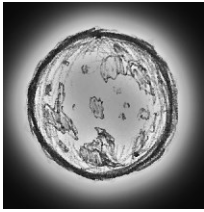


### Once in a blue moon ....



This curious phrase is used to describe an event that occurs very infrequently. But what is meant by the term “blue moon”? Although there are times when the moon appears bluish (usually after forest fires or volcanic eruptions), the origin of the term is not related to the colour of the moon, but to a rare occurrence in the calendar. Generally, full moon occurs once in every month of the year. Occasionally, full moon occurs twice within a month, and the second full moon in the month is referred to as a “blue moon”. The different phases of the moon are related to the change in the position of the moon relative to the earth and the sun as the moon advances in its orbital path around the earth. Full moon occurs when the sun, the earth and the moon are in alignment and the moon is positioned on the opposite side of the earth to the sun. When the moon is in this position, we are able to see the full extent of the side of the moon that is illuminated by the sun.

In contrast, new moon occurs when the three bodies are in alignment and the moon is positioned between the sun and the earth. At this time, the side of the moon that is in darkness faces towards the earth. Whilst the moon appears full over a period of time, “true” full moon occurs at a moment in time when the three bodies are exactly in alignment. Full moon occurs twice within a month on average 41 times in each century. A blue moon last took place in June this year, with full moon occurring on the first and last days of the month. This phenomenon is related to the difference between the length of a lunar month (the interval between successive full moons) and the average length of a calendar month. A lunar month (29.5 days) is almost a full day shorter than the average length of a calendar month (30.4 days). As a result, the timing of full moon retreats from one month to the next (except in March), occurring a little earlier in each successive month. When the timing of full moon coincides with the beginning of a month, a blue moon will occur at the end of the month.

A blue moon cannot occur in the month of February, however, because February is shorter than a lunar month, even in a leap year (for this reason, the timing of full moon advances in March rather than retreats). Occasionally, full moon does not occur in the month of February at all, because the timing of full moon falls on either side of the month. When this happens, a blue moon will occur in both January and March. Such a “double blue moon” occurs even less frequently than once in a blue

*Design, layout and all artwork by Leon Marais.*



# FOOTNOTES AND FIXTURES.

October, November & December 2007

## THE EXTRA MILE: CHAIRMAN'S REPORT.

They say that “All it takes for evil to succeed is for good men to do nothing”

Each one of us in our own way needs to feel the warmth of sun, see the clouds and the bright blue sky. See the wind moving playfully through the grass. Walk at sunset along a deserted beach or watch an eagle soar high over lofty peaks. Picture a life where there is no connection with nature. A society that is deprived of adequate access to open parks and natural areas will eventually implode. In the space of a week I have attended two meetings where the subject was the perceived threat to our open spaces and parks by property developers. One only has to climb the ridge at Walter Sisulu Botanical Gardens and look down to realise how quickly and steadily new developments have been moving across our land devouring all in their path. The economy is expanding. Developers play a crucial part in creating a balanced environment in which people can live work and play. People need good quality housing. Investors need a return on capital and there is an urgent need to create employment. Within our local environment land is becoming a scarce commodity so it becomes obvious that land for development and recreation has to be carefully managed both now and in future. If there is only one party (the developer) and no one challenges the project, things can go wrong and it is only when we see the bulldozers ripping up the land that we react, but by that time it is usually too late

The question is how do we find consensus between the developers on the one hand and the needs of the community in general on the other? The answer must lie in a balanced, responsible approach by all parties. The common agenda of all parties must be the protection and conservation of these areas for now and for future generations. It is not to be presumed that the developers are evil and that the public are saints but there is a risk of losing large portions of public land unless we get actively involved. As citizens, we have a responsibility to respond to and challenge development issues. Not blindly opposing but in a spirit of constructive cooperation. Go to the public meetings, examine the proposals, and seek advice from conversationalists, your ward councillor and others. *Continued overleaf...*

*Continued from Page 1...* Offer sound counter proposals; ensure that the final plan is carried out to the satisfaction of all. You may recall that at the AGM earlier this year we proposed affiliation with the MCSA and as a result some members of our EXCO have been in negotiations with them. After discussions we find that this seemingly simple idea can't be implemented due to unforeseen administrative and procedural problems. However some alternative proposals have been tabled which may just offer a win-win situation to both organisations. Let's keep our fingers crossed.

**Happy hiking; Robbie Macdonald**

**Report on Youthful hiking by Wendy Farrow:** The aim of the Youthful hiking is to attract hikers of younger age groups into the club as members, with the purpose of ensuring the prosperity of the club membership in the years to come. In order to promote and encourage the Youthful hiking, the hikes programme includes a variety of hikes such as a weekend away hike each month as well as a monthly Sunday hike at a venue in the Magaliesberg. The aim is to provide a varied programme to suit all types of hikers where possible. In the past the 'away' hikes have varied from base camp hikes to two-to-six-day hutted backpacks as well as wilderness trails. On a quarterly basis we have introduced a Sunday kiddies hike for those with younger children or grandchildren. I welcome your suggestions for hikes you would like to see on the programme in the future.

**Editor's Note, by Leon Marais.** Ok, whodunit? Who speeded up the clocks? All I hear is 'where's the year gone?' or 'Is it really August already?'. Indeed, the years do seem to go faster these days, and were on the downhill side of yet another one. But it's not quite time to look back yet, and we still have lots to look forward to. The first hints of spring, flowers, birds-a-tweeting, the dusty smell of a rainstorm...yes, each season holds its own beauty and on that note I hope I'm not alone in relishing winter, for as I write it's not quite over yet. Weather and seasons aside, thanks to all those who submitted material for this edition of Footnotes and Fixtures. There were one or two that weren't included due to space restrictions, such as the digital photography series, but perhaps these can be held over till the next issue. Speaking of that, we're in need of a new editor, so anyone with the inclination should contact the club administrator (it's actually not such a big job putting this thing together!).

The JHC would like to extend a warm, official welcome to the following new members: **Michelle Kirby, Getty Simelane and Michelle Trevis.** The club also extends deepest condolences to **Louisa Pascher** and **Charmaine Coletta** whose dad and mum respectively passed away in July.

**'Invasion of the Wednesdays' continued...**the wisdom of making a prolonged descent of the kloof only to be followed by the inevitable prolonged ascent, so they returned to the ladder (apologies to the leader, Colin Lill). Maybe they were influenced by thoughts of the after-walk braai!! And so to home after a very enjoyable weekend. **Peter Moore**

### **My first weekend at Foothold, by a Workaday hiker.**

The Dulcet Tones said "I heard you would be happy to do some work at Foothold." I was, and now, after making an unnecessary purchase, I was headed west through the frenetic, Saturday morning traffic along Hendrik Potgieter. The directions were perfect and soon I was turning right at the sign for Aasvoelskop, onto the last bumpy mile to Foothold. There were buildings, cars and tents but few people. The workers were working. Soon I was made welcome, told where I could sleep and invited to morning coffee and cake. There would be afternoon tea as well, at the proper time. I could not have imagined how well appointed Hikers Haven would be and therefore had brought a bootfull of totally unnecessary equipment for withstanding the rigours of a weekend at Foothold. Even so, carrying my bedding and spare clothing up the leopard-proof stairs, was a trial but there was comfort at the top. I did 'help' Jim Hutchison with some plumbing in the afternoon without getting my overalls dirty. If Jim thought he had a fanatical trade-unionist working for him, he politely did not say so. Sunday morning, after watching the real hikers head up towards the chain ladder, was spent birding on Alison's newly re-signed birding trail. We were rewarded by a close up view of a male Cardinal Woodpecker, among other birds. Back at camp there was coffee, more interesting conversation, lunch and an easy drive home. I live next to the concrete highway and was impressed by the peace and silence of Foothold, not to mention the friendly and interesting people and all the planning and hard work which they do in order to make a weekend such as mine possible. I might hike next time ..... perhaps!

**Kiddie's Hiking cont...**thus the walks are chosen with care. Adults do not find walking through long grass a problem as their noses are way above the average height of the grass however if the adults walked on their knees they would soon find themselves wishing they could see more than the sky above. The aim is to make the walk an unforgettably enjoyable experience. In the New year Our aim is to invite children from disadvantaged homes to share and experience the beauty of the outdoors. Beverly Brockman is just this experienced leader and her vision is to open new horizons to our young 'leaders' of tomorrow. We wish her well with her endeavour.

### Media mumblings... by Marion; Media Organiser.

Wow! A new young and fresh look has been achieved for the JHC website and we have received several confident responses from members – thank you. CapeStorm and Drifters have agreed to continue advertising on the JHC website. A 'situations vacant' column appears in this Footnotes and we sincerely hope that members will ask questions about the positions in order to make a positive decision to get involved in the JHC. Contact any EXCO member for a chat.

Thankfully, a member has volunteered to take over the web for 2008, and training will begin soon. We still require an editor for Footnotes and a media organiser. 15 720 visitors surfed the JHC website for the first six months of 2007. In the 2007 survey conducted earlier this year, it came to light that articles on various topics of interest should be included in Footnotes. The media team would appreciate those members who suggested these topics, to please submit write ups for insertion so that all members can enjoy reading them.

Thanks to all who continue to submit articles/photos for the website and Foot-

### Our Newcomer's Report, by Getty Simelane.

Hiking has been one of my hobbies for more than a decade and I was introduced to it by a group of hikers from my church, St Mungos in Bryanston as part of fellowship and opportunity to get a glimpse of the awesome work of God's creation of nature and the universe. Consequently, for me hiking has always had a spiritual revival element to it. A couple of years ago I heard of the JHC from other hikers and in May this year I agreed with some close friends, who had taken a maiden weekend hike with me in a St Mungos group hike to Rustenburg, that to keep the momentum on their discovery (of how great hiking is), we would come along to the JHC hikes. All was made easy by the great website you have.

We picked a Sunday on which to start, and pitched at the rendezvous. Yes, we were a bit alarmed as we stood out as the group of darkies. Everyone seemed relaxed though and casual. After a few pleasantries and formal intro's we were on our way to the hiking venue Bartlett Farm in Magaliesberg. When we got there, leaders introduced themselves and informed us of the procedure and rules. Off we went and now having done five hikes with JHC, the decision to join was not a debate as I have found the leadership, atmosphere and the camaraderie during hikes resonates to a great extent with my expectations. To illustrate the warmth of JHC hikers, on the first hike after taking my membership, I brought along a friend for her maiden hike and we ended up in different groups. Unfortunately, she left her lunch/snacks in the car as she thought we would be back around lunch, when it was time for lunch up in the mountains she only had an apple and water. To cut the long story short, she got back to base having been offered something by others in her group and when membership forms were distributed she took one and vowed to return! (Oh she'll slaughter me for telling the story.)

### Uitsoek Hike, Mpumalanga, July '07, by Leon Marais.

On a cold Saturday morning 11 hikers set out on the 14 km first day of the Uitsoek Trail in the mountains between Sudwala Caves and Lydenberg. The trail winds through large tracts of land that are planted with pines, where neither animal nor bird stirs and one feels an eerie silence that is only lifted by the chatter of fellow hikers. The trail however also takes one through some magnificent natural forests, where birds call from the canopy, streams gurgle and bushpig diggings are evident all over. We unfortunately missed a junction in the path and ended up 4 km's along the day walk route, whereupon seven of us opted to back-track and continue as planned and four decided to head back to the base huts and enjoy a day walk instead. The rest of the day was spent ascending (some 700 meters in total), which together with the 4 extra kilometers made for a fair walk! Oh, there was one large descent, followed of course by an equally large ascent, making the first day a nice challenge (where one could really use the lungs!). We reached the Uitsoek overnight hut at about 3: 30 PM, and found it to be basic but comfortable, with plenty of firewood on hand thanks to the forestry industry. There was also running water nearby for a quick wash-up. Needless to say it was a rather early night, and we awoke to a heavily frosted winter scene early the next morning. We set off again at around 7:00 AM, with 13 km's of descent ahead of us, again through some beautiful forests. We had ample time and took numerous tea-breaks, as well as a nice lunch stop in the sun on the lower slopes where the forest gave way to drier bush. We arrived back at the cars at 2:00 PM after a good day's walk, where there were hot showers available before the long drive home (it's some 4—5 hours from JHB, with a 10 km stretch of rough logging roads after the tar ends). All in all I found the hike to be really worthwhile, with some nice up-hill pulls and just enough of a physical challenge to make it memorable (but I wouldn't recommend it for new / unfit hikers). Very scenic, enough water en-route and reasonable accommodation.

**Participants:** George Christian (leader); Este Shearer; Elisabeth Pickard; Hanneke Robat; Elsa Wolshowsky; Sean, Charmaine and Simon Lewis; Hans Van Rhee; Wendy Farrow; Leon Marais. Thanks to Wendy for the organisation and to George for leading the hike.

**Howard Rayner's mother passed away in England on August 8th 2007 after a long illness. She will be sadly missed by Howard, Magui and Carmen . Condolences too from the JHC.**

### The Johannesburg Hiking Club

**PO. Box 2184, Jukskei Park, 2153.  
Phone : 011 462 2993 (10:30 AM—  
12:30 PM only), Fax: 086 685 5746,  
Email: [jhc@mweb.co.za](mailto:jhc@mweb.co.za)**

Visit us on the web!

[www.jhbhiking.org.za](http://www.jhbhiking.org.za)

### Snorkeling and Beers in Mozambique.

Dois M is a beer. The two Portuguese words every one learnt. A large bottle, 550ml of this ice cold brew is a godsend after 732 km of driving (and 3 hours at the border post). When you are being shunted about in a 13-seater Toyota as the driver desperately tries to avoid the pot-holes, you ask yourself "what the dickens am I doing here?" And then that last hour, standing on the back of a cattle truck, ducking to avoid branches and looking up at a clear starry sky, you know the meaning of bliss.

Jill Salt from Sabie had organised this 5 day beach walking trip, so 12 enthusiastic hikers ascended on her abode. She kept on smiling - bless her.

Island Rock: To me the name conjures up 10ft. waves, hanging on for dear life on some strings, sitting in falling distance of a shark-infested ocean. A rubber dingy with two mean Yamaha motors. Everyone was laughing in glee as it rose right above the water, to collapse again with a thud. I was bent over double in an effort not to fall overboard, Robbie grabbing me for dear life as he had no desire to jump in the water to save me. But I really didn't care whether I fell over or not. Do you know what your stomach does when the boat stops and just weaves, and the petrol fumes take over?

No fish to be seen so the best phrase was when Hannes (the keeper of the Inn) said: "Nee, ons verkwis ons tyd hierso. Ons gaan liewerste huistoe" Music to my ears... Seeing there was no snorkelling on this day (vicious ocean being responsible), we were not to be outdone, and after a 6km beach walk, we reached Paidane. I was very happy in the shallow part while the rest went far out and saw magnificent angel fish, black and yellow and rainbow coloured jobbies. Jim even told me of a baby barracuda~!!?

The evening was great with John Chaplin giving us a feast with lots of Amarula and chocolates. The good life still rules! From there onto Coconut Bay. Our resorts were all spectacularly situated with pristine beaches, magnificent sunrises and sunsets on mostly clear days and starlit nights. The only longish day was 18km to Tofo, but with lovely swimming breaks before sitting in the pool with drinks at the Albatroz bar. No slumming it on this hike! **Continued Page 5...**

### Hiking the Magalies Traverse – from Foothold to Castle Gorge – 26-27 May 2007.

Those who completed the hike were: Tom (the leader), Ann, Wendy, Brian, Bengt, Ted, Hanneke, Allan, Andy, Melissa and Calvin.

We met at Castle Gorge on the Friday afternoon and left some of the vehicles for the return trip, others proceeded to Foothold. We were all very well in time and settled in nicely. Some of us camped, others had the privilege to have a bed in Hikers Haven. We had a very jolly evening, a good start to the hike! The following morning it was all serious stuff: last minute organising of the packs, dressing in some warm gear as it was very nippy and organising the equipment/clothing not required on the hike. After a formal: 'this is the group photograph' - off we went, with the well wishes of the members of the Foothold work party (those who were awake).

Going up the mountain with a full pack is quite different than carrying only a daypack! Some members of the group were really slow, as it was much more demanding than expected. After making it to the top (later than planned) we really had to put in some pace: we had to make it to the pools at Easter Kloof (Fountain Gully) before dark, which is a distance of 27 km. One lady soon developed a really huge blister on her heel and it was clear that she couldn't walk 27 km. in such a condition. The decision was taken that the 'lame' and 'the-not-up-it' should return. Thanks to Paul Van Beek who escorted them back to Foothold. And then we walked! The terrain is as always rocky and demands strong feet and ankles. We did long stretches and our breaks were welcome, though we kept them short. We had lunch at Breedts Nek, where we lost another hiker. He had stumbled a few times and his ankles were really sore (yes, rather safe than sorry – see next year as a challenge and be a little stronger). By now the communication towers were clear and not so small any more. We continued as we had done in the morning, with long stretches and short breaks. And yes, we arrived just before dark, with enough time to put up the tents. Some of us – the brave hearts – slept out under the moon and the stars! Nobody slept cold though. The camping spot was very cosy and we had an enjoyable evening. On the Sunday morning we took it easy, as we only had to do +/- 15 km. It wasn't such a cold morning and it was nice to be out in the open. Our pace wasn't all that brisk, easier to negotiate the rocks! Like the Saturday, there were many kilometres where the veld was burnt earlier in the season, which made walking a lot easier. We arrived at Castle Gorge at lunchtime, all very much satisfied that we had completed and enjoyed the hike.

Thanks to Ann and Tom for organising and leading this hike.

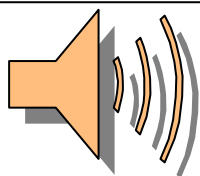


### Property Administrator's report (Jim Hutchison) – July 2007

**Castle Gorge:** We've had no reports or indications of thieves getting into the car-park but, frankly, the exit opening, the fairly climbable gate, and the possibility of entry through snipping the wires, all add up to a rather insecure situation. Granted, we are near the end of the remote public road with little or no casual traffic, but the recommendation is that nothing valuable be left in the cars.

**Foothold:** We've had a run of bad luck of late with baboons getting into our up-slope tanks and also randomly adjusting control valves. In addition, an inlet fitting on the new tank, just installed, has been cracked, maybe by a zebra leaning against a vertical pipe.

This accumulation of errors has resulted in a great loss of water and much time spent in cleaning the tanks and correcting the causes of the problems. While working on the above on a weekday in July, standing behind a tank, I heard a gentle movement of the grass and witnessed the slow approach of an adult and sub adult warthog to within about 8 metres. Suddenly, sensing my presence they took off at high speed. Somebody saw a kudu recently. What next? Josef Pascher, who recently died, (see obituary) was at times a frequent visitor and worker at Foothold. When he had the time over these past few years, he and his daughter, Louisa, would spend a night camping and socialising. They were very popular participants and Josef was the most generous of men. We are the poorer as a result of his untimely passing.



**DEADLINE FOR NEXT ISSUE: 30th October 2007. E-mail all correspondence to Maureen at:**  
**mcleman@telkomsa.net**

**KIDDIES HIKING :** Kiddies hiking is aimed at youth 8 years and older. The hikes are slow and not difficult. Children below the age of 8 yrs get bored and tire easily. Those under this age who are allowed on the walks may not be able to keep up and would delay the group as the leader must walk at a pace compatible with that of the slowest hiker. The leader must be aware that the return journey after lunch is more stressful and hikers will tire quickly if it is hot. If any hiker shows signs of stress the leader must be prepared to cut the hike short. The leader is required to keep the interest of the children and be aware of their capabilities. Children's legs are short, and ascending to the top of a mountain is quite a feat for them ... *cont. on Page 23.*

**Moz Hike cont...** Barra Lodge, our last port of call, had lots of tourists bringing us back to a feeling of civilisation once more. The evening meals were always superb: as many prawns as you could wish for, calamari, langoustines. This evening it was even accompanied by a guitar player. The last day saw some snorkelling and some on a bus to Inhambane for sight seeing and market shopping.

Then by Dhow to the "new city" of Maxixe. The joys of mossies, fleas, bedbugs and Natasha's scorpion bite (Jim assured her it was thin-tailed, so no threat) really just added to the ambience of Mozambique. We all loved every aspect of the journey and so many of us want to return. A lovely group consisting of: Jill Salt, Janette Corcoran, Elisabeth Pickard, Louise Dibb, Jim Arnett, Robbie Macdonald, John Shelly, John Chaplin, Marianne Miller, Natascha Basedau, Lynzi Crisp, Kristina Mand and yours truly.

Thank you Jill. You really are a brilliant organiser and a very special person — Kristin Hammond.

### MCSA cook-a-thon, Wednesday, 11 July 2007, by the Happy supporters

The atmosphere was really good as teams busied themselves organising their tables, porta ledges or made themselves at home on the stage, for the MCSA first cook a thon, which was a great success. There were 13 teams, 5 from the JHC who were encouraged and supported by several members. The JHC 5 teams were: Saucy Sue - Sue Desmond; Gourmet Beverly – Beverly Brockman and Hijme de Jong; Kiss - Neil and Audrey Ransom; Tasty Tracey – Tracey May; Surprise - Beth Corrie.

The audience mingled around from stand to stand, asking questions about the costs, nutrition, time to cook etc in order to complete the marking sheet, which was quite involved. Bribes were offered at many of the tables!!! Tasting all the different dishes was a unique experience, to say the least. We had starters, main courses and puddings – all cooked camp style on gas burners.

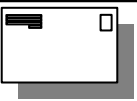
The 3 winners were announced, albeit a bit of controversy around 2<sup>nd</sup> place as they served sushi which is not cooked and is unsuitable for camping, and the first MCSA cook a thon came to an end. Nobody went home empty handed, supporters had full tummies (am sure the chefs did as well), top three received prizes and all other entrants received a bag of goodies from Drifters. Attached are two of the JHC recipes (only one published as the other was submitted in unsuitable PDF format – Ed). . *Recipe on Page 6.*

## COOK-A-THON: JOHANNESBURG HIKING CLUB, 11<sup>th</sup> July 2007

**Cape Malay Chicken Curry – for x 2, by Beverly Brockman.**

**Ingredients:** Smoked Chicken; 2 x baby carrots , cut finely; 6 / 8 Mange Tout peas; 2 x baby marrows; 1.5 tsp of Masala Curry powder (can add some dried coriander); some sun-dried tomatoes (or you can carry a fresh tomato!); 1 x chicken cube; 1x onion cube; a little salt to taste; 2 / 3 tomato sauce sashes (8g each); 1 x packet smash.

**Method:** Cut and add ingredients 1-7 into a pot with a little water and boil until the carrots are soft. Add tomato sashes and extra salt. Make the smash separately. Serve with a sprinkle of coconut and chutney if desired.



Letters received...

The following obituary was sent in by Slewyn Lager, and the club also sends deepest condolences to all who knew Joseph.

**Joseph Pascher: Born: 28 April 1950; Passed away: 19 June 2007.**

### Condolences for the late Josef Pascher

We were all deeply saddened at Josef's passing following a sudden heart attack. Privately, he still mourned his late wife after more than five years. He was a wonderful father to his daughter Louisa and there was an inseparable bond between them. Many of Josef's friends in the JHC will remember him as a kind and endearing human being who hadn't lost his Austrian accent in 30 years. He was an asset to the JHB Hiking Club and gave much time and assistance to the club's administrator at Foothold whenever he could find the time. He always used to remark "Hikers at the JHC are really great people". He felt most at home spending a weekend at Foothold and the last time was when he celebrated his 57<sup>th</sup> birthday at the end of April. I felt Josef's departure in a very personal sense, having met up with him in the Magaliesberg Mountains some six and a half years ago. We became good friends and had a good working relationship. We also enjoyed ourselves in the outdoors. His business was flourishing and hopefully will continue to do so. All who knew him will sorely miss him.

## Foothold mid-winter camp, by Marion Hühner.

Over the weekend 29 June to 1 July, the mid winter camp was held at Foothold. This is always something to enjoy and to look forward to. Arrivals were from Friday afternoon and there was quite a good number who ventured out for the additional night. We arrived mid-morning on the Saturday only to find Roland's Heap blocked with police and forensic vehicles. On investigation, we were informed that a lady was burned to death the previous evening. It appears that some members, who had camped over at Foothold, heard screams during the night - what a thought! On arrival at Foothold, we were advised that baboons had managed to open the taps on the water tanks and that water would be scarce for the weekend as the feeder tanks were almost empty. The maintenance crew checked and then found that a baboon had somehow managed to get into one of the tanks and was squealing to get out. A piece of pipe was lowered and the nervous creature climbed out and scampered off into the bush. A new feeder water tank was installed and all the taps to the tanks were secured with wire. Due to the lack of water, the normal toilets were out of bounds and the long drops were back in demand. One member, who will remain nameless, managed to drop his glasses down the one pit loo. Thanks to a kind hand and 'special' tool, the glasses were retrieved, sterilised and again utilised. After lunch the ladies prepared the veggies and meat for the potjies and got the fire going. Two men then saw to the potjies under the watchful eye of Milly. Prior to the celebrations, several members took a walk to the main road and back. There was then a 'jumble sale'. The gluhwein was enjoyed whilst watching a display of slides, organised by Robbie MacDonald, ranging from the Magaliesberg to Mozambique and Australia. As the temperature dropped, the butternut soup, prepared by Jean Peatzold, was served with a roll. A short while later the potjies, 3 meat and two vegetable, were positioned on a table for everyone to help themselves. The men then stacked up the fire and everybody enjoyed the food, the camaraderie and atmosphere of a mid winter's night at Foothold under a clear star-filled sky. Members then sampled a wonderful variety of puddings. Thanks to Milly for all the preparation and for the other ladies and gents who assisted to make the dinner something special. There were almost 40 members present with a large contingency of mid-weekers. Morning dawned and the Sunday hikers arrived and happily set off for their hike. Some of the maintenance crew discovered that the water pipes had been gnawed right through in places, possibly by a porcupine, and duly repaired the section. A big thank you goes to the Friends of Foothold, lead by Jim Hutchison, who on a monthly basis, give of their time and effort to keep Foothold in a good condition for the benefit of all JHC members. After the hike, weary hikers could savour some gluhwein, soup mixed with the left over potjie and puddings.

## SITUATIONS VACANT:

A number of positions will become vacant shortly. If your life has become dull and boring and you are looking for a new challenge, then perhaps one of the following positions is for you.

| POSITION                      | DUTIES  | QUALIFICATIONS   | REWARDS  |
|-------------------------------|---|--|--|
| <b>Vice Chairperson</b>       | Assists the Chairperson in the day to day running of the club. Attends monthly EXCO meetings. Is generally seen as the next chairman                        | Honesty and sincerity. An enthusiastic and knowledgeable hiker who is interested in furthering the aims and objectives of the club.  | Infinitely rewarding.<br><br>You become involved in club activities at all levels.   |
| <b>Treasurer</b>              | Record and maintain the clubs financial records to the existing standard. Attends monthly EXCO meetings   | Basic knowledge of book keeping and income tax regulations. Interested in the aims and objectives of the JHC.  | Suit a retired person looking for something to keep occupied.                        |
| <b>Media organiser</b>        | Oversee the website, Footnotes and all aspects of media. Attend monthly EXCO meetings   | Computer literate, organisational skills and friendly nature. Interested in all matters relating to the club.  | Suit a retired person with an interest in the JHC.                                   |
| <b>Footnotes Editor</b>       | Arranging articles for publication in Footnotes on a quarterly basis.   | A knowledge of Windows Publisher is an advantage but not essential as training will be given. Interested in the activities of the JHC.   | Let your creativity come for the fore and use your skills as Footnotes editor.       |
| <b>Property Administrator</b> | Responsible for the property owned by the JHC, i.e. Foothold and Castle Gorge. Attend monthly EXCO meetings.  | Membership of the EXCO requires an interest in all matters relating to the life and running of the club. Knowledge of maintenance and property an advantage but not essential. | Suit a retired person who loves the outdoors and is bored at home.                   |
| <b>Foothold Manager</b>       | Reporting to the property administrator. He is responsible for the management and development of Foothold and the maintenance of the Castle Gorge car park. | A 'handy man' with a mature disposition and feeling for both properties. An enthusiastic team, The Friends of Foothold, would assist him in the carrying out of his duties.    | This position would also suit a retired person who could spend weekends at Foothold. |

**Note:** 1) The property administrator and the Foothold Manager could be combined if a suitable member offers his/her services. Thankfully a member has come forward to take over the website but the media organiser and the Footnotes editor

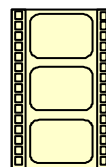
## Natspeak; July 07: by Hilary Douglas (a JHC member who lives at Utopia, in the Magaliesberg).

I think we are all agreed that this has been the coldest winter on record at Utopia. But that hasn't stopped the wildlife. During the day a great variety of birds frequent the smorgasbord we lay out for their delight, usually joined by squirrels and the ubiquitous monkeys. If we know the monkeys are around we take the food in, only replacing it when the troop has moved on. If we leave the back door open then birds, monkeys and squirrels come inside to help themselves! Judging by the numerous footprints on the soft sand of our driveway, nocturnal animals visit just as frequently.

Last night we heard a loud chittering outside the back door and on opening it saw a Lesser Bushbaby leaping about in the closest acacia tree. We shone a strong torch onto it (avoiding its eyes) but it didn't seem bothered by our presence and just carried on leaping about and chattering in an agitated manner. We came to the conclusion that its mate (or offspring or sibling) had been caught by a snake or owl which we couldn't see. No matter how close we came it refused to leave the centre of the tree until suddenly, after half an hour, it disappeared into the night. According to Vincent Carruthers, Lesser Bushbabies (*Galago moholi*) are crepuscular and rest in tree holes or in trees throughout the day coming out to forage at dusk and dawn. They live almost exclusively on insects and acacia gum and have a home range of about 3 hectares. Their habit of urinating into their cupped hands and then washing their feet appears to be part of the mating ritual and marks their territory, and is not, as some claim, to improve their grip whilst leaping about in the branches of trees!



Whatever we put out at night is eaten before dawn and we know that porcupines visit because we see their footprints and also their faeces (like chipolata sausages!). We had the good fortune recently to see these incredible creatures at Mabula where they come to feed on bits of bread and apple that people put out for them. In the wild they are totally vegetarian eating corms, roots, bark, etc. but will also gnaw bones in order to supplement the phosphorus in their diet.



**.Vital Statistics:** Here, for interest's sake, are the slide show attendance figures for this quarter: May - 44; June - 69; July - 30 (seems like the cold weather is perhaps to blame for

### Rules of the Johannesburg Hiking Club

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 behaviour 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 time, 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.

**Meeting times and places for Sunday hikes:** The meeting time is 08h00 at either (check out the programme): **CONSTANTIA PARK:** Take the 14th Avenue off-ramp from the highway and make your way to the on ramp to Hendrik Potgieter in a northerly direction. After about 250mt turn right at the first robot, go under Hendrik Potgieter across the robot and into Constantia Park. The JHC parking area is outside Gateview House, which is the second office block to the left.

### **Invasion of the “Wednesdays”**

On any Wednesday a group of walkers can be found, usually in the Magaliesberg, walking at a new grade of walk, namely, “slow minus”; these are the Wednesday Hikers... “Wednesdays” or “Midweekers” for short.

During the weeks preceding the winter camp there had been much discussion of the forthcoming camp and in particular the supper that Millie would prepare and such was the attraction of the latter that the result was an influx of Wednesdays, including a healthy Pretoria contingent. Not for them, however, the soft option of a Sunday day visit but rather the Full Monty i.e. attendance on Saturday with an overnight camp. More than 50% of the overnight campers were Wednesdays, including a really ‘larney’ pair with their caravan. Various strolls were indulged in on Saturday afternoon so that justice could be done to Millie’s eagerly-awaited poitjie with a clear conscience. What a meal it turned out to be, with gluhwein, soup, poitjie and puds.

The Après-meal was very enjoyable and was a new experience for those who had not camped at Foothold before with the campfire and the jokes ranging from the very funny to the best-not-mentioned. Unfortunately, the effects of the gluhwein wore off after a couple of hours and the rest of the night was spent trying to find a comfortable position on a very thin mattress. After every Lord Mayor’s Show etc. the downside of the camp is that one ought to work or hike on Sunday. Each Wednesday chose what they considered the soft option, none of which was. Jim Yetman helped Jim Hutchison with the water system which resulted in him ending up at the chain ladder and climbing this just because it was there; several more hiked, mostly being overly ambitious and joined the “moderate minus” group. Peter Moore had only walked at Foothold on one previous never-to-be-forgotten epic led by Ken Middleton in his prime, so was understandably wary of what he might be letting himself in for. However, the walk up to the chain ladder was not too lung-bursting and once at the top course was set for a magnificent kloof. Part way down the kloof, Jim Arnett and Peter decided that their combined ages of almost 150 years entitled them to question... **Cont. on Page 23.**