



CHAIR-PERSONS:	MEMBERSHIPS:	ADVERTISING:	NEWSLETTER:
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FLASH NEWSLETTER - ISSUE NO. 75 - AUG 2015 TO OCT 2015

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 1st Aug	Sidney Schlomowitz Contact: Annabel 021-439-7786 or 079-391-4570	Start Time: 09h00 End time: 13h00	Signal Hill Meeting Place: Top of Glengariff Road.	Visitor: Donation Fitness: EASY/ MODERATE Members: FREE
Sat 15th Aug	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 09h00 End time: 13h00	Newlands forest Meeting place: Newlands Forest parking.	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 29th Aug	Colin Theunissen 082-484-4600	Start Time: 08h30 End time: 13h00	Woodstock Cave Meeting Place: Kloof Nek car park - to move cars	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 12th Sept	Gisela Mittendorf 021-422-1394 083-940-4128	Start Time: 09h30 End time: 13h30	Tygerberg Hills. Meeting Place: Tygerberg Nature Reserve #	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 26th Sept	Annabel Kyriazis 021-439-7786 079-391-4570	Start Time: 09h00 End Time: 13h00	Lions Head contour. Meeting place: Top of Avenue Normandie, Fresnaye.	Visitor: Donation Fitness: EASY/MOD. Members: FREE
Sat 10th Oct	Liz Wheeler / Friends of Liesbeeck Contact Annabel Kyriazis on 079-391- 4570	Start Time: 08h45 End Time: 13h00	Liesbeeck River walk. Meeting Place: Winchester Ave, below Good Shephard Church. Opposite stone cottages on Rhodes Avenue.	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 24th Oct	Margaret Moore 021-790-2617 or 076-787-9849	Start Time: 08h30 End Time: 13h00	Contour above Suikerbossie. Meeting Place: Suikerbossie turnoff before Ruyteplaats entrance.	Visitor: Donation Fitness: EASY Members: FREE

#City/Sea Point/Camps Bay people to meet at 0900 at Mouille Point Lighthouse.

2015 Second Quarter Rainfall Report

by Robert Pabst

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

April	17mm
May	35mm
June	147mm
Total for Second Quarter -	199mm.

Good June rains made up for poor May falls. At the end of June the streams were running off the Twelve Apostles for the first time this winter.

Extracts from a Speech on Table Mountain by General JC Smuts

On 25 February 1923

When we reach the mountain summits we leave behind us all the things that weigh heavily down below on our body and our spirit. The mountains uphold us and the stars beckon us. The mountains of our lovely land make a common appeal to us to live the higher life of joy and freedom. We leave behind all sense of weakness and depression; we feel a new freedom, a great exhilaration, an exaltation of the body no less than of the spirit. Table Mountain in particular, will preach this great gospel to the myriads of toilers in the valley below. And those who make a habit of descending her beautiful slopes in their free moments will reap a rich reward not only in bodily health and strength but also in an inner freedom and purity, in a habitual spirit of delight which will be the crowning glory of their lives.

NEWLANDS FOREST HIKE

on 4 July 2015

By Tessa and Nic Van Rooyen

Start 'em young - that's our motto when it comes to children and hiking, so as soon as Nic and I received the FLASH newsletter and saw that Sidney's Newlands Forest hike on 4 July would occur during the winter school holidays we invited our two grandsons to join us. We ended up on the day with 2 grandsons + 2 of their friends + our 11-year-old niece joining us = 5 youngsters, all keen to go. It was quite nippy to start with, but the young 'uns were not put off. We told them we would stop for a break to snack at "MacDonald's" (the lovely wooden round table and benches on the Contour Path) and they fell for the ruse lock, stock and barrel. The sandwiches and apples we provided them with were no doubt a poor substitute for what they had expected!

The kids were like young racehorses at the start, champing at the bit to get going, so much so that Nic had to call them to order once or twice. However, we were delighted to be able to report back to the respective parents after returning them safely home that Sidney had said they were all very well behaved young people.

The hike was magical, consisting in total of 21 people. We saw lots of *Metalasia muricata* and Gisela pointed out a fabulous bush of *Erica baccans* and explained that *baccans* was Latin for cup, which the flower resembles. When we finished the hike at 1 pm, all the kids asked Nic "When can we do this again?" Thanks to Sidney for a wonderful morning. #See photographs on pages 3 and 4.

The Newlands Forest Hike - Snacking at 'MacDonald's' on the Contour Path



The young 'racehorses' rest up on the rocks



Every walk is different: the varying terrain of Newlands Forest



FRESNAYE BOWLING CLUB

The Fresnaye Bowling Club welcomes all who would like to try out Bowls for the first time, either through attending one of the club's "Fun Days", or making arrangements to try out the sport individually. Several Friends of Lion's Head members attended the last Fun Day in May.

Dress is comfortable, but flat shoes or 'takkies' must be worn. All equipment will be provided. Those interested should contact Dick Russell at dickruss@telkomsa.net.

Friends of Lion's Head has been involved with Fresnaye Sports Club for many years with monthly Committee meetings being held at the Club, as well as Annual General Meetings and other functions. The Club is also a convenient meeting-place for many of FLASH's walks.

Paying your FLASH Subscription

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.

For those introducing new members, please pass on the application form overleaf.

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,
- 5) Should you choose contact by email, your payment, once banked, will be confirmed by email. You will also receive the newsletter by email.
- 6) Activities presently include: regular hikes, alien hacks, litter clean ups. Other activities could include rock climbing, bird-watching and paragliding, depending on volunteer guides.
- 7) For any further enquiries please contact Annabel Kyriazis on 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).