

SNOEKTOWN CALLING

Vol 1 Issue 4

16 MAY 1998



Sponsor for May - Dr Reg Loxton

Editorial

The Classified Directory of business and services that exist in Simon's Town is published in this issue. I admit to only partial success, since the response has been incomplete and disappointing in this regard. I now believe the principle cause is Simonitis: the thinking machine slips into neutral and nothing happens. Should the principle find acceptance in the community, then we will try again next year, same time, but better organised, with a direct canvassing campaign - a must which we couldn't undertake this time due to lack of resources.

The unfortunate saga of public events concerning the Bayview Development, on the access periphery of Red Hill, is temporarily behind us and we await the results of due process. The bottom line is that the land is an asset in the hands of the SPM ratepayers. However, the bizarre sequence of events has highlighted the important need of early warning and constant monitoring of

potentially controversial property development. Thus, to service this need, "Property Watch" makes its appearance in this issue as a regular feature.

"Crime Stop" is still not sorted out but, with the appointment of Pauline van Eck as chairman of the Police Forum, a solution could be in sight.

The Simon van der Stel saga is continued with an account of the local indigenous people of that time. To follow in due course will be reports on ecological environment: vegetation and wildlife as well as an account of landscape event during the Quaternary.

Also included in issue No. 4 is part 2 of the South African involvement in the war against Japan. I have yet to secure a story from an SANF rating who served on the ML Flotilla in Burma - I need help!

Reg Loxton, Editor
2 Chapel Road, 786-1750



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Factors Affecting the Budget Process in the SPM

Up till now the budget for the South Peninsula Municipality has been a composite one i.e. drawn up from the separate administrative components comprising the SPM: former Cape Town City Council, Cape Metro Council, Simon's Town and Fish Hoek areas. The South Peninsula Municipal Council has committed itself to a combined financial system for the 1998/99 budget. This is not an easy process. In fact it is both complex and expensive. Unpacking the City of Cape Town's financial systems to identify fair allocations to the South Peninsula has been painful and is not yet complete.

A further factor is the system of setting bulk tariffs for water, sewerage and refuse. In terms of the allocation of powers and functions the Cape Metropolitan Council is responsible for all bulk services and set tariffs in consultation with the Metropolitan Local Councils. This consultation process has been very limited. The former Simon's Town Municipality ran the water supply for the town as a self-balancing account: water charges covered the costs of treatment and reticulation and even generated a small surplus. The Cape Metropolitan Council claims that more staff are needed to run the treatment plant and of course these staff are paid at a high level. Bulk water tariffs are therefore

to be increased. The statement has been made by CMC representatives that water is cheaper than anywhere else in the country. Is this justification for an increase? Are we to be penalised for good management?

The CMC is funded by the Regional Services levy, a tax on business. Allocations are made to the MLC's in a system which up until now has been arbitrary and uncertain.

CMC have indicated that in the 1998/99 financial year approximately R169m will be available to be divided in some manner between the MLC's. The effect of this uncertainty is that the SPM has to take into account that there may be a R40m shortfall on next year's budget.

We are in an extremely uncomfortable position. The delivery of municipal systems must be based on the principles of clear accountability, economic pricing and cost recovery, improving access to services by the poor, and an equitable base for determining property taxation. We are not there yet: the expansion of expensive bureaucratic systems and confusing political agendas remain the greatest threat.

Nicki Holdemess
Councillor: Ward S22

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Simon's Town Ratepayers and Residents Association Monthly Update

It appears as if winter has finally set in with a vengeance, if the weather of the weekend of 8 and 10 May is anything to go by. It's at this time of the year that a damp squib in the Peninsula has to be feared. With road damage, blown chimneys, fallen trees etc. to be dealt with. Our number one this time is to focus on the responsiveness and quality of repair work and maintenance performed by the SPM. Should you have experienced any problems of these schemes please let our gathering holder for Services - Don Olley, know so that we can select a picture of the performance of the SPM in the Simon's Town area.

At present the issues of parking facilities, and the location of sites for informal traders in central Simon's Town are receiving attention. The popularity of the town over the weekends is causing parking in front of shops and restaurants a real pain in the neck.

The next meeting held to discuss the problems of Glenelg is hereby served to highlight the organisation within the SPM and lack of co-

ordination between the SPM and GMD. Hardly any of the questions submitted to the responsible departments prior to the meeting by ourselves and Glenelg Older Association were answered satisfactorily. A second public meeting is to be held to discuss the issue and to present a management plan. We have been led to believe that no management plan existed, and that any issue of the quality of the purified sewerage effluent had to feed the sea. It seems that was not the case in the first instance of this idea.

The war has been drained and the tide is going. The winter rains will flush the system out.

Boulders Park has now been handed over to the SPM. We await the formation of a new advisory committee. Apparently the SPM has accepted the responsibility for all problems in the area, whether they are inside the Park area or not.

Property developments were in the forefront



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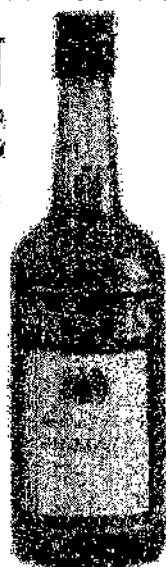
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again, with a public meeting held to discuss a proposed development in Quarry Road. The developers presented their proposals and the residents voiced their objections and suggestions. It was disquieting to hear that the developers and local residents had been misinformed previously about the land use zoning of the site.

The date no further news was available on the Bayview and Highlands developments.

The issue of noise and dust emanating from the dockyard remains unresolved. Tests performed by the SABS revealed high noise levels at times. Some tests of seabed sediments revealed unacceptably high levels of toxic substances. The picture is not complete, however. The matter is now in the hands of the SPM.

The Association will be holding its Annual General Meeting at the end of July. Some of the current committee will not be available for re-election. Any persons wishing to stand for election to the committee for the coming year are requested to contact the chairperson. Committee members serve for a two year cycle.

Chris Hart
Chairman

Property Watch

Three applications are currently in progress. If any ratepayers or residents want to find out more about these or wish to submit any comments or objections, the details are available for inspection at the Engineering Department in the Municipal Offices, St George's Street, Simon's Town during normal office hours. The applicants are:

1. Departure to Relax Street Building Line applicable to Erf 4075, Glencairn Heights, Simon's Town. Closing dates for comments and/or objections is **29 May 1998**.
2. Rezoning of Erf 267, Glencairn, Simon's Town. Closing date for comments and/or objections is **5 June 1998**.
3. Rezoning and Scheme Departure of Erf 3590, Simon's Town, (Quarry Road). Closing date for comments and/or objections is **19 June 1998**.

Bruce Parker

Loaves and Fishes Happy Valley Home

Open Day

**SATURDAY 30 MAY 1998
AT 10:00**

An **OPEN DAY** will take place at Happy Valley Home for the Homeless in the Waterfall area, Simon's Town.

All are welcome to attend and find out what wonderful work is being done for the Homeless of Simon's Town and Fish Hoek.

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Summary of Proceedings at the General Meeting of the Simon's Town Publicity Association

held on 23 April 1998 at the Town Hall, Simon's Town

This letter serves to clarify the current and future situation of Simon's Town Publicity Association.

At present you are a member of STPA by virtue of having paid your membership fees. As such you have also been a member of the South Peninsula Organisation for Tourism (SPOT), now renamed Peninsula Tourism. According to recent legislation introduced by the Dept of Tourism, Peninsula Tourism now serves as the single accredited umbrella tourist bureau for the South Peninsula Municipal area. (The Act requires that only one accredited Tourism Bureau serve in any one municipal district.) This organisation has served as the liaison body with the South Peninsula Municipality on behalf of the various tourism/publicity

organisations within the South Peninsula area. Its executive committee consists of representatives from all the different areas, including Simon's Town.

The proposal now coming to you from the Executive Committee of Peninsula Tourism is that instead of this organisation being an umbrella body for all the different tourist offices/publicity associations, it becomes the single Tourism organisation of which you all become direct members. This would mean that STPA would cease to exist as a separate entity (the same would apply to Fish Hoek and Muizenberg) and become instead the Simon's Town branch of Peninsula Tourism (PT). In addition to other benefits, this would mean:

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- Consistent membership fees throughout the area.
- Access to booking facilities throughout the area.
- Co-ordinated marketing of the whole Peninsula.
- Other bureaux, e.g. Hout Bay, Noordhoek; Constantia, Rondevlei and Zeekoevlei would be included in the future.

Simon's Town would have 2 representatives on the Executive committee of PT, as at present. It has been agreed that a local advisory committee be retained in Simon's Town to continue to support our Information Office and to promote Simon's Town's interests within Peninsula Tourism.

The proposal with regard to the Information offices is that the staff would be appointed and paid by Peninsula Tourism, and all finances would go through one central account. At the moment all money from the Municipality has, in any case, to go through PT. What your STPA committee has asked for is that each information office be run as a separate account within that overall budget so that your local committee can still see how our office is being managed and how it compares with other offices within the area.

Some people have raised concern, understandably, about our possible loss of autonomy. One option would be to reject this proposal and "go it alone". Realistically this would mean the loss of municipal financial support, high increases in membership fees, a scramble for sponsorship or fund-raising and little financial security. Your committee is of the opinion that all becoming members of one organisation has value, that co-ordinating activities and finance has value, but that we must retain a local committee, local volunteers and a local eye on the budget. At a recent meeting, at which these options were presented, the chairman called for a show of hands in favour of the "go it alone" route. There were no votes in favour. On this basis we are recommending that:

- Simon's Town Publicity Association cease to exist as a separate organisation
- You all become members of Peninsula Tourism.
- Your present STPA committee continue in office for the present as the local branch committee of Peninsula Tourism
- The committee continue to negotiate on your behalf about the constitution of PT, realistic membership fees, commission, services, staffing, etc as appropriate.
- A general meeting of all members of Peninsula Tourism be called at the earliest to decide on the above and to elect an executive committee of PT.

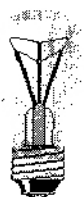
Peter Fewell:
Chairman Simon's Town
Publicity Association

Anchor Players

The Anchor Players fresh from their record breaking success with "Wyrd Sisters" are to produce a comedy by Neil Simon, "The Gingerbread Lady". It will be directed by Sue Bolton. This is an adult comedy set in the late 1960s. The production will be staged in the Simonsberg Theatre the first two weekends in July.

For all those people, young or just young at heart, who would like to try their hand at acting or directing, there will be a Member's Evening on 29 May in the SAN Church Centre, St George's Street. Pat Drake is in charge of the evening and plans to hold a version of Theatre Games which will give everyone wishing to take part a chance to do so. If you may have been mystified by the TV Theatre Sports - this will be nothing like it!

Come at 19:30 and unwind with a glass of wine/beer/fruit juice for an 8 o'clock start. All welcome. Enquiries: Pat at 786 2436



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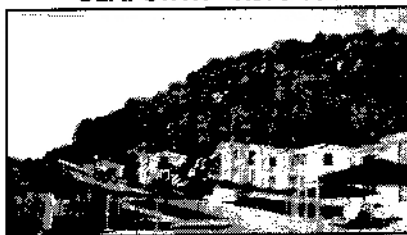
GLENCAIRN HEIGHTS - R725 000



SEAFORTH - R375 000



FROGGY POND- R310 000



WELCOME GLEN - R135 000



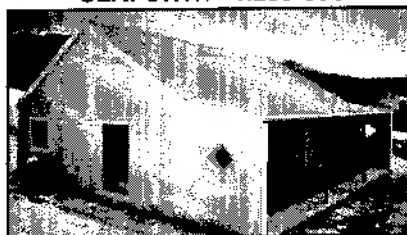
SIMON'S TOWN - R429 000



SEAFORTH - R289 000



GLEN BEACH - R219 000



WELCOME GLEN - R289 000

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1997 General Valuation for the SPM

How and Why Property Valuations are done

What is a General Valuation?

A general valuation, which by law must be carried out every four years, is a method of updating all the property values within a municipal area. These values are recorded on a Valuation Roll. This valuation roll is then used as a basis for levying rates.

Why Has the SPM Decided to do a New Valuation?

The SPM, which is a new municipality, consists of areas of the old City of Cape Town, Cape Metropolitan Council areas and Simon's Town, Fish Hoek and Rural areas. The Valuation Rolls for these areas vary from 1974 to 1992. Each administration set and recovered property rates and service charges in a different way. In some areas, service charges are part of the rates, in other areas they are separate from rates. Some areas received government subsidies, others not. Some areas such as the rural areas did not pay rates at all.

The situation was complicated by the fact that certain areas were in effect mini municipalities. This means that the properties for a particular area would be valued, the budget calculated for that particular area and rates levied for that area.

Because of these differences, it is possible that two properties with similar values situated in different parts of the SPM could be paying different rates.

The municipality has to treat everyone fairly. In order to do this, it needs to value all properties within its area of jurisdiction so that there is a common base on which to levy rates and everyone shares the burden of the rates.

What Will Be the Valuation Date?

The Property Valuation Ordinance, 1993 states that a municipality must determine the date on which all land will be valued. The SPM decided on a date of 1 January 1997. This means that even if your land is valued in December 1997, it will be valued according to the market value on 1 January 1997. This roll will therefore be referred to as the 1997 Valuation Roll.

What Will Be Valued?

Previously, both land and buildings were valued and rates were levied on the land and building values. This valuation will apply to land only (this is also known as site valuation). Therefore rates will be levied on the value of the land only.

Whose Land Will Be Valued?

All land within the municipality will be valued. This includes State land, Railway land, Council's own land, business and privately owned residential land.

Who Will Do The Valuation?

The SPM does not have sufficient staff to value 75 000 properties so the City of Cape Town, who is also doing a general valuation, will be doing the valuation on an agency basis. This is a huge job so additional valuers have also been appointed to help out.

How Will the Valuers Value My Property?

The valuers will use market value when determining how much your land (not the building) is worth. Market value is what a piece of land sells for on the open market.

What Factors Make Up Market Value?

Certain factors underlie the market value. For example:

If bulk services such as water, electricity and sewage are available the value of land will be higher than land in the same area which does not have these services. A large, well shaped plot with a view will be worth more than a plot close by which has an awkward shape and no view. Land with business rights on it will be worth more than land next door with residential rights on it. (On the other hand in some areas there is not always a demand for development rights on land). Some restrictions can reduce the value of your land, for example: a title deed restriction which prevents you from subdividing or building more than one house on your land. Properties which have registered National Monuments on them may have reduced development potential and this could reduce the market value. But sometimes people are prepared to pay more for land which has a

National Monument on it.

How Do the Valuers Value Only the Land and Not the Buildings?

The valuers will look at plots in your area which have been sold in the past few years. They will adjust the price to 1 January 1997. Where there are too few sales in an area, they will use sales which have taken place in an area similar to yours. Often properties with buildings are bought for redevelopment, i.e. the existing building is demolished. These property prices, less the costs of demolition, are similar to vacant land sales and can be used to calculate the market value of the land. These sales will form a basis of valuing your land.

Does the Valuer Need to Access My Land?

Because the valuation is of land only, the valuer does not need access to your house. He must still inspect your land to ensure that he is fully aware of all the factors which will impact on the value.

What Happens Once My Land Has Been Valued?

Once all the properties have been valued, a provisional valuation roll (PVR) will be created. This is actually a computer print out which sets out the details of the owner, the size and valuation of each piece of land within the SPM. It is called a provisional roll since the values on it may still be adjusted by the Valuation Board after it has heard objections.

Will I Be Able To See My Valuation?

Yes. Once the provisional valuation roll is complete, you will be sent details of your valuation by mail. The PVR is available for inspection. This means that you can look up your valuation on the roll and compare it with similar properties in your area. The dates and places where the PVR will lie open for inspection will be advertised. Look out for this in about November / December 1998.

What If I Don't Agree With My Valuation?

You can object to your valuation by using the forms that will be available. The Valuation Board will then consider your objection. The Board will sit at various venues and you do not need legal representation. You can simply tell the Board why you feel the valuation is wrong. But be sure that you can substantiate why you feel it is wrong. If the

Board decides that you are right, your valuation will then be reduced and the PVR will be amended. If the Board decides the value is correct, your value remains the same. If you are still unhappy with the decision you can take your objection to the Valuation Appeal Board which will then have another look at the decision of the Valuation Board.

Will Rates Be Charged While My Appeal Is Still In Progress?

Rates are levied on the PVR. Once the appeal is finalised, the difference in rates based on the valuation on the PVR and the valuation set by the Board will either be recovered or refunded.

What If My Land Increases or Decreases In Value After the General Valuation Has Been Completed?

Your land will be revalued.

What is the Link Between Valuation and Rating?

The general valuation process values each piece of land and these values are added together to get the total value of all the land in the municipality. The rate is the tax that is imposed on the value of the land. Once a municipality knows what its budget will be it divides the total value of the land into the amount needed for the budget and this tells the municipality how many cents for every rand of land value need to be collected.

The Million Dollar Question - Will I Pay More Rates?

In theory, if all the property values across the municipal area increase by the same amount, no one would pay more rates. In practice however some land has increased in value faster than other land. Since these pieces of land will have a larger share in the total value of the roll, they will pay more rates.

In order to determine the exact rate payable on each piece of land, we need to know the Budget for the financial year 1999/2000 and we need to know the total value of all the land in the SPM. We also need to know what rebates, concessions and grants-in-aid need to be given. Since the budget has not been set and the valuers are only starting to value the land, at this stage, we can't tell you what the rates will be.

How Far is the Rating Exercise at the

Moment?

At present, the municipality is carrying out a modelling exercise in order to determine rating policies and guidelines. The policies will determine what rebates, concessions, grants-in-aid are possible and will guide the implementation of the new rating system.

Every attempt will be made, through public meetings and information booklets, to keep ratepayers up to date and involved with any proposals which relate to rates and the payment of rates.

When Will the New Rates be Payable?

It is anticipated that the rates account based on the 1997 General Valuation Roll will be payable from July 1999. This means that you will still receive a rates bill in 1998 based on the previous valuation roll applicable in your area.

Fiona Ogle, 710-5099

Down the Historic Mile

The Chairman opened the meeting of SLAP with the news that Harold Hardekop was back in circulation, having completed his vacation at Pollsmoor. He then asked Piet Pompies to report on the application by Mientjie Boep-pens to be recognised as Mayor of Simon's Town. Piet had undertaken a thorough investigation of municipal procedures and concluded that Mientjie Boep-pens qualified for nothing at all, because she had no identifiable place of residence - to say her address was "Jubilee Square" wasn't good enough, and counted for nothing; she couldn't even vote.

Of course this made Mientjie very cross and she put up such a noisy performance that the Chairman had to adjourn the meeting. Papsak was passed around, which seemed to calm things down. Harold wanted to know about Clara Fijnbosch's Aunt Constance and the Simon's Town Art Show. Well, Clara said, as you know, I phoned Aunt Constance Nienaber from Wynberg, to tell her she had better not come to the Show because of the nudes with only bunches of wire in certain parts of the body. Aunt Constance replied that the new South Africa was full of surprises anyway, and she would definitely come, which she did, together with four grand children. She said, that nice man Hans Werkman took her party on a conducted tour of the exhibits, so it was worthwhile; after all art is art, even the nudes.

Stoffel Boesman then had a lot to say about minutes of previous meeting and matters arising and so on. Now, everybody knows that SLAP doesn't bother with such things, but we also know that Stoffel is a real fusspot about things which don't really matter. To summarise, he wanted to know what we've done about the brick paving, the appointment of the Town Ranger, the Post Box proposed for Union Street, and so on. Clara also wanted to know about the hanging flower baskets, which hadn't caught on at all! So, come Dan and Brad and Norman, got moving and do something. As Clara said, those flower baskets really look nice. After much further debate, it was resolved that Stoffel discuss all these outstanding items with Dok and see if we can't do something.

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South Africa and the War Against Japan, 1941-45

Part 2

The experiences of one young man

The first phase of basic training took place at Pollsmoor and the only memorable event was a visit by the Oubaas - General Smuts. Being the tallest in the squad, I stood on the right and in front and was therefore nearest at hand.

The Oubaas looked at me for a few seconds and then said, "You are English-speaking and from Johannesburg. How are you getting on?" I answered as best I could, somewhat overcome by confusion. How did he know such details? But with those piercing eyes, I'm sure he could read every thought.

After completing basic training at Pollsmoor and HMSAS Unittie, our graduate group was assembled for final briefing and posting. The officer called for volunteers for the Royal Navy. Had there not been enough "volunteers", I presume it would have been a case of "you, you and you"; I was later informed of an arrangement between SANF and the Royal Navy that South Africans would be drafted to replace time-expired RN sailors from Royal Navy ships of the Eastern Fleet, who were in Cape Town or Durban for re-fit.

So I found myself in Klawer camp - essentially a transit camp, an awful place populated by a hard core of "draft dodgers". A real cultural shock for a "wet behind the ears", starry-eyed young South African volunteer. In less than a month I was on board *HMS Shoreham*, a four-inch gun sloop undergoing final stages of a refit in Table Bay Docks. After completing trials at Simon's Town, *Shoreham* joined a convoy heading for Mombasa.

The passage was stormy and most uncomfortable - extremely rough seas! Indeed, on subsequent visits to Durban the sea was always very rough. By contrast the seas north of Madagascar were relatively calm, even with strong winds and heavy rain.

After Mombasa, on to Colombo, which became our main operational base. At that time the ship's complement was some 160

officers and crew, of whom 40-odd were South African; also six New Zealanders, who left the ship a few months later to join the newly created Royal New Zealand Navy. We were sorry to see them go, as we got on well with them - and more importantly, they were strong members of the ship's rugby team.

Shoreham was designed for a crew of 60, so with a complement of 160 we were hopelessly overcrowded: for instance, our mess of 15 members (including 5 South Africans) had two tables, four benches and only three hammock berths. So at night there were bodies on benches, on tables and under tables. The rest had to find place on the upper deck; when it rained the situation, of course, became chaotic.

In the course of time I got to know every port in India. My first visit to Bombay came as a

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shock: it was my first encounter with extreme poverty. I recall returning to the ship at about 10pm, after a visit to the cinema, to find the wide pavement totally occupied by people sleeping on mats. A roving population that spent every night on the pavement - probably the same spot every night. This was a revelation and most disturbing. I later discovered that Calcutta was even worse.

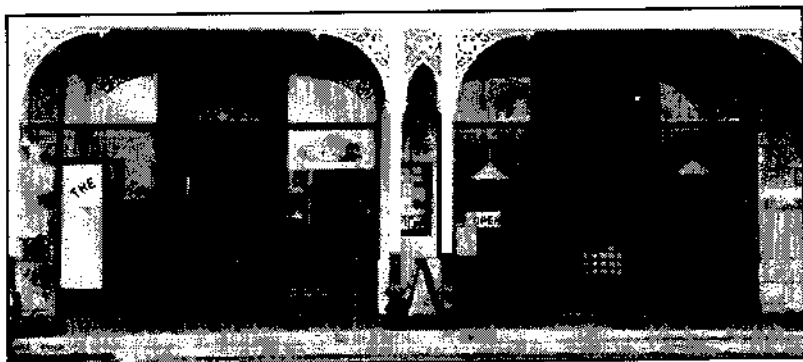
Convoy duty was generally boring - but one trip in particular stands out: escorting a large section of a dry dock from Aden to Bombay. It seemed to go on forever at very slow speed - about 4 knots - and I am sure we went backwards when the towing tug battled against the headwind. At times the crew showed signs of nervous distress because of a strong fear of being sitting ducks for any enemy submarine that might be around. There was a sudden interest in the performance of the Asdic and Radar operators: what did they see? what was their range? and so on. Rumours spread like wildfire - there was a new Japanese submarine, 200ft long, speed of 25 knots, with a giant saw blade up front that could cut a ship in half. This led to specu-

lation as to the thickness of the ship's hull at strategic points. The consensus was $\frac{3}{8}$ " - certainly not more than $\frac{1}{2}$ ". The conclusion: our situation was hopeless!

This led to considerations of "abandon ship" possibilities. My own position was precarious. I shared, with three others, a Denton raft which comprised a one-metre square box filled with cork, which we were expected to heave overboard, then make the big leap ourselves and hang on to the rope lanyard attached to the sides of the box, and do the best we could to stay afloat until rescued - by God knows whom!

Having done some simple arithmetic I announced that after 24 hours, at least half the ship's company would be dead by drowning, due to exhaustion. I ended up before the First Lieutenant (Jimmy) and was sentenced to 14 days CB, for being "stropky". In any event, we didn't sleep well for the entire convoy operation.

Rest and recreation opportunities did occur from time to time - two such excursions are memorable. The first was a ten day visit to



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Borticelli	Salami and Sherkie
Hawaiian	Ham and Pineapple
Jamaican	Bacon and Banana
Just Nuisance	Sliced Boerewors, Monkey Gland Sauce, Tomato and Onion
Macho	Chicken and Peri-Peri
Madras	Curried Mince, Banana and Onion
Milano	Chicken and Mushrooms
Napoli	Anchovies and Olives
Olympus	Spinach, Feta Cheese and Olives
Puccini	Salami and Mushrooms
Regina	Ham and Mushrooms

TYPE B - R28-00

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Cape	Bacon, Mushrooms, Avocado and Garlic
Four seasons	Salami, Mushrooms, Olives and Artichokes
Highlander	Smoked Salmon, Onions and Capers
Jimmy	Bolognese, Bacon, Green Peppers and lots of Chilli

Roquefort Roquefort Cheese, Ham and Mushrooms
 South Seas Tuna, Mushrooms, Onions and Gherkins
 Vegetarian Asparagus, Olives, Mushrooms and Artichokes
 Breakfast Bacon, Fresh Tomato, Mushrooms and Eggs
 Spring Chicken Ham, Chicken, Bean Sprouts and Spring Onions

TYPE C - R30-00

Valore Smoked Salmon, Avocado, Cream Cheese and Chives
 Sazy Ham, Mushrooms, Salami, Green Peppers and Chilli

TYPE D - R36-00

Pasado Calamari, Prawns, Mussels and Linefish
 Spanish Chourico, Feta, Artichokes, Olives, Red Peppers
 and Sundried Tomatoes

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R3-00 per portion

Asparagus, Avocado, Boerewors, Capers, Mushroom, Chives, Spinach

R4-00

Anchovies, Artichokes, Bacon, Calamari, Chicken, Chourico, Feta, Ham,
 Line Fish, Mince, Mozzarella, Mussels, Roquefort, Salami, Tuna

R5-50 per portion

Prawns, Smoked Salmon, Sundried Tomatoes

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the Royal Navy rest camp at Diyitalawa in the tea-growing highlands about half a day's journey from Colombo. To sleep in a real bed was utter luxury, as was the freedom of movement and space. My friend Dickie and I went on a bicycle excursion and by chance ended up in a delightful country tearoom, where we were served tea and scones by two dear English ladies. On learning that we were South Africans it was suggested that we visit the Boer War cemetery, not far away. We went there, to find a neatly kept and well preserved cemetery of Boer War veterans who had died in the prisoner-of-war camp. From high school lessons I was aware of the event but not the details. There were about 50 graves, each with its white cross and the identity of the person, ranging in age from 15 to 60 years. The emotional impact was profound: some of the dead had been boys of my own age. How tragic. For the first time I became truly aware of South African history - more than just a dreary swot to pass an exam. This was the real thing, a lot more stirring than shouting for the Springbok rugby team.

The second excursion was a journey from Calcutta to Darjeeling. *Shoreham* had ended up in dry-dock as the result of damage to rudder, propeller and prop shaft; the buzz was, damage from a mine explosion. We left Calcutta by train, seemingly to travel the whole day, the last part of the journey on switchback. That is, the engine would charge up the mountainside on a steep incline, then slide back on the contour and charge again. In this way we reached the high elevation of Darjeeling, with many feet of snow all round. A remarkable feature of the journey was the significant change in people: from the dark, almost black skin and regular features of the people of Calcutta to the Mongolian, light skin of the Nepalese - certainly two very different ethnic groups here. Darjeeling was magic, a new experience for me: to see and handle snow, feet thick.

Well, the war went on and VE Day came and went without any noticeable change of life on *Shoreham*. Except of course for a new sense of urgency and the beginning of the Burma Campaign, with the towing of landing craft and loads of assault troops into

Ackjeb and Ramree, and other places whose names I don't recall. Operations extended further and further from our Colombo base. Food supplies became a real problem, especially fresh vegetables and meat; replenishment was now made at sea from supply ships. I recall meeting up with a SANF motor launch, far up one of the Burma rivers. The crew looked rather miserable - they were also suffering from a shortage of food.

Indeed, towards the end of the campaign I would say we were starving; the meat was of very poor quality and obscure origin - for want of a better name we called it Yak. Morale was low; the only occasion that friction developed between South Africans and their British crew mates had to do with food. The South Africans maintained that the only way to prepare this awful stuff - especially the meat - was to curry it and serve it with rice. The Brits said that rice was a pudding and civilised people didn't eat curry. Fortunately the galley staff were all Goans, and we ended up sharing meals with the Goans and the few Somalis, who had a separate mess.

A measure of this low morale was the decision of the Captain that Vera Lynne records be banned on the PA system, because she made everybody cry.

In due course *Shoreham* returned to Colombo to prepare for Phase 2 of the Burma Campaign, and we found ourselves in the unfamiliar role of infantrymen, rushing around on a sportsfield with rifles and fixed bayonets, jabbing at straw-stuffed dummies - all the time being shouted at by the instructor to put more guts into the effort. This new role gave us all some concern and a deputation was sent to the coxswain to lodge a complaint: we were sailors, not marines, and this training was most improper. The buzz meanwhile was that we were to invade Singapore.

Fortunately the dropping of the atomic bombs on Hiroshima and Nagasaki intervened and everything went into neutral. None-the-less, the shipping logistics of Burma Phase 2 went ahead and *Shoreham* arrived in the vicinity of Singapore, in time for the formal surrender of the Japanese to Lord Louis Mountbatten.

Back in Colombo, we saw the arrival of the first transport ships carrying British prison-

ers-of-war released from Japanese POW camps. I was on a ship's liberty boat crew at the time and easily found reason to go aboard one of these ships. I was stunned and horrified to see the very poor physical and mental state of health of these poor men; it didn't seem possible that they could ever recover. The news of their plight was quickly passed around the messdeck and the consensus was that atomic bombs should have been dropped on Tokyo and all major Japanese cities. The feelings of bitterness and a desire for severe punishment were very real.

Some days later all the South Africans were taken off *Shoreham* and transferred to Mayina Barracks and within a month were shipped back home in the fleet carrier *HMS Khedive*.

News from Naval Base Simon's Town

Navy Diary

- 21 May Navy Band performance
CAFDA Concert,
Mary Attlee Centre, Retreat
- 29 May Navy Band performance plus
Welsh Choir Bergvliet
School Concert
- 5-15 June - HMS Cornwall
Type 22 Frigate of the
Broadworld class,
Commissioned in 1989,
Dimensions 148 x 14.8 x 6.4
Cape Town Harbour
- 15 June - 6 July HMS Cornwall
Complement: 25
SA Naval Dockyard
Simon's Town
- 26 June Navy Band performance
Fish Hoek Friends of
Music concert

Beach and Coastline Patrol

Of the some 2000 invertebrate species in False Bay, 60% are endemic to Southern Africa and 14% of these to the Bay itself. A large proportion inhabit the rocky shores and sandy beaches in distinct zonation patterns from Glencairn to Millers Point. Since many groups have existed since the Cambrian period 500 million years ago, we have a moral duty to ensure that such areas remain as pristine as possible. It is also very important - and particularly from a tourism aspect - that artificial approaches be properly maintained.

It is not within the scope of this report to comment on pollution from sewage, petroleum hydrocarbons and heavy metals. Nor is it appropriate to mention planned changes in infrastructure for improving the quality of sea-water. I can only reveal that the South Peninsula Municipality is wide awake. In fact, most of the minor problems mentioned in the following list could be resolved before publication!

1 - GLENCAIRN: The only problem with the beach itself is a lack of enough rubbish bins to satisfy beer drinkers! The long neglected frontage is a different story. Its tatty state has since spread to both sides of Main Road through rubble and areas stripped of fynbos. Rows of shade-cloth sand barriers have collapsed in places. The ablution block and subway need to be repainted - but not on a windy day this time! Finally, the parking area needs re-surfacing and its access blocked at the Fish Hoek end to prevent cars from jumping the curb.

2 - SHELLEY POOL: In the classic "101 Beaches" publication, it was reported that surrounding rocks "offer some of the best underwater scenes in the Peninsula." Unfortunately, this is no longer the case and even the neat facilities have been desecrated! The toilet block has its access partially blocked by rusty cable. One door is missing and the other is hanging from a single hinge. Furthermore, the lower steps have collapsed.

3 - MAKRIEL BAY: Mostly on account of trek fishing, this magnificent beach is a popular tourist attraction. Unfortunately, the

effect is spoilt by old shacks and rubbish on the approach above.

4 - LONG BEACH: This beach has lost its former glory! Lawns are messy and one end looks as though it was used for Naval gun practice!

5 - SEAFORTH: Although the lawns are well maintained, the beach is sadly neglected. Despite its vehicular access, washed-up kelp is at best simply heaped to one side. Also neglected is the ugly toilet block, which we - but hopefully not tourists - have to pass along the unsigned beach walk to Water's Edge.

6 - WATER'S EDGE: Because the highly visible and potentially beautiful access path is not maintained, it remains an embarrassment from a tourism aspect. I long ago arranged for a tap with a hose connection to be installed, but it has never been used as intended to water the grass. Another problem is the large number of people who clamber over rocks to reach Foxy Beach without paying an entrance fee. As long as this continues, there should at least be a warning sign of the slip hazard.

7 - BOULDERS PARK: No comment! Let

us first see how well Parks Board perform.

8 - BURGHER WALK: Good work has been done recently to clear the area of alien vegetation. It is presumed that a biodegradable herbicide was applied to the remaining stumps immediately afterwards!

9 - WINDMILL BEACH: There is no sign at the beginning of Links Road to indicate this beautiful beach. Nor is there a sign to indicate the women's toilet. Incidentally, seepage is not always spring water! The eroded, steep and stony bank joining the path to Frank's Bay needs attention. This also applies to the unsightly rubble-strewn Golf Course embankment, which could do with some topsoil and proper landscaping. The good news is that the entire area is surprisingly free from litter.

10 - FRANK'S BAY: Except for signposting, this beach is very well maintained.

11 - FISHERMAN'S BEACH: Again, there is no signpost! Other than the presence of a few alien plants on the steep bank, there are no problems.

12 - MILLER'S POINT: This once well maintained recreational area is now falling apart! There are broken braais, missing

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signs and at least one of the dilapidated - and not emptied - rubbish bins is missing from its timber supports. Furthermore, the entire facility - including parking perimeters - is heavily littered. To the side of one road is a heap of gravel and builder's rubble. Furthermore, gravel has also been dumped onto the popular - but unkempt - lawn above the tidal pool.

In conclusion, I can find nothing wrong with our beaches. Where intertidal rock-pools are present, there can be seen thriving communities of marine life. In most instances, the problem lies with their approaches from the aspect of aesthetics, control, maintenance and - of course - litter!

Beachcomber

Percy Fitzpatrick Institute of African Ornithology

**African Penguins at Boulders Coastal
Park, Simon's Town: the scientific basis
for management options**

Executive Summary

The population of African or Jackass Penguins *Spheniscus demersus* has decreased by 90% since 1900 and is regarded as Vulnerable. Boulders Coastal Park supports one of the few colonies that is growing in numbers consistently. The Boulders colony currently contains approximately 2 350 adult birds, more than 1% of the world population, and has considerable educational and economic value. However, the noise and smell of the colony, loss of amenity (swimming at Foxy Beach), and disruption caused by large numbers of tourists visiting the penguins, has led to conflict with some residents. This report summarises the scientific basis for managing the penguin population at Boulders.

The number of penguins breeding at Boulders (over 700 pairs in 1997) has increased at over 60% per year since breeding was first reported in 1985. This greatly exceeds the rate possible by natural reproduction (<10%), indicating that immigration is responsible for most of the increase. Growth of the Boulders colony has coincided with a large decrease in the population at Dyer Island, and it is likely that recruits from Dyer Island make up the bulk of the immigrants. The success of the Boulders colony probably relates more to feeding conditions in False Bay rather than any intrinsic feature at Boulders. In the absence of a catastrophic oil spill, fire, predation event, or outbreak of disease, it is likely that the penguin population will continue to

grow. There do not appear to be any major barriers to prevent colony spreading along the coastline, although there is a tendency for birds to remain in core areas where penguin densities are highest.

Penguins at Boulders are tolerant of human disturbance, and predation by terrestrial mammals appears to be only an occasional problem. Diseases, notably avian malaria, pose a significant threat to the penguins, and the population needs to be closely watched for unexplained mortality. There is no evidence that the penguin colony will adversely impact the health of local residents, but people and their pets should avoid close contact with penguins and disused nests.

Given their strong fidelity to colonies and nest sites, penguins are almost certain to continue breeding at Boulders. Moving birds to other colonies will not reduce the population because they will merely return to Boulders. Penguins probably learn to identify their natal colony before leaving the colony for the first time. Translocation of chicks may result in them adopting new sites, but large-scale translocation of chicks will not greatly slow population growth because of the overwhelming importance of immigration.

Suggestions for managing penguins at Boulders are made, assuming a multiple-use model for the Park, with general recreation at Boulders Beach and penguin-related tourism at a penguin reserve area around Foxy Beach. Intensive management is appropriate given the modified nature of the habitat and the constraints placed on the colony. Limits should be set on human activities, especially within the penguin reserve. Domestic animals should be controlled throughout the Park, and not allowed into the reserve. Feral cats and dogs should be killed. Consideration should be given to trapping and removing natural predators if predation becomes a problem.

The best management option to constrain penguins at Boulders probably is to wall the colony within a penguin-proof wall. It may be necessary to move all birds that come ashore outside the wall into the walled area. Birds can be discouraged from breeding outside the walled area by clearing dense cover. Within the Park, most penguins should be encouraged to breed in the reserve area by supplementing natural nest sites with artificial burrows, and by limiting human disturbance and predation within the reserve while allowing a broader range of activities (including research activities that require birds to be handled) in the area outside the reserve.

Management of the penguin population at Boulders cannot be viewed in isolation from the broader conservation management of African Penguins. Attempts should be made to compensate for the limits placed on the Boulders population by using resources generated by the Boulders colony to promote other colonies of African Penguins.

Simon's Town's First People

The details are vague, but there is no doubt that the first people to have walked along the shores of Simon's Bay were there at least half a million years ago. These were people of the Earlier Stone Age - advanced enough to walk upright and be members of the genus *Homo*. Their brain capacity was less well developed than ours but they were very capable of finding their own food. Their stone tools, buried under soil and rubble above the main road between Seaforth and Froggy Pond, are all that is left to remind us of their presence. It is a sobering thought to imagine how little evidence of our lives would remain after the same time span. In fact, so little has survived the forces of erosion through the ages that there is no evidence that Earlier Stone Age people ate fish or shellfish, although we can surmise that they hunted game and collected plant foods.

About 120 000 years ago, people of the same species as ourselves, *Homo sapiens*, were living in South Africa. We don't know what language they spoke, nor what they called themselves. We don't know the colour of their hair, eyes or skin. What we do know is that these Middle Stone Age people were living at Peers Cave and other sites in the vicinity of Simon's Town and were eating shellfish and occasionally fish. They continued to rely on stone tools to help them with hunting and gathering their food.

It is the Later Stone Age shell middens dating to within the last 5000 years that are the most common evidence of indigenous people along the False Bay coast. An excavation in a cave at Smitswinkel Bay in the 1970s by archaeologists from the University of Cape Town showed that people were living there at least 1450 years ago, nearly a thousand years before Dias and Da Gama rounded Cape Point. Commander C.C. Gracie, a British archaeologist, was stationed at Simon's Town during the Second World War. While walking along the coast between Glencairn and Froggy Pond he mapped half a dozen places where he found stone tools, ostrich eggshell beads and other ornaments, and food remains, near to rocky shores. His finds, and others in the region, provide evidence that Later Stone Age people used bows and arrows, fishing lines and sinkers, digging sticks weighted with bored stones and ingenious traps made of wood and

twine. They painted images on the walls of rock shelters, decorated ostrich eggshells to use as water flasks, made bowls out of tortoiseshell and buried their dead in elaborate graves. Caves and rock shelters, like the ones at Smitswinkel Bay and Peers' Cave, were sometimes used for shelter, but most of the time they made windbreaks with bush and grass stacked against a frame of sticks.

From information recorded by Europeans at the Cape, the people who practised a hunter-gatherer lifestyle were known to Van Riebeeck and others in the seventeenth century as the Sonquas or Soaquas. Later called the Bushmen, the word now in common use for them is the San, a Nama word meaning people who forage for their food. It is pronounced with a long 'a' sound, Saan. Although San has negative connotations (like the word Gipsy, it can also mean a vagabond or thief), it is preferred to the term Bushman. The San did not migrate here from somewhere else, but were the descendants of the thousands of generations of Middle and Earlier Stone Age people who lived here before them.

About 2000 years ago, some hunter-gatherers of San ancestry in Botswana acquired domesticated sheep and cattle that had been brought into their region by Bantu-speaking Iron Age people from central and eastern Africa. They began migrating slowly southwards and had reached the Cape Peninsula and the False Bay coast a few centuries later. They brought with them a distinctive style of earthenware pottery to store their dairy produce. They have been variously called the Quena, Hottentots and Khoikhoi. The term preferred today is Khoekhoen, a Nama word meaning 'people'. It is pronounced 'khwe-khwen', not 'cuckoo'.

The ancestry of the original inhabitants of Simon's Town, then, was exclusively Khoisan, a term constructed by anthropologists in the twentieth century to describe the San and the Khoekhoen collectively. The term 'Strandlopers' was another European construct. It was used by Jan van Riebeeck in his diary for the first few years after his arrival to describe groups of people who congregated around Table Bay to act as middlemen for the purchase of sheep and cattle by Europeans from Khoekhoen herders. The 'Strandlopers' were not a distinct tribe or ethnic group, but

the word is so descriptive of a coastal lifestyle that it has become firmly fixed in our local vocabulary. There were no Bantu-speaking people at the Cape at the time of European contact. They had been living in the eastern half of the country since about AD 300 but had not moved westwards of Port Elizabeth because they were dependent on summer rainfall for their crops of sorghum and millet and because there were no sources of iron ore in the west.

The first European description of the people who lived in the vicinity of Simon's Town was that of Augustin de Beaulieu in 1620. Like many others of his time, he looked down on the Khoisan as "savages", not taking the time to learn their language or to acquire their knowledge of their environment which had enabled them very successfully to live off the land without having to domesticate either plants or animals:

"The people who live near the point of the Cape are, in my opinion, the most wretched savages that up to now have been discovered. They know nothing of sowing, they possess no contrivances for ploughing or cultivating the soil, they cannot fish and they would not venture their feet two paces into the sea. ... Their common food is a root, white and about the size of a small chestnut, with a stalk like a leek's, only narrower and not dentated. It bears a white flower and its taste is not unpleasant. They go along the shore seeking shellfish. Should they light upon a dead whale or other carcass, they make a hearty meal of it, however putrified it may be, after roasting it a little."

The Khoisan used many plants with underground storage organs for their staple food. The 'root' that De Beaulieu describes could well have been the corm of the *Watsonia* which grows wild on the Cape Peninsula. Both the San hunter-gatherers and the Khoekhoen herders used to 'farm' the *Watsonia* by burning the veld to promote the growth of new corms. The large quantities of shellfish in shell middens show that the Khoisan were not afraid to get their feet wet. The most common species are perlemoen, limpets and brown mussels. A rock shelter excavated at Bonteberg on the west coast of the Peninsula even included the remains of crayfish. The fact that Later Stone Age people were not afraid of the water is also evident from a tidal fish trap that was built in pre-colonial times

about 1 km from Bordjiesrif, south of Simon's Town. Such fish traps require regular maintenance of the stone walls below the high water mark and specialised knowledge of the habits of the fish, the tides and the phases of the moon.

Apart from providing information on the lifestyle of the indigenous people of the Cape, archaeological investigations have also given a wealth of information about changes in past climate and vegetation. Over the past two million years there have been regular cycles of warmer and cooler global temperatures as a result of predictable changes in the amount of solar radiation received by the earth. Each cycle has lasted approximately 100 000 years, with about 10 000 years of this time being as warm or warmer than at present, and the other 90 000 years being cooler. The warmest time in the last glacial cycle was on average about 3 degrees C higher than at present, while the coldest was 5-6 degrees C lower than at present. One of the effects of colder climate was to freeze vast quantities of water from the oceans as ice at the north and south poles so that the sea level dropped worldwide. At the time of maximum cold in the last glacial about 18 000 years ago the sea level dropped by as much as 130 m. This would have drained False Bay and placed the coastline out of sight of Simon's Bay. Temperatures were at their warmest about 5 000 years ago. The sea level then was 2-3 m higher than it is at present and would have destroyed older shell middens along the coast, explaining why the evidence for Middle Stone Age shell middens is so rare. The presence of Earlier Stone Age artefacts in the Fish Hoek valley confirms that this band of sand remained well above sea level throughout the time that people have been living in the vicinity.

NOTE: All archaeological sites are protected by the National Monuments Act (Act No. 28 of 1969). It is an offence to disturb, damage or remove anything from such a site, be it an artefact or a bone or shell, without a permit from the National Monuments Council.

Janette Deacon

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Take Your Medicines and "Eat It"

Taking prescribed medicine, could arouse feelings in the patient ranging from thankfulness (that their problem is now being sorted out) to a feeling of despair and resentfulness. Often this is exacerbated by ignorance and poor communication between doctor, patient and pharmacist. In these few paragraphs I hope to encourage more dialogue and understanding and also make some suggestions which might be useful.

Questions and Answers - Firstly, remember that if you ask a question you feel but a fool for a moment, however if you do not ask, you might be a fool for life (even a dead or a very sick fool - where medicines are concerned). Please feel free to ask you doctor or pharmacist any questions you wish about prescribed medicine - it is your body and your money is being used to treat it.

Can You Read? - Follow instructions as religiously as possible, they are given for a purpose. Drugs' mechanism of action and properties etc. are all things that the original pharmacologist researched and therefore its action can only be predictable once the instructions are followed. For instance some drugs have to be taken with food to enhance its absorption into the systems; others before meals in order for it to facilitate proper metabolism (e.g. certain anti-diabetic medicine) and yet others have to be taken after a meal (e.g. anti-inflammatories) to protect the stomach lining. There are some antibiotics which should not be taken with any form of calcium-rich food (e.g. milk) 2 hours before or after taking the medicine, since the calcium prevents the drugs absorption.

Don't Miss Out! - Do not skip a dose or run out of medicine. Many medical conditions are very dependent on the compliance of the "pili-popper" e.g. hypertension, diabetes, asthma, epilepsy etc. In many of these conditions, skipping a dose (or running out of medicine for a few days) can have disastrous effects e.g. stroke (due to uncontrolled hypertension); severely raised sugar levels with many complications; a severe life-threatening asthma attack or an epileptic convulsion.

Know Your Medicine - There are millions of "little oval pills" or "boat-shaped white pills" all with very different ingredients. If you can remember "Stuyvesant" or "Bold and the Beautiful" then you can remember "Tritace". When you are fortunate enough to be on plenty of "pille en brille" (pills and glasses) then have a handy piece of paper in your wallet / purse with your list. You never know when this could save your life.

Don't Mix Your Drinks - Whenever you consult a pharmacist or doctor, make sure that they are aware of any other medication that you might be taking. Two or three of the wrong ingredients might clash

heavily and make you feel worse or be dangerous and you can only blame the "quack" if he has knowledge of your other "little habits". Should you purchase over-the-counter medicines and be on chronic medication, also check with your doctor or pharmacist.

Allergies! - Always wear a bracelet if you have any allergies to medication. Without this, a potentially life-threatening situation can become a catastrophe.

Note on Generics - Generics are medicines produced by a company other than the one originally responsible for the research and development. Sometimes it is the same company or a sister company. They are mostly of good quality and the same ingredients are used, but as with all things, there are also poorer products. Your doctor and pharmacist will be able to lead you as to the better options in generics. They are necessarily inferior to the original and can in many instances save hundreds of rands.

Trust - Have trust and faith in your medical professionals whom YOU choose, and should you have uncertainties in your mind, discuss them and also know that they have your best health in mind.

Greetings in health, Get-a-fix



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Simon's Town Museum News

Have you noticed a small brightly coloured train travelling along the lines to Simon's Town, or standing at the station and wondered what it is all about? Well, it is Metrorail's "Edutrain" and it brings 200 children, mostly from schools in the disadvantaged areas, to Simon's Town Museum and the SA Naval Museum virtually every week during the school terms.

The coaches on the train are furnished as classrooms and en route to Simon's Town the children are told what they will be seeing and who will be talking to them. They are also taught safety rules for travelling on trains. Once they arrive at the Museum either a staff member or a volunteer will present a talk with slides on Just Nuisance, Whales or Penguins. On the return journey the learners have to complete a questionnaire based on what they have learnt at the Museum.

On Friday 17 April 1998 the Edutrain celebrated its First Birthday. The management of Metrorail, representatives of the Western Cape Education Department, The British High Commission, Woolworths,

Old Mutual and various other organisations arrived on the Edutrain with 32 children. To the sound of "Happy Birthday", played by the SA Navy Band they were welcomed to Simon's Town by the Deputy Mayor, Ms Felicity Purchase, Captain Tony Absolom, SA Navy, Ald Harry Dilley (Board of Trustees, ST Museum), Capt Terry Korsten (ST Historical Society), Mr Peter Fewell (ST Publicity Association) and the Curators and Staff of the Naval Museum and Simon's Town Museum.

A procession, led by the Navy Band proceeded from the Station to Simon's Town Museum where a celebratory tea was held in the Courtyard with a talk on Whales for the children in the Museum garden.

It was a wonderful morning and we wish the Edutrain many more years of providing students with the perfect way to experience outcome and resource based learning to implement the new Curriculum 2005 for schools.

Cherry Dilley, Curator



SIMON'S TOWN COASTAL PROPERTIES

126 St George's Street, Simon's Town 7975

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082 895 9099 a/h

Beaulene Charijs
082 411 9903 a/h

Henda Barnard

Simon's Town Home Nursing Service (S.H.N.S.)

The S.H.N.S. opened its doors for business on 3 August 1992.

The aim of our service is to provide care for any member of the Simon's Town area. The care provided ranges from basic nursing; convalescent care; domestic assistance up to and including full 24 hour coverage.

Our home carers all do either the St. John's Home Nursing Course or the Red Cross Course, and are supervised by four fully qualified and registered Nursing Sisters, one of which is on duty 24 hours a day. Tel: phone: 082 807 3439.

We run a clinic at Simon's Bay Estate every Thursday from 10am - 12pm, at any other time an answering machine will take your message or query and we will then reply as soon as possible.

Many unwell elderly people will require care at home stage or another. We can provide this in the comfort of your own home at a very competitive price.

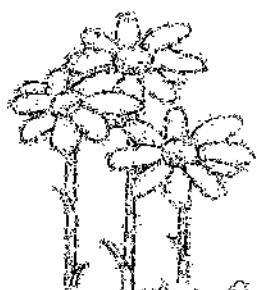
All our Home Carers rely on public transport which can be very late, particularly on weekends and public holidays. The Sister on duty will then have to transport the Home Carer to and from the patient to the station. We have 143 part time members belonging to the Service at present. The subscriptions paid by our members pay for the day to day running of the Service eg. Sisters' remuneration, cost of cell phones and answering machine, registrations and insurance, bookkeeper and other requirements.

Our motto is "Peace of Mind" - so join up, pay up, and live it up!!

Simon's Town Home Nursing Service
P.O. Box 7
Simon's Town, 7995

Sister D. Swartz: office answering machine
786 742, fax: 786 3303 or cell: 082 807 3439.

Crazy Daisy



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Anne's Curios

T-shirts, Caps, Ceramics
St George's Street. Tel: 786 3819

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View by appointment only -
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32 Disa Road, Murdoch Valley. Tel/Fax: 786 2433

Bloomers

Art, Antiques / Coffee shop
Amanda Bishop, 242 Queens Road Seaforth
Tel / Fax: 786 1810, E mail: bloomers@new.co.za

"The Collectors Room"

Deborah Lunderstedt,
3 Hope St, Simon's Town
Fine art, Specialising in seascapes and ethnic art.
Tel: 786 3248, Fax: 786 3356

John's Collectables

John Mackenzie, 60 St George's Street
Tel / Fax: 786 3121

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St George's St. Tel/Fax: 786 1544 / 786 1960
Gifts, Arts & Crafts

Lindi Loxton - Creative Sewing

Lampshades, clothing, including soft leather 1
Chapel Lane, Simon's Town. Tel: 786 2296

Lindi Loxton - Silk Screening

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1 Chapel Lane, Simon's Town. Tel: 786 2296

Now and Then

Gifts, Souvenirs, Wall plaques
5 Cotton Road, Simon's Town. Tel: 786 3111

"Upstairs"

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Fabric painting, ceramics, interiors, gifts
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ATTORNEYS

Andrew Duncan & Associates

106(c) St George's Street.
Tel: 786 1583, Fax: 786 1584,
e mail: adduncan@1africa.com

Travis R Howells

121 St George's Street, Simon's Town.
Tel: 786 1542, Fax 786 1136,
e mail: cbjohnst@global.co.za

BAKERIES

Brad's Bakery

90 St George's Street. Tel / Fax: 786 2412

BOOKS AND STATIONERS

At Ease Book & Stationery

90 St George Street. Tel: 786 1374. Fax: 786 3905
Toys, Books, Magazines, Stationery, Cards

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Bookshop, second-hand books
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Alcoholics Victorious

Help for substance abuse victims
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P O Box 106, Simon's Town. Tel: 786 1981

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John S.G. Mackenzie
Dealer in all collectables

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Tel: (021) 786-3121 (Bus)
(021) 789-1250 (A/h)
Cell: 082 951 3531
Fax: (021) 786-3121

We Buy and Sell

- War Collectables
- Postal History
- Railway Collectables
- Old Toys • Nautical Items
- Valuables • General

Rev Kelly Kosky
Simon's Town RDP Forum
P.O. Box 111, Simon's Town
Tel: 708 2543 Fax: 708 2582
E-mail: kellyk@simonstown.co.za

CONSULTANTS / ADVISORS

New South Africa Consultants
Suzanne Parker
P.O. Box 601, Simon's Town 7800
Architectural, Project and Facilities Management
Tel/Fax: 708 2562

DIVING

Adventure Diving SA
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E-mail: addsa@iafrica.com

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E-mail: paradise@iafrica.com

DOCTORS

Dr Steven van der Merwe
145 St George's Street, Simon's Town
General Practitioner, Specialising in Allergies,
Nutrition
Tel: 708 1652 Fax: 708 1652
E-mail: drstevens@iafrica.com

ESTATE AGENTS

De Kock Housenel - Simon's Town
15 Quayside, St George's Quay
Siyon auctioneer and Estate agent
Tel: 708 1612 Fax: 708 1612
Email: dack@netnet.co.za

Gladys Dillay Estates
114 St George's Street, Simon's Town Fax: 708 2002

Heather Lynderside
91 St George's St, Simon's Town
Selling, buying, letting Properties Simon's Town
area. Tel: 708 2504 Fax: 708 2550
E-mail: heather@iafrica.com

Nade Porter Estates
132 St George's Street, Simon's Town
Tel: 708 3947 Fax: 708 1218

Recky Elk - Simon's Town
42A St George's Street, Tel: 708 1655 Fax: 708 2004

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Our Sunday Collection presented next to our main menu

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Green Starched Fish, Potato, Peas Sprouts & Mushrooms	Rich & Tasty Beef & Wine Sauce served with Wild Mushrooms & Peas	Meat & Fruit Pudding
Roast Chicken with Potatoes Light & Tasty Vegetables	Crunchy Chicken Kiefters spiced with Sausage & Corned Beef vegetable & onion sauce	Ice Cream
Garlic Bread, Beef & Mushroom in Potato Basket	Marinated Grilled Steak served with Sausage & Corned Beef	Homemade Chocolate Sauce
Minister Wine Sauce	Spinach Crepes served with Sausage & Corned Beef vegetable & onion sauce	Spiced Apples
Asian Market Style Soup	Spiced with Sausage & Corned Beef vegetable & onion sauce	Cream Pudding
Onion & Mushroom Pudding	Spiced with Sausage & Corned Beef vegetable & onion sauce	Choux Puffs
Froggy Pond	Spiced with Sausage & Corned Beef vegetable & onion sauce	Waffles & Oreos
Simon's Town	Spiced with Sausage & Corned Beef vegetable & onion sauce	On a Plate of Chocolate Sauce
708 2543	Spiced with Sausage & Corned Beef vegetable & onion sauce	Only 10 minutes per night
	Spiced with Sausage & Corned Beef vegetable & onion sauce	Frankie's Special
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Holloway, 178 Glen Road, Glencairn Tel: 782 3446

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e mail: lange@global.co.za

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Tel / Fax 786 3775. E-mail: www.centralhotel.co.za

The Four Admirals, Self-catering
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Simon's Town. Tel: 786 1438 Fax: 786 1440

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Cape Point Pharmacy
Norman N Dubowitz, 112 St George's Street.
Tel/Fax: 786 3636

Simon's Town Pharmacy
Trish Inggs,
102 St George's Street, Simon's Town.
Tel: 786 2133. Fax: 786 1151.
e mail: linkstp@lafira.com

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Kodak Express Shutterbug Shop

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Simon's Town.
Tel: 782 5865 / 782 3179 /
Cell: 083 7539780. Fax: 782 3179

RESTAURANTS

Blue Bayou Theatre Cafe

Cutty Sark Lane (Right of No. 82)
Tel / Fax: 786 3798.
E mail: bluebayou@interkom.co.za

Cafe Pescado

Criterion Centre (Opp Jubilee Square),
St George's Street. Tel: 786 2272 / 786 3460
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Discovery Tours. Tour Operator -

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e mail: arudman@interkom.co.za

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Self-improvement / Development

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Forthcoming Events May - July 1998

1. SIMON'S TOWN MUSEUM MARCH - MAY SAS (Colon) Gathered ROCK ART EXHIBITION

WALKING TOURS of "THE HISTORIC MILE" The exhibited places of Simon's Town.

MAY 18
INTERNATIONAL MUSEUMS DAY
Open Day with free entrance.

JUNE 10 ANTARCTIC EXPERIENCE. A talk with slides by Captain Tony Abbott, former Chief Commanding SAS Outeniqua. Time: 17h30. Price of R8.00 per person includes complimentary glass of wine. To book, please telephone 796 8046.

JULY 10 TWO OCEANS AQUARIUM. A talk with slides by Prof Mike Butler, Director of the Education Trust at Two Oceans Aquarium. Time: 17h30. Price R8.00 per

person. Includes complimentary glass of wine. Please telephone 796 8046 to book.

2. FRIENDS OF SIMON'S TOWN COASTLINE MAY 23

ALIEN VEGETATION HACK ALONG THE COAST AND INDIGENOUS RE-PLANTING. 09:30 in case of rain the hack will take place on 30 May. Venue: End of Links Crescent. All those with tools please bring them along; we have a small supply. The hack will end at approximately 12 noon.

3. MAY 30 OPEN DAY - HAPPY VALLEY HOME.

10:00 Please see notice for further details.

Please let us know of any forthcoming events you would like publicised. Deadline: 6th of the month. Contact Pat Lochhead, Simon's Town Publicity Bureau. Telephone: 796 2438