

IMPORTANT

THEFT/CRIME/FIRE

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CHAIR-PERSONS: MEMBERSHIPS: ADVERTISING: NEWSLETTER:
 Lynn Gillis Karin Smith Annabel Kyriazis Caroline Swift
 Ralph Roseman 021- 434-8743 021-439-7786 074-722-3599

FLASH NEWSLETTER - ISSUE NO. 69 - FEB 2014 TO APR 2014

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. For security reasons, please phone the Convenor for meeting place and further details especially on dubious weather days. "Moderate" fitness required - for mountain paths; no climbing or scrambling. No smoking on walks, please, and switch off/conceal cell-phones. Fresnaye Sports Club (FSC) is on the corner of Ave Normandie and Ave St. Bartholomew, Fresnaye.



Date	Convenor	Meeting Details	Event Description	Notes
Sat 8th Feb	John Wilson 021-461-2082 or 074-147-4404	Start Time: 09h00 End time: 13h00	Walk along shore, up to Cobra Camp, back to Slangkop Lighthouse. Meeting Place: Slangkop Lighthouse, Kommetjie	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 22nd Feb	Annabel Kyriazis 021-439-7786 (after 1900) or 079-391-4570	Start Time: 08h00 End time: 12h30	Lions Head/ Signal Hill Meeting place: Top of Ave Normandie/Cor Avenue St Bartholomew.	Visitor: Donation Fitness: EASY/MODERATE Members: FREE
Sat 8th Mar	Margaret Moore 021-790- 2617 or 076-787-9849	Start Time: 08h30 End time: 13h00	Newlands Forest Meeting Place: Newlands Forest car park. (helipad)	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 22nd Mar	John Wilson 021-461-2082 or 074-147-4404	Start Time: 08h00 End time: 13h00	Oppelskop/Devils Peak Meeting Place: Kloof Nek car park.	Visitor: Donation Fitness: MODERATE/ STRENUOUS Members: FREE
Sat 5th Apr	Ralph Rosemann 021-434-3534	Start Time: 08h30 End Time: 13h00	Rhodes Memorial to Newlands Forest Meeting place: Rhodes Memorial to move cars	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 26th Apr	Margaret Moore 021-790- 2617 or 076-787-9849	Start Time: 08h30 End Time: 13h00	Silvermine South (left side) Meeting Place: Silvermine parking area.	Visitor: Donation Fitness: MODERATE Members: FREE

Unfortunately three walks of last year - Newlands Forest, Oppelskop and Lion's Head were cancelled due to inclement weather, and are now re-scheduled for this quarter. Hopefully the weather will be kind to us this time round.

2013 Fourth Quarter Rainfall Report

by Robert Pabst

Herewith the 4th quarter rainfall figures as measured in Rontree Estate, Camps Bay.

October - 58.5mm

November - 121.5mm

December - 9.5mm

Total 4th Quarter -189.5mm

Total for 2013 -927mm

Quite a good rainfall year. The heavy rains over the week-end of 16/17th November, which caused major washaways and landslides around the Cape Peninsula, boosted the total considerably, resulting in storage dams overflowing at times.

Comments from the Chairman

Change of Treasurer

After serving the Friends of Lion's Head for six years, Eric Chapman has found that he no longer has the time required to continue as Treasurer. We wish him well in his new endeavours. Fortunately Karin Smith, an experienced administrator, volunteered to take over as Treasurer from January 1, 2014. We welcome her to the committee and look forward to her contribution to the smooth running of our organisation.

Recent social

We were very privileged to have Braam Malherbe, adventurer, philanthropist and TV presenter, talk to us about his trip to the South Pole. It was awesome. His strength of will and energy got him and his partner through some very tough times but although it slowed him down he helped the British team when they were in trouble. Braam has donated a great deal to charity.

Braam was a founder member of Friends of Lion's Head and is very encouraging of our efforts to sustain the environment on Lion's Head and Signal Hill. Hopefully he will be able to speak to us again.

Friends of Lions Head ANNUAL GENERAL MEETING - 11 April

Councillor Beverley Schafer Ward 54, has agreed to give a talk at our AGM on Friday 11 April at 17:30 for 18:00 at the Fresnaye Sports Club. She will be speaking on the following:

"Topics affecting the city, bordering on Lion's Head, including The Glen and beaches.

Specifically about any plans to build on the park perimeter, and security issues on Lion's Head, between the council and the TMNP".

Vegetation on Signal Hill

There has been much change in the vegetation on Signal Hill and Lion's Head over the years as the area has been exploited for grazing and fuel since prehistoric times. Jan Van Riebeeck found "between the mountain and the downs the most beautiful land for sowing and grazing cattle". Proteaceae and other indigenous species were profuse.

Much has been due to the introduction of alien species of plants and trees and repeated fires have decimated the mountainsides. Flora differed dependent on the fact that Signal Hill forms a barrier against prevailing winds - when the southeaster blows the north western aspect is protected and likewise, when the northwester blows the southern aspect is protected. This helps to account for the different vegetation found on the mountain. By and large however, the vegetation comprises West Coast Renosterveld flora which is distinctive because it is close to the sea and influenced by coastal fog.

Change has been due to several factors. By the beginning of the 20th century most of the flora has been destroyed by agricultural development, fire and by the introduction of alien species mostly pines, eucalyptus varieties and hakea. Over the years large plantations were developed for wood as fuel and to provide shelter from the prevailing winds. The first plantation was established in 1894 consisting mostly of pines in the area of the present Appleton Camp and several others followed. However they were extremely liable to repeated bush fires and so firebreaks and access roads were built to combat this. The first was a road from Kloof Nek to Lion's Head - the present Signal Hill Road, and later the present Jeep track gave access to affected areas. It is not generally known that there was quite a large dam constructed in the Appleton Camp to provide water for fires.

It is only in the last hundred years that attention has been given to the eradication of alien species and reforestation. Indigenous vegetation was reintroduced and silver tree and other proteaceae seed was repeatedly sown. Due to the different conditions the latter only took root on the Camps Bay side of Lion's Head.

A comprehensive scientific survey of flora and fauna on Signal Hill was done by Chrisna Joubert in 1991 from which the above information was obtained and the Friends of Lions Head have been urging for a follow-up to be done in order to establish further changes. The material in this Newsletter has been obtained from this most valuable survey.

(History and description of contemporary vegetation on Signal Hill in Cape Town, MSc thesis by Chrisna Joubert, UCT 1991)

Fresnaye Bowling Club

The Fresnaye Bowling Club is part of the Fresnaye Sports Club, where The Friends of Lion's Head hold their monthly meetings, and is a regular meeting place for some of FLASH's walks. The bowling club holds regular try-out evenings and afternoons for those who are aspirant bowlers and offers free coaching as well. Contact Dick Russell on 021-4342710 or email dickruss@telkomsa.net.

FRIENDS OF LION'S HEAD AND SIGNAL HILL
APPLICATION FOR NEW MEMBERSHIP

NAME Mr/Mrs/Ms

First name.....Surname.....

ADDRESS.....

.....

Area Code.....

Telephone No (h).....Cell No.....

Email

Do you want to receive our newsletters by email (yes or no)?

Notes

- 1) Membership is R50 per person per annum, effective from January to December.
- 2) Either your completed form, cash and/or cheque may be:
 - a) handed to the leader of the walk together with your cash or cheque, or
 - b) details sent by email to friendslionshead@gmail.com or
 - c) posted to Mrs Annabel Kyriazis, 304, Trafalgar Place, Regent Road, Sea Point together with your cheque or,
 - d) deposited directly into our Absa banking account. Please ensure that the bank deposit slip includes your name in the **bottom right hand corner of the deposit slip** or
 - e) deposited using internet banking facilities, provided of course that you include your name as a reference.
- 3) Cheques must be crossed and made payable to Friends of Lion's Head.
- 4) Banking details are:
 - a. Bank: Absa
 - b. Account no. 9176 925 131
 - c. Branch Code 632 005.
- 5) Should you choose contact by email, as per above, your payment, once banked, will be confirmed by email.
- 6) Activities presently include: regular hikes, alien hacks, litter clean up. Other activities could include rock climbing, bird-watching and paragliding, depending on volunteer guides.
- 7) For any further enquiries please contact Annabel tel. 021-439-7786 (after hours).
- 8) Friends of Lion's Head is a non-profit organisation and a member of the Wildlife and Environment Society of South Africa (WESSA).