of learners that was their first Hiking experience. The teachers have confirmed that it was a special moment indeed for all of them, although a few were not so athletic.

I shall continue to pass on information about this type of recreation so that we jointly afford learners with disabilities sporting opportunities that are varied.

Please convey my regards and gratitude to all the volunteer hikers who supported us. I learnt that I missed a lot of goodies on the 9th as the group was well pampered with refreshments. Rest assured that when the next opportunity comes we shall fill all five days of the week. It will be important also to invite facilitators who have environ-

HIKE REVIEWS

mental conservation training so that environmental education is shared as we hike.

Collectively, we must in the near future be able to jointly present athletes at the next Para Olympics.

With kind regards,

Dr. Khanya Rajuili

Chief Operations Officer

082 855 9290

khanya@eco-access.org

HAENERTSBERG

Merle Doctor



The Wednesday group spent a week in Haenertsburg, where we were entertained and guided on three hikes with the Haenertsburg 'B' team. This photo is us on the Sorala hike, most of it mist. The view we glimpsed in-between was magnificent, but did not lift long enough to get a good photo.

DIDIMA

Getty Simelani



Celebrating Peter Moore's 73rd and Clive William's 70th birthdays at the Iron Crown.



Crossing on Woodbush Trail.

On the first weekend of August my team (as in five of us who are going to Kilimanjaro in September this year) called "Team Inspired" went to Didi-ma, in the Berg to climb at least two peaks as part of our training. We were hugely disappointed when we were unable to summit neither the Cleft nor the Cathedral Peaks. Our main issue was the time one needs get to the top and back. Last weekend three of us decided that we would give at least the Cathedral Peak another bash. The note below is my sister's account of what happened as she was one of the three that went.

Hi Kgatlelozi (that's my nephew's name). I have good news for youMum G summited the Cathedral Peak yesterday at about 13h20. She even



HIKE REVIEWS

got a certificate and back at the hotel she was a mini celebrity....smiling at people, waving like a "Queen/Princess of Groutville" at passers by. The Hotel manager came out to meet us at the hotel entrance when we arrived from the mountain and he was wearing a formal shirt and tie to present her with her certificate. A group of bare breasted and bare bummed Zulu maidens were dancing and ululating for her. Zulu warriors in their amabheshu picked her up and whisked her onto the stage where the Hotel Manager in his tuxedo presented her with the certificate. Me and aunt Blondie had a hard time trying to protect her from being mobbed! Aunt Blondie had been hauled back by a helicopter halfway through the climb. Afterwards people at the hotel were coming to us asking "which one of you submitted the great Cathedral Peak of the Drakensburg Mountain range?" They congratulated her and shook her hand. One of the ladies who work at the hotel kept saying to her each time she met her, "Hayi wena uyiskhokho,i- foundation yophuthu". Today we woke up to the screams of the Mhlwazini Sun (the local Sunday newspaper) headlines: "GETTY SUMMITS THE GREAT CATHEDRAL PEAK" – and a beautiful big picture of the "mother of two" filling almost half the page, local people and visitors alike were asking each other: "Getty Who? Who is Getty?" (Yes Kgatle, she is YOUR Aunt, MY SISTER). Mum G has not stopped smiling since. On our way back she was grinning at everyone having forgotten that they do not know her new celebrity status!

Myself and Aunt Blondie drove her back home like a Queen as she sat in the front seat of a black Pajero limousine munching a Wimpy cheeseburger and fries to deliver her safely to her Deutsche bank offices. Love you,

I AM CARE,

Aka Zandile.

SIERRA NEVADA

Helga-Brita Hirschmann

To all my friends in Johannesburg.

I am always so thrilled to receive and read in Footnotes of all the great backpack trips the Club does. You are so lucky to have Hikers Heaven as a Club House with all the social activities going on. The Sierra Club has one large Club House and three small huts in the mountains, three

hours driving, then three hours hiking into the mountains. These places are very crowded and not an experience of 'getting away from it all', yet they are very popular. California experienced abnormally huge wild fires this season with dozens of homes burnt down in small towns in the mountains.

I went on two Yosemite National Park back pack trips. The first was the Hetch-Hetchy to Lake Eleanor hike, which is a thirty six mile round trip. The other, from 10th to 13th July was from Tuolumne Meadows to Young Lakes, a hike of twenty two miles total.

We were twelve backpackers, males and females ranging in ages from thirty eight to seventy two on both trips. One of our leaders is seventy years old, a tough 'old goat' who could out-hike younger ones whilst carrying a large backpack. On the Hetch-Hetchy hike we encountered numerous wild fires. Even although we were thirty eight miles away the smoke from these fires obscured the sky; no blue sky only haze. When the wind was blowing in our direction we ended up inhaling the smoke. After walking the first eight mile stretch of the hike to Rancheria Falls in 102F temperature my tennis shoe's soles were melted from the heat of the tar road. One person measured 138F inside his tent. We all had to wait until after 8:00pm to get inside our tents. In spite of the heat it takes some guts to jump into the icy waters of the creeks and lakes.

The next day we hiked 1,200 feet on switch-backs up, then 400 feet downhill to Tiltill Valley. This is a swampy part and we had to be careful not to sink into the mud. With heavy winter snow that trail is not accessible until mid August.

The next day it was uphill for nine miles through forest, on switch backs. We could not stop because of the zillions of mosquitoes. We were all plastered heavily in Deed and wearing long sleeved jackets, pants, gloves, yet these "beasties" found spots to attack through our clothing. The necessity to get behind a bush was a real horror. Lake Eleanor was our last night stop. Its elevation is 7,400 feet and consists of rocky terrain. Another wild fire had started far away. The smoke inhalation made us cough. We left at 7:00am next morning and hiked thirteen miles back to the cars, going downhill for 3,300 feet to the 4,400 feet level.

The second trip to Young Lakes started from Tu-

HIKE REVIEWS

olumne Meadows, elevation 7,100 feet. There is a huge camp ground by the Lyell Fork River, which is extremely popular throughout summer. This is the starting point for wonderful trails going in all directions. The Young Lakes trail is very undulating and scenic, passing through forest, grassy meadows and craggy rock. The temperature was 78F with a gentle wind blowing.

Young Lakes #1 is at an elevation of 9,980 feet and lies in a granite bowl surrounded by over



12,000 feet high mountains Ah, what scenery up there. There was flat terrain a quarter mile round to pitch our tents on sandy or rocky ground with a few spindly trees for sun protection.

The next morning five hikers out of twelve decided to quit. The relentless attacks of the mosquitoes took their toll. Our arms were in constant motion to keep the beasties away. The tents had hundreds in them and it took some time to kill all before going to sleep. The seven remaining hikers took off on a cross country day hike of four

miles to lake Roosevelt.

Getting past the waterfall next morning at 7:30am was accomplished without anyone falling. We hiked eight miles on a downhill trail through the forest and arrived at our cars by 1:45pm. Very dusty and tired, yet also exhilarated from an accomplished backpack trip.

Yosemite National Park has 750,000 acres of wilderness with 800 miles of trails and up to 14,495 feet high peaks. Many trails go over the 13,000 foot passes. Yosemite Valley has several hotels and camp grounds. There visitors are packed in like sardines. Up to 200,000 day visitors are counted during the summer season. On the backpack trails one encounters a maximum of six to eight hikers as the quota system.

On several weekends in August and early September I drove up to Desolation Wilderness, which is 7,000 to 10,000 feet high and 190 miles from San Francisco. These are the mountains around Lake Tahoe and the extended range of the Sierra Nevada. I did solo day hikes on some of my favourite trails and slept in my car at night. In the morning I washed in the icy cold creek water, surrounded by an abundance of colourful wild flowers and marvelled how wonderful life is.

To all of you, continue Happy Hiking Days.

Helga-Brita Hirschmann
1350 Divisadero Street, #306
San Francisco, CA 94115
USA
Tel: 415- 447-5798 work



HIKE REVIEWS

HOLHOEK HIKE

Pictures by Charley Lewis



PROPOSED HIKE

PROPOSED HIMALAYAN TREK TO KANCHENJUNGA

Mike Openshaw.



Approaching Pang Pema above the Kanchenjunga Glacier.

Kanchenjunga is often regarded as being a part of the Sikkim Himalaya because it is in the far eastern corner of Nepal, with the Sikkim region of India to the south-east and Tibet to the north-west. The book "Top Treks of the World" describes it thus: "Unlike the other great summits of the Great Himalaya, it forms the centre of a giant cross, whose formidable lines radiate east, west, north and south from it's 8 595m (28 240 ft) apex.

Just 13m short of K2, it is the third highest mountain in the world." Because of the extreme remoteness of this region, we shall need



21 – 23 days, including air travel between Johannesburg and Kathmandu. We will have some good views of 4 of the highest mountains in the world, as we proceed along the trail, namely Everest, Lhotse, Makalu, as well as Kanchenjunga. We proceed to base camp at 5 220m and then go around the massif to Ramche, which is the highest point on the trek at 5 525m.

We fly from Kathmandu to Tapeljung, from where we proceed into an area "totally devoid of tea-houses and lodges", far from the crowded commercialism of the more popular regions of Nepal. Steve Razzetti comments, "No mountain prospect on earth is more utterly overpowering as it soars to the heavens."

I am planning to book this trek for late September 2009, and am looking for a few companions to accompany me to "the home of the Yeti."

Those people wishing to join Mike on this phenomenal trek can contact him on: 011-674-3048, or 083-278-9436.

LOCATION Kanchendzonga Himal, eastern Nepal.

WHEN TO GO April to June or October to December.

START/FINISH International flights to Kathmandu, then by air (45mins) or road (night bus – 14hrs) to Biratnagar. Overnight there and then early morning STOL flight to Tapeljung (30mins). Return by the same route.

DURATION Minimum 23 days.

MAX ALTITUDE Pang Pema (5100m; 16,700ft).

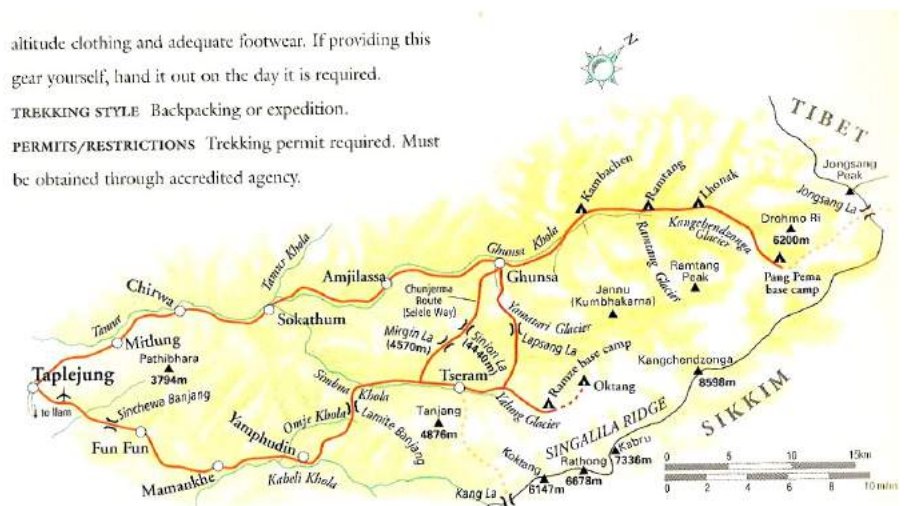
TECHNICAL CONSIDERATIONS If there is snow, parties opting to cross the Lapsang La (high route from Tseram to Ghunsa) should take an ice axe for cutting steps, especially for porters.

EQUIPMENT Need to be fully self-sufficient in accommodation, food and fuel throughout. People organizing treks themselves should ensure that porters have sufficient high-

altitude clothing and adequate footwear. If providing this gear yourself, hand it out on the day it is required.

TREKKING STYLE Backpacking or expedition.

PERMITS/RESTRICTIONS Trekking permit required. Must be obtained through accredited agency.



WEDNESDAY HIKES

Segwati Ranch



Ted Bundy Photo: Harry Parsley

Sterkfontein Heritage Trail



Photo: Harry Parsley

Sandowaan



Photo: Harry Parsley

HIKE REVIEW



CASTLE GORGE

Jonathan Leeming (Story and photographs)

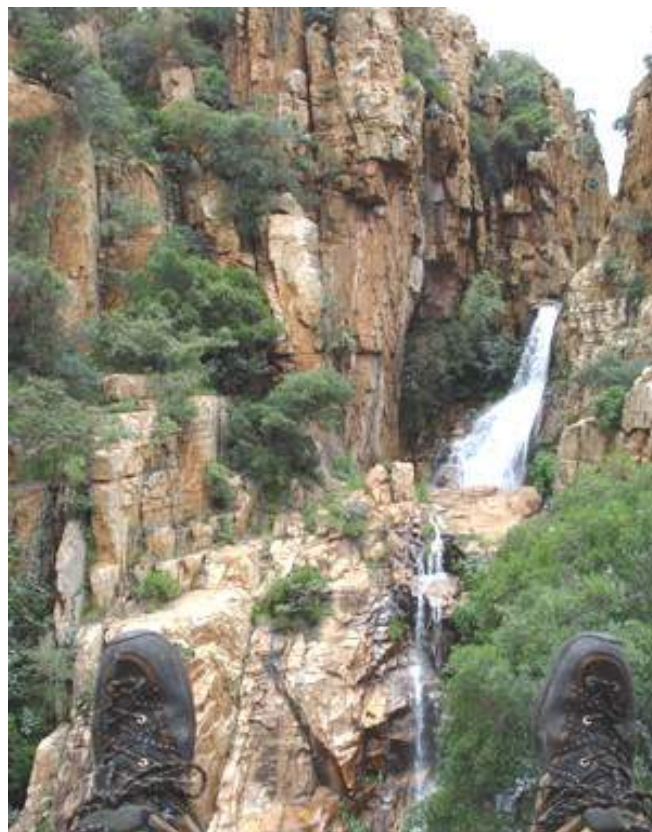
Hidden in the Magaliesburg Mountains is a place that few have seen. It's a place of towering cliffs, crystal clear streams and rugged terrain. Jonathan and an intrepid group of adventures set out to see what's on the edge of urbanisation.

Just the day before, the weather had threatened to cancel the hike. Heavy rain warnings and the possibility of large hail had been plastered all over the Weather Bureau's website. Luckily, the weather had cleared and it was a perfect day for a hike in the mountains.

OK.... So the road was little muddy due to the heavy rainfalls the day before. The guys with 4x4s were OK, but the mere mortals with city cars parked next to the road and stared at a rather large looking muggy puddle slap bang in the road. After a bit of a debate, I decided to tempt fate and chance the ominous mud hole. Luckily, it was only a few centimetres deep as I reenacted the Camel Man advert, but without the cigarette or lung cancer. The rest followed without incident although Karin's brand new car (she had bought it the day before) was looking rather muddy and used. Two ladies in the party had decided that their driving skills excluded off-road techniques so they abandoned the idea of hiking for scones and a massage at Mount Grace Hotel. I have to admit that it was little tempting given the condition of the road.

The initial section of the hike follows a private road before veering off into the natural vegetation. As the clouds cleared, the sun beamed out and humidified the surroundings. A short hike up the hill rewarded us with awesome views of the Magaliesberg Mountain range dappled in beams of sunlight. A quick rest and we were off in search of pools, waterfalls and Castle Gorge.

As we trundled down the old wagon road, the sun bobbed from behind and deluge of clouds, so did the butterflies. It was the first sun that the Magaliesburg had seen in about a week and the animals were celebrating and making the most of it. There were butterflies everywhere, ants danced under the opportunity of a sunny sky. The band of hikers reached the pass before



HIKE REVIEW

hiking down the old wagon road towards the grandeur of Castle Gorge.

Klipspinger and Mountain Reedbuck pranced around. After a few stops to take photos of some spiders we turned off the road to search for the official path that we had missed. A quick stream crossing and we found the path. A little way further and we found Piranha pool bubbling is mountain's clear water.

After catching our breath we set off for a spot to eat lunch across the valley from main waterfall of Castle Gorge. A few wrong turns later, we waded through a narrow valley thickly carpeted by ferns. After crossing the stream, ducking through a thickly forested section, we found a great view of the waterfall and a place to have lunch. Castle Gorge is a perfect place for rock climbing as there are many known routes.

After lunch, it was time to find a pool for a swim. We packed up and headed up the valley towards the top of the waterfall. Lofty and I were stung by wasps as we waded through the carpet of ferns, but it's all in a good day. Some of us scouted out to find a way to the pools above the waterfall, while others made their way back to Piranha pool. We found the pools but because of all the rain and the volume of water flowing into the pools, we decided not to swim. None of us fancied being swept over the falls into the valley below. So, it was back to Piranha pool for a refreshing mountain swim.

The gurgling pool was just the right temperature. Not too cold, yet not too hot. I'd bought my scuba diving goggle along to see what little creature lived in these crystal clear streams but we'd kicked up a lot of silt when we jumped into the pool, so I opted for a bit of aqua-mooching instead. After an hour or so swimming and munching on the remainders of lunch, we head back up



the valley, over the mountains and down to our cars.

Handy
GPS Coor-
dinates:
Car Park:
S25 49.580
E27 36.782



Piranha pool: S25 48.680 E27 34.729

Castle Gorge main waterfall: S25 48.554 E27 34.565

Jonathan Leeming is one of the world's leading authorities on southern African scorpions. He is the author of "Scorpions of Southern Africa" and co-author of numerous publications and books. He has over 20 years experience with these amazing creatures all over southern Africa.

Jonathan spends his time giving lectures and training field guides in southern Africa.. His highly acclaimed book is prescribed for all Field Guide levels. He gives the lectures on Spider bites and Scorpion stings for Pretoria University's Diploma in Tropical Diseases.

When not lecturing or giving training courses, Jonathan spends his time taking people out to various game reserves around southern Africa. A guided walk with Jonathan is an experience you'll never forget.

To find out more visit:
www.SCORPIONS.CO.ZA, or write Jonathan an email at Jonathan@scorpions.co.za.

CLUB NEWS

Club members visit Netcare



Brown hyena spotted at Foothold



Jackie Celliers took this picture of the brown hyena on the 25th May 2008. Most of his group saw the animal, but as it was moving away from the group it was not possible to get a clearer photograph.



CLUB NEWS

SANTIAGO TO SANTANDER

Roland Heap

Hope you enjoy Len's report on our travels so far. Kind regards, Roland. Len's travelogue follows:

Sancy Danaher, a fellow Hebronite (or Hebronian, depending on how people from Hebron, CT want to be called) told me that, "It always rains in Santiago". I didn't contest the statement, but simply thought that meant that It rained every time that he was there. I also thought that Sancy travels off season to take advantage of lower rates and was probably there each time in the rainy spring or late fall when it is more likely to rain. Anyway, it started raining on the afternoon that we entered Santiago. It rained the day that we toured the city. And it drizzled in the morning as we bicycled out of the city; clearing to bright and sunny as we put more distance from Santiago in the afternoon. Visitors, beware. It always rains in Santiago.

I did get to see the cathedral in Santiago de Compostela. And, I saw the Sarcophagus that the faithful believe contains the bones of Saint James the Apostle.

The best bicycling started at Santiago. The roads were not as heavily travelled as the Portuguese coast; and there was a broad shoulder on both sides of the road. The hills to the Bay of Biscay were long, but not steep. We enjoyed a 5 kilometre downhill just before reaching the coast.

Along the coast the bicycle route takes you up mountains and then down to little villages in the river valleys. The uphill is doable, and the downhill exhilarating. It's repetitive work and rewards. We've done this for three days and haven't tired of it yet. And, the uphill is not so strenuous that you dread the downhill because it will be followed by another uphill.

Pictures in my mind: Portuguese villages with houses sided with ceramic tiles, some ancient, elaborate and elegant, and some modern, gaudy, and in optical illusion forms; medieval villages in small inlets from the sea to the left and mountains to the right;

dark blue sea fading to green clear lagoons; grapes growing on arbores 6 feet high, and sup-

ported by granite fence posts for acres on end.

Mountains and sea...mountains and sea... Beautiful!

We extend a warm Johannesburg Hiking Club welcome to the following new members: Johan

NEW MEMBERS

Esterhuizen, Laurie Hubbard, Noluthando Tun-gande, Zandile Mokgatle, Madeleine Tanoe, Robyn Ward, Johan Bornman, Suzy Marx, Allen Goldwyer, Keith Brill, Hans & Monika Broetz, Niel Voges, Iulia Westwood, Jean-Marc Lotthe and Sarah Wilson-Jarvis (Sue Desmond's daughter) . We are sure you will enjoy your hiking experience with the Club and make many new friends.

Donations have been received from Sybille Schnelker and Kevin Walsh for which the Club is

DONATIONS

most grateful and extends its thanks to them.

SEVENTY TWO RUNGS

Neil Margetts

A few weeks ago I had the privilege of addressing the JHC with a slide show on my recent trip to Europe. Peter Faugust, who gave me a grand introduction, mentioned the chain ladder at Foothold. This brought back such a flood of memories. This was one of the most fun things I have ever been involved in.

It all began in 1995 when Robert Douglas, who was the Property Administrator of Foothold at the time, was chatting to Howard Rainer. He mentioned that it would be great if we have our own access to the top of the escarpment. This was to be independent of the neighbours. The

CLUB NEWS

seed was planted, the soil was fertile and very quickly the project took shape. My then brother in law, Patrick, who was Robert's nephew, contacted me and told me of this strange distant uncle of his who had this crazy idea. We were swept into the affair and before long we were out there looking at possibilities. Two lines presented themselves; one on the left consisted of two short sections with ledges in between. This option also presented possibly poor rock, and involved disturbing a lot of fauna and flora. The other option, which Patrick coined the Indiana Jones Gulley, had a much cleaner look about it, but presented a cliff of about 23m to overcome followed by a traverse to exit the gully on the left.

I remember clearly Patrick and I meeting Robert at some exclusive gentleman's club, armed with a proposal, samples of chain and other large metal parts and some CAD drawings. We saw Robert's worried look on his face when we like two excited puppies laid the stuff out on the teak tables and talked loudly about all our plans. Soon to Robert's embarrassment, we were escorted outside on to the veranda to continue our story.

The plans were soon approved, the committee was happy with the idea, and welding masks covered our heads for days. We worked with bustling enthusiasm, with numerous changes to the design being implemented along the way. Our wives were sick to death of the story already, and we

had still a long way to go. At two am, on the day the work party met to carry the thing up the steep hill, we loaded it onto the back of my bakkie.

This day over twenty volunteers, like one huge mechanical centipede, staggered up the hill. Even the official from the Dept of Environment and Tourism, clad in her smart uniform, joined us in the great portage. They had got it into their minds that the ladder must be painted a dull colour so as not to scare the vultures, and were there to confirm that this was indeed done. She at one point slipped on a wet patch and took a very dramatic fall, getting covered in mud in the process.

During the weeks that followed, the gods of the Magaliesburg were not happy with this. We fought lashing rain, lightning and thunder. But despite the setbacks, we had hauled the great conductor up the cliff, anchored it to climbing gear and set it in place. The huge drill, powered by a hefty generator bit its teeth into the rock as we began drilling and gluing the 6 high tensile steel, 16mm thick U bolts into the rock. These were cleverly spaced to spread the tension all around. I remember Hillary (Robert's partner) moaning each time she had to start the generator for us to drill some more. This was because the generator, not liking the wet weather, required numerous arm wrenching pulls the get going.

At last things were all complete, and the day of

High Jumper



Castel Gorge.

CLUB NEWS

the grand opening dawned. We had intended that Bill Murray, the then chairman, to be the first person to climb the ladder, but when we arrived with red ribbon and scissors in hand, we found numerous adults and children alike scampering up and down the thing. This did not dampen our spirits and a grand opening it was indeed.

Many happy memories still linger: The Nag Apies who watched us talk hours of nonsense and consume litres of wine around the fire by the hut, The Scops owl's lurid cry from the tree tops, who commented on these crazy constructors, sleeping under an overhang below the gully in order to avoid slogging up the hill yet again. The vultures that drifted closer to see what all this fuss was about. And to all the great friends, who worked their hearts out, sacrificing, time, money and sweat to make it happen.

For the future, I would suggest a sterling effort be made to secure the gully with poles and steps. It is in my opinion absolutely necessary. I would be keen to make the time again if needed.

Thanks for enriching our lives.

CHRISTMAS DANCE



Come "Dressed to Kill" on 6th December for the Club's Annual Christmas Dance at Old Edwardian Club.

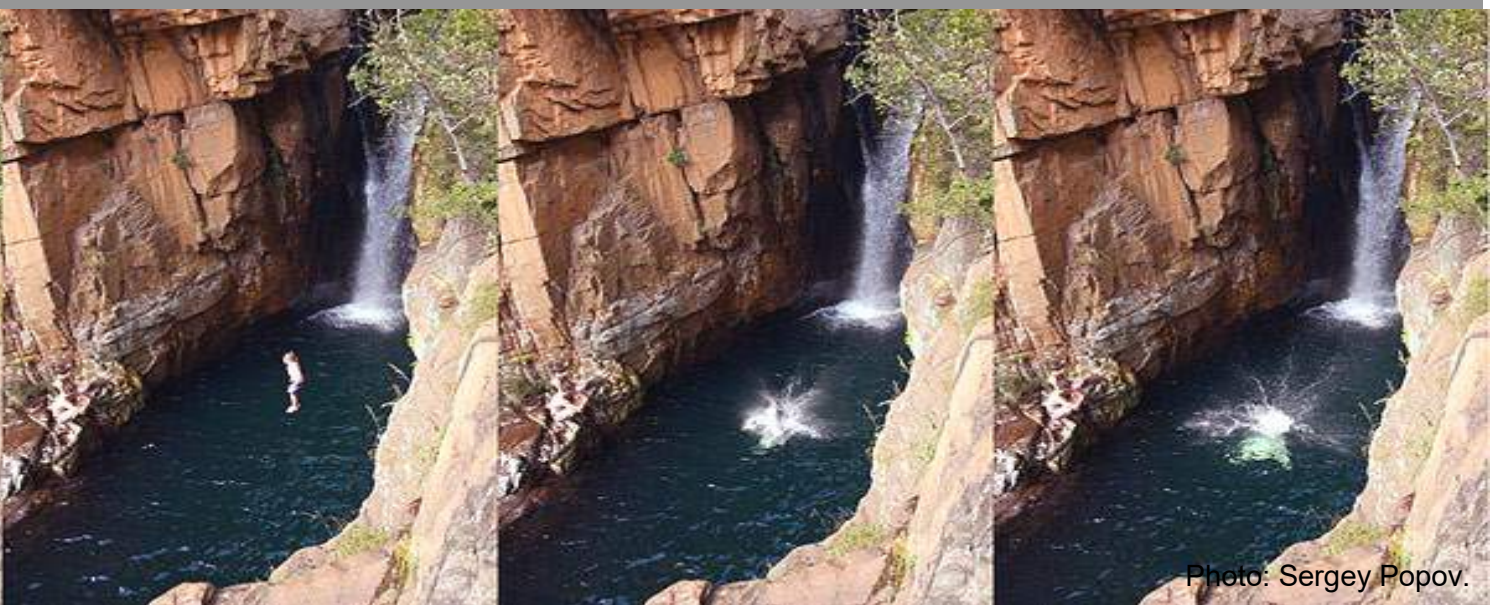


Photo: Sergey Popov.

ASTRONOMY



A QUESTION OF TIME

Paul Rangelcroft

Have you ever wondered why the day is divided into two sets of 12 hours, why hours are divided into 60 minutes and minutes in turn into 60 seconds? And why the day starts at midnight?! Is there any scientific basis for the timekeeping units we use?

Most elements of our timekeeping system originated in ancient times in the Babylonian culture. As with most units of measurement, the choice of the units for timekeeping was based simply upon convenience. Mathematical systems in those times were not sophisticated enough to deal with fractions easily, so numbers that could be divided evenly in a number of ways, such as 12 and 60, were used frequently. Astrology was an important element in Babylonian culture and the choice of the number 12 as a timekeeping unit may also have been related to the number of zodiacal constellations. There are a number of measurement and monetary units still in use today that are based upon division by 12, such as 12 inches in a foot, 12 ounces in a troy pound, 12 items in a dozen, 12 dozen in a gross and 12 pence in a shilling.

The Babylonians inherited a number system from the Sumerians that was based upon the numbers 6 and 60. The division of an hour into 60 minutes and a minute into 60 seconds originates from this system, as does the division of a circle into 360 degrees (6 times 60). The calendar system devised by the Sumerians was based upon this system too, with years of 360 days divided into 12 months of 30 days each.

The introduction of the 12-hour timekeeping system was probably linked to the invention of the sundial. The progression of the shadow that a sundial casts was divided into 12 sections, or "hours", with the hours numbered from the time of sunrise to the time of sunset. Midday thus occurred at the end of the sixth hour and sunset at the end of the twelfth. Time references in the Bible are based upon this timekeeping system. For example, the gospel according to Mark records that Christ was crucified "at the third hour" (i.e., at the end of that hour) (Mark 15 : 25) – this is equivalent to midmorning. The expression "at the eleventh hour" is also based upon this system,



referring to the time of day when only one hour of sunlight remains (and not to a time just before midnight). In time, the night was also divided into 12 hours, giving rise to the 24-hour day.

Using sunrise and sunset as anchors for timekeeping proved to be unsatisfactory, however, because the timing of sunrise and sunset changes during the course of a year with the progression through the seasons. As a result, the duration of daytime and of night-time is not of equal length except at the time of the equinoxes. For the remainder of each year, the division of daytime and night-time into 12 units each produced daytime hours of different length to night-time hours, and hours of daytime / night-time of different length at different times of the year. The timekeeping system was modified in Roman times, with time reckoned from midday rather than from sunrise and sunset. The 12 hours preceding midday were designated "ante meridiem" (Latin for "before midday"), abbreviated to "a.m.", and the 12 hours following midday "post meridiem" (Latin for "after midday"), abbreviated to "p.m.".

Midday represents the time at which the sun reaches its zenith (the midpoint of its passage across the sky). In order to determine the moment at which the sun reached this point, ancient timekeepers drew a meridian through the sky perpendicular to the arc of the sun's passage and 90° up from the eastern and western horizons. The moment that the sun crossed the meridian was used to fix the time of midday. The word "meridian" is in fact derived from the adjectival form of the Latin word for midday ("meridianus").

ASTRONOMY



Another question which ancient timekeepers had to address was when each 24-hour day should start and end. Whilst sunrise would be the most logical choice for the start of the day, some cultures opted for sunset instead. Days in the Jewish and Islamic calendars, for example, extend from sunset to sunset. A disadvantage of using sunrise or sunset as the start of the day is that they occur at different times of the day as the seasons change. The ancient Egyptians opted for noon as the start of each day. A disadvantage of this system is that it cuts the business day in half – business transacted in the afternoon carries a different date to business transacted in the morning. Ultimately, timekeepers recognised that using midnight as the start of each day was the most convenient option.

Man is a creature of habit – the fact that we still use a timekeeping system that emerged thousands of years ago from an ancient number system unrelated to the decimal system attests to this!

PHOTOGRAPHY



TIPS ON DIGITAL PHOTOGRAPHY - No 8

Basic handling of images in computer software

Bryan Lever

I use Adobe Photoshop CS3 for all my work on images. However, this is an expensive purchase. A cheaper version is Photoshop Elements. Also, when you buy a digital camera some image handling software is usually packaged with it.

These are the elements that you need to look at to make adjustments in order to optimise the best look of your pictures. First go to the folder where you have stored your camera image, right click on it and choose "Open With" to find a programme that will open the image. If it is Photoshop then:

1. Adjust exposure levels.

In PhotoShop you click on "Image" in the tool bar and then on "Adjustments" and then on "Levels". This will open a window with a graph on it. If the graph sits only in the middle of the chart somewhere you move the black pointer on the LHS to the foot of the black curve on that side and the white pointer on the RHS to the foot of the black curve on that side. This basically corrects the exposure level to give you the complete range from darkest to lightest in the image. You will of course, make adjustments to suit your own taste. The middle pointer adjusts the brightness of the middle range of colours.

2. Adjust Brightness/contrast.

Click "Image/Adjustments/Brightness-Contrast". A window opens with two sliders, one for brightness and the other for contrast. Tick the button to "Preview" and then watch your picture while you make adjustments. You need to play around until you are happy. You may not have to adjust at all. Depends on what looks good.

3. Colour Balance.

Click "Images/Adjustments/Color Balance". Again you will see three sliders for the various colour elements in your image. Slide these around until, again, you are happy with the final look.

4. Hue/Saturation.

Click "Images/Adjustments/Hue-Saturation" This

PHOTOGRAPHY

is another way of adjusting the colour. Again just play around with the sliders until you get the desired result that pleases you.

5. Cropping.

As it implies this is cutting away edges of your image to improve the overall composition, or to get rid of certain elements you don't want. To crop you need to find the cropping tool in the menu on the LHS of your screen. Place the pointer over each tool, wait a second or two and a label will come up describing that tool. When you find the cropping tool, click on it then place your pointer on the image and drag out the spotted square or marquee to define the area you want to keep. You can adjust these lines with handles on the edges. When you have the right composition, press enter on your keyboard and the image will be cropped to the edges of the marquee that you drew.

There are other adjustments in these menus which you just need to try out and see what happens with each one.

A wise move is to make each of the above adjustments on a separate layer. When you open an image another small window opens on the lower RHS of the screen where the "Layers" tab needs to be opened. The loaded image will be in there and you can right click on that icon and chose "Duplicate Layer". A window opens where you can name this layer, for eg label the first one "exposure" then click OK. Click on that layer to highlight it and then do the exposure adjustment. Then make another duplicate layer from the last one you worked on and call it brightness/contrast. Highlight this layer and make the adjustments. Continue this process until you have a number of layers with different elements of adjustment. The beauty of this approach is, if you don't like what you have done you can delete the last layer by dragging it to the little dustbin icon at the bottom of the window, make the duplicate layer again and redo it to your satisfaction.

When you have made all the adjustments, save all these files into one file with the PSD suffix. Save it into the same folder that you took the original image from and label itwork at the end of the file name. This way you can always open it again straight into Photoshop and see all the layers once more to continue making changes if you wish.

Then click on "Layers" in the top menu bar and go to the bottom of the drop down menu and click on "Flatten Image". This will reduce all the layers to one layer again. Then click on "File/Save As"

and give it a unique name after the camera's assigned number. Save it now as the best quality JPEG image into the same folder as the camera original. The reason for keeping the first part of the file name for each image the same as that generated by your camera is so that your work files on each image will always come up next to each other in the folder that you store



them on.

This is the very basic way of improve your images. To learn more, as they say - Read the Instruction books. And there are wonderful books on PhotoShop in the bookstores.

Happy Digitising and grab some great Christmas and New Year shots. Each member can send me one good picture with a description after the holidays and I will publish them on the Club's website.

Bryan can be reached on: Phone: 011 787 9642, Cell: 802 414 5690, Email: blever@intekom.co.za

BUSH CONVENIENCES



AFRICAN CONVENIENCES



DOGGY WISDOM

A DOG'S PURPOSE, (FROM A 6-YEAR-OLD)

Author Unknown

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners Ron, his wife, Lisa, and their little boy, Shane, were all very attached to Belker, and they were hoping for a miracle. I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home. As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away. The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long." Live simply. Love generously. Care deeply. Speak kindly.

Remember, if a dog was the teacher you would learn things like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.



Take naps.

Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and nuzzle them gently.

Be always grateful for each new day.

Today, I wish you a day of ordinary miracles: May joy dance in your soul, may love fill your heart and may peace reign in your home.

HAPPY HIKING HOLIDAYS



SURVIVAL TIPS

SURVIVAL TIPS

Nigel Naylor

In upcoming editions of Footnotes we will be running a series of articles written by Nigel. Hopefully, the lessons contained in them will never be needed, but will be useful if they are. (Editor).

Ever thought about if you got abandoned in the bush, how would you survive? Surprisingly, if you apply your mind you can do quite a lot.

Did you know that the inner bark of the marula tree, if crushed and pulped, is a wonderful anti-histamine? And that the common-garden "black jack" or "khaki bos" are part of the spinach family and can be quite safely eaten. Why stop there? Ants are quite nutritious. And flying ants are full of lanolin oil, which is wonderful for your skin. Even rats are edible. Ask an expert which berries and fruit in the area where you are hiking are edible.

Get up early in the morning and watch the bees when the sun is at the right angle. When they are hunting for food they zigzag all over the place, but when going back to their hive they fly straight back there. Follow them and see if you can get some honey, using a smoke to get them out. But avoid getting stung.

Some tracking skills can come in handy when trying to find your way, but also for tracking game.

If short of water and devices for carrying it, why not cut a hanging vine? This is loaded with delicious fresh water. Talking about being short of water, it is always good practice to carry a short straw or piece of flexible tubing so that you can suck water up from puddles which are too shallow to scoop water from. With some dry river beds you do not have to dig deep to find water. Observing game can often lead you to the water spots. Steri-tablets are helpful for killing bacteria in doubtful water. In a survival situation the taste is not too bad.

Whilst on the topic of bark, you can use that to plait rope. Did you know that you can also plait rope from toilet rolls? With enough toilet rolls and effort, you can plait a rope to pull a 10-ton truck. Once you start applying your McGiver mind to things, there is no limit to the human ingenuity to make life comfortable.

Fire is always a huge psychological aid to surviv-

al, and the experts always recommend that one of the first things that you should try to do in a survival situation is to get a fire lit and keep it going. The traditional method of lighting a fire using a softwood block and a hardwood stick is quite difficult to do, especially as you need dry kindling which is quite hard to find when it is raining and that is when you need the fire most. Did you know that if you mix Condie's Crystals (Potassium Permanganate) and Glycerine together a chemical reaction takes place resulting in fire. These items are sometimes found in first aid kits. Of course it is prudent to carry waterproof matches in your backpack, or a magnesium stick from which you can make magnesium flakings and set alight by rubbing a steel knife against the flint backing which comes with the magnesium stick. This is very handy as an intensely hot flame is produced which can light most wet kindling and get you going. Failing this, if you have a car handy with its battery still working, you could try and get a spark off this to light some dry grass kindling. Cotton wool also makes quite effective kindling. And of course, once you have your fire going, don't let it go out.

Fire is practical for fending off wild animals. A handy thing to do is to find thorn bushes and make a coral around your shelter so that wild animals cannot easily get at you at night. Also, keep a pile of stones and sticks as handy weapons. If you still have your pocket knife, you can lash this to a long stick to make a suitable stabbing spear. Fire also has the practical use of showing your rescuers where you are, especially at night.

Did you know that if you are short of salt and flavouring, the white ashes from a fire are quite nutritious?

Try to build a fire-beacon or mark out with stones a sign so that your rescuers can spot you from the air.

So why not learn about this before-hand and carry a small survival kit in your backpack. If you are going to get lost, always make sure you have your backpack with you with all these goodies in such as a fishing line and hooks, waterproof matches, a mirror for signalling, a meter-square clear plastic sheet to build you own water still, a straw, a whistle. A bright orange survival bag is always an essential part of your survival gear and can serve many purposes, from carrying water, keeping warm in cold and wet weather, keeping

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your things dry when crossing rivers, to aiding aircraft spotting you. Using a mirror also helps, but only when the sun shines, so a small flash light is also essential. Did you know that the light on your watch can sometimes help with your personal visibility at close range in pitch darkness?

You know what they say about insurance: You cannot buy it when you need it. The same with survival – it is best to know about these things before you get into the predicament. There are a

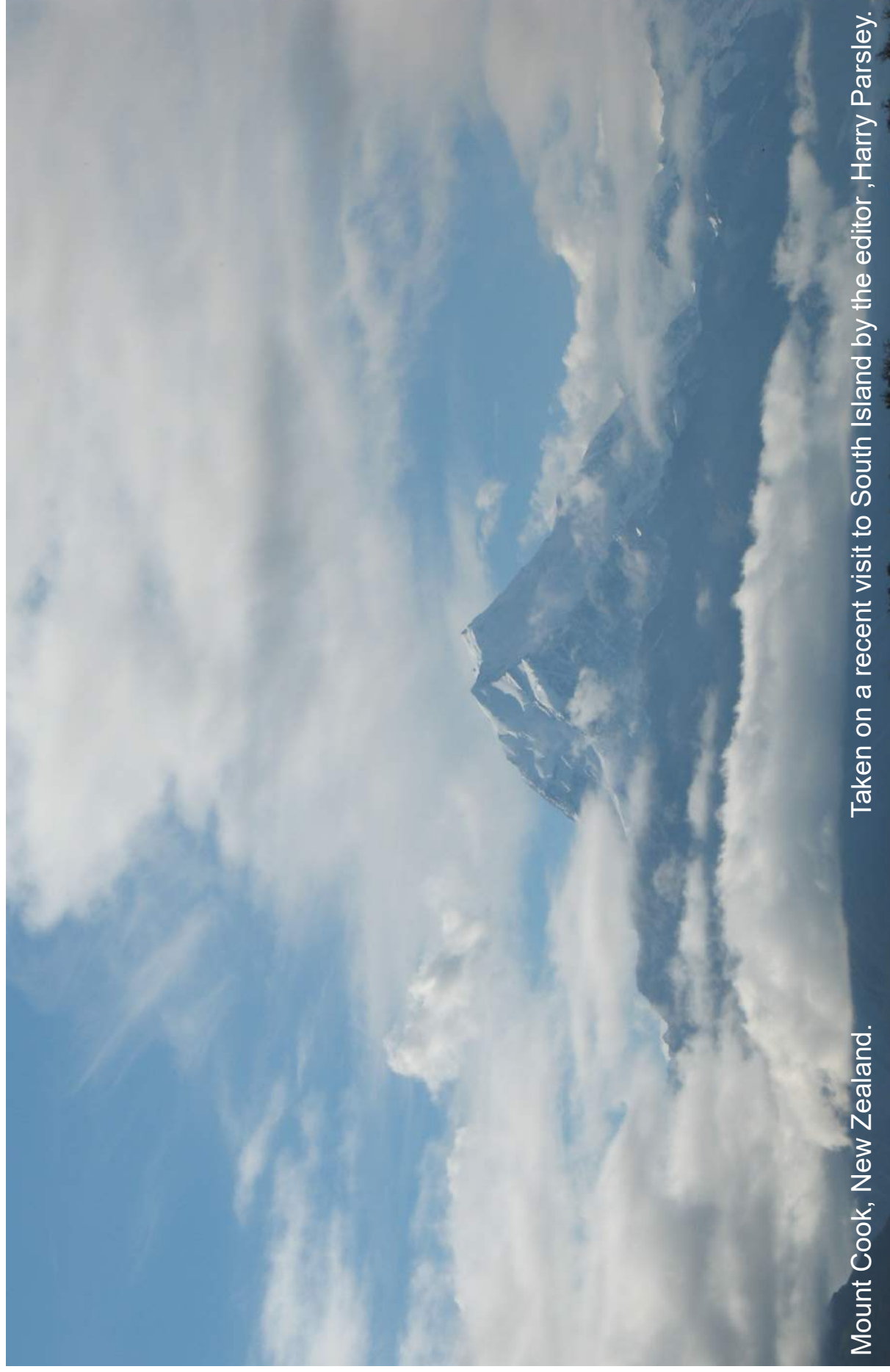
number of survival books out and most books on hiking carry some information on survival tips.

PHOTO GALLERY



Jean Williams and Jessie Moehl by the river on the Glenburn Lodge hike.

Photo: Harry Parsley



Mount Cook, New Zealand.

Taken on a recent visit to South Island by the editor ,Harry Parsley.