

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. 80 - NOV 2016 TO FEB 2017

Scheduled activities - also see www.friendsoflionshead.org

Spring/Summer 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 12 th Nov	Margaret Moore 021 790 2617 076 787 9849	Manganese circuit. Meeting Place: opposite Hout Bay Hotel	Moderate	Start: 08h30 End: 13h00
Sat 26 th Nov	Colin Theunissen 082 484 4600	Rhodes Memorial/Newlands Forest. Meeting Place: Rhodes Memorial parking	Moderate	Start: 08h00 End: 13h00
Sat 10 th Dec	Margaret Moore 021 790 2617 076 787 9849	Alphen Trail (Christmas Walk) Meeting Place: Parking on road before Alphen Hotel.	Easy	Start: 08h30 End: 13h00
Sat 7 th Jan	Nic Van Rooyen 021 697 2853 082 365 4063	Cecilia Forest circuit Meeting Place: Cecilia Forest car park	Moderate	Start: 08h00 End: 13h00
Sat 21 st Jan	Gisela Mittendorff 021 422 1394 083 940 4128	Newlands Forest. Meeting Place: Newlands Forest parking.	Moderate	Start: 08h00 End: 13h00
Sat 4 th Feb	Colin Theunissen 082 484 4600	Lion's Head/Signal Hill Meeting Place: Kramat parking/Signal Hill road	Moderate	Start: 08h00 End: 13h00
Sat 18 th Feb	Margaret Moore 021 790 2617 076 787 9849	Tierboskloof Waterfall Meeting Place: Shell Garage, Main Road, Hout Bay	Easy	Start: 08h30 End: 13h00

Our exploited mountain

'During the course of 300 years the mountain has been exploited, abused, burnt, eroded, vandalised and despoiled' - Douglas Hey

Within a few years of the establishment of the settlement at the Cape, readily accessible timber had been gathered for fuel, housing, furniture and the needs of passing ships. Growth of the settlement increased demand and the higher wooded areas of the mountains were increasingly stripped until the mountains developed a barren look.

By 1880 the situation had become so bad that an afforestation programme was introduced by importing alien trees - cluster pines, hakea and Port Jackson, to bind the soil and provide timber and fuel. These aliens have taken over in many areas and their control constitutes a serious problem to this day. Deterioration of the mountain reached the point that it became a public concern and it became obvious that this natural asset needed care and preservation.

To deal with this Table Mountain was proclaimed a national monument (1957) and a Table Mountain Preservation Board created. This however was largely advisory and administrative, and was later replaced by Table Mountain National Park which is a more inclusive and conservation organisation. A one-man Commission of Enquiry was set up in 1977 under Douglas Hey who reported that the environmental degradation was largely due to over-usage and inadequate management. This led to a more comprehensive plan of control and conservation by the TMNP, which is now a large organisation dealing with many problems ranging from mountain paths to fires and has a large staff of administrators, rangers, and security personnel.

Exploitation and neglect has been contained, the dominant note being maintenance, conservation and preservation of species. However problems remain, Table Mountain is now one of South Africa's major tourist attractions and this has led to serious over-usage. It is estimated that there are over 3 000 climbers on Lion's Head on full-moon nights and the traffic on Tafelberg Road is so dense at times that parking stretches for kilometres and clogs access to and around the Cableway station. Huge buses abound and pour forth their tourist contents. To meet these and other needs, both short-term and long-term planning by the authorities, including Cape Town municipality and Table Mountain National Park, are ongoing.

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 another Fun Bowls afternoon on **Sunday 30th October 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), sun protection and a hat. Equipment, bowls and instruction will be provided by the Bowling Club. Report at 13.45 to start at 14.00 - play as long as you like. Those interested contact Dick Russell by email dickruss@telkomsa.net. There will be a braai afterwards - those interested - please contact Dick by email.

NEXT TALK:
Marianne North's visit to South Africa

By John van der Linde
at our social on Friday 9 December



Friends of Lion's Head & Signal Hill are delighted to invite members and their guests to attend our next social event which will be a talk by John van der Linde on Friday 9 December, at the Fresnaye Sports Club.

This lavishly illustrated talk is about a remarkable Victorian lady, a wealthy globe-trotting botanical artist, and her visit to South Africa in 1882-3.

The script is based on Marianne North's autobiography *'Recollections of a happy life'*

About JOHN VAN DER LINDE:

John van der Linde had been a member of Constantia Rotary Club for many years. His interests have broadened to include: ecology, plants in general and breeding of clivias. This led him to evolution, genetics, botanical history and digital photography.

WALK REPORTS:

GREEN POINT PARK AND BIODIVERSITY GARDEN

On 17th September we went on a hike with a difference - along the Sea Point Promenade to Green Point Park and the Biodiversity Garden. Ten FLASH members and two visitors met our guide Cape Town Environmental Educationalist Wendy Hitchcock at the Sea Point Pavilion then set off to the park. On the way we gathered up Sydney Schlomowitz who was on his morning constitutional.

Our first stop was at Green Point Bay where we could see the Kelp and Sea Lettuces on the rocks and in the water. Here we learnt that while all plants use chlorophyll to convert Co2 to sugars there is a fundamental difference between two basic plant families. Sea weeds belong to the family that reproduce by casting forth their spores, in the case of the sea weed into the water, for distribution. The other family have flowers where fertilisation takes place and where seeds develop and are protected.

Our next stop was on the perimeter of the park where we paused to look the old Scout Hall and



surrounding garden, now used as an environmental education centre. Then into the park itself. The park, golf club and adjacent sports fields are situated on a wave cut plateau - land scoured flat by wave action eons ago.

We started at the fountain that is fed by the streams from Table Mountain. This water is used to water the garden and feed the ponds and wetlands. Cape Town was originally established as a port supplying fresh water to the sailing ships on the long voyage to the East. Over time, as the settlement grew, these streams

became polluted - so much so that eventually the town could be smelt long before it could be seen. As a result the streams were eventually closed over and now flow under the city into the sea.

Biodiversity is the variety of life forms that live and together on earth. The garden illustrates the way we, the plants and the insects interact with each other. We use plants as medicine and food. The plants require insects for fertilisation and in turn provide them with food and shelter. We see here the four different fynbos veld types that support the over 3000 plant species in and around our city and the negative effect behaviour can have on it.

It was an extremely interesting and informative morning. Thank you, Wendy, for sharing your knowledge and experience with us and to Annabel, for organising the morning.



WALK IN THE GLEN

By Nic and Tessa van Rooyen

The walk on Saturday 9 September was Nic's first 'official' walk as leader and we started off at Maidens Cove parking area. This is a popular spot for tour buses to disgorge tourists who must find the wonderful vista of the Twelve Apostles and Camps Bay quite amazing.

A quick trot along Victoria Road and across to the little hidden steps that took us into the Glen. There is an other-world-

like atmosphere in the heart of the Glen. It reminds one of *Lord of the Rings* territory. Erosion has exposed the roots of trees that seem to be clinging on to the earth for dear life. There was an abundance of *Lachenalia fistulosa* (we think), and Wendy spotted some *Moraea gawleri*, just too beautiful for words. There were lots of white mushrooms dotted about and we were so happy to see the dear little Sterretjie (*Spiloxene capensis*) which we last saw during the Tygerberg FLASH hike in September last year.

An encounter with a woman and her two American spaniels had the dog lovers amongst us oohing and aahing. We were very glad that she is one of the socially-conscious dog walkers and proudly showed us her blue poo bags! Wish more would follow suit as an eagle eye must be kept on the ground in the vicinity of the picnic spot to avoid stepping on 'landmines'.

On the way back, coming out of the protected Glen, we were hit by the good old South-Easter but the upside was the wonderful view of the 'Tablecloth' over the Twelve Apostles.

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).