

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. 81 - MAR 2017 TO JUN 2017

Scheduled activities - also see www.friendsoflionshead.org

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.

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 4 th Mar	Nic Van Rooyen 021 697 2853 082 365 4063	Pipe track. Meeting Place: Parking at Kloof Nek by TMNP hut.	Easy/Moderate	Start: 08h00 End: 13h00
Sat 18 th Mar	Colin Theunissen 082 484 4600	Rhodes Memorial/Newlands Forest. Meeting Place: Rhodes Memorial parking	Moderate	Start: 08h00 End: 13h00
Sat 1 st Apr	Gisela Mittendorff 021 422 1394 083 940 4128	Oppelskop. Meeting Place: Kloof Nek parking at TMNP hut.	Moderate	Start: 08h30 End: 13h00
Sat 15 th Apr	Margaret Moore 021 790 2617 076 787 9849	Silvermine South Meeting Place: Parking at waterfall side.	Moderate	Start: 08h30 End: 13h00
Sat 29 th Apr	Colin Theunissen 082 484 4600	Kalk Bay Mountain Meeting Place: Boyes Drive by parking garages at "Ou Kraal" sign board.	Strenuous	Start: 08h00 End: 13h00
Sat 13 th May	Margaret Moore 021 790 2617 076 787 9849	Manganese/Blackburn contour Meeting Place: Hout Bay Hotel	Moderate	Start: 08h00 End: 13h00
Sat 27 th May	Nic Van Rooyen 021 697 2853 082 365 4063	Cecilia Forest circuit Meeting Place: Cecilia Forest parking.	Moderate	Start: 08h30 End: 13h00

Lion's Head and Signal Hill – Sustainability plan for future generations

By LOUISE FARRELL

Friends of Lion's Head & Signal Hill (Flash) Committee has been concerned for some time now about the sustainability of Lion's Head and Signal Hill for future generations. Although TMNP has a strategic plan for the park, there are no recent updates to the detailed conservation development framework specific to this area.

As a result, the committee has engaged with SanParks to assist in the creation of a long-term sustainability plan for Lion's Head and Signal Hill. Our focus is currently on Lion's Head itself. To this end, we conducted a count of walkers from mid-October to mid-September last year. The stats revealed the volume of walkers that use the mountain – on average about 400 to 500 walkers on a week day and this more than doubles on a weekend to over 1,500 per day. We have also done a count on full moon walks and the Super Moon resulted in an astounding 2,344 people on Lion's Head.

Maintenance of the path and the environment to sustain these volumes is critical. We have facilitated an audit of the path in order to obtain a Green Flag status (similar to the Blue Flag status for beaches). This audit will provide SanParks with recommendations to improve the path and the user experience thereof. Going forward, the committee plans to co-ordinate a workshop with SanParks and key stakeholders, with the objective of creating a long-term sustainability plan for the precinct. We foresee that this will be a lengthy process and we will keep our members informed of progress.

Our talking point: Marianne North's art brings flora into focus

FLASH SOCIAL FRIDAY 9 DECEMBER 2016

By TESSA VAN ROOYEN

It was quite fitting that our hiking group - Friends of Lion's Head and Signal Hill - should gather in December for a social evening at the Fresnaye Sports Club, which nestles against the beloved Lion's Head. The view of the mountain, seen from the club's bowling-green is quite spectacular, and made for a super group picture - see right.

John van der Linde gave a wonderfully illustrated talk on Marianne North, a very wealthy and somewhat eccentric Victorian lady who travelled the world with her canvasses and oils, capturing some magnificent flora in her beautiful works.



Marianne North visited South Africa from 1882 to 1883, and John's talk was based on her autobiography, *Recollections of a Happy Life*. She must have been a very strong character to be able, as a single woman in those *verkrampste* times when it came to women, to do her thing and to get such joy out of it.

John is a highly respected fundi when it comes to plants in general, is well known as a Clivia expert and is a long-time member of the Constantia Rotary Club. The talk was thoroughly enjoyed and has whetted appetites to read Ms North's autobiography.

And the food - I made an absolute pig of myself on Yuko's pesto potato salad - and kudos to the creators of the other salads as well, totally delish. Thanks to all who organised such a merry good vibe evening.

- *A permanent display of Marianne North's paintings, made on her travels all over the world, can be seen at the Marianne North Gallery (pictured right) at the Royal Botanic Gardens, Kew, London. If you can't make it to the UK, take a look at her huge body of work online: visit www.kew.org*



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

Friends of Lion's Head & Signal Hill is associated with Fresnaye Bowling Club, and several FLASH members have tried Bowls at their regular Fun Bowls sessions.

The bowling club is aiming to hold another Fun Bowls afternoon on **Sunday 26th February, 2017**. Anybody who would like to try out Bowls for the first (or more) time, is welcome to attend - all you need is to bring are flat shoes (takkies), sun protection and a hat.

Equipment, bowls and instruction will be provided by the Bowling Club. r Those interested in taking part should report at 13.45 to start at 14.00 - play as long as you like. Those interested should contact Dick Russell beforehand by email on dickruss@telkomsa.net. There will be a braai afterwards - those interested in attending, please also contact Dick by email.

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WALK REPORT:

Cecilia Forest Circuit

By MARGARET MOORE

On 7th January 2017 Nic van Rooyen led 12 of us on the Cecilia Forest Circuit and the Cecilia Forest Waterfall hike. We started at the Cecilia parking lot and then walked up next to the stream to a big tree. Then we went along the road for a short distance as far as the other 'big' tree where we proceeded up the path through the eucalyptus trees. While I have often come down this path it was a first time going up. What a wonderful route. It is a good path and the steady but gentle gradient makes it a very easy one.

The waterfall was particularly beautiful with the jewel-like sparkles of the water and the luscious ferns. Surprisingly the water was running quite strongly. We enjoyed our refreshments here with Colin enthroned above us comfortably seated on the fallen tree.

There was an elusive scent of honey wafting around us as we continued, but we did not manage to identify where it was coming from. The vegetation was very dry but there was a healthy stand of flowering pink Erica Hirtiflora. We also spotted the bright red Crassula coccinea and the occasional protea coming into flower.

It is such a lovely hike through the forest with wonderful company (see picture below) and stunning views across the flats below to the Stellenbosch mountains beyond.

A hike thoroughly enjoyed by us all. Thank you, Nic.



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Cannon on Signal Hill

By Ralph Roseman

Many of you must have seen a rather sad looking cannon on Signal Hill near the Kramat at the junction of the path to the Jeep Track. This poor cannon, no longer required to fill its original role of protecting Signal Hill from foreign invading ships, is looking very sorry for itself. Sometime last year members of Friends of Lions Head together with Table Mountain National Park did a major clean-up and trim of the platform of the cannon.

However there is extensive work to be done, one wheel to be casted, concrete carriages to be repaired and cannon barrels to be lifted and painted and other work to be sorted. This is clearly beyond the expertise of either the TMNP or FLASH!

Help is at hand; Martin Venter, the Chief Gunner of the Cannon Association of South Africa has agreed to meet with members of Friends of Lions Head to plan a way forward. Friends of Lion's Head are prepared to help finance repairs, after all, that is what friends are for.

I hope to be able to report in the next newsletter that our cannon is on its way to its former glory.

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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 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 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).