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FRIENDS OF LION'S HEAD & SIGNAL HILL • www.friendsoflionshead.org.za

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FLASH NEWSLETTER - ISSUE NO. 51 - AUG 2009 TO OCT 2009

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 8th Aug	Sidney Shlomowitz	Start Time: 09h00 End time: 12h30	Lower Table Mountain Phone . Annabel 021-439-7786 After 7pm for meeting place.	Visitor: Donation Fitness: EASY Members: FREE
Sat 22nd Aug	Annabel Kyriazis 021-439-7786 After 7pm	Start Time: 09h00 End Time: 12h30	High Level route : Lion's Head Phone Convenor for meeting place	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 05 th Sept	Ron Heath 021-552-3637 083-459-9992	Start Time: 12h45 End time: 16h30	Koeberg Nature Reserve - bring ID and wear boots Phone Convenor for meeting place	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 19 th Sept	Caroline Swift 084-303-6777	Start Time: 15h00 End time: 18h00	Signal Hill Meeting: Info desk Kloof Nek car park	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 03 rd Oct	Margaret Moore 021-790-2617	Start Time: 09h00 End Time: 12h30	Silvermine- waterfall side. Phone Convenor for meeting place	Visitor: Donation Fitness: Easy Members: FREE
Sat 17th Oct	Caroline Swift 084-303-6777	Start Time: 15h00 End time: 18h00	Lions Head Meeting: Info desk Kloof Nek car park	Visitor: Donation Fitness: MODERATE Members: FREE
Sat 31st Oct	Annabel Kyriazis 021-439-7786 After 7pm	Start Time: 09h00 End time: 12h30	Camos Bay side of the mountain Phone Convenor for Meeting place.	Visitor: Donation Fitness: MODERATE Members: FREE

Friends of Lions Head Website

This is the first of 2 articles on the website. For those of you who have not visited our website www.friendsoflionshead.org.za you will find some interesting information.

The design such that the home page gives a short overview of Friends of Lion's Head while the menu on the left gives more detailed information.

Clicking on the home page brings you back to the index page from wherever you are in the website.

The next item "activities" is probably the most useful page, this gives you an extract from the latest newsletter giving the hikes during this period, so if you have lost or deleted your newsletter and wish to join us for a hike, here is all the information that you need. Note that this information is in pdf format. That is it is an Adobe file. If you do not have an adobe reader; the latest is version 9.1; you can download it free from www.adobe.com . This is a different format from the emailed newsletter; which is in Microsoft doc. Format.

The item "constitution" gives a broader description about us and our vision.

"Membership" gives a form for you to print out should you have friends who would wish to join us, Remember the more members we have the more influence we will have with the relevant authorities to preserve our mountain.

I will continue this article in the next newsletter and I encourage you to look at the site. If anyone has the interest and the expertise to take over maintenance and improvement of the site please volunteer! Contact me Ralph Roseman at ralphmags@rosemans.org.

THE GLEN

The Camps Bay Glen is a corridor of green and stream at the foot of Lions Head, part of the mountain but separated from it by Kloof Nek Road. Although close to a thoroughfare it is still a haven of quiet and serenity and one of the hidden delights of Cape Town. One of its pleasures is the way that the path sidles its way down from Kloof Nek to Camps Bay with many rather shy indigenous plants on its grassy banks. Another is the grassy picnic area half way down. The Glen has had a succession of owners from the early 18th century but remained wild and undeveloped until 1814 when it was bought by a Mr. Horak (there is a street named after him in Camps Bay). He sold the property in 1837 and it has had several lives since - it became in turn, a hotel, a tea room and a restaurant, even a shell museum in the 1960's. Finally it was donated in 1949 to the City of Cape Town by a property developer in exchange for land in Camps Bay. The Round House has had its misfortunes over the years. It was built as a hunting lodge in the 18th century but contrary to general opinion it never belonged to Lord Somerset, the Governor of the Cape although he did use it as his hunting lodge and there are records of lions and other big game being shot in the area. The building has remained largely unchanged in its outer form, over the years but has suffered several renovations and disasters including the thatch roof being burnt on 2 occasions. In recent years the building fell into disrepair but it has been renovated and refurbished as a fine restaurant. - just another of its many reincarnations. There has been a proposal in recent years to develop part of the Glen for a luxury hotel but this proposal has fallen away as a result of representations from The Friends of the Glen and the general public. In 1957 the annex became a Youth Hostel known to backpackers from all over the world. There have been a few muggings in recent times and consequently people have tended to shy away to more protected sites on Table Mountain and Lions Head. However with better supervisory control by the Table Mountain National Park and the police there have been no incidents lately and it appears safe to wander through or picnic in.

With your car at the Cape

(Excerpts from a book of the same title by Henry Hope 1936)

"Near the docks is the spot known as Gallows Hill; the actual mound has been cut away, but was on the Sea Point side of the docks. The last hanging took place in the 1860's. He was taken to Gallows Hill in a Scotch cart and the hangman, for the purposes of disguise, wore dark glasses, a false beard and a hard hat. He tied the noose around the condemned man's neck as he stood in the cart. When the horse was led forward the felon was hanged.

The long arm of the breakwater was started by convicts in 1861 which was the time when work began on the first South African telegraph line that links Simonstown with Cape Town and convicts saw rails being landed for the Cape's first railway.

Take the road along the ridge of Signal Hill to the signal station. At this point ships can be sighted and their arrival signalled to the docks. Thousands of white and coloured people gathered there on 16th April 1863 to see the action between the American Southern States ship, the Alabama and the Confederate ship the Sea Bride. The Alabama won the race and twice after that the Alabama visited Table Bay. The master and crew won such popularity that several public houses in the city were named Alabama. Today the coloured people's folk song commemorates the day she came from over the seas.

From Signal Hill one looks down on the snoeking schooners with white sails making or leaving port, cruise ships from New York and Southampton, mail steamers plying between England and the Cape, oil tankers from the Gulf of Mexico, and smaller ships with strange cargoes from the East Indies and Australia. In autumn the whale factory ships, scarred by their passages through pack ice and attended by their whale gunboats, come back deep- laden with oil from the Antarctic whaling grounds.

At the foot of Signal Hill lies Green Point Common which was once Cape Town's racecourse and the camp was used by many regiments during the Anglo-Boer War. Now it is divided into a dozen or more football grounds in winter and on Saturday afternoons in summer the common is dotted with flannelled men playing in a dozen cricket matches. Beyond the common is the square lighthouse tower of Green Point. The remains of a wreck that can be seen in the breakers are those of the Athens, a victim of the storm of 16th May 1865 when 16 vessels were thrown on the shores of Table Bay. The Athens struggled out of the bay when her anchor cables snapped in the evening. As she reached the open sea she was overwhelmed, shipping so much water that her fires were put out. She fell into a trough and was wrecked within a stone's-throw of dry land. In the darkness the crowds on the shore heard the cries of the drowning men. All the crew were lost and the only survivor was a pig which was washed ashore.

SECOND QUARTER RAINFALL REPORT

By Robert Pabst

Readings at Rontree Estate, Camps Bay:

April 2009: 78mm;

May 2009: 86,5mm;

June 2009: 65mm.

With the dam capacity standing at ca. 91% at mid-year, it looks promising that they will once again reach the 100% mark at the beginning of the next summer.

POTATO SOUP
Recipe by Annabel Kyriazis

Serves 4

1 leek

1 25g butter

4 potatoes weighing between 150-225g each

550ml vegetable stock or water flavoured with half teaspoonful yeast extract

Sea salt

Freshly ground black pepper

Grated nutmeg or 1 teaspoonful curry powder

Wash the leek thoroughly and slice.

Melt the butter in a thick-bottomed pan and add the chopped leek.

Allow to cook gently without colouring.

Add the potatoes, scraped and quartered, and the vegetable stock.

Bring to the boil, cover the pan and simmer gently until potatoes are tender.

Place in a liquidizer and blend until smooth.

Return to the pan, season with salt and pepper and add a little milk to give a creamier consistency (or more stock if preferred).

Friends of Lions Head & Signal Hill - Application for New Membership

NAME Mr/Mrs/Ms

Firstname _____ Surname _____

ADDRESS _____

Area Code _____

Telephone No (h) _____ Cell No _____

Email Address _____

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

Notes

- 1) Membership is R50 per annum, effective from January to December.
- 2) Fees may be paid by cash or cheque. Cheques to be made payable to Friends of Lions Head.
- 3) For your convenience you may deposit membership fees directly into our banking account. Details are
 - a. Bank: Absa
 - b. Account no. 9176 925 131
 - c. Branch Code 632 005
- 4) Please ensure that the bank deposit slip includes your name in the **bottom right hand corner of the deposit slip.**
- 5) Should you choose contact by email, as per above, your deposit, once banked, will be confirmed by email.
- 6) Activities presently include: regular hikes, alien hacks, litter cleanup. Other activities could include rock climbing, bird watching and paragliding.
- 7) For any further enquiries please contact Annabel tel. 021 439-7786 (after hours).
- 8) FLASH is a non-profit organisation and a member of the Wildlife and Environment Society of South Africa.