

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

Important !
Fire/theft/crime
086 110 6417

FLASH NEWSLETTER - ISSUE NO. 83 - SEPT 2017 TO NOV 2017

Scheduled activities (the schedule can also be viewed on our web site www.friendsoflionshead.org or 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
2 nd Sept	Wendy Hitchcock - Botanist 079 - 391 4570/ Annabel Kyriazis	Flower walk - Signal Hill Meeting Place: Kramat parking on Signal Hill Road	Easy	0900-1300
16 th Sep	Gisela Mittendorf 083 - 940 - 4128 or 021 - 422 - 1394	Tygerberg Hills Meeting Place: Mouille Point lighthouse re lifts or Tygerberg Hills parking.	Moderate	0830-1300
30 th Sept	Colin Theunissen 082 - 484 - 4600	Silvermine South, Sunbird Centre to Kleintuinkop/Amphitheatre. Meeting Place: Sunbird Centre on OuKaapseweg.	Strenuous	0800-1300
14 th Oct	Wendy Paisley with Dr Dee Paterson- Jones*** 072 625 0274 021 424 3995	Flower walk - Lion's Head. Meeting Place: Kramat parking.	Easy	0830-1230
28 th Oct	Wendy Paisley with Linda Hibbins+++ 072 625 0274 021 424 3995	Bird walk - Lion's Head. Meeting Place: Parking area on Tafelberg Road.	Easy	0800-1200
11 th Nov	Nic Van Rooyen 082 - 365 - 4063 or 021 - 697 - 2853	Cecilia Forest Meeting Place: Cecilia Forest parking.	Moderate	0830-1300
25 th Nov	Margaret Moore 076 - 787 - 9849 or 021 - 790 - 2617	Newlands Forest. Meeting Place: Newlands Forest parking.	Moderate	0830-1300

*** Dee is a retired taxonomist who specialises in bulbous plants, mainly the Amaryllis and Hypoxis families. Most of her field work was concentrated in semi-arid areas of Western and Northern Cape. She has travelled widely in Southern Africa with her late husband, Colin Paterson-Jones gathering photographic material on South Africa's wildflowers.

+++ Linda enjoys organising and leading regular bird walks in Kirstenbosch NBG and for the Cape Bird Club - an avid birder. She is also involved in several different bird counts and surveys.

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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.

Walk highlights

Cecilia Waterfall 22nd July 2017

On a clear but cool morning nine well wrapped up hikers met at the Cecilia Forest carpark. Everything was fresh and clean after the rains and we set off up the path next to the stream. Up and up we went past the two big gum trees through the forest accompanied by the refreshing sound of the strongly flowing water. Very soon we had warmed up and stopped to take off a jacket or two. The Cecilia waterfall is a beautiful spot with the water tumbling from high up, down the lush wall of moss and ferns. We stopped here for our well-earned refreshments, happily sharing the place with several other hikers and dogs, plenty of space for all of us.

There are not many flowers out at this time of the year but it is a good time for the mushrooms. There was an amazing variety from the tiny umbrellas to the many different bracket fungi. There were two in particular that stood out. One was a very large mushroom, or possibly a group, on a log on the far side of the stream. I think, referring to my field guide of mushrooms by G.C.A van der Westhuizen and Albert Eicker, it may have been a *Fistulina africana*, edibility unknown. The other one looked like a piece of golden seaweed. This I identified, again using the same reference book, as a *Ramaria Formosa* and is definitely poisonous - very beautiful though.

Thank you Colin for guiding us on another delightful Saturday morning hike.



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Cecilia Waterfall

Tierboskloof Waterfall - 5th August 2017

What a difference some rain makes. In summer, on our previous hike to the waterfall, we could count the individual drops of water coming down. This time we were treated to a waterfall in full, exuberant flow.

Our hike started at the top of Andrews Road, up a zigzag path taking us to the corner of the Tierboskloof Estate. Not many flowers along this path but we did come across some yellow moreas, a lone Moederkappie (*Disperis capensis*) and *Erica plukenetii*. From there the terrain and vegetation was varied. First we walked through Tree Ericas, and then we entered a shady forest where there were dozens of satyriums under the trees. They were not in flower, but what a delight it will be in a month or so. Then we went deeper into a dark, magical forest with an amazing variety of trees of all shapes and sizes, entwined with creepers. We emerged onto a sunny slope and here there were wabooms - one lone flower in evidence. On we went alongside and over the fast flowing stream cascading over the rocks, finally arriving at the waterfall.

Here we met a couple with a toddler who was delighted with all the water. On our return we met another group with children and dogs, all enjoying the area and the outing in nature.

We returned to the cars on the same route, not a hardship as it was all so beautiful. Thank you Colin, Graham, Yuko and Wendy for the delightful company.

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CLEAN-UP AT NOON GUN, SIGNAL HILL

On a sunny Saturday morning, 1st July 2017, a large group of friends, including TBK Watch members, joined Love our Trails, Friends of Lion's Head & Signal Hill, and SANPARKS for a clean-up around the Noon Gun area.

So sad to see so much litter - we collected 172 bags of rubbish, all most enthusiastically done, with youngsters also helping.

We worked at it for about two hours, and then joined tourists to hear about the history of the Noon Guns, and then the firing of them.

How great to have so many new friends helping to look after our beloved Hill...many thanks to all for their help. And please, all those who litter, do pick up your litter and dispose of it appropriately.

The success of this event goes to show how successful Social Communication helps spread the word and gathers interested persons to help! Do have a look at our Facebook page to see more photos!



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FRESNAYE BOWLING CLUB

Friends of Lion's Head & Signal Hill is associated with Fresnaye Bowling Club, and several FLASH members have tried Bowls at one of their Fun Bowls afternoons. Fresnaye Bowling is holding Bowls Awareness afternoon on Sunday 27th August 2017 at 1400 for 1430, for anybody who would like to try Bowls - Family and Friends are welcome as well. Dress is comfortable, hats are recommended, and flat shoes (or takkies) must be worn. There will be a charge of R10-00 for Bowls and Tea.

Bowls will be followed by a Braai with the fires ready around 1800 - bring your own meat, and a salad for about 4 people - R20-00 will cover fires, cutlery, crockery, cleaning-up, good company and pudding!

Those interested should contact Dick Russell by email on dickruss@telkomsa.net.

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

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 and litter clean ups. Other activities could include rock climbing, bird-watching and paragliding, depending on volunteer guides.

For any further enquiries please contact Wendy Paisley 072-625 0274 (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).