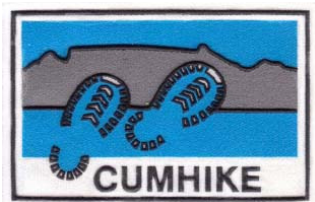


# Cape Union Mart Hiking Club Newsletter

January 2010



PO Box 12550, N1 City, 7463

**Well, here we are in a new year and a new decade. Hopefully everyone got through the 'silly season' without too much damage to health or pocket and that 2010 will be happy, healthy and prosperous for all our members. Let's resolve to get out and about more this year and to take advantage of this beautiful part of the country.**

## **Forthcoming events**

### ***CUMhike membership drive: Saturday 30 January***

We are having an in-store membership drive/club promotion at the Cape Union Mart Century City Concept store from 10h00 to 14h00. All members and hike leaders are invited.

### ***Kloof Corner sunset walk: Saturday 30 January***

Don't forget to contact Mark Hawthorne (021 781 0463 or 076 671 5586) to put your name down for this walk which will start at 18h00. It will be an easy walk (2A) with lots of time for a picnic and sundowners – and sociability – as always.

### ***Valentine's Day walk and lunch: Sunday 14 February***

The official invitation is attached (as a pdf document) – it promises to be great fun and, as it's after January pay day, hopefully you will have some spare cash! You will see that responses need to be in by 15 January, so make sure you get in touch with Genene as soon as possible - 076 687 8264 or [genene7@googlemail.com](mailto:genene7@googlemail.com).

### ***Slide show - Cape Union Mart Concept Store, Century City: Wednesday 24 February***

Two of our members will be doing presentations: Anne Price on her epic cycle journey from Cairo to Cape Town and Graham Bellairs on the Cederberg and Drakensberg. The show starts at 18h30, so please come and enjoy the evening which should not last more than an hour.

### ***Reminder: Orange River Experience: 25-29 September***

For details, or to book, contact Allen (Masterson) on 083 406 4717 or 021 913 5177 (a/h) or e-mail [agm@polka.co.za](mailto:agm@polka.co.za).

## **Change of hike dates (see attached schedule for January-April day hikes and 2010 weekend hikes)**

- Graham Bellair's India Venster hike on 24 January has moved to 31 January
- Peter Phillips' Klein Drakenstein hike on 28 March has moved to 25 April

## **Website – [www.cumhike.co.za](http://www.cumhike.co.za)**

Have you had a look at our website yet? If not, please do as it's full of all sorts of interesting information about the club and hiking in general. All updated/new hike details will be posted there first and you can read about the hike leaders so you can be sure of their pedigrees before venturing out with them!

## **Payments**

A reminder that subs are due - R100 for the principal member and R50 for spouses. Subs or hike fees must be paid directly into the Cumhike bank account, either by EFT or direct deposit at an ABSA bank. Cheques, postal orders and cash will not be accepted. *Ensure that you use a reference with any payment, eg subs, which hike it is for.* Fax or e-mail proof of payment to the hike leader, social event organiser or membership committee person.

Account name: Cumhike Club  
Bank: ABSA Branch: Santyger  
Branch code: 632 005 Account number: 910 577 6571

## **Hiking check lists**

As this is the first newsletter of the year, it might be useful to have a list of what you need to take with you on day and weekend hikes. These lists are not comprehensive, but should serve as a guide. Hike leaders will be able to provide more details of what is required for weekend hikes.

### **DAY HIKE CHECK LIST**

Hiking boots and socks	
Sun hat, sun block	
Flask of coffee/tea (small stainless steel)	
Adequate rain gear and warm clothes	
Day pack	
Water – at least two litres in waterproof container	
Food or snack/energy drink	
First Aid kit/personal medication/space blanket	
Garbage bag	
Cell phone	
Camera/binoculars	
Cumhike membership card (and Wild Card if you have one)	

## WEEKEND HIKE CHECK LIST

<b>CLOTHING</b>		<b>GENERAL</b>	
Hiking boots and spare laces		Rucksack and bag liner	
Hiking socks		Sleeping bag and liner	
Adequate rain gear		Pocket knife	
Warm gear (fleece, beanie, gloves, scarf)		Small torch/head torch, spare batteries	
Shirts (with collar)/t-shirts		Whistle	
Hiking shorts/trousers		Candles and matches	
Underwear		Map	
Tracksuit		Pocket knife	
Spare shoes			
Towel		<b>FIRST AID KIT</b>	
Bathing costume		Personal medication	
Hat, sunglasses		Emergency blanket	
		Eye drops	
<b>TOILETRIES</b>		Plasters	
Biodegradable soap, shampoo etc		Compression bandage	
Toothbrush and toothpaste		Imodium	
Deodorant		Mercurochrome	
Sun block		Headache tablets	
		Mosquito repellent	
<b>FOOD</b>			
Cheese wedges/butter		<b>KITCHEN</b>	
Provita		Hiking stove, fuel, matches or lighter	
Coffee/tea/sugar/powdered milk		Pots/kettle	
Cereal		Cutlery, mug, plate	
Tuna (packets)/trail food/instant soup		Dish cloth	
Viennas/smoked chicken – vacuum packed		Litter bag	
Energy bars/trail mix		Washing up liquid - biodegradable	
Cool drink/energy drink powder			

## Contact details for committee members and hike leaders

Committee members	Portfolio	Telephone/fax	Cellphone	E-mail
Du Plessis, Ella	Membership	022 492 3225 086 671 1057 (fax)	073 469 1149	<a href="mailto:cumhike@telkomsa.net">cumhike@telkomsa.net</a>
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