

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

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Summer 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 Nov	Colin Theunissen 082-484-4600	Start Time: 08h00 End time: 13h00	Rhodes Memorial/Newlands Forest. Meeting Place: Rhodes Memorial parking.	Visitor: Donation Fitness: MODERATE /STRENUOUS Members: FREE
Sat 22nd Nov	John Wilson 021-461-2082 or 074-147-4404	Start Time: 08h00 End time: 13h00	Devils Peak contour paths include Oppelskop and Mowbray Ridge. Meeting place: Car park on Tafelberg Rd below Saddle.	Visitor: Donation Fitness: STRENUOUS Members: FREE
Sat 6th Dec	Annabel Kyriazis 021-439-7786 079-391-4570	Start Time: 08h30 End time: 12h30	Lions Head contour/Glen Meeting Place: Top of Avenue Normandie, Fresnaye.	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 20th Dec	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 08h00 End time: 12h00	Alphen Trail/Christmas walk. Meeting Place: parking below Alphen Hotel.	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 3rd Jan	Colin Theunissen 082-484-4600	Start Time: 08h30 End Time: 13h00	Cecilia forest circuit. Meeting place: Cecilia Forest parking.	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 17th Jan	John Wilson 021-461-2082 or 074-147-4404	Start Time: 08h00 End Time: 13h00	Low level traverse around Lions Head. Meeting Place: Upper Albert Road, Tamboerskloof.	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 31st Jan	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 08h00 End Time: 12h30	Newlands Forest. Meeting place: Newlands Forest parking.	Visitor: Donation Fitness: MODERATE Members: FREE

2014 Third Quarter Rainfall Report **by Robert Pabst**

Herewith the 3rd quarter rainfall figures as measured in Rontree Estate, Camps Bay.

July 88mm

August 113mm.

September 18.5mm

Total for Third Quarter - 219.5mm.

The excellent winter rainfalls caused most of the storage dams in the Western Cape to reach 100% or just below.

Penelope Waller Restoration Ecologist:

Speaker at Social Evening on 12th December

Between growing up in Cape Town and family holidays at the Breede River mouth, Penelope has developed an enormous appreciation for the fynbos kingdom.

After studying Fine Arts, Penelope started formalising her love of plants with a Landscaping diploma at Cape Tech. While working with a landscape architect for the past six years she has gained experience in environmental work including restorative-type projects leading her to further her learning in this field and to enrol in Environmental Management BSc with UNISA. Since 2007, Penelope has been an on-and-off volunteer with CREW gaining insight into both the value and the plight of the renosterveld lowlands.

In 2013, Penelope completed her Masters dissertation in restoration ecology at UCT and is here to present the findings of her project entitled: "Towards ecological restoration strategies for Peninsula Shale Renosterveld: testing the effects of disturbance-intervention treatments on seed germination on Devil's Peak, Cape Town".

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. A try-out afternoon as part of the National Bowls Awareness Day takes place on Sunday 26th October. They hold regular braais and other social functions. Contact Dick Russell on 021-4342710 or email dickruss@telkomsa.net. There is also an Oktoberfest evening at Fresnaye Sports Club on Saturday 1st November - tickets R150-00 per person. Live music, food, dancing and relaxation.

The Round House

The Round House is situated in the Glen at the foot of Lion's Head and has been a source of interest and enjoyment since the early 19th century. It was reputed to have been built by the then Governor of the Cape, Sir Charles Somerset, who used it as a shooting lodge. There was however already a building on the site in the name of A JC Horak, whose name is perpetuated in a street in Camps Bay. He was responsible for its erection as a lodge and slave quarters were situated in the cellar. Many alterations and improvements have been added over the years. Horak became insolvent in 1832 and the house was sold, and there have been several owners since, and some vicissitudes - the roof caught fire in 1880 and again in 1923, and had to be replaced on both occasions.

Access was originally difficult as only a rude path existed from Kloof Nek but later, in 1848, a passable road was constructed and the Round House and the Glen became popular excursion outings. A tea room was opened which also offered several entertainments including skittles and quoits. A year later in 1901 the Round House became a hotel which included a dance hall, but once more ownership passed through several hands and in 1904 it was repossessed by the City Council. There followed several developments including another tea room, a picnic site, and over the years several restaurants. At one stage in the 1960's it was used to display and sell both local and exotic sea shells.

An annex adjoining the main building had existed for some years and in 1957 this was converted into a youth hostel offering accommodation to many local and overseas visitors. During the 1980's there was a move by a private company to develop the building and grounds to a superior resort area, but after public objections and many negotiations the scheme fell through. The Round House and the Glen remain an unspoilt pleasure spot and one of the prime attractions of Cape Town. It is as much enjoyed today as it was in previous times by the people of and visitors to Cape Town.

Information obtained from "The Lion Mountain" by Mona de Beer, "Under Lions Head" by M Murray and "Die Baai van Kamptz" by H Turok and G Schrire.

ALKALISING RAW SOUP

High in good fats and also cucumber which is well known for its cleansing properties.

Serves 2 : Preparation time : 20 minutes

INGREDIENTS:

1 avocado, 2 onions, 1/2 red or green pepper, 1 cucumber, 2 handfuls of spinach 1/2 clove of garlic, Bragg Liquid Aminos to taste, 100ml light vegetable Bouillon (yeast free), juice of 1 lemon or lime. Optional: coriander, parsley, cumin

Blend the avocado and stock to form a light paste, then add the other ingredients and blend.

Simple as that!!



Friends of Lion's Head bump into The Table Mountain Challenge

By John Wilson

We had a great walk on Saturday, 13th September - from Constantia Nek, along the Contour Path, up Spilhaus Ravine and back down the Bridle Path. We soon realised that the Table Mountain Challenge trail run was coming from the other way with great force!. Those guys obviously do not think that their knees will suffer from all the up and down running!

Vallie Moosa joined us and proved to be an excellent hiking companion.

We returned to Constantia Nek via the Bridle Path and were impressed with the work done by SANParks to repair the damage caused during last November's cloudburst!

The group picture which Vallie organised shows Colin, John, Vallie, Annabel, Andria and Jeremy. Unfortunately Ermal Kirby is not in it, because he had already left.

FLASH SUBSCRIPTIONS

Due to high bank charges of R20-00 per transaction, we ask that you pay your 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 knows 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.

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

Notes

- 1) 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.

- 2) 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
 - c) Posted to Mrs Annabel Kyriazis, 304, Trafalgar Place, Regent Road, Sea Point,
- 3) Should you choose contact by email, your payment, once banked, will be confirmed by email. You will also receive the newsletter by email.
- 4) Activities presently include: regular hikes, alien hacks, litter clean up. Other activities could include rock climbing, bird-watching and paragliding, depending on volunteer guides.
- 5) For any further enquiries please contact Annabel tel. 021-439-7786 (after hours).

6) Friends of Lion's Head is a non-profit organisation and a member of the Wildlife and Environment Society of South Africa (WESSA).