

Membership	Activities
Karin Smith	Annabel Kyriazis
021 434 8743	021 439 7786

Important !
Fire/theft/crime
086 110 6417

FLASH NEWSLETTER - ISSUE NO. 82 - JUN 2017 TO AUG 2017

Scheduled activities (the schedule can also be viewed on our web site www.friendsoflionshead.org and activities are advertised the week before on our facebook site www.facebook.com/FriendsofLionsHead/).

Note: Activities are free for members and visitors are welcome to make a R10 donation to FLASH

Date	Convenor	Event details	Fitness level	Time
10 th June 2017	Colin Theunissen 082 - 484 4600	Constantia Nek contour. Meeting Place: Constantia Nek carpark	Easy	0830
24 th June 2017	Margaret Moore 076 - 787 9849 or 021 - 790 2617	Silvermine South. Meeting Place: Silvermine parking area.	Moderate	0830
8 th July 2017	Gisela Mittendorff 083 - 940 4128 or 021 - 422 1394	Lions Head contour. Meeting Place: Kramat parking area.	Easy	0900
22 nd July 2017	Nic Van Rooyen 082 - 365 4063 or 021 - 697 2853	Cecilia Forest. Meeting Place: Cecilia Forest carpark.	Easy	0900
5 th Aug 2017	Margaret Moore 076 - 787 9849 or 021 - 790 2617	Tierbos Waterfall. Meeting Place: Shell garage on Main Road, Hout Bay.	Moderate	0830
19 th Aug 2017	Gisela Mittendorff 083 - 940 4128 or 021 - 422 1394	Pipe Track. Meeting Place: Kloof Nek parking.	Easy	0900

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.

Report back on the AGM 05 May 2017

Our annual general meeting was held on Friday 5th May at the Fresnaye Sports Club. It was well attended and included guests from SanParks (Wana Baclea - the TMNP Northern Section Manager and Mathabatha Matjila - Northern Section Ranger), City Council (Brandon Golding - ward councilor for the area) and our speaker Robert Vogel from the Pedal Power Association. Ralph Roseman advised that he was stepping down as Chairperson but would however continue to serve on the Committee. Louise Farrell (previously the co-Chairperson for the past year) will be the new Chairperson going forward. An excerpt from the Chairpersons report summarises the year in review: - "The past year has been a full one for the Friends of Lions Head and Signal Hill. We have been actively engaging with various stakeholders with respect to a long-term management plan for the precinct, participated in or promoted 4 litter clean ups, held our bi-monthly walks and continue to produce our quarterly newsletter. Thank you to all the committee members and walk leaders for their time and effort in the past year"

The Chairperson reviewed the year in detail and this included the financial status of FLASH. A note for our members who were not at the meeting - an increase in the annual members' fees to R60 was proposed, seconded and agreed to by the members. This increase will be effective from next year and will assist us in the running of FLASH.

Our guest speaker Robert Vogel gave an insightful look into the complexities of setting up mountain bike trails within the Table Mountain National Park. What started as a safety initiative turned into the creation of a continuous trail for mountain bikers from Cape Point through to the Atlantic sea - board. The most recent of these was the opening up of certain hiking paths on Lions Head and Signal Hill to bikers. A strict code of conduct is required by the bikers to ensure both their and non-bikers' safety. Should hikers / walkers have any complaints or concerns about the biking paths or cyclist behavior, an open line of communication to Pedal Power is available. The Pedal Power Association has funded the upgrading of paths, boardwalks and signage and this has contributed both to the success of these mountain bike trails and to enhanced security on the mountain. One of the key challenges experienced by Robert was to obtain consensus from local communities and SanParks for the use of pre-existing recreational routes and it appears that he has successfully met these! A number of questions were raised from the floor primarily with respect to safety concerns and these were addressed by Robert.

The meeting concluded with a thank you gift to our speaker and final words from the Councilor and Chairperson.

Chairpersons' report for the AGM of 05 May 2017

This past year has been a full one for the Friends of Lions Head and Signal Hill. We have been actively engaging with various stakeholders with respect to a long-term management plan for the precinct, participated in or promoted 4 litter clean ups, held our bi-monthly walks and continued to produce our quarterly newsletter. Thank you to all the committee members and walk leaders for their time and effort in the past year.

Long term management plan

Although TMNP has a long-term plan for the overall Park including Lions Head and Signal Hill, there is currently no detailed strategy for the precinct. This is a concern given the increasing volumes on Lions Head as well as the tourist traffic on Signal Hill. We undertook a survey of walkers for the period mid-Sept to mid-October of 2016. This survey showed that on average there are approx. 800 people per day during the week, and 1,600 on weekend days. These numbers are increased on full moon nights when on average approx. 800 people attend (note that full moon is over 3 nights). The super moon last year had 2,344 people on the Head with all the concomitant challenges. Based on these statistics and with funding from Red Bull, SanParks commissioned an audit of all the paths in February of this year. The draft report found that the carrying capacity of Lions Head has been exceeded and urgent repairs are required. A meeting is to be arranged with SanParks senior management once the report has been finalized.

We have engaged with SanParks Honorary Rangers, SanParks Northern Section and the City to raise our concerns about the deterioration on Lions Head. We will continue to assist in the facilitation of creating a long-term plan going forward.

Litter clean ups

There have been 4 litter clean ups in the past 16 months - 3 on Lions Head and Signal Hill (City Bowl side) and 1 on the Sea Point side. A total of 189 bags of litter have been collected which is on average 47 bags per event. Clearly there is a need for regular clean ups and a big thank you to Blake Dyason, Mathabatha Matjila and Derek Salter for organizing these clean ups. Unfortunately, most of the clean ups have taken place on our walk days and we are hoping to change that to allow for more of our members to participate. The committee will be looking at the feasibility of a litter awareness campaign and we will keep you advised.

Activities

24 walks took place in 2016 with a total of 180 members and 30 visitors. In 2017 we've had 8 walks with a total of 68 members and 6 visitors. A big shout out to our walking leaders and to Annabel for coordinating the quarterly calendar.

Membership

To quote from the minutes of last year's AGM - "Our membership remains steady but there is a need for new members, in particular, younger persons, to ensure the continuity of our work". This is a key challenge for us and we would welcome suggestions from our members as to how we can encourage new membership. Our Facebook and revised web page were created last year and we currently have 99 Facebook likes!

Finances

Our finances are in good health despite making a loss in this financial year due to increased expenditure. Copies of the financials are available should you wish to review them - thank you Karin!. Karin our treasurer will speak about the finances after my report.

Our membership fees have remained unchanged for many years. We would like to propose an increase of the membership fees to R60 per annum as from next year to cover our running costs - and to not dilute our savings.

Committee

Wendy Paisley joined the committee last year as secretary and has added value to all facets of our work. Welcome Wendy! We are looking for additional committee members to join us and are aware that our meeting location may not be convenient for potential candidates. Given this the committee decided to have a meeting using Skype and this was successful, so location should not be an issue going forward. If anyone would like to join the committee please let us know.

Finally - before we elect the committee for the next year, is there anything you as members would like us to do differently?

Kalk Bay Hike 29th April 2017**By David Osborne**

We met at the Ou Kraal signboard on Boyes Drive on a sunny day not too hot, not too cool. We walked up the river below cliffs through healthy shrubby trees and Fynbos, and skirted Baileys Kloof to walk across a small plateau before ascending up in a southerly direction from where we had a view of both oceans. The surfers in Muizenberg look like so many ticks frolicking in the waves! We then scrambled over bizarre rocks that testify to the winds that career across the Peninsula. Winds, which today are capricious and unpredictable, and as we walk they ambush one and just as suddenly dwindle to nothing. We passed through a valley where many old protea trees (Wabooms) still survive. We speculated on the effects of fire as few areas survive unscathed but revive in varying degrees. Spectacular views were eclipsed awhile by a brief descent into Tartarus cave - a sizeable cavern with one narrow tunnel burrowing into the darkness.

After crossing over the crest, we descended into the Spes Bona forest with cliffs to the left festooned with ferns and tufts of dripping moss dangling from the ledges. The path descends through a forest of Saffron, Yellowwood, Cape Myrtle, Milkwood and a tangle of vines. We walked into an enchanted wood beneath a matrix of intertwining and twisted limbs criss-crossing all around, splintering sunlight into a riddle of magic. It's a very special place having survived not only innumerable fires but many generations since ancient times.

Then back to Boyes Drive along the Old Mule Path. Another wonderful hike - thank you Colin and FLASH.



Silvermine Hike - 15 April 2017by Margaret Moore

Our hike in Silvermine was originally scheduled to start in the morning, but we had overlooked the fact that it was the day of the Two Oceans Marathon with major road closures in the Peninsula. However, we rescheduled and met at 2pm in the car park in calm and balmy weather. There were ten of us including Rosemary, a visitor, and Doug, a brand-new member.

We set off with the intention of reaching Abdul's cave overlooking Westlake on Lower Steenberg Peak. After the ascent to the path to the Fat Lady Shelter we were suddenly battered by a very strong, cold wind - the unpredictable Peninsula weather - and out came the jackets. Our route took us past the view point down and around the side of the Splitkop. A lovely route winding along and down between the sculptured sandstone rocks ending up at one of the wireless/radar masts.

It was 4pm by then and we could see the entrance to the cave above us, a bit of a scramble away. Unfortunately, due to the late start we had time constraints as the gate was due to be closed at 6pm. Not wanting to risk being locked in for the night we reluctantly decided to give the cave a miss, stopped and found shelter behind a huge rock to get out of the wind. There we were treated by Easter Andria bunny who manifested a basket filled with beautiful bags of goodies for everyone and by Wendy who produced hot cross buns for us- what a veritable feast we had.

We then had to hasten back to the cars and made it with 15min to spare. Thank you everyone for your company and for making the hike such fun, despite the weather and some errant, devious routes I took along the way!

Paying your FLASH Subscription

Our annual membership fees are currently R50 per annum. Fees from 2018 will be R60 per annum.

Due to high bank charges of R20-00 per transaction, we ask that you pay your annual membership fee of R50-00 (R60 in 2018) 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) or R90-00 for 2018.

Once again, please give your name as reference.