

Membership	Secretary
Karin Smith	Wendy Paisley
021 434 8743	072 625 0274 (Evenings)

Important !
Fire/theft/crime
086 110 6417

FLASH NEWSLETTER - ISSUE NO. 86

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	NAME	ACTIVITY	MEETING PLACE	FITNESS LEVEL	TIME
SAT 4 Aug	Margaret Moore 021-790-2617 076-787-9849	Oppelskop Devils Peak	Meet end Tafelberg Road Saddle Path	Moderately /strenuous	08:30
SAT 18 Aug	Wendy Paisley 072-6250274 (after 18:30)	Lions Head Botanical walk with Dee Snijman	Lion's Head Meet Kramat	Gentle	09:00 (approx 4 hours)
SAT 1 Sep	Wendy Paisley 072-6250274 (after 18:30)	Costal dune hike Blouberg Nature Reserve. Leader Petra Broddle giving much botanical input.	Meet at Environmental Education Centre (log Cabin) at Eerste Steen Resort. #	Gentle	09:00 (approx 4 hours)
SAT 15 Sep	Wendy Paisley 072-6250274 (after 18:30)	Clean up / Lion's Head	Meet at foot of Lion's Head.	Easy	09:00
SAT 29 Sep	Colin Theunissen 082-484-4600	Koeberg Nature Reserve.	Meeting place at KNR. Turn off on R27 after Melkbos Strand.	Moderate	09:00 (approx 4 hours)
SAT 13 Oct	Nic van Rooyen 082-365-4063	Cecilia Forest.	Meet Cecilia Forest parking.	Moderate / Easy	08:30
SAT 27 Oct	Margaret Moore 076-787-9849 021-790-2617	Elephants Eye	Meet at Silvermine paygate. Parking close to dam.	Moderate	08:30
SAT 10 Nov	Colin Theunissen 082-484-4600	Newlands Forest	Meet at NF Parking area.	Moderate	08:00
SAT 24 Nov	Nic van Rooyen 082-365-4063	Pipe Track	Meet at Kloofnek parking area.	Easy	08:30
SAT 8 Dec	Margaret Moore 076-787-9849 021-790-2617	Green Belt	Meet at Alphen parking area.	Moderate	08:30

(Directional map available) there is an entrance fee per person & vehicle please phone leader to book & share lifts where possible.

Note: 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 our Annual AGM – by Louise Farrell

The FLASH annual general meeting was held on Wednesday 09th May at a new venue – the Mountain Club of South Africa's clubhouse. We would like to thank the members and visitors who attended the AGM, although the turnout was disappointingly small. The chairperson welcomed all to the meeting and gave an overview of the past year. Highlights included the facilitation of a Green Flag audit of the Lions Head paths, assistance with funding of path signage and the restoration of the cannons near the Kramat on Signal Hill. (it's almost time to apply the bi-annual varnish to the carriages!)

Our guest speaker was Hayley Mclellan from the Two Oceans Aquarium, who gave a compelling talk on single use (or misuse) of plastic. Through videos and examples, Hayley showed the impact of these plastics on sea life in particular. Most of us are not aware of this impact and Hayley's talk certainly brought home how dangerous, for example, a single plastic straw can be! Single plastics are defined in the main as straws, shopping bags and bottled water. All is not lost however and we can all make a difference, such as:

- Use cloth or re-useable bags for shopping
- If you dispose of a plastic shopping bag, cut the handles to eliminate the "loop". This will stop the risk of a sea animal being strangled
- Decline the use of a plastic straw if this is offered to you

Should you wish to find out more with respect to the "rethink the bag" campaign currently being run by Hayley you can use this link: <https://www.aquarium.co.za/content/page/rethink-the-bag>

The AGM ended socially with drinks and snacks being enjoyed by all.

ALIEN VEGETATION MEETING – by Wendy Paisley

On a cold Saturday morning four FLASH members met up with Mathabatha Motjile, Thumi & Unathi from SANParks at the Kramat on Signal Hill. Mathabatha had specimens of alien vegetation for us to see & learn about. She also very kindly supplied us with equipment and herbicide.

We set off down from the Kramat to above Fresnaye, cutting down acacia species & canary pines. Most of the plants were about a meter tall and were taken down quickly. Herbicide was sprayed on the remains so that they do not re-sprout & grow again.

We all enjoyed the outing, and trust we were of use in helping control alien vegetation spreading. Another such outing will be planned within the next few months. Please watch our Facebook page for photos from the event and a date.



SPITSKOP HIKE 26 MAY 2018 - by Tessa Van Rooyen

Our intrepid hike leader/photographer Colin Theunissen was already at the meeting place in the Silvermine car park when we arrived a bit early for the hike on a glorious autumn Cape Town morning which seemed to herald a perfect day.

Eight of us set off for Spitzkop. Some had done a recce a few weeks before and had raved about the brilliant views from the top. Spitzkop (thanks to my English/Afrikaans dictionary) means conical hill.

The infamous Cape Town drought didn't seem to have affected some of our wonderful fynbos. We saw some real beauties, like Protea cynaroides, Erica plunkenetii, Erica abietana, Oxalis opening their pretty pink faces to sun, restios short and tall and lots of vygies.

When we reached the summit which was not as strenuous as I had expected it would be, the views were absolutely fantastic. The hike took us about four and a half hours and every minute was thoroughly enjoyed by all.



In Memorium - Douglas Metcalfe

Doug Metcalfe was a member of FLASH and regularly hiked with us, as well as being a member of the Mountain Club and being involved with Friends of the Liesbeeck. Also regularly swimming 35 lengths of the Sea Point Swimming Pool. He will be sadly missed after his sudden death of a heart attack - passing away peacefully.

PIPE TRACK WALK SATURDAY 12 MAY 2018 - by Tessa van Rooyen

The morning was a bit grey and drizzly as we set off to the Kloof Nek parking area meeting place. Nic even remarked that the sum total of the hikers for this walk might be "just us"! But in the end seven FLASH members plus one guest set off in perfect weather to the Pipe Track on Saturday 12 May 2018.

Right at the start we were greeted by big clumps of stunning blue plumbago. Gisela told us that the flowers are edible - they would adorn any salad with their beautiful colour and form. I tried tasting one and it reminded me of the herb rocket.

Of course the views of the sea, Lions Head (covered with cloud) and Camps Bay were sublime. We saw lots of *Phyllica buxifolia* and there were *Erica pendens* in abundance.

The tea break was at the beautiful little waterfall which to everyone's joy was flowing quite rapidly down the mountainside. How wonderful it was to sit and listen to the "babbling brook" in drought-stricken Cape Town.

It was great to see so many people enjoying the wonderful Pipe Track walk - everyone passing us happy and smiling.



Application for New Membership - Friends of Lion's Head and Signal Hill (FLASH)

Title	Mr	Mrs	Ms	Other	Date	
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 R60 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 R80. 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 flower viewing and bird-watching, 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).