

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



FLASH NEWSLETTER - ISSUE NO. 76 - NOV 2015 TO JAN 2016

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.

Scheduled activities (the schedule can also be viewed on our web site).

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

Date	Convenor	Event details	Fitness level	Time
Sat 7 th Nov	Margaret Moore 021-790-2617 or 076-787-9849	Silvermine South (Waterfall side) Meeting Place: Silvermine Parking - left hand side.	Moderate	Start: 08h30 End: 13h00
Sat 21 st Nov	Pamela Constantinou 021-551-1251 or 072-312-0629	Intaka Island - walk around island birdwatching/boatride optional. R14-00 entrance fee.	Easy	Start: 09h30 End: 13h00
Sat 5 th Dec	Sidney Schlomowitz Contact: Annabel 021-439-7786 or 079-391-4570	Glen and lower slopes Lion's Head. Meeting Place: Maidens' Cove carpark	Moderate / easy	Start: 08h30 End: 13h00
Sat 19 th Dec	Margaret Moore 021-790-2617 or 076-787-9849	Christmas Walk: Alphen Trail Meeting Place: Parking on road before Alphen Hotel.	Moderate / easy	Start: 08h30 End: 13h00
Sat 9 th Jan	Colin Theunissen 082-484-4600	Cecilia Forest. Meeting place: Cecilia Forest parking.	Moderate / strenuous	Start: 08h00 End: 13h00
Sat 23 rd Jan	Gisela Mittendorf 021-422-1394 083-940-4128	Pipe Track Meeting Place: Kloof Nek carpark	Easy	Start: 08h30 End: 13h00

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2015 Third Quarter Rainfall Report by Robert Pabst

Below are the 3rd quarter rainfall figures as measured in Rontree Estate, Camps Bay.

July	22mm
August	70.5mm
September	55.5mm
Total for Third Quarter	248mm

Another quarter has passed with less than average rainfalls and the possibility of summer water restrictions is on the cards.

Club members on track with thirst-quenchers

Early risers from Friends of Lion's Head & Signal Hill helped Hewats Athletics Club marshal the 1,000 runners who took part in this year's Cape Town Half Marathon Classic on September 27.

Every year FLASH members help the club, handing out water sachets which are grabbed by thirsty runners from members' outstretched hands. A trail of empty blue sachets then litters the road and members pick these up before the litter accumulates or is blown elsewhere.

The annual 21.1km race has a generous 3.25-hour cut-off, which also allowed brisk walkers a chance of finishing within the time limit. This year's road race ran along Beach, Kloof and Victoria roads, turning at the Kramat steps near Cosy Bay. Runners then returned via Victoria Road, and along Seacliff Road and the Promenade where the finish line was opposite SABC.

"Even though rain was forecast for the morning, it turned out to be really pleasant," said FLASH committee member Annabel Kryiazis who was out at 7am with half a dozen enthusiastic members.

"It was great fun and the participants showed their gratitude for our help." She added that the race was "all extremely well organised by Hewats AC's Kanu Suka who spent many months getting it together".

Historical Note

Early Dutch East India settlements at the Cape were mostly on the eastern slopes of Signal Hill and Lion's Head. There was little development on the seaward side as the soil tended to be poor; there was little fresh water and the area was buffeted by northwester gales in winter. It is also probable that there was a policy of retaining the area for defensive purposes - strategic batteries were strung out along the Green Point waterfront and, as the technology of warfare improved, gun emplacements moved higher up the slopes of Signal Hill.

The quarries on the Lion's Rump supplied the material for the mole built by the Dutch East India Company at Mouille Point (remnants still remain) as well as shelters, kraals and other structures including the Castle.

Agriculture was more suited to the south eastern side of Lion's Head and Signal Hill and settlements and farms were set up including Schoone Kloof in 1707 and Belle View in 1797. These later became the Malay Quarter. De Hoop was settled in 1803 and Tamboerskloof in 1808.

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Important !
Fire/theft/crime
086 110 6417

(Information obtained from *The Cape for a Holiday*, March 1993)

Date to diarise: Flash Social on December 4!

Friends of Lion's Head and Signal Hill (FLASH) will be rounding off the year in style again, holding its annual end-of-year social gathering on Friday 4th December at Fresnaye Sports Club (FSC).

The evening will start at 6pm when co-Chair Ralph Roseman will give a talk on the second part of his trip to Ethiopia. In particular he will be describing the Bale Extension and the climb up Tullu Deemt, which at 14,360 feet (4,377 metres) is one of the country's highest peaks. The talk will be followed by light refreshments and a braai. Please bring your own meat; there is a cash bar. Come along and bring your friends. FSC is at 15 Ave St Bartholomew (top of Avenue Normandie), Fresnaye. For further information contact Annabel on 021-439-7786 or 079-391-4570.

Tygerberg Nature Reserve by Tessa Van Rooyen

On the lovely early spring morning of Saturday 12 September we, happy members of FLASH, gathered at the entrance to the Tygerberg Nature Reserve in anticipation of a hike to be led by Gisela Mittendorf. We were glad to see three American guests among us apart from the usual suspects! Two young ladies and a young man, all UCT students. We set off and almost immediately were interested to hear about and see the patches of rare-in-the-area renosterveld, to our right as we walked.

The sight of three reclining bontebok in the grass was an early delight on the walk. Mr Bontebok with what we presumed was missus and daughter didn't seem to mind our ogling and excited remarks and posed prettily for pics!

Gisela pointed out clumps of wild rosemary (*Eriocephalus africanus* or Kapokbossie) and there were lots of sterretjies (*Spiloxene capensis*) to delight the eye. There were many other beautiful flowering plants. One flower was the comfy bed of a teeny weeny little frog.

Although Nic and I were both born in Cape Town this was the first time we had visited the Tygerberg Nature Reserve. The views to the south and then to the north were astoundingly beautiful. The only negative was our discovery on getting back home to find eight ticks clinging tenaciously to our boots and rucksack! They were swiftly dispatched... All in all, a fantastic hike led by the incredibly knowledgeable Gisela, to whom we owe a great debt of thanks.

See group picture on the next page

Friends of Lion's Head & Signal Hill - www.friends of lionshead.co.za

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Flash members and visitors strike a pose at Tygerberg Nature Reserve



Fresnaye Bowling Club

The Fresnaye Bowling Club welcomes all who would like to try out Bowls for the first time, either through attending one of the club's "Fun Days", or making arrangements to try out the sport individually. We invite those who would like to try Bowls for the first time, to come to our next Fun Afternoon on Sunday 1st November - 14:00 for 14:30.

Dress is comfortable, but flat shoes or "takkies" must be worn. All equipment will be provided. Those interested should contact Dick Russell at dickruss@telkomsa.net.

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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 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:

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