

<b>Chairpersons</b>	<b>Membership</b>	<b>Activities</b>
Lynn Gillis	Karin Smith	Annabel Kryiazis
Ralph Roseman	021 434 8743	021 439 8876

**Important !**

Fire/theft/crime  
086 110 6417

## FLASH NEWSLETTER - ISSUE NO. 78 - MAY 2016 TO JULY 2016

**Autumn/Winter activities:** Wear suitable gear and footwear for the weather and roughish terrain. Also waterproof protection or hats, sun-block, lots of water and refreshments for the mid-walk break. Dogs on leads are welcome. "Moderate" fitness required - for mountain paths; no climbing or scrambling. No smoking on walks, please, and switch off/conceal cell-phones.

For security reasons, please phone the Convenor for meeting place and further details especially on dubious weather days. Fresnaye Sports Club (FSC) is on the corner of Ave Normandie and Ave St Bartholomew, Fresnaye.

### SCHEDULED ACTIVITIES

(See also our website: [www.friendsoflionshead.co.za](http://www.friendsoflionshead.co.za))

Note: Activities are free for members and visitors are welcome to make a R10 donation to FLASH

Date	Convenor	Event details	Fitness level	Time
Sat 14 <sup>th</sup> May	Margaret Moore Contact: 021 790 2617 or 076 787 9849	Manganese Mine Meeting place: Car park opposite Chapman's Peak Hotel, Hout Bay	Moderate	Start: 09h00 End: 13h00
Sat 28 <sup>th</sup> May	Gisela Mittendorf Contact: 021 422 1394 or 083 940 4128	Table Mountain contour path Meeting place: Kloof Nek car park at TMNP hut.	Moderate	Start: 09h00 End: 13h00
Sat 11 <sup>th</sup> June	Biddy Allchurch 021 423 7429 or 083 764 7488	Deer Park Meeting place: Top of Deer Park (please phone)	Moderate	Start: 09h00 End: 13h00
Sat 25 <sup>th</sup> June	Colin Theunissen Contact: 082 484 4600	The Saddle Meeting place: Tafelberg Road by Devil's Peak sign board	Moderate/ Strenuous	Start: 09h00 End: 13h00
Sat 9 <sup>th</sup> July	Annabel Kyriazis Contact: 021 439 7786 079 391 4570	Lion's Head contour path Meeting place: Top of Avenue Normandie, Fresnaye	Moderate	Start: 09h00 End: 13h00
Sat 23 <sup>rd</sup> July	Margaret Moore Contact: 021 790 2617 or 076 787 9849	Silvermine South Meeting place: Silvermine parking area	Moderate / strenuous	Start: 09h00 End: 13h00

## 2016 First Quarter Rainfall Report by Robert Pabst

1<sup>st</sup> quarter rainfall figures as measured in Rontree Estate, Camps Bay:

January	22mm
February	7mm
March	67mm
Total	96mm

With above average rainfall for March, the water position is still serious, as the average of the dam levels is still below 40%.

## **Friends of Lion's Head and Signal Hill** **CHAIRMAN'S REPORT 2015**

As in previous years one of our main contributions to the local environment is two-way contact with Table Mountain National Parks. In this way we can point out the main areas that we feel need attention and hear from them what is happening on our mountain and their plans for the immediate and long-term future.

In this regard three meetings were held with the Area Manager during the year. We are fortunate to have Wana Bacela assisted by Mathabatha Matjila as our area manager. They are both very receptive to our suggestions. The path above Nettleton road was significantly improved.

Our long-time co-chairman Lynn Gillis has decided that it is time for him to retire from that post, he will however remain on the committee to give us the benefit of his years of experience. Thank you Lynn for your leadership over the last decade. We welcome Louise Farrel as the new co-chairman, she has been very active on Lion's Head and will be a great asset in her new role.

Our website has been modernised with professional help and to keep up with the times we now have a Facebook page to attract younger people to become members. More members gives us more credibility with the authorities.

Security continues to be a major concern and I am pleased to report that this has improved due to more activity. Very few incidents were reported during the year. We are concerned that patrolling with dogs seems to have ceased on Lion's Head.

The walk to the summit of Lion's Head has been rated as one of the "best short walks in the world" by National Geographic. There is increasing use of the paths and constant maintenance is required. With the high traffic to the top of the peak, especially in the dark, it is inevitable that there will be accidents, unfortunately some of them fatal. Hikers must understand that Lion's Head is a real mountain with significant exposure in certain places and to behave appropriately. Making the mountain completely accident-proof is not possible.

Parking is becoming a major issue. Louise Farrel, our incoming co-chairman, arranged and chaired a meeting between TMNP and the city council. Unfortunately not much action has resulted, although there appears to be more co-operation between the traffic police and SanParks in controlling the flow of traffic.

**Activities:** During the year there have been more than 20 organised walks and hikes with a total of 234 visitors and members taking part. These have mostly been led by Annabel, Sidney, Colin and Margaret, whose efforts are much appreciated. We would like to encourage other members to lead the occasional hike to relieve the load. Most of these hikes are on Lion's Head and Signal Hill but to add variety some are held on Table Mountain, Devil's Peak and Hout Bay as well as further away at Silvermine & Tygerberg Hills.

Friends of Lion's Head assisted Hewat Athletic club with their 100-miler this year. A group of members manned a station on Beach Road and were grateful for the club's generous donation.

A major clean-up of litter on some of the paths was undertaken with co-operation and help from TMNP. We have also been in contact with Blake Dyason from Love our Trails and Galeo Saintz of World Trails network. They have extensive contacts and will help us recruit volunteers for litter clean-ups and other activities.

**Finances:** As can be seen from the circulated accounts, our finances are healthy and we are keeping money available in short-term deposits. We would like to thank our treasurer Karin Smith and Sidney Shlomowitz, our honorary auditor, for their valuable work in maintaining and presenting the accounts.

**Membership:** Your Committee have constantly endeavoured to increase the membership. With additional members we can extend our monitoring and the frequency of our walks. We will also be in a better position to talk with authority to the TMNP.

The Newsletter has been published quarterly. It has been full of interesting material and much appreciated by our members. We also wish to thank Dick Russell for helping with its production.

Finally I want to thank the dedicated members of our Committee who met on 10 occasions during the year and whose enthusiasm made it possible for FLASH to continue with its valuable work. All of the committee have performed valuable work from leading walks, acting as Treasurer and Secretary to organising functions.

The committee still needs additional members who are willing to be involved. We would particularly welcome some younger members on the committee. The work is not too onerous and meetings are held monthly at the Fresnoy Sports Club, usually for not more than an hour.

We also welcome members not wishing to attend the monthly committee meeting but who will help with the various activities of the club.

Ralph Roseman, Lynn Gillis: Joint chairmen

### The Littlewort Trail - a learning experience

By Margaret Moore

A successful ramble took place in Newlands Forest on March 19. A group of nine of us met at 8h30am; it was a perfect morning for a hike, after some gentle overnight rain. Our route took us up the Littlewort Trail, left across the little bridge and then along and down to the path above the houses. There we admired the wonderful contortions of the trunks and branches of the huge *Brabejum stellafolium*, or Cape wild-almond trees. The fruit are mildly poisonous but can be rendered safe after soaking for three days in a bag in a running stream. After that they can ground and used as a coffee substitute.

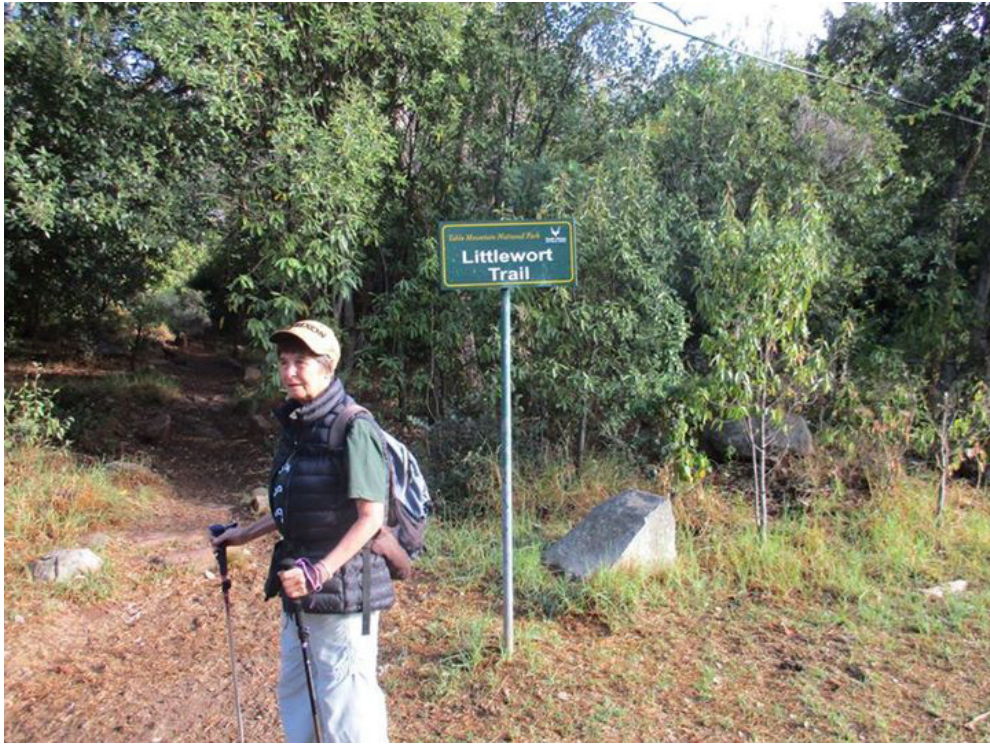
Further along we came across the remains of a Sulphur shelf fungus (*Laetiporus sulphureus*) that had been harvested. This is the large, very beautiful, golden-orange fungus found on oak trees. It is edible when it is young and apparently tastes a bit like chicken breast.

We then took some time looking around the ruins of Paradise Post. History tells us that it was first used by the forester and his family, then later it housed the Paradise garrison and even later still by Lady Anne Barnard. She describes in a letter how they were given a little Government cottage called Paradise "to be rural in". She was hoping to raise poultry and grow vegetables there.

After stopping at the river for refreshments we returned to the car park via the Littlewort Trail again. This trail was set up by Pixie Littlewort as an Edu-trail to introduce young people to the plants, geology and history of the forest. There are specific areas along the trail each marked with a post labelled from A-X. She drew up a very detailed document with a story about each of the spots and what is found there. Unfortunately, while the posts remain, practically all have lost their markers. Her document describing the trail is on the internet; very detailed and interesting.

Thank you everyone for making the hike so enjoyable and especially to Gisela for the information about Pixie Littlewort and her work. (See next page for photos)

Learning curve: Members and friends enjoyed a walk along the "Edu-trail".  
Learning curve: The Littlewort trail was an education for members



Photos taken on walk on Littlewort Trail, Newlands Forest. See report on previous page

## An outing up Oppelskop

By Gisela Mittendorff

A group of eight Friends of Lion's Head & Signal Hill met for an autumn walk on April 2 at the parking lot on the corner of Kloofnek and Tafelberg roads. We then drove in two cars to the start of the hike which was at the end of Tafelberg Road. It's quite a steep and fairly long climb up to the saddle, but the temperature was pleasant at around 20 C. When it started to drizzle near the Breakfast Rock we all donned our raincoats and the magic worked - soon the rain stopped!! On our way we were hit by gusts of wind, but at Oppelskop - miraculously - we found ourselves nicely protected from the wind, enjoying our tea in sunshine and with beautiful views. Everybody had a good time while walking back along the lower path - there were sightings of Nerine, April's Fool Flower and Erica abietina.



High tea: Oppelskop proved a sheltered spot for a tea break with beautiful views

## Paying your FLASH Subscription

Due to high bank charges of R20-00 per transaction, we ask that you pay your annual membership fee of R50-00 in one of two ways:

**EFT to our bank account:** Standard Bank Sea Point, Account no 07 474 594 8. Please give your name as reference for us.

**Cash to the leader of the walk:** Please make sure that the walk leader makes a note of your name so that the Treasurer can record who has paid.

If you choose to pay by cheque or go to the bank to make a deposit, please add R20-00 to your payment, i.e. pay R70-00 (R50-00 being your membership fee, and R20-00 the bank fee). Once again, please give your name as reference.

**For those introducing new members, please pass on the application form overleaf.**

## **Application for New Membership – Friends of Lion’s Head and Signal Hill (FLASH)**

Title	Mr	Mrs	Ms	Other		
First name				Surname		
Postal Address						
				Postal Code		
E-mail address						
Telephone number (H)			Cell number			
Do you want to receive the FLASH newsletter? Please supply your email address					Yes	No
Do you want to purchase a FLASH t-shirt for R80?					Yes	No

### **Membership fees and Payment**

Membership is R50 per person per annum, effective from January to December. Please deposit this amount directly to our bank account:

Bank: Standard Bank Sea Point branch

Savings account no. 07 474 594 8

Please include your name as our reference.

If you pay by cheque or make a deposit at the bank, please add R20 to cover our bank charges, i.e. please pay R70. Cheques must be crossed and made payable to Friends of Lion’s Head.

Alternatively, you may give the cash to the leader of the walk. Please make sure that the name of the member, in respect of whom this payment is made, is recorded.

### **Forms**

Your completed application form may be:

- Handed to the leader of the walk together with your payment, or
- Sent by email to [friendslionshead@gmail.com](mailto:friendslionshead@gmail.com) or
- Posted to Mrs Annabel Kyriazis, 304, Trafalgar Place, Regent Road, Sea Point,

### **General**

Should you choose contact by email, your payment, once banked, will be confirmed by email. You will also receive the newsletter by email.

Activities presently include: regular hikes, alien hacks, litter clean-ups. Other activities could include rock climbing, bird-watching and paragliding, depending on volunteer guides.

For any further enquiries please contact Annabel Kyriazis on 021-439-7786 (after hours).

Friends of Lion’s Head and Signal Hill is a non-profit organisation and a member of the Wildlife and Environment Society of South Africa (WESSA).