

HOSA/VOSA

Issue/uitgawe 34
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e-News / e-Nuus van
Hiking Organisation of Southern Africa
Voetslaan Organisasie van Suidelike Afrika

Ledegeld/Membership fees 2014

Neem asb kennis dat ledegeld **nou** betaalbaar is. Ons het elke lid vir ons organisasie nodig, so ondersteun ons asb en betaal u lidmaatskapfooi.

Please take note that membership fees for 2014 are **now** payable. We need the support of each member so please pay your fees.

Bank inligting/details:

ACCOUNT NAME/ REKENING NAAM: HOSA-VOSA
 FNB BRANCH/TAK ZAMBESI DRIVE CODE/KODE 23 01 45
 ACC.NO/ REKEN. NR 62194579226



NUUSBERIGGIES/NEWS ITEMS

Die SKATSTAP kompetisie is aan die gang vanaf 01 Januarie 2014 tot 30 Junie 2014. Veertien roetes is geïdentifiseer vir hierdie doel en hier onder verskyn van die roetes. Groot pryse is op die spel! Verskeie roetes is in die tussentyd ge-oudit met die oog op die kompetisie. Die reëls en kompetisie vorm verskyn op ons web blad. Gaan kyk gerus daarna!

The TREASURE HIKE competition is currently running from 01 January 2014 to 30 June 2014. Fourteen trails were identified for the competition and herewith some of the trails all ready on board. There are big prizes to be won! Various trails have been audited in the mean time with the competition in mind. The rules for the competition and the questionnaire have been published on our webpage. Have a look!

ROETES / TRAILS

Die volgende roetes is tans op die lys van deelnemers/ The next trails are currently on our list of participants:

Mpumalanga : Num Num, Mount Komati, Suikerboschfontein, Wolhuter KNP, Napi KNP

Free State : Cannibal, Ribbok

KZN : Poplar Grove

Gauteng: Groenkloof, Wonderboom

North West: Kareeberg, Magalieskrans.

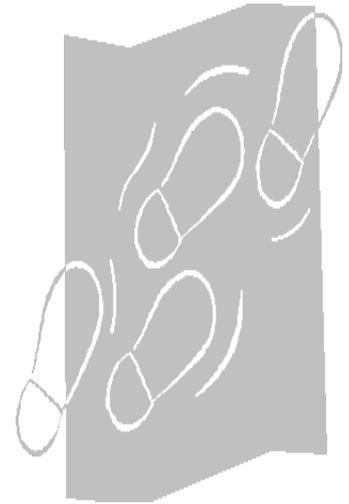
Eastern Cape: Strandloper

Noord Kaap: Klipspringer

PRYSE/PRICES!!

Naweek pryse/Weekend prices:

Num-Num	3 persone
Cannibal	3 persone
Suikerbochfontein	3 persone
Groenkloof	3 persone.
Two rivers trail	3 persone
Kareeberg	3 persone



Kyk hier!!

Ander/Other:

Geskenkbewyse van klein pryse soos dagsakke, slaapsak, paar kouse, pet, waterbottel, ens
Vouchers for items such as day hike bags, sleeping bags, a pair of socks, pets, water bottle, etc

1 x R1 000.00

3 x R2 000.00

1 x R3 000.00

Plus 5 x R500.00 vir/for VOSA lede.

*n Gratis naweek word gegee aan stapper wie die skenker roete gestap het. Free weekend goes to a hiker who has hiked the donor trail.

New Trails: Our newest member presents!!!

Pondoland Adventure Trails and Hikes

MAGWA MEANDER

TAKE A WALK ON THE WILDER SIDE! HAVE YOU EVER SEEN THE MAGWA FALL BY MOONLIGHT? HAVE YOU EVER SEEN A SANGOMA DANCE IN THE FIRE LIGHT?

Come with me, if you dare, on an adventure of a life time....a journey of discovery into the world of the **PONDO** people.

We start our walk from the beautiful and tranquil town of Port St Johns, situated on the Wild Coast. A short ferry ride across the **Umzimvubu** River Mouth marks the start of an incredible journey, steeped in tradition, proud heritage, beauty, that makes **PONDOLAND**.

For more info, please contact Dexter pondolandadventuretrailshikes@gmail.com; cell: 0604616433 / 0614390632

Maintenance: *The Whale and Otter trails are currently under reconstruction. Brand new experience await you after this renovation!!*

Die ALGEMENE JAARVERGADERING vind plaas op 15 Maart 2014, en wel by MOYO Restaurant, Fonteinsdal, Pretoria. Ons begin reeds 09.00vm! Tee/koffie en middag ete sal voorsien word. Hoop om u daar te sien!!

The ANNUAL GENERAL MEETING will take place on 15th March 2014 at the MOYO Restaurant, Fontaine Valley Pretoria. We will start at 09.00am and tea/coffee as well as lunch will be provided. Hope to see you!!

Stap vir gesondheid/ Hike for health

Tips

Cold Weather Hiking

I know winter is still way-way somewhere in the future but take heed:

Dress in layers. Avoid wearing just one big, fluffy parka. Instead, wear several layers you can peel off or put on when you stop and go on the trail. Your base layer should be a wicking fabric that will pull your sweat away from the skin. Overheating is a dangerous threat since excessive moisture that isn't allowed to escape can freeze and cause hypothermia. If your jacket has zippers in the armpits, it's a good idea to unzip them when you're active.

Wear a hat! During the colder months it is important to keep your head covered to maintain function and not lose precious body heat. You may want to bring a warmer/heavier hat for rest periods.

Keep your water bottle warm. Whether you are at the campsite or on the trail, a foam sleeve will help prevent the water from freezing in a bottle. You can also keep water from freezing by keeping your water bottle on the inside of your jacket - properly sealed, of course.

Use a sleeping bag liner. You don't have to bulk up with a heavier sleeping bag for winter camping. Putting a liner inside a sleeping bag is an inexpensive way to boost your bag's rating another 10 or so degrees.

Be prepared for shorter days. Have a good idea of the usable daylight hours before going hiking. Always carry a headlamp or flashlight with extra batteries.



Vonie

All good things
are wild and free.

Kom ons gaan soek
dan die "wild and
free" op 'n
staproete!!

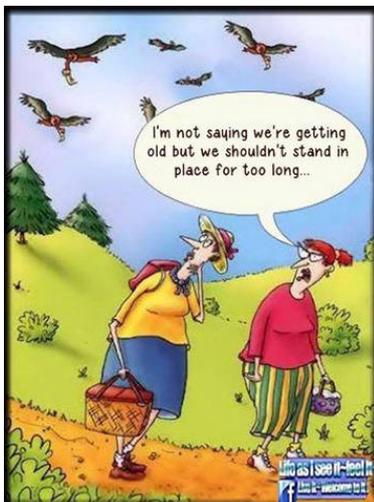


Hossie

Wat wil u graag in die nuusbrieff lees? What would you like to read in our newsletter?

My e-pos adres is jackdo1@vodamail.co.za indien u enige nuusberiggie wil stuur,

Please send me your hiking story! Jackie



Hierdie is vir ons oues van dae stappers!!