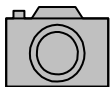


Understanding the basics of photography - 2; By Brian Lever



Depth of Field. I touched on this in the last article when discussing aperture. It is to do with how much of the picture is in focus from a point nearest to you to a point further away from you. The major element in deciding how much of your picture to keep in focus depends on the subject and composition.

1. Large depth of field: As its name implies this means getting as much as possible, if not all the picture in focus. Where does it apply? Landscape photography is the classic example and the use of a wide angle on your lens (zoomed right out) and as small an aperture as possible would achieve this (f16 and up). You would always, of course, make sure that the speed is set to give the correct exposure. Usually this is no problem in broad daylight. However, if the light is low (eg dusk, dawn or night shots) then, if you need a small aperture to give great depth of field, you would need to use a tripod as the speed setting would be too low for hand holding. In landscape photography a wide angle lens helps a great deal. Try to include something in the close foreground such a bush, rock, pool, etc. to create a sense of depth perspective. This will enhance the interest of the picture.

2. Shallow depth of field: This means a very narrow band of in-focus subject with the rest of the picture in foreground and/or background thrown right out of focus. The classic example here is portraiture where you want the face of the person in sharp focus but everything behind them very much out of focus. The reason for this is to simplify the picture by smoothing out all distracting items behind the person. The effect is very pleasing to the eye. Close-up flower photography is another good example and there are many more. Look for this effect when you browse magazines and picture books. It is used a great deal in advertising images.

A good way of getting the right exposure in both cases is to set your camera on A = Aperture preset, point the camera at your subject and get a speed setting from the area that you want correctly exposed (the blue sky is a good choice). Note the speed and set the camera to M = Manual and set the aperture and speed to that noted in the previous step.

Next time I will talk a little bit about composition. Happy picture taking.

I'm left with a tiny space to fill here, so I'll appeal to all JHC members to do it for the climate—cycle to work; walk to the shops; turn off unnecessary lights and appliances; change your attitude and take the new one to work. Make a difference! www.climatecrisis.com. Ed.

Design, layout and all artwork by Leon Marais.



JOHANNESBURG



HIKING CLUB

FOOTNOTES AND FIXTURES.

July, August, September 2007

THE EXTRA MILE: CHAIRMAN'S REPORT.

I recently received a call from a member that I had not seen for some time. After the usual pleasantries he enquired if we had his correct address as he had not received his copy of Footnotes and Fixtures. During the conversation he mentioned that he was phoning from London and reading Footnotes kept him in touch with his friends in the Hiking Club. This brought home just how important this publication is to the spirit and wellbeing of the club. We investigated the suggestion of producing a year book; however it was eventually turned down on the basis of cost and logistics. As a compromise we are proposing to produce a colour Footnotes edition similar to the 75th edition in the 1st quarter annually. To all who contribute regularly, a big thank you, keep up the good work and the contributions. Our Castle Gorge Hike continues to attract large numbers of visitors and first time hikers. This presents is a big opportunity to introduce people to the benefits of walking in the mountains and increasing our membership. However it would appear that most of these people never return; we should really ask ourselves why? Was the experience so bad that they vowed never again to go out with that mad bunch? Remember we are used to this form of rigorous exercise and don't realise that a person new to this might experience extreme discomfort. At a recent Leader's Workshop some of these problems were discussed and several suggestions in this regard were made. Namely:

1: The co-leader must assist the leader of the day at Constantia Park by welcoming all new and first time hikers. Issues such as convoys and lifts must be explained. Remember we all know the ropes but visi-

tors will be unsure and perhaps nervous. It should be tactfully explained to obviously unfit, overweight persons or parents with very young children that they are not suitable and may cause injury to them selves and delay the group.

Continued on Page 2....



2: The leader of the day should ask one of the members to act as a parking marshal at the venue ensuring that vehicles are parked in the most economic way and that MCSA cars are not parked in.

3: If a convoy is necessary, the leader of the day must ensure that the last vehicle is in touch, stopping if necessary to re-group.

4: At the briefing the leader of the day must emphasize the importance of hats, sun screen, suitable foot wear, rain gear, 2 litres of water, sufficient food and being physically fit enough to walk for 6 hours in difficult conditions. He must also request that the group stay together and that any problems are reported to the leader

5: If there are a large number of first time hikers the group should be split into small groups of say 10 or 12 with persons of reasonable fitness in the first group.

6: The leader of the day can ask members or leaders not on duty to lead these small groups or to act as tail-end-Charlies.

7: The leader of these groups must walk at a pace compatible to that of the slowest hiker.

8: The leader must be on the lookout for any hiker showing signs of stress and be prepared to cut the hike short or arrange for the tail-end Charlie to accompany the hiker back to the car park.

9: The leader must be aware that the return journey after lunch is more stressful and hikers will tire more quickly especially if it is hot.

10: On arrival back at the car park the leader should have membership forms available and enquire whether the experience was pleasurable and up to expectations.

You may think that some of these suggestions are a little petty but having recently been involved with a first- time hiker in extreme distress I realise that we take our fitness levels for granted and assume that everyone can keep up; in fact some people's idea of a stiff hike is a stroll round Emerentia Dam.

Thanks to all those who took the time to attend the leader's workshop recently, based on the outcome we will be organising more practical training in due course. Well that's all for this quarter, look forward to seeing you on the trail.

Happy hiking; Robbie MacDonald.



The JHC would like to extend a warm, official welcome to the following new members: **Melissa Marquis, Jenny Clover, Robert Knuckey, Wendy Waters, Delvine Mounsear-Wilson, Vittorio Caenazzo and Daniel Yongheng Huang.**

PROPERTY NOTES By Jim Hutchison **(Property Administrator).**

CASTLE GORGE PATROLLING

Judging by the poor response to our request for "Friends of Castle Gorge", it would appear that this excellent hiking area is not highly regarded by many of our members. Or is it that some of us just cannot get round to phoning Andy Johnston (011 467-1545) to offer help in this very important aspect of the JHC's administration responsibility? We are aiming to enlist at least 40 "Friends" willing to enjoy a private visit with a couple of their guests (if desired) twice a year on average. About all that is entailed is walking to the popular gorge area and back, speaking to people encountered about their right to be on the property, asking for permits, Mountain Club and JHC membership cards and avoiding unpleasant confrontation at all costs. A few members serve the Club in important ways. Is the patrolling of Castle Gorge the way you would like to make a contribution?

FOOTHOLD

Access to the Mountain Top: Just a reminder that we may not exit the entrance gate to proceed up the previously used Marjean and Jubilee paths. The Chain Ladder Gully is presently the only route. This gully needs careful negotiation as loose stones pose a threat of injury to climbers below. Camp Facilities: As a result of the generous gift of the new fridge "Lily" by Marianne, old faithful "Leonard" has been relocated inside the shed adjacent to the new campers' kitchen. It is available for use by campers and Sunday hikers. The open kitchen itself is fitted out with a kit, which is stored in the shed between visits. No crockery and cutlery is provided. It is expected that the recent completion of the two shower, two toilet and kitchen

facility will attract more members to the monthly campsite and hiking trails on the property. The supplier of information, Administrator Jean, should be contacted before your private visit. I take this opportunity to thank those who have been involved in the building of the bush facility over the past three and half years. Many have lent a hand along the way and a few have been major contributors. These I mention by name: Peter Coletta, Lothar Hüfner, John Corrie, Bob Greenwood, Alan Ralph, Josef Pascher and non-members Sean Hancock and Andrew Meeding. I thank also the Footholders who showed interest in the proceedings and the ladies led by Jean Paetzold, who supplied us with sustaining tea and cake on some 100 occasions.

.Vital Statistics: Here, for interest's sake, are the slide show attendance figures for 2007 so far: Jan: 52; Feb: 57; Mar: 61; April: 26; May: 44.

The challenge of existence is to fall in love with life and come to terms with all its joys and sorrows—Tokyo Sexwale.

'Do not rush while your clothes are still tangled' - Masai Proverb.

Summit Trail, Kgaswane Mountain Reserve, Rustenburg;

Submitted by Ted Brady & Ann Kenny

This is beautiful two-day hike close to home, less than two hours from Johannesburg. It has an abundance of wildlife, cliffs, kloofs and rock pools. There is beautiful scenery and a magnificent view of the Magaliesberg mountain range. We were 13 hikers in all including our youngest member Michaela 2½ years old. On entering the reserve we immediately saw some magnificent kudu and impala. Two young ladies in our party were celebrating their birthdays on the same day! Therefore Friday was one long “happy hour” with happy birthday being the number one song. We left Naga camp about 08h30 on Saturday morning. After about 2 hours of climbing, we reached Boekenhout Kop where we had a well-deserved rest and banana-break. We continued on for about another hour until we reached a series of rock pools called Tierkloof pools where we stopped for lunch - a truly beautiful spot! We continued on up passed Bakenkop and down Bobbejaanskloof to Witkruiskrans hut, our overnight stop, where we all got cleaned up and proceeded to enjoy the traditional happy hour.

We left Witkruiskrans at 08h30 on Sunday morning and climbed for about 2 hours until we stopped for our first break. We continued on passed Zebra Dam, Western Cliffs and climbed to Hoogstepunt, 1690 metres-high. After passing Mushroom Rocks, the weather took a turn for the worse and the rumblings of thunder were heard. We walked at a very brisk pace over Secretary Bird Flats to get back to Naga hut and were only in about 5 mins. when the skies opened with heavy rain and hail. Fortunately it did not last too long!

We all met in at the spur in Rustenburg Mall for lunch before going off on our separate journeys home. Conclusion: A really great weekend and this hike should definitely be put on the programme annually!

Hikers: Tom (Leader) & Ann Kenny, Andy Hyslop, Ted Brady, Sue & Michaela Desmond, Hanneke Robat, Hans van Ree, John Bailey, Elsa Wloschowsky, Norman Pringle, Bev Brockman & Hijme De Jong.

Editor's note: A winter-welcome to all JHC members from the media team. We hope that the idea of cold nights and mornings is not putting you off your outdoor pursuits, but that you are all embracing the new season for all that is so different and wonderful about

Report on Youthful hiking by Wendy Farrow: The last few months has been hiking as usual for Youthful hiking with the usual Sunday hikes and weekend away hikes programme getting underway for the year. The Easter camp at Olifant's Rock Bush camp was a great success thanks to the leadership of Peter Burman. We were taken on various day hikes in the area which afforded some breath-taking views of the Wilge and Olifants Gorges in the Middelburg area. Being a new hike venue and the first hiking party to stay at the Klipkraal base camp, this led to some pre-hike excitement about what we were to expect of the venue. Access to the Klipkraal camp is by 4WD vehicles only – thanks to those with 4WDs we were all able pack in as much as possible for the basecamp weekend. The facilities included huts nestling between the rocks, open air showers, kitchen with fridge and gas plates and a lovely braai area which was used extensively for the well attended morning yoga sessions conducted by our leader Peter, as well as the sociable sundowners and evening braai. The day hikes were varied and afforded one tranquil views over the gorge as well as the chance to spot some game such as giraffe, buck and a family of warthog heading for the river. A great weekend of hiking and definitely a venue with visiting. The long weekend at the end of April saw a group of Youthful hikers head off to Monk's Cowl in the Drakensberg for a 5 day wilderness trail. Much planning went into this hike and a thanks goes to Sue Desmond for putting the trail together, specifically for the Youthful group, and to Monika and Angelo for their time and effort in leading the group successfully over the 5 days. By all accounts it was for most hikers a challenge, as well as an “amazing and unforgettable experience for all of us”. **Upcoming hikes: Thabaphaswa hiking trail in June** – easy to average hiking on the Greenroom farm. Enjoy beautiful scenery and a basecamp nestled between huge boulders. This is a must do for one to es-

cape the cold highveld winter for milder temperatures this time of year; **July – Uitsoek hiking trail** - hutted backpack near Sudwala caves; **August – Morgenzon hiking trail** near the historical town of Pilgrim's Rest – also a hutted backpack over the long weekend of 9-12 August; In **September** we have a long weekend basecamp at Royal National Park in the northern Drakensberg: not to be missed! Look forward to seeing you on a trail in the near future!

The Johannesburg Hiking Club

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Visit us on the web!

www.jhbhiking.org.za

Easter Camp at Mahai, Royal Natal National Park, Fri 6 to Mon 9 April.

All 34 pre-booked reservations were quickly taken for this ever-popular camp in the majestic beauty of the Drakensberg Mountains. Quite a few campers arrived on Thursday and the rest the following day. Jim Hutchison arranged a variety of different hikes to suit all levels of fitness and enthusiasm. As can be expected at this time of the year rain did occasionally interrupt play but it didn't dampen the spirit. Everybody took to the mountains fully prepared for whatever weather conditions came our way.

Fri 6th. Tom led a hike up the Tugela Gorge as far as the chain ladder, which unfortunately was in a sad state of disrepair so we climbed the opposite side of the gorge for some wonderful views of the mountains. Everyone gathered at the communal tent after dark to enjoy some tasty cocktails and refreshments prepared by Frances and a few keen assistants. The heavy rainstorm which followed only enhanced the cosy atmosphere inside the large tent as we sat around the braai. This was the ideal opportunity to get to know everyone. Jim H also discussed the following day's hikes.

Sat 7th. At 8am 28 hikers set off for the Witsieshoek Hotel located at 2250m on top of one of the mountain ranges. Occasional light showers didn't spoil the intense pleasure of hiking in such beautiful and magnificent mountains. The first group of 16 hikers who had hiked via the chain ladder at the "Crack" arrived at the hotel around 12 o'clock and relaxed whilst waiting for the 2nd group of hikers who had hiked via the Mahai valley. On the return leg lunch was enjoyed by some at one of the many waterfalls that are passed as we meandered down the valley trails.

Sun 8th. After the nice surprise of waking up to find that the Easter Bunny (Frances) had thoughtfully dropped an Easter egg (including a nest of pine needles) outside of our tents 8 intrepid hikers gathered for a rain delayed departure to Cannibal Caves. Jim H. led the group ably assisted by Nick, Tom and Ray with their GPS's. All went well until we were engulfed in "pea soup" mist after leaving the Cannibal Caves and hiking west along the ridge in the general direction of the hotel. Finally, after continuing to hike towards the hotel, the mist lifted and Jim H. spotted some familiar landmarks i.e.: the 'Crack and Mudslide'. Time was running out regarding the daylight so with a sense of urgency we located the trail and descended into the crack and down the slippery chain ladder. It was dark as the last weary but relieved hikers from the group entered the campsite to the warm welcome of their fellow comrades gathered at the communal tent. Janet showed incredible determination during the latter stages of the hike as she was nursing a very painful knee. Ian lifted the lady's spirits by handing them beautifully designed

'What is it that even the ostrich with its long neck and sharp eyes cannot see? *Answer:* Tomorrow — Kanuri riddle, Niger & Nigeria.

'When the ape cannot reach the banana with his hand, he says it is sour' – Bambara Proverb, Mali.

Grand Traverse Re-Supply.

Jill Weldon, Paul van Beek, Brian Lloyd, Gert Jan van Rijsewijk George Christian, Bengt Dressler.

Well our lady of the Drakensberg chose not to reveal her secrets this weekend, veiling her splendid views and curves in a seductive mist and pelting us with rain whenever we got hopeful of a little glance of her wares. She did, however, instruct her keepers to, once again, ensure us a safe and event free passage. Women??

This all had to do with 6 JHC members embarking on a trip to re-supply two of our hikers taking part in the annual Grand Traverse. Sue Desmond and Hanika Robat had already been wobbling along the escarpment for 6 days and were mighty pleased to see us at the top of Bannermans Pass. In true local tradition, we, the re-supply mules, smuggled all sorts of treats to pamper and encourage these intrepid adventures. These ranged from Easter eggs and fudge, to wine and whisky, and one lucky traversers even had his lady come up to meet him..... I think a change of subject is due at this stage. (wot happens on the mountain, stays on the mountain).

The next day saw the dear old girl still holding out and not revealing anything, so we made our way across to the top of Langelibalele pass with the mist so thick that it took a mass debate (wot happens on the mountain.....) between a bunch of seasoned Berg hikers to decide that this was, in fact, Langelibalele pass. Down the pass along the never-ending ridge in to Giants Castle camp for a shower and meal and the return to mediocrity.

Thanks to: Sue and Hanika for providing, yet another excuse, not to stay home and contemplate our belly buttons, paint the lounge, brush the dog ect.

The Durban bunch for their hospitality.

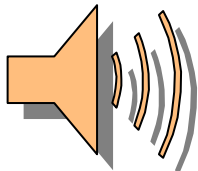
The funny little hotel manager who eventually got off his fat behind to get the showers switched on for us.

The Grand Travers started on April Fools day and ended on Friday the Thirteenth. All 16 participants finished and the only bad days were the re-supply day and the day thereafter.

Continued from Page 19...

Trawling through beautiful places was hard on our legs because of steep contours, ascents, descents and muddy streams. Trying to avoid thorn bushes was really taxing. In truth, we liked the idea of a well-trained guide without having to worry what was lurking under the next bush. Another game drive in the midday sun included observing fascinating White Rhinos. We gazed in awe at these gregarious animals whose wide squared-off lips allowed them to eat the green short grass growing in the open bushveld. Most of these heavyweights were observed from close quarters. We also encountered a noisy bunch of Hyenas on a young Impala kill — fascinating stuff, and Warthogs, Baboons, Zebras and lots more species of antelope were also observed. On turning back to the lodge we had hoped to encounter the remainder of the Big Five, but were however a little disappointed in not getting to see them.

A late wash-up followed by a barbeque in an adjacent boma was the culmination of a marvelous short stay. An enrichment of the spirit is not easily found in other pursuits. Many trailists and outdoor enthusiasts haven't seen a fragment of this vast and fabled territory; it's waiting for you with open arms and not too far from home. **By Selwyn Lager**



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

Hiker's Hints: A sprained ankle.

Get the injured person back to a place of safety, i.e. where bandaging is available. Cool the joint with ice or cold water for 5 minutes. Elevate the leg above the hip joint. Tape with "rigid strapping". Elastoplasts can be used if rigid strapping is unavailable. **Do not surround the whole joint with tape: this decreases blood supply to the foot and the tissues that support the ligament: knowing the configuration of the ligament is thus important** On the outside of the ankle there are three ligaments below the bone of the ankle literally following their path: i.e. **Start at the sole of the foot and** reinforce the path to above the ankle bone. The foot is in its most natural position, tape it so it **cannot move**. Tape should be cut from the role in estimated lengths before taping.

Never tape while the tape is still attached to the roll! Reason: You will tape too tightly. Remember supporting the injured ligament is the aim, not immobilizing the foot.

miniature Easter bunnies to eat as we sat around the braai and exchanged tales of the trail etc.

Mon 9th. This was generally a day to take it easy for some and to pack up and depart for others.

Tues 10th The remaining hikers (except Alan and Jenny) took full advantage of glorious weather to pack up and say goodbye to each other after a truly wonderful long weekend in the "Berg". Special thanks to Jim and Frances for all their hard work in arranging the camp. **By Jim Yetman**

THE AGE OF AQUARIUS; By Paul Rangelcroft.

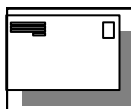
Do you recall the line "This is the dawning of the age of Aquarius" from the musical "Hair"? Have you ever wondered what the line refers to? Ancient civilizations accorded great significance to the four cardinal points of the year, the spring and autumn equinoxes and the summer and winter solstices, as well as to the alignment of celestial bodies at the time. They placed particular significance upon which constellation (star grouping) of the zodiac formed the backdrop to the rising sun on the morning of the spring equinox. The 12 constellations of the zodiac form a band around the sun and on any particular day, the sun will be positioned between the earth and one of the constellations, and that constellation will "escort" the sun across the sky as the earth rotates on its axis. The stellar backdrop to the sun changes as the earth travels along its orbital path around the sun, and over the course of a year, the sun "migrates" through each of the 12 constellations in turn. The 12 constellations are different in size and the time that it takes the sun to migrate through each therefore differs. The migration of the sun through a particular constellation takes place at the same time each year.

Ancient observers noticed, however, that over time, there is a very gradual shift in the timing of this annual cycle. They observed that the "honour" of escorting the sun across the sky on the day of the spring equinox gradually passed from one constellation of the zodiac to the next. This passage from one constellation to the next takes on average 2 148 years and is related to a gradual change in the orientation of the earth's axis, a cyclical phenomenon known as "precession". The orientation of the axis shifts through 360° over a period of about 25 776 years. For the past 2 000 years or so, the Pisces constellation has escorted the sun across the sky on the day of the spring equinox in the northern hemisphere (21 / 22 March). This era is referred to as the "age of Pisces". The next constellation in line is Aquarius and the era during which the sun will rise against the backdrop of Aquarius is approaching — hence the line "This is the dawning of the age of Aquarius"!

Thank You from the JHC.

The Johannesburg Hiking Club would like to extend sincere thanks and appreciation to the following people for their donations:

John Baillie, David Bell, Ziggy & Sylvia Bishop, Fritz Boettiger, Robert Douglas, David & Sue Emmett, John Faller, Ivor Gerrard, Lieve Geuens, Leo Gieske, Gunter Godecke, Michael Green, Robert Greenwood, Norma Johnston, Pierre & Maryna Le Roux, Colin Lill, Peter Moore, Robert Nieuwierzycki, Ockie Oosthuizen, David Richardson, Frances Spanger, Frank & Carol Thomas and Marianne Voetseder.



Letters received...

The following letter was received from Este Shearar. The JHC wishes to extend our deepest condolences.

Rick Shearar: 12.04.1942 - 25.3 2007

I'd like to thank everyone at the Hiking Club for their wonderful support after the tragic death of my husband, Rick Shearar. Thank you to the Exco for the beautiful bouquet of flowers that I received on behalf of everyone in the club. Rick passed away on 25 March. Just a few weeks later, on 12 April 2007, he would have celebrated his 65th birthday. Some members of the hiking club joined me that day on the stand that Rick and I had bought in Xanadu Eco Park, and we planted the fever trees that he had wanted to plant there. This was followed by a lovely picnic lunch on the lawn next to one of the dams in Xanadu. Thank you so much to everyone who joined me on this day and helped to make this ceremony possible. At the memorial service Robbie McDonald spoke beautifully when he said that Rick had reached the end of the trail, while the rest of us were still on it. So it remains now to go forward on this trail as strong, determined and cheerful hikers.

I will forever cherish the many wonderful memories of Rick - he was a gift from God. Love to everyone: Este.



A hike in the Waterberg

Indeed, those hikers who love the bush should visit parts the Waterberg. It's one of those places everybody should explore. It will stimulate your imagination and enhance your mood. Apart from the majestic mountainous ramparts and landscapes, it is also a bewildering mix of broad grassland plains, game-rich savannah, seasonal rivers and lots of bushveld scrub, a characteristic of the northern regions of the country. The ever-changing colours of the territory are an accurate reflection of the seasons. It hosts an extraordinary variety of birds, creatures and plant life. Situated some three hours from Johannesburg is the Shidzidzi Lodge; a back-to-nature retreat in the Welgefonden Game Reserve, a malaria-free region that includes 34000 hectares of African bush. It was one of those glorious cold early mornings when seven of us arrived for two days of bush trailing, game drives and some fun-time (by special invitation). As previously arranged, a resident ranger and guide were to lead us to some of the most significant and interesting places.

Day One: We were shivering with cold when we trekked off in a northerly direction. The wind chill factor was somewhere around the "Split lip" level. The bush hike lasted for some four hours and we encountered a rich diversity of vegetation, indigenous trees, thorn bushes and savannah plains. Birdlife was abundant in spectacular krantzies and valleys and the shrill cries from circling eagles were impressive. We stumbled across Wildebeest and many antelope species that were savouring the succulent grass. They appeared surprisingly timid and only moved on when we got closer. This was a nice change from ubiquitous cattle dotted on farmlands. Every now and then we would get excited when seeing a beautiful wild flower in full bloom and would unconsciously give it our blessing. Dusk began to gather after a long day of trailing, game drives and other physical activities. We watched the lazy ochre of sun slide slowly into the west, a most dramatic setting from our lodgings. Ensnared in the ambience and comfort of our five star accommodations it urged relaxation and contemplation. It was perhaps the perfect recipe for escape. One seemed to break free from the shackles of habit and custom.

Day Two: A surprisingly short localized rainstorm was spitting its last drops when we emerged early in the morning. Clouds were still churning like clothes in a tumble dryer and the air smelt refreshingly cold and crispy. The haunting chirping of bird life and insects in tree canopies was never far away.

We all amused ourselves with a pre-walk physical warm-up session before proceeding. A guided bush trail, this time in a southerly direction, a more verdant area, again included lots of bird watching. These were observed near waterholes, in and out of bushes or flying in a constant moving symphony in all directions, whilst antelope were slaking their thirst. ***Cont. overleaf...***

Are You Exercising for Your Age? Sent in by Selwn Lager.

Just as your skin changes with age, your muscles, tendons, and joints change, too. Muscle fibers decrease, tendons become stiffer, and joint cartilage breaks down. Isn't it great to know that a little exercise can help change all that? Regular exercise slows the aging process, so you lose less muscle and your joints stay flexible and strong. Regular exercise also helps strengthen your heart, lower your blood pressure, control your blood sugar and [cholesterol](#), maintain your [bone density](#), and control your [weight](#).

Exercise for Your Age: The three main types of exercise are [flexibility exercise](#), [aerobic](#) or [cardiovascular training](#), and [strength training](#). The average person should have a 2-1-1 ratio of flexibility exercise to cardio training to strength training. But to do the best workout possible for your body, you'll have to adjust the ratio of these exercises for your special needs -- and those needs can change with age.

Cardiovascular: The RealAge benefits of cardiovascular exercise persist throughout the years, but they are greatest when you are younger. Burning between 2,000 and 3,500 calories per week with cardiovascular exercise makes your RealAge as much as: **1.9 years younger at age 35; 1.7 years younger at age 55 & 1 year younger at age 70.**

So as you get older, it's okay to devote a larger percentage of your workout to other types of exercise, such as strength training or flexibility exercise. Walking on a smooth surface is a great cardio exercise for older adults.

Strength: Because people often lose muscle as they age, the older you get, the more important strength training becomes. And the RealAge benefits increase as you get older. Engaging in strength-building exercise for more than 30 minutes per week can make your Real Age as much as: **1.5 years younger at age 35; 1.8 years younger at age 55 & 1.9 years younger at age 70.**

So don't delay: work out and begin a strength-training workout right now !

Flexibility: As people age, balance and flexibility exercises become increasingly important because they can help reduce frailty and the risk of falls. They also help with routine activities such as rising out of a chair, as well as more complex activities such as lifting and reaching when gardening or playing golf. Are you losing your balance?

Keep It Safe: Whatever your daily workout holds for you, be sure to start with a brief warm-up to help your muscles and joints ease into exercise; and stay well hydrated throughout your workout. Exercise must be safe for it to truly be good for your body.

Johannesburg Hiking Club - Survey 2007 - SUMMARY

Somehow we omitted YOUTHFUL HIKING from this survey form (sorry!!). If any of you have any comments or suggestions, please email them to webperson@jhbhiking.org.za, OR fax to 086 685 5746. We thank the 34 members (less than 10%) who took the trouble to complete and submit the forms. Many forms were **incomplete** but below is a summary of results. **There are lots of suggestions BUT in order to implement them we require you, as members, to come forward with your assistance, especially with regards to: finding new venues; joining a sub committee; relevant articles for Footnotes, etc.** Remember we all give voluntary of our time for your pleasure, so your contributions/assistance will be greatly appreciated.

Programme: Are you satisfied with the hiking programme? (**Yes 28; No 0**); Do you regularly hike on a Sunday? (**Yes 10, No 21**); Does the club have sufficient Sunday venues? (**Yes 16, No 9**); Are there sufficient away hikes? (**Yes 23, No 1**); Is the standard of leaders good? (**Yes 21, No 4**); Any suggestions for improvement on the hiking programme? *Join the Mountain Club; Sunday hikes outside Magaliesberg; More 2 day weekend hikes; Easy Drakensberg; Camping weekends (car camps); Most weekend backpacks are youthful – if age doesn't matter why is it called 'youthful'? Meetings & hikes for seniors; New venues required; More moderate Little Berg Wilderness Trails (Drakensberg).*

Footnotes: Are you happy with the combined Footnotes and programme? (**Yes 30, No 2**); Do you read most of the articles in Footnotes? (**Yes 29, No 3**); Would you like the JHC to go paperless, i.e. e-mail Footnotes/programme, instead of posting a copy to you? (**Yes 9, No 23**); What articles would you like to be included in Footnotes? *Technical, equipment & technique; Nature conservation; Description of future planned hikes; Environmental issues; Quotes/slogans/humour should not be included; Individual adventures on hikes; Nutrition and first aid things/diagrams*

Web: Do you regularly visit the JHC web? (**Yes 14, No 19**); Do you download the programme from the web? (**Yes 8, No 25**); Do you visit the websites that advertise on the JHC web? (**Yes 9, No 23**); When receiving website update emails, do you check out the hyperlink pages? (**Yes 10, No 20**); Do you have any suggestions for improvements? *I think the web is good; Website is wonderful but do not have enough time to access it!!*

Socials: Does the JHC have sufficient social events? (**Yes 23, No 2**); Do you regularly attend the slide shows? (**Yes 13, No 15**); Social suggestions: *Slide shows should not be too long; Alternate tea and cakes with wine and cheese*

Midweek: Are you lucky enough to be able to join the midweek group? (**Yes 13, No 15**); Any suggestions for improvement; *If weekday a public holiday, hike on that public holiday instead of the Wednesday; Because of traffic congestion and summer heat- start 07h30 in summer and 10h00 in winter. Use less distant venues on average so that home by 15h30.*

General: Are you willing to assist the club in any respect? (**Yes 18, No 6**).

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 litres 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.

FOURWAYS MALL: Take William Nicol in a northerly direction, pass the Monte Casino on your right. Go over Witkoppen Road and turn left into Fourways Mall. The JHC meeting area is outside Game.

Report from newcomers to the JHC – Mahai Easter camp.

We arrived at Mahai about midday on the Friday of the Easter weekend. Not having been on a hike with the Johannesburg Hiking Club before, we knew no one, but this soon changed. Jim helped us hunt around for a campsite, and – after some deliberation – we selected one and settled in.

That afternoon we went for a hike with Andy and company. The hike was interesting and the views were stunning. Some landmarks were pointed out to us, like the old hotel, and there was some fond reminiscing about the last night at the pub before it closed down. Alan showed great expertise in identifying wildlife by examining droppings, crumbling it between his fingers. His involvement in preparing food for the cocktail party to follow was limited – or so he told us! The involvement of Frances, Jim and company was not, as an excellent spread of food and booze was enjoyed, guys - thanks very much! Around the braai fire that evening we met someone from White Horse, and someone we knew – hi Albert, nice to see you again! Saturday morning we were late for the start of the hike, due to excessive application of plasters to slightly chafed feet (not excessive cocktailing!). We were rescued by Alison and Marge who were planning their own hike, and what a treat that turned out to be. We later parted company, and, aided by Alison's map, did a lovely walk through Gudu Bush to the waterfall. On the way we saw a huge forest cabbage tree, which dwarfed all the yellowwoods – probably the start of yet another love affair with a tree. Finally, we returned to Mahai via the concrete 'highway', losing altitude at eardrum-popping speed!

Sunday morning started with eggs for breakfast – Easter eggs, that is! Thanks, Marion, also for your efforts throughout the weekend to make us feel at home. Then it was time for us to go. Oh yes, it also rained a little but this did not damper our spirits and we hope to hike with the JHC again soon.

Cecile Thom & Abraham Hartley