

Chairpersons	Membership	Activities
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. 77 - FEB 2016 TO APRIL 2016

Summer/Autumn 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 R10 donation to FLASH

Date	Convenor	Event details	Fitness level	Time
Sat 6 th Feb	Sydney Schlomowitz Contact Annabel: 021 439 7786 or 079 391 4570	Signal Hill - Noonday gun Meeting place : Top of Glengariff Road	Moderate	Start: 08h00 End: 13h00
Sat 20 th Feb	Colin Theunissen Contact: 082 484 4600	Rhode's Memorial - Newlands Forest and back. Meeting place: Parking at Rhodes Memorial	Moderate/ Strenuous	Start: 08h00 End: 13h00
Sat 5 th March	Annabel Kyriazis Contact: 021 439 7786 079 391 4570	Contour Lion's Head Meeting place : top of Normandie Ave. Sea Point	Moderate	Start: 08h00 End: 12h00
Sat 19 th March	Margaret Moore Contact: 021 790 2617 or 076 787 9849	Newlands Forest Meeting place : Newlands Forest parking	Moderate	Start: 08h30 End: 13h00
Sat 02 nd April	Gisela Mittendorf Contact: 021 422 1394 or 083 940 4128	Oppelskop Meeting place : Kloofnek carpark by TMNP hut	Strenuous / some exposure	Start: 08h30 End: 13h00
Sat 16 th April	Margaret Moore Contact: 021 790 2617 or 076 787 9849	Silvermine South (waterfall side) Meeting place: Parking area	Moderate / strenuous	Start: 08h30 End: 13h00
Sat 30 th April	Colin Theunissen Contact: 082 484 4600	Woodstock Cave Meet end Tafelberg Rd at Devils Peak sign board	Strenuous	Start: 08h30 End: 13h00

2015 Fourth Quarter Rainfall Report by Robert Pabst

4th quarter rainfall figures as measured in Rontree Estate, Camps Bay totalled about 120mm - unfortunately the figures have been misplaced! This was below average, as it was for most of last year, and water restrictions have been imposed. The average capacity of the dams is only at 54%, so we all need to conserve water.

Alphen Trail walk was a real Christmas treat by Nic and Tessa van Rooyen

"It looks like rain," said Nic, peering out at the grey clouds over the mountain as we were preparing to leave home for the Christmas Alphen Trail walk led by Margaret Moore on Saturday, December.

Fortunately all we felt during the lovely hike was 2½ drops of drizzle! Fourteen FLASH members enjoyed Cape Town at its best. Where else can you walk and see lovely streams, gorgeously groomed horses, enjoy the cool forest, picnic next to a stream while indulging in scrumptious treats shared out by co-hikers, and have enlightening conversations en route? And we all did, on this walk.

During a short break a man approached the group and asked Nic what the green t-shirted people were all about. He got a sales spiel like no other about FLASH from Margaret and Nic who gave him all the details about joining up, so hopefully we will have a couple of new members early this year. Just goes to show that wearing our cheerful FLASH t-shirts (only R80) gives credence to the old adage "it pays to advertise"!

A word of thanks to Colin Theunissen, who is always eager to record our hikes with his trusty new camera so that we can have keepsakes of our fabulous walks in fantabulous Cape Town!



Above: Flash members and friends at the start of the Alphen Trail.

Visit to bird hides at Intaka Island proves an eye-opener by Ralph Roseman

In November Friends of Lion's Head spent the morning at Intaka Island. This was in place of our normal mountain hikes and was an enjoyable alternative. I have always felt a bit negatively about Century City, probably due to its urban nature and the proximity to Ratanga Junction. It was a very pleasant surprise to go through the comprehensive visitor's centre to hear about the environmentally friendly development. Intaka Island is in the centre of the Century City complex on what was formerly a marshland. The island is surrounded by a canal which does not use municipal water and is kept clean by natural filtering through reeds. The waste is also organically recycled on the premises. The area is a bird paradise and there are several bird hides for viewers. We were given a boat ride on the canal alongside very well-constructed and pleasant-looking houses, the guide was very informative and has a good knowledge of the surroundings, its history, and the environmental aspects of the area. We followed up the boat ride with a conducted walk on well-defined paths around the island visiting several of the bird hides (see pictures below). There were a plethora of cormorants, pelicans and other species too numerous to mention. The other bit of good news is that Ratanga Junction will close down in two years' time. It was an exciting and enlightening morning.



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 7th February - 14:00 for 14:30.

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

Friends of Lion's Head AGM

The AGM for Friends of Lion's Head will take place 18h00 on FRIDAY 8 APRIL, 2016 at Fresnaye Sports Club. The speaker is to be confirmed.

Clem Barker

The death of mountaineer Clem Barker has left walks around Table Mountain more than a shadow short. Friends of Lion's Head and Signal Hill (FLASH), a long-established walking and conservation group, are also missing his guiding abilities and deep knowledge of the area. "He was a great mountaineer who knew our mountain paths and kloofs like the back of his hand," said group committee member Annabel Kyriazis.

"Friends of Lion's Head and Signal Hill miss his knowledge and keen sense of adventure - he is particularly remembered by us for his trips into Orangekloof which he knew so well. He recounted the most delightful stories relating to areas in the kloof."

She added that Barker was always willing to take a group on the mountain even if they were not strong hikers. "Clem's passing leaves us a shadow short on the mountain," said Kyriazis, herself a veteran guide.

"There are new, younger leaders coming up who can only gain experience over the years. We hope that they either have, or will develop the passion for the mountain that Clem had."

Transport around Lion's Head over the years

Up to the late 1800s the connection from the city to Camps Bay was by horse and carriage over Kloof Nek and was popular for picnics and outings. Horse-drawn trams had been running from Cape Town to Green Point since 1863 with a terminus in Sea Point at the present Tramway Road. There was as yet no road connection along the coast to Clifton, Bantry Bay and Camps Bay.

However a good deal of road-building took place in the 1880s and 1890s. Until then Kloof Nek Road had been the main access by horse-drawn carriages to Camps Bay, and this was reconstructed with convict labour, as was the new Victoria Road which ran from Sea Point to Camps Bay. A toll bar was set up in Camps Bay where these two roads met but was demolished some years later.

The horse teams disappeared from the scene in 1896 and the age of the electric tramway followed when Cape Town acquired electricity-driven trams to the Gardens area. The line was extended to Sea Point in 1904 and later around Signal Hill to Victoria Road and thence to Clifton, Camps Bay and ultimately Hout Bay. With this accomplished, the Tramway Company completed a 12-mile circuitous round trip from Kloof Nek to Camps Bay and back to Sea Point via Victoria Road. The last tram ran in 1930 to be replaced by a bus service.

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:

- 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).