

IMPORTANT

THEFT/CRIME/FIRE

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FLASH NEWSLETTER - ISSUE NO. 71 - AUG 2014 TO OCT 2014

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. 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 2nd Aug	Annabel Kyriazis 021-439-7786 079-391-4570	Start Time: 09h00 End time: 13h00	Signal Hill/Lions Head. Meeting Place: Top of Avenue Normandie, Fresnaye,	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 16th Aug	Colin Theunissen Phone Annabel Kyriazis 021-439-7786 079-391-4570	Start Time: 09h00 End time: 13h00	Table Mountain contour path. Meeting place: Kloof Nek car park.	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 30th Aug	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 09h00 End time: 13h00	Silvermine South (left-hand side). Meeting Place: Car park.	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 13th Sept	John Wilson 021-461-2082 or 074-147-4404	Start Time: 08h00 End time: 13h00	Along contour path, up Spilhaus or Rooikat Ravine and back to Constantia Nek. Meeting Place: Constantia Nek.	Visitor: Donation Fitness: STRENUOUS Members: FREE
Sat 27th Sept	Annabel Kyriazis 021-439-7786 079-391-4570	Start Time: 08h30 End Time: 12h30	Lions Head/ Glen. Meeting place: Top of Avenue Normandie, Fresnaye	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 11th Oct	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 08h30 End Time: 13h00	Manganese contour start East Fort. Meeting Place: Chapman's Peak Hotel, Hout Bay	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 25th Oct	John Wilson 021-461-2082 or 074-147-4404	Start Time: 08h00 End Time: 13h00	Lion's Head to the top. Meeting place: Start Lion's Head path on Signal Hill.	Visitor: Donation Fitness: STRENUOUS Members: FREE

2014 Second Quarter Rainfall Report

by Robert Pabst

Herewith the 2nd quarter rainfall figures as measured in Rontree Estate, Camps Bay.

April 49mm

May 79mm

June 143mm

Total for Second Quarter – 271mm.

Excellent rainfall in the second quarter has boosted the capacity of Cape Town's storage dams to 96,1% at the end of June 2014, with three dams overflowing.

Walks: May - July 2014

The good rains were welcomed but our schedule of walks during the past quarter took a beating due to heavy downpours.

Walks affected included Margaret Moore's Manganese route which was rained out as well as Annabel's Kyriazis' Lion's Head walk on July 5. The Manganese walk will be repeated on 11 October - when hopefully we will have NO rain and beautiful flowers.

John Wilson took the Friends of Lion's Head to the top of two Lion's Head peaks - the popular tourist one above Signal Hill Road and Little Lion's Head in Hout Bay. The walk up Little Lion's Head turned into a bit of a scramble. Everyone was amazed at how good Ann Eick is on the rocky parts. She really impressed us.

We are very happy to introduce a new leader - Colin Theunissen who has been walking with us for a few years and shows good leadership quality. Saturday 19th July he took us on the Pipe Track. We were six people, even though rain was predicted; two people turned back. From the Pipe Track we went into the Glen and back to Kloof Nek. A most pleasant walk with a difference. We are looking forward to see more of our members on the walks.

Try-out evenings and social events at Fresnaye Bowling Club

The Fresnaye Bowling Club is part of the Fresnaye Sports Club, where The Friends of Lion's Head hold their monthly Committee 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. The first Fun Bowls afternoon of the new season takes place on Sunday 19th September. They hold regular braais and other social functions. Contact Dick Russell on 021-4342710 or email dickruss@telkomsa.net.



Photograph: C Gange

VICTORIA ROAD

Victoria Road skirts the rump and body of Signal Hill running between the mountain and the sea. It was and still is a major road-building achievement, its path being impeded by large granite boulders and precipitous cliffs. It was built between 1882 and 1883 to give access to the developing settlement at Camps Bay and to provide a through way to Hout Bay. It was completed in 1887 and acquired its name on the occasion of Queen Victoria's jubilee in that year. The road was planned and supervised by Thomas Bain, the son of the geologist and pioneer road-builder Andrew Geddes Bain and the work was carried out by gangs of convicts who were housed in a nearby building. A toll station for vehicles was established at the junction of Kloof and Victoria Roads, but this proved unpopular and it was done away with in 1900. There had been a blockhouse of the Dutch East India Company at this point, but no evidence of its existence remains. A small group of wood and iron buildings was erected in 1898 where the Clifton Hotel later stood. It was known as The Rest Refreshment Rooms and was much used for weekend outings and bicycle riding. It was owned and run by a Mrs Bishop after whom the Biskop steps between Kloof and Victoria Roads were probably named. She later took ownership of and ran the Clifton Hotel which was the first building of its kind along Victoria Road.

The area between Victoria Rd and the sea from 4th Beach in Camps Bay to Glen Beach was declared a national monument in 1948 in order to maintain the charm of the area and to ensure public access to the beaches. However in 1987 it was decided to convert this area to freehold land and many bungalows and residences were bought and built along the road including several large residential blocks such as Valhalla, San Marino and La Corniche. Much feeling was generated by these developments as it encroached on the character of the area, especially that of the bungalows, some of which dated back to 1886. Victoria Road is now a main and busy highway lined by homes, shops and businesses. It moves, in its length, from spectacular cliff and rocky bay vistas in Clifton and Bantry Bay to trendy restaurants and nightlife in Camps Bay and beyond. It is the thread which connects the whole area.

Information obtained from *The Lion Mountain* by De Beer and *Under Lion Mountain* by Murray.

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 Standard Bank 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: Standard Bank Sea Point
 - b. Account no. 07 474 594 8
- 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).