

Chairpersons	Membership	Activities
Ralph Roseman	Karin Smith	Annabel Kryiazis
Louise Farrell	021 434 8743	021 439 7786

Important !
 Fire/theft/crime
 086 110 6417

FLASH NEWSLETTER - ISSUE NO. 79 - AUG 2016 TO OCT 2016

Scheduled activities (the schedule can also be viewed on friendsoflionshead.org).

Winter/Spring 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.

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 6 th Aug	Colin Theunissen 082 484 4600	Eagle's Nest Buttress Meeting Place: Cecilia Forest Carpark.	Moderate	Start: 09h00 End: 13h00
Sat 20 th Aug	Margaret Moore 021 790 2617 076 787 9849	Suikerbossie Meeting Place: Suikerbossie turnoff before Ruyteplaats entrance.	Easy	Start: 09h00 End: 13h00
Sat 3 rd Sept	Nic Van Rooyen 021 697 2853 082 365 4063	The Glen Meeting Place: Maidens Cove Parking.	Easy	Start: 09h00 End: 13h00
Sat 17 th Sept	Wendy Hitchcock ** Phone Annabel Kryiazis 021 439 7786 079 391 4570	Sea Point Promenade to Green Point Urban Park. Meeting Place: Pavilion Parking.	Easy	Start: 08h30 End: 13h00
Sat 1 st Oct	Colin Theunissen 082 484 4600	Rhodes Memorial/Newlands Forest. Meeting Place: Rhodes Memorial parking.	Strenuous	Start: 08h00 End: 13h00
Sat 15 th Oct	Margaret Moore 021 790 2617 076 787 9849	Silvermine South Meeting Place: Silvermine South (waterfall side)	Moderate	Start: 08h30 End: 13h00
Sat 29 th Oct	Gisela Mittendorff 021 422 1394 083 940 4128	Pipe Track Meeting Place: Kloofnek Carpark.	Easy	Start: 08h30 End: 13h00

**Wendy Hitchcock is a freelance environmental educator, trained botanist and teacher focusing on SA indigenous plant identifications and the fynbos biome in particular. She has more than 20 years' experience in this field.

Our 'Rainman' Robert Pabst dies

Robert Pabst, one of Cape Town's foremost maritime photographers, who contributed rainfall figures to the FLASH Newsletter over many years, died on July 2, aged 78. This extract from an obituary which appeared in Ports & Ships Maritime News on www.ports.co.za (July 5) following his passing, reads:

"Well-known and respected Cape Town ship enthusiast and photographer Robert Pabst, who passed away peacefully in his sleep at the weekend, emigrated to South Africa with his family in the early 1950s on the Dutch liner Jagersfontein. Robert had an interest in ships from an early age and started taking photographs of ships since 1959. His interests lay with German shipping, passenger and naval ships. He has written many articles for German publications and has had his photographs published in several publications. Robert co-authored the book South Africa: A Pictorial History with Brian Ingpen. Robert was a partner in a litho printing business and retired several years ago. He will be sadly missed by ship lovers in South Africa for his wonderful disposition and knowledge of shipping."

Robert was one of the longest standing members of the Ship Society of South Africa and some of his images can be seen on its Facebook site.

The committee and members of Friends of Lion's Head & Signal Hill will greatly miss Robert's quarterly contributions recording rainfall in the grounds of his Camps Bay home and offer sincere condolences to his family.

- If one or more of our members or readers would like to continue the tradition - and commit to recording quarterly rainfall in any local neighbourhood - we would like to publish your figures (with an acknowledgement) in a "Robert Pabst Rainfall" column. Please contact Anabel Kyriazis on 079-391-4570 or email annakyr6@gmail.com

Man at the top: 'Great mountain climber' Lynn Gillis retires

By Ralph Roseman

Professor Lynn Gillis has retired from the Friends of Lion's Head and Signal Hill committee, having served for many years as Co-Chairman. Lynn was one of the founding members of the Friends group and loved walking up Lion's Head until his knees finally gave up. An accomplished rock climber, he opened a short climb on Lion's Head which he named "Sheer Delight".

His friend Judge Albie Sachs described Lynn as "a great mountain climber" in an interview (see achievement.org) speaking of a day they climbed together, when Sachs was 31. "We went up one side of Table Mountain, and on the left was Devil's Peak. And I said, "Lynn, I'm going up Devil's Peak," and I went up, I came down, we climbed Table Mountain. We walked right across the top, we came down and I said, "Lynn, I'm going up Lion's Head." So these three mountains in one day."

Lynn is also an accomplished sculptor and has created artistic sculptures of rock climbers.

He was a key participant in our many discussions with TMNP executives and helped foster the good relations we now have with them. His extensive knowledge of the Lion's Head area made him an invaluable part of the committee and he always had interesting words to thank our speakers.

We wish Lynn many happy years of retirement.

WALK REPORTS:

HIKING IN DEER PARK

Saturday 11 June 2016

By Margaret Moore

It was a crisp clear morning, albeit with a strong South Easter, when Bidy led our hike in Deer Park - a new hiking experience for most of us. Deer Park has an interesting history with runaway slaves who would find refuge in the canopies of the trees and a number of graves there including the shrine of a Muslim spiritual leader Sayed Abdul Haq. Our route did not take us past either the graves or the shrine, nor were there any runaways among the trees.

We started our hike along the boardwalk and there we came across a large jointed cactus, *Opuntia aurantiaca*, covered with ripening fruit. Apparently TMNP does not regard it as a problem but it is a declared invasive species in both Africa and Australia. Then we crossed the Platteklip and Silwerstroom streams, both flowing strongly after the rains. We stopped for refreshments with Oppelskop towering above us, with the City spread below us and Lion's Head beyond.



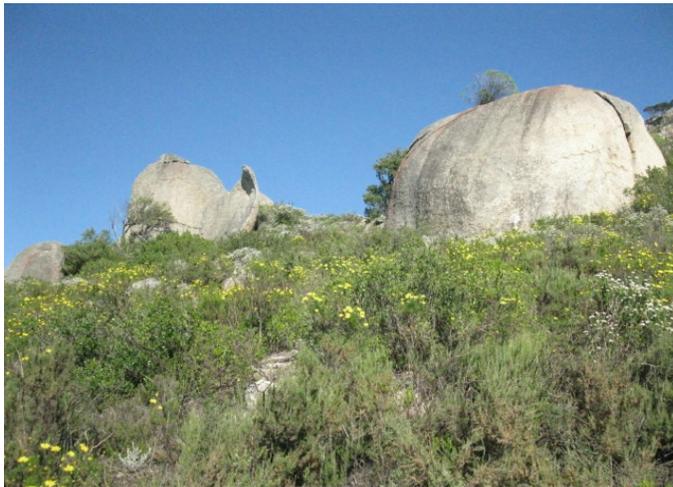
City below, sky above: Walkers with Lion's Head behind them.

The mountain slopes towards Devil's Peak were covered with *Protea Repens*, the sugarbush protea, loved by the Sugarbird - the pink and cream flowers just starting to open. Historically the nectar was collected and boiled into a sugary syrup - bossiestroop. Bossiestroop was found in all 19th century medicine chests in the Cape. The wood was also used as firewood.

Protea Repens was grown in London's Kew Gardens in 1774 and flowered there in 1780. It was the first protea to flower in cultivation away from the Cape. Today the flowers are extensively used in the cut flower industry.

I look forward to exploring the area further.

Thank you Bidy for a lovely hike.



FLASH Hike on Lion's Head

Saturday 9 July 2016

By Margaret Moore

In perfect weather, Colin Theunissen led nine of us on a hike around Lion's Head, meeting at the top of Avenue Normandie. Our hike started on the path above the houses and eventually met up with Maskew's Path that took us up past the Kramat and to the cannons. Beside the path here were quite a number of very healthy Medusa's head, *Euphorbia caput-medusae*, plants coming into flower as well as the ubiquitous prickly purple-flowered *Muraltia heisteria* with the charming Afrikaans name, Voeltjie-kannie-sit-nie.

After a brief water break at the cannons we continued on the path above the road towards Kloof Nek. We saw fascinating shapes in the large boulders on the way - The Mad Hatter's tea pot or was it Noddy's friend Big Ears? (See picture above.) The slopes were covered with flowering yellow bushes and white *metalasia*.

Further on there was a Cape Sunbird, *Promerops cafer*, sitting on top of a sugarbush regaling us with song about the glorious day and how blessed we all were to be there enjoying it.

There were teams of people streaming up Lion's Head, but we avoided the crowds and continued along towards the Nek. Along the way we came across a protea bush with unusual white flowers, *Protea aurea*. Very different from the others but then the protea gets its name from the Greek god Proteus who was able to change his shape at will. We proceeded for a short way along Kloof road and then up to the Lion's Head pipe track. A welcome tea break was enjoyed by everyone on the benches overlooking Clifton. Then it was time to head home along the path to Top Road and to our cars. Thank you Colin for a very enjoyable hike.

Fresnaye Bowling Club: Your chance to take up bowling for fun!

Friends of Lions Head is associated with Fresnaye Bowling Club, and several FLASH members have tried Bowls at their regular Fun Bowls sessions. They are aiming to hold their first Fun Bowls afternoon of the new season on **Sunday 4th September 2016**. Anybody who would like to try out Bowls for the first (or more) time is welcome to attend - all you need is to wear flat shoes (takkies). Equipment, bowls and instruction will be provided by the Bowling Club. Report at 1400 to start at 1430 - play as long as you like. Those interested contact Dick Russell by email dickruss@telkomsa.net. Confirmation of date and time will be made via Annabel Kyriazis, closer to the time.

Paying your FLASH Subscription

Due to bank charges of R20-00 per transaction, please pay your annual membership fee of R50 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 Lions 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:

- a) Handed to the leader of the walk together with your payment, or
- b) Sent by email to friendslionshead@gmail.com or
- c) 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 is a non-profit organisation and a member of the Wildlife and Environment Society of South Africa (WESSA).