



June 2009



# Trails Club Newsletter

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A moment of remembrance for Ian's family



Gathering of friends

Photo's by Marie-Paule Henshall-Howard

## In Memory of Ian Cowburn

4/8/1942 - 19/05/2009

Everybody in the hiking community who knew Ian is shocked by the sudden and violent death of a man whom his partner, Ethnee Hepburn, described as the "nicest, happiest person, who greeted everyone". (Cape Argus, 21 May)

Ian was a keen hiker and outdoor person, a long-standing member of the Trails Club and the Mountain Club, and a Trails hike leader. He was a much-loved friend to many and will be very sorely missed.

On Sunday 24 May a memorial hike at Silvermine was led by Brian and Sue Ford who were particular friends of Ian and Ethnee. There was a large turnout of 49 hikers. Three of Ian's four children attended,

while his daughter Michelle ran the Comrades Marathon in memory of her dad on that day.

Geoff Tinker reports: "The hike started from the Hoerikwaggo camp, then ascended the ridge and after a bit of bundu bashing stopped at a lookout over the Peninsula where a minutes silence was observed in honour of Ian. Tributes to Ian were made by his family and friends.

We then continued to the fire lookout at Elephants Eye where we had tea. A large group continued on the steep trek up Constantiaberg. We entered the mist near the top and had lunch on the summit of Constantiaberg, just out of the wind but in a white out. We descended to the

lookout above Blackburn Ravine where visibility returned. The path back to the cars was in fairly pleasant conditions. The mountains were alternately covered by clouds and in the clear and we arrived at the



Ian at Grootkop Anvil (from Ian's TCSA page)

cars in sunshine. We covered 9.4 km. A pleasant hike and a fitting way to remember our friend Ian Cowburn." The Club wants to make this memorial hike for Ian an annual event.

Please send to your editor:

- Short write-ups of day hikes, weekend trips, trails (1/2 - 1 page)
- Info on your favourite weekend away place
- Environmental matters and tips
- Trail and outdoor cooking recipes
- E-boot sale: hiking gear in good condition for sale

## Editor's Footnotes

I have taken on the role of newsletter editor for the Trails Club with great excitement and enthusiasm. I hope that I will be able to add to Maré's ongoing sterling work with the website, and make a contribution to the club membership with a new look and feel monthly newsletter.

But - yes, you know what's coming - the newsletter will only be interesting if I receive material from you, the members!

So please, let me have short write-ups of hikes, trails and trips, and include some descriptive and poignant information. The shoe size of participants doesn't matter!



In addition, interesting bits and pieces on hiking and outdoor related matters, nature and the environment are most welcome!

Please mail me directly: [Gudrun.Oberprieler@gmail.com](mailto:Gudrun.Oberprieler@gmail.com)

Laced up to go, Gudrun

## Meet your new Club Committee

*Disclaimer: The following descriptions are slightly edited versions of what the committee members sent themselves. So are the photos in most cases. The editor can therefore not be sued for revealing secrets or unwanted perspectives.*

### Chairperson: Conrad Thomas

To Conrad, hiking is like a microcosm of setting objectives, planning and attaining the goal... although sometimes one might falter owing to one's fitness level, he says. New experiences are important to him. His two most memorable trails are Everest Base camp and the Naukluft trail. What makes them unique are the extremes of hardship and splendour. Conrad would like to have another go at Kilimanjaro as he didn't feel too good the last time [I haven't heard of anyone who does on Kili - Ed]. He is passionate about travelling in the most remote places by car and experiencing the isolation, for instance in the Australian outback. He believes that hiking must include exertion!!! [Couch potatoes & arm-chair travellers take note! - Ed]



Photo from TCSA website

### Honorary Secretary: Marie-Paule Henshall-Howard

Marie-Paule joined the Trails Club in 1993 after five years of all time consuming studies. She describes her 14 years of hiking as absolute enjoyment on the mountains with fantastic people, many now good friends, and salient feelings of happiness, joy, camaraderie, laughter, deep spiritual moments in creation and the freedom to be herself. Her best hikes: the Cathedral Peak area in the Drakensberg and the Cedarberg. On the wish list are the Lيعan way in Turkey, the Amalfi coast and Cinque Terre in Italy, and the circumnavigation (on foot) of Mont Blanc. She would also want to re-walk the Chemin de St Jacques pilgrimage route in France and go to the Ruwenzori and the Great Rift Valley. The professional hat she wears [not the one in the photo - Ed] is that of Medical Scientist in the pathology laboratories of the National Health Laboratory Service. Marie-Paule has two adult children and has served on the TCSA committee since 2001.



Photo sent by Marie-Paule

### Membership Secretary: Sue Ford

### Trails Co-ordinator: Brian Ford

Sue & Brian have been members of the club over 10 years and been to and seen places they would never have done otherwise. They have two adult children and have been married for 30+ years. They both love sports and have played many sports over the years. Hiking takes up a lot of their time over weekends. They both love the outdoors which also includes a love of camping which they introduced to their kids at a very young age. Favourite hikes: many, but a guided walk through the Moremi game reserve in Botswana tracking a lion was probably their highlight so far outdoors and is top of their 'to do again in the future' list. [Has anyone suggested they join the Lion's Club!?! - Ed]



Photo sent by Sue

### Day Hikes Co-ordinator: Geoff Tinker

Geoff has been hiking his whole life and got lost on Table Mountain in the mist at the age of seventeen. [Has someone found him, or has he been hiking up there ever since? - Ed]. He has three grown up children. Although retired as a director of Martin & East he is still working part time. Geoff has been a member of the TCSA since 1998. He is also an avid sea kayaker and says that we are fortunate to live in a hiking and kayaking paradise. His other hobbies are motorcycling, gardening, history, video editing and wood working. He is also a radio amateur (Ham).

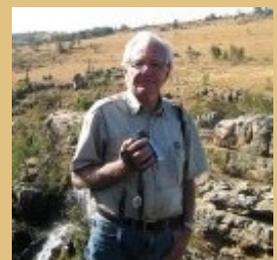


Photo from TCSA website

### Editor: Gudrun Oberprieler

*Gudrun started hiking in 1984 in the Cape. She later joined the Johannesburg Hiking Club and has been a member for close on 20 years. It was with the JHC that she really got to know the country, doing most of the major trails in South Africa, spending many a long weekend in the Drakensberg, Mpumalanga & Northern Province, and numerous Christmas camps in the Western and Eastern Cape. Her most memorable hiking trips: Reunion, Mt Mulanje in Malawi on a fantastic safari through southern Africa, and Kilimanjaro. There is nothing like a hiking community for friendship and the good times! On her bucket list: Fish River Canyon (no broken ankle this time), Nepal (Anapurna), the Inka Trail and a trip to East Africa (Serengeti ballooning). Gudrun is also a passionate photographer, gardener, culture lover and writer. She now works as a life coach and workshop facilitator.*



Photo by Gudrun

### Honorary Treasurers: Jeff & Lynda Pitcock

*The club finance ministry hasn't yet had a chance to submit its wealth of information on their assumedly fascinating lives. And due to lack of time and opportunity, the editor couldn't even draw on rumours, gossip and inaccurate assumptions - how lucky for them! But do watch this space...*



### Social Committee: Denise Hopkins, Rosemary Paul, Brett Holland, Bee Ridlington



*We'll ask them to share some of their social lives in the next edition of the newsletter! And of course we want to know when to expect the next party!??*



## Green Matters ~ Thinking ethically about food

*Eating well must include thinking ethically about food, argues Roger King. It matters morally how and what we eat. Usually we eat what we like, what we are used to, what our families cooked, what's cheap or fast or convenient. We suppose that producers should be held accountable for how they manufacture products that we use in our daily lives, but we rarely think of our own consumption practices as acts for which we should*

*be held accountable.*

*There are better and worse ways to consume, he argues, ways that are morally defensible and ways that are morally problematic.*

*Eating well is not only about calories, vitamins, minerals, fibre, or about colors, textures, aromas, and flavors. Our habits of eating create relationships to animals, water, habitats and to the soil.*

*And our eating habits relate us to citizens in other*

*parts of the world through the import and export of food. They link us to pollution and hunger in other countries, to corporations, chemicals & drugs, farm laborers, and global health issues. Our eating choices have implications for the earth and for present and future generations of human beings.*

*When we make choices about food, we need to think sustainability, and to think about what we mean by that, says King.*

*Food for thought!!*

*From an article by Roger King, Shared Earth magazine, 2009 (1), 46-49.*

[www.sharedearth.co.za](http://www.sharedearth.co.za)

**"Our goal as consumers must be to find out how to eat in ways that do not require the suffering of factory farms, the chemicals of monocultures, habitat destruction, or the loss of soil fertility through desertification."**

## Brisbane Bushwalkers meet Trails Club



*Aussies in the mist*



*Exploring Cape Town*



*New friendships across the oceans*

*Photo's by Françoise Lucas, well-connected visitor from Oz*

On a six-week trip to South Africa & Namibia, seven members of the Brisbane (Eco/National Parks) Bushwalking Club were keen to explore the Peninsula with our Club. John & Lyn Daly, Barry & Anne, Ian & Sue & Ruth extended their trip for the purpose of linking up with the Trails Club.

Two hikes were scheduled for the Aussies - on Saturday 25 April & Sunday 26<sup>th</sup> April 2009. John and Lyn Daly (Travel Photojournalists of Take a Walk Publications & authors of many books) had initially made contact with Geoff Tinker some months ago.

On Saturday Geoff arranged to lead the spectacular Noordhoek Panorama route with a braai thereafter for all to meet and mingle. Unfortunately the heavens opened that day and thick mist shrouded the Peninsula, which nullified our good intentions. We nevertheless decided to have the braai for the Aussies at Geoff's home in Glencairn Heights. Peter P & Tony B, designated to attend to the fire, warmly welcomed the guests. A window of

good weather allowed for Geoff & Tommy to lead the very keen and energetic hikers over Elsie's Peak - they were totally enthralled with the views and, despite the inclement weather, were still able to take many photographs.

Ruth (a botanist and maths teacher) with her notebook at hand posed many a question regarding our flora and fauna. The late afternoon braai was a great success - the Aussies had hearty appetites and tucked into our "S.A. cuisine" with gusto. They thanked us profusely for hosting them and commented that it felt like they were with family (we couldn't have wished for nicer folk).

Sunday came and this time the gods were kind! The weather was perfect and we had a very good turnout of hikers! Once again there was a ferrying of guests, this time from Constantia Nek to the Table Mountain Cable Car. Tony had arranged to lead the very popular Table Mountain Classic hike. After shuffling of cars, 21 of us took the Cable Car to the top of

the mountain. We hiked to Maclear's Beacon, down the Smuts track, along the aquaduct, clambered down into the Magic Forest, with a view detours here and there, scrambled to the top, and finally ended the 15km hike through the forest at Constantia Nek. The Aussies were in their element and could not comment enough about the fantastic hike, magnificent views, friendliness of all and kind hospitality experienced during their short sojourn with us.

Our club members interacted well with the guests and the Aussies were a pleasure to host. They were well travelled, entertaining and had a great sense of humour. Although we may be oceans apart, we are after all like-minded people with similar aspirations. Good connections were made between the two clubs with a reciprocal invite from the Aussies to host members of our Club should they wish to visit Brisbane ...

Lynette Botha

### THOUGHT FOR THE MONTH - Living with Inner Joy

"When you say, I enjoy doing this or that, it is really a misperception. It makes it appear that the joy comes from what you do, but that is not the case. Joy does not come from what you do, it flows into what you do and thus into this world from deep within you."

Eckhart Tolle, *A New Earth*