

SNOEKTOWN CALLING

Vol 1 Issue 9

12 OCTOBER 1998



Sponsor for October - Ted and Annette Milne

Editorial

Success at last, as regards the issue of new ID documents - in Simon's Town on Friday 16th October - thanks to the efforts of the Simon's Town branch of the Democratic Party. Specific details are given separately, elsewhere in this issue.

There exists much misinformation about the extent and degree of pollution in False Bay. I have requested our Ward Councillor to identify the relevant authorities and Fora concerned with pollution control and monitoring in the Bay; our concern is of course general, but in particular the situation in Simon's Bay. In due course I hope to publish a review article that will identify such pollution in a meaningful perspective.

Now, the cultural event of recent time - referring of course to the Inaugural Concert "Pro Musica Divina", held in St Francis

Church. It was ambitious, brave, and I should say, stunning, for an audience of over three hundred. Congratulations to Steve van der Merwe, who organised the show and conducted the orchestra.

Also in this issue are two accounts of gardening experiences in two contrasting environments: the one in coastal Zone 1 and the other in Zone 3 - the hillside slope above the 60m contour. In due course I hope to publish a consensus as regards recommended plants - indigenous and exotic - for the three zones. Now be careful out there!

Reg Loxton, Editor
2 Chapel Road. Tel: 786-1750



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False Bay: Pollution and Protection 1998

A scientific symposium under the auspices of the Royal Society held in September 1998 drew attention to the increasing pollution of the coastal zone of False Bay, largely because of the stormwater and effluent flow into the Bay.

I attended this symposium and arising out of the information presented, submitted a report to the then Simon's Town Council which resulted in a proposal for further studies, coordinated management between the various authorities and ultimately complete protection. In fact False Bay has no legal status at an entity. Much valuable information on various aspects e.g. pollution, bird and marine life, currents etcetera has been collected and presented to a variety of authorities, but no single authority bears overall responsibility.

False Bay is a shallow water environment. Cold Karmants are driven into the Bay by the South Easter. The water in the Bay can be changed in a period of 1-2 weeks but similar patterns or cells can last much longer. Studies appear to show that the water moves clockwise, with two North West and anti-clockwise with the South East winds. Water in the surf zone moves left and right and not out.

Bottom-net fishing has not taken place since the 1940's and purse seine fishing stopped in 1982. At present there are still some jack net fisheries operating, two in Simon's Town.

There are a number of stormwater and effluent outlets into the surf zone. Effluent from Marine Oil Refineries is monitored by the Department of Water Affairs. It is rich-toxic but apparently high in oxygen demand. The effluent from Simon's Town sewage works is also monitored by Water Affairs and is released through a pipe near Lower North Battery quite some distance from the shore. It must be remembered that Simon's Town

sewage was released untreated into the sea up to the 1970's when the treatment works was built. In many areas of Britain this is still the case.

Rapidly escalating urbanisation and extension of hard surfaces has led to increasing volumes of noncontaminated stormwater runoff into the Bay. Attempts to handle this form of pollution are limited. Khayelitsha has overflowed on a major occasion which leaks into the Bay. Tests show that pollution input into the surf zone remains in the surf zone. Stormwater effluents can contain major pollutants such as oil, viruses, bacteria, etcetera from their respective catchments. Retention ponds have been established in some areas to allow natural processes to reduce bacteriological contamination.

Heavy metals such as lead and cadmium have been found in the Bay. "Red tide" is a foreign organism which is present also. So

Apology

To George and Anita,

What say I say? My apologies for the typing error mentioned below which caused you both considerable embarrassment.

Kim at the Printers.

Corrections

Business Forum Report back. Apologies from printers for typing error. "Crime has increased since George has been appointed" it should read "Crime had decreased". This is not a error of the writer but the printers.

Inaugural Concert of Simon's Town Pro Musica. Diva Soprano was Shierling Fetherston not Juliana Young.

called "brown-water" within the surf zone, often seen at Sunrise Beach is not pollution, although it looks unpleasant. It is caused by dense aggregation of a diatom phytoplankton species and is not at all dangerous.

The False Bay Water Quality Committee, now known as the Coastal Water Quality Committee, was established in 1990 to co-ordinate and liaise between local authorities and provincial and central government departments. With the reconstruction of local government in the Western Cape the Cape Metropolitan Council has become the authority responsible for bulk water and waste treatment and management. An annual report on its activities, sites and test samples is issued and will be available shortly.

Although much has been done by some very dedicated people to understand and protect this important natural resource, very much

more remains to be done. It still remains necessary to devise an holistic management plan for False Bay which reconciles the realities of urbanisation, recreation and conservation.

This plan should also include the catchment area; reconciliation of the Bay as a waste sink and recreational amenity; rational and sensible land usage around the Bay now seeing a massive expansion of urban development; recognising housing and recreational needs; maintenance of ecosystems and last but not least, recognition and protection of its magnificent scenic beauty.

*Alderman (Mrs) N. Holderness
Ward Councillor: Ward 22;
South Peninsula Municipality*



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Simon's Town Ratepayers' & Residents' Association - Vision 2000

As you may know your Committee is preparing a vision for Simon's Town for the year 2000. We believe the following are some of the areas it will focus on. However, it is up to us as Ratepayers to pull the whole thing together and without your input the project will be of little worth.

For a start we must focus on having clean coastal waters! If the surrounding bay waters are unclean or perceived to be dirty, any tourist potential will die a sudden death. It is also our entitlement that our beaches should be kept clean and the waters fresh and sparkling. At present few residents are prepared to venture into the waters. A system should be put in place for regular testing of the waters. Reports should be carried in local newspapers each week as to the contents of the waters as tested.

Simon's Town must be spruced up. There are numerous buildings in a state of decay. In particular many Navy buildings are decrepit. Debris lies all over the place. We should arrange for work parties to clean up these areas.

Insofar as the Navy is concerned, the prime question is the need for all barbed wire around. The Navy should submit a proposal as to which walls it can lessen in height so that there is a view of the sea from the entire CBD area. The historic buildings within the naval dockyard should be opened to the public. Small traders should be encouraged within the area. A study should be done on how British Naval dockyards have opened to members of the public i.e. Falmouth, Dartmouth etc.

A twining of naval towns should be considered with so that there is constant interaction between the two Naval towns for the further benefit of each.

Simon's Town should otherwise be beautified. The SPM should allocate a budget for the planting of trees in all parking areas on a massive scale. The local 'unemployed' population should be empowered by being asked to help plant trees and to keep tourist destinations clean, i.e. Jubilee Square and general parking areas around yacht club.

There should be a plan for access of the general public to the water for launching of boats.

There is a great collection of skills of retired people within the town that should be offered to and used by the Municipality.

Discussions should be held with the Municipality as to how the residents of Simon's Town can take charge of their own affairs and form direct liaison with SPM to

NAME:

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further Simon's Town's interests. This would include traffic organisation, which will become more and more congested and chaotic.

These and many other concerns should be thought about. Please tell us you thoughts. Please join the Association if you live in Simon's Town (or are a ratepayer) by completing and returning this page with a cheque for R25.00 to our Postal address. A box will shortly be installed in Union Street (next to the Notice Board) where your comments and communications would be welcomed.

Without you, we (and you) are powerless.

If you have any queries please telephone us: Andrew Duncan at 786 1701 or Bruce Parker at 786 2955 or write to us at P O Box 47, Simon's Town, 7995

Andrew Duncan
Chairman, Simon's Town Residents'
and Ratepayers' Association

Property Watch

1. Current Applications

The six departure applications mentioned in Property Watch last month are still being processed by the SPM Municipality, at present. The details are as follows:

1.1. Departure to Relax Street Building Line applicable to Erf 4075, Glencairn Heights, Simon's Town. The objections received were forwarded to the applicant, whose responses are still awaited.

1.2. Rezoning of Erf 267, Glencairn, Simon's Town. The applicant has requested that this application be pended.

1.3. Rezoning and Scheme Departure of Erf 3590, Simon's Town, (Quarry Road). This application is scheduled to be tabled at the Urban Planning Committee meeting on 12 November 1998. Some objectors have requested to attend the council meeting on

12 November to present their case, despite the apparent general acceptance of the redesigned proposal at the public meeting on 29 July 1998.

1.4. Redevelopment of "The Pantry" on Erf 3403 in Queens Road, Seaforth. The concerns of the objectors appear to have been dealt with by the developers. However, the requested departure to reduce the number of off street parking bays from 10 to 5 has met with resistance from the provincial government's Department of Transport. This aspect must be resolved before the SPM will continue with processing the departure applications for this development.

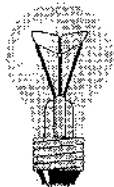
1.5. Rezoning, sub-division and scheme departures have been applied for on Erf No 4350 in Glenhurst Street, Welcome Glen. Two objections were received and have been referred to the applicant's Town Planning consultants for responses.

1.6 Application to sub-divide Erf No 2306 in Camilla Street, Glencairn Heights. This erf is zoned single residential. Responses from the surrounding owners should have been submitted by 22 September 1998. It could not be established whether any negative responses had been received. However, the road access to the proposed subdivision is being investigated by the SPM.

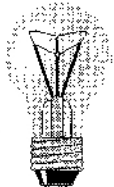
2. Other Property Matters:

2.1. Bayview Heights, Simon's Town: The current application to rezone to single residential and to subdivide the property is still pending. The opinion of senior counsel was discussed at a recent meeting of the SPM's executive committee. The SPM's legal manager advises that a letter of demand for retransfer has been sent to the developers who have declined to comply with the demand. Council's attorneys are presently drawing up the necessary papers to proceed with the matter.

2.2 Highlands Development, Erf 967, Simon's Town: The application for departures on this property have been approved by the Provincial Government subject to certain conditions, one of which



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specifically refers to the approved site development plan which shows eight individual housing units with garages. The "Highlands Group" is not in agreement with the approvals and will continue its effort to obtain a fair and equitable hearing of its objections to the proposed development and ensure that the SPM and the Provincial Government are held fully accountable for their actions in respect of the proposal.

2.3. Inquiry into the Building Survey and Land Use Development Directorates: The Simon's Town Ratepayers and Residents' Association responded to the SPM's invitation to make a submission to this inquiry and the new Chairman, Andrew Duncan, and the writer appeared before the Inquiry commissioner on 28 September 1998 to present oral evidence in support of the written submission. A number of other concerned residents of Simon's Town also appeared before the commissioner on that day. Obviously, no conclusions are available, at this stage. But this will be followed up and when there is more definite information to impart, it will be reported here.

2.4. Wharf Street. Work on the upgrading of Wharf Street and the new parking area alongside the municipal jetty is in progress. A spokesperson for the developers of "Quayside" said the work had been delayed by structural complications encountered with the removal of the top of a sump. These have been resolved and the work is in full swing with the goal of achieving completion and opening the new parking area by the end of October 1998.

Bruce Parker,
Simon's Town Ratepayers'
and Residents' Association

Issue of New ID Documents

Thanks to the efforts of the Simon's Town branch of the Democratic Party, it has been arranged that applications for the new bar coded ID Documents will be processed on Friday, 16 October between 09:00 and 15:00 at the Town Hall in Simon's Town. Local residents are urged to make use of this opportunity to apply for their new bar coded ID documents here in Simon's Town as this concession is unlikely to be repeated.

Simon's Town Bowling Club

Opening Day of the 1998-99 season is on 24th October, commencing 1.45pm at **Simon's Town Country Club**, Main Road Froggy Pond.
Tel: 786-1233

The Country Club offers a bar and excellent catering for breakfasts, teas, lunches and light suppers. Prices are very reasonable. (Catering closed on Mondays).

For further information please telephone June 786-3166, Patricia 785-3487, or Ron 782-5096.

Business Forum News

Firstly we need to put the record straight concerning our Bobby on the Belt dramatically "increasing" the crime in the CBD. George, you know only a grand's taking in this printing press could make such a flux pos. With the new look summer uniforms (generously sponsored by Chubb Security) and the new slip line George, I guess, thought the Chubbsters had come to town. Most principals will take fright very quickly with George and Cassie speeding after them on their racing bikes! Please remember to sign the letter at Simon's Town Pharmacy to indicate your support of our bobbies. Grateful thanks to Dorothy of Simon's Town Pharmacy who runs around for a few days at the end of every month collecting contributions and seeing that George gets paid onecously. Consider making her task easier by using a debit order to pay your contributions.

Work on Wharf Street seems to be progressing at snail's pace with maximum disruption to surrounding businesses and their efforts as well as residents. One wonders whether the SPM should not consider including penalty clauses for settlers of development which affect our ratepayers. If by once this parking area is completed, say, we really appeal to traders to utilise the Dale Point parking area. It would also be good if traffic officials could enforce the 30 mph parking zone in front of Quayside, especially on Saturdays and Sundays. Unfortunately we never see them when we need to!

There has been much discussion about where the car security notices on Union Street should be positioned and it was decided that fixing it to the sides of one of the buildings would be the least expensive and disruptive option.

There have been further complaints about uneven paving. This needs to be seen to as soon as possible as we want to encourage our visitors to enjoy walking in the town.

There are also requests for Youth Club members and visitors not to park trailers in the Core Point area. This takes up much needed bays and an area has been made available for them in the Naval Dockyard.

All those who attended to the Simon's Town Pro Musica Chorus inaugural concert will agree it was a wonderful evening. Congratulations to Steven and Anita for putting it all together and I hope we can look forward to many more.

Very best wishes to David and the team on the opening of their new venture. If the party was anything to go by, we can all expect great things from Sam and his team.

With regards



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Down the Historic Mile

What a gemors in Wharf Street, complained Stoffel Boesman at a recent SLAP meeting; the whole place has been dug up, and it's not safe to walk down there. And while they were busy, why couldn't they square the end off next to the town pier?

It was agreed that there was no way of making sense of the workings of the mind of a staat amptenaar; like with the red stripes across the main road - nothing is happening there, and perhaps we will have to wait until somebody gets killed thinking the red stripe is the proper place to cross the street!

Schultz stood up and everyone kept dead quiet because when Schultz stood up things could get a bit rough. You see Schultz grew up in Germiston where he was known as a real BREEKER in a town well known by the nickname of "slaan mekaar". Anyway, Schultz complained that there was someone in town defacing benches with graffiti, words such as "I was here", neatly printed in paint. It was resolved that Schultz would check this out, so whoever this okie is he better watch out because Schultz won't mess around!

Clara Fijnbosch reported on the musical "do" at the Anglican Church Saturday last. It happened that members of SLAP had seen the poster at the Dok's notice board in Union Street and of course Clara Fijnbosch had to pass on the news to her aunt Constance Nienaber from Wynberg. Of course Aunt Constance immediately bought herself a ticket because with such a grand title: "Pro Musica Divina" she couldn't afford not to attend - her reputation as a lover of fine cultural things was at stake. As for SLAP, well we didn't have that sort of money, so a small group assembled outside the church just before the music started.

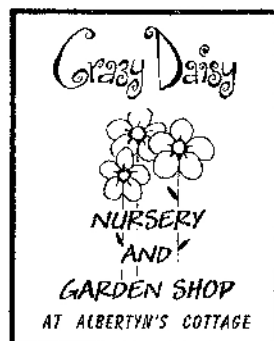
Indeed it was probably better outside than inside - the sound was better and what about

the discomfort of those hard seats on the benches. Unfortunately we couldn't hear a word of what Dr Steve van der Merwe had to say, but we believe half the audience couldn't either - something to do with a pap battery. Aunt Constance said it was grand and a great emotional experience, and something surprisingly new for Cape Town. But Aunt Constance was upset by audience applause at the end of each movement of the Handel Concerto. No sir, no applause please, Aunt Constance said, in Wynberg we know better. Harold Hardekop suggested instead of applause we should say "hoor hoor". Aunt Constance gave Harold such a terrible look that he walked away to find something else to do.

And so it goes in Simon's Town these days, lots of strange things happening.

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N.S.R.I. Station 10 Simon's Town Base

Monthly Letter October 1998.

The summer is almost upon us and the incidence of events at sea begin to increase and accidents at sea tend to occur. Perhaps one should pause now and look back at the overall record of the National Sea Rescue Institute. To date crews have conducted 8,930 operations, 1,522 lives have been saved and 13,492 people have been assisted by the organisation. The Institute boasts fifty rescue craft situated at twenty five rescue stations with over 600 volunteer crewmen and women on call twenty four hours per day seven days per week. There are also fifteen full-time workers. The legendary Mrs. Patty Price's concern for others is still the driving force behind the organisation and her caring approach is the motivation of all its volunteer members. The future growth and well-being will always depend on the support of the many people who are able to make safer use of the water due to assistance rendered by the N.S.R.I.

Unfortunately boats do not last for ever and need to be replaced after about fifteen years of service. This is presently the case at Station 10; our large rescue craft Caltex Star, which has been in service for sixteen years needs to be replaced within the next twelve months. The estimated cost of a fully equipped replacement will be in the region of about R400,000. The Caltex Star has been well maintained owing to the expertise of the Station 10 crews and should fetch a good resale price. The boat will only be replaced because of technical reasons as a vessel on continual call needs to be 100 percent ready for sea at all times and the hull strength must be completely reliable.

In view of our future financial commitments to replace Caltex Star we appeal to anyone who feels they may be able to help us to raise more necessary funds or who could put forward some innovative ideas for large scale fund raising to contact our Support Committee chairman Phil Ferreira at 7861663 or Don Dollery at 7861714.

One huge bother to us is that even though our State President Mr. Nelson Mandela endorses our efforts and exhorts us to continue our good work the Receiver of Revenue taxes donations heavily—so much so—that the N.S.R.I. is indebted to the tune of R232,000 for taxes on donations for the last tax year. It makes one wonder doesn't it? Enough of begging and bleating! I have decided that I will do pen-sketches of Station personalities every second month.

Station Commander's Report

Station activities in summary:-

A young boy was rescued in a dinghy from near the dockyard wall, he was in a state of hypothermia.

A house call was received regarding a capsized boat.

The Station mobile[4 x 4] was dispatched on various medical calls. This is now permitted that the mobile be used as an ambulance with lights flashing and siren etc.

On the fifth of September we entertained Chubb Security at a braai to thank them for the generous donation of our security system.

Portfolios of members have been allocated by the new station commander.

Mr. Denis Zimmerman is the new deputy station commander. He retains his membership on N.O.T.C. He has been congratulated by the chairman of the Support Committee.

A Basic Rescue course being attended by some station members in Athlone is being sponsored by the Support Committee in the form of a donation of R500 for petrol expenses.

The Station Mobile will be on stand-by at a fete at Kirstenhof Primary School.

The NSRI is extremely grateful to the members of the FBYC for their recent generous donation.

***Don Dollery,
Station 10 NSRI Support Committee***

News from Naval Base Simon's Town

SA Navy In Step With Our Environment: The Southern Right Whale

It is our hope that this whale, once known as the "right" one to kill because of its high oil and whalebone yields and the fact that it floated when dead, will now become the "right" whale to watch.

Although all nine of the great whale species of the southern hemisphere occur in South Africa's coastal zone, the animal migration of the southern right whale brings it closest to the shoreline of South Africa. As a result it has become the whale with which South Africans are familiar, and this increasing familiarity has brought with it the desire to know more about the animals they see, what are they doing here, where have they come from and, where do they go when they leave?

The right whale is a plump animal, reaching a weight of 90 tons from an 18m specimen, with a large head making up about a quarter of the total length. There are no throat grooves or dorsal fin.

The right whale commonly form groups of less than six in the warmer waters and this probably reflects a family unit. Little is known about their numbers when they penetrate south of the Antarctic convergence, and there is a similar dearth of information on the infrequently seen southern bottlenose and beaked whales. The pale colour of the callosities on the head of a right whale is not caused by the colour of the skin but, rather reflects a dense covering of what have been called "parasites", but should rather be termed "fellow-travellers" as they cause no real harm to the whale.

The right whales usually start to make their appearance in coastal waters of the southern Cape in June, and increase in abundance to reach peak numbers in August, September and October. Thereafter numbers decline,

with the last animals usually departing in January. However, "out of season" individuals have been seen in South African waters in recent years.

Calves are born over a four month period peaking in August. At this time females seem to select relatively sheltered bays with a gentle-sloping, sandy bottom. Where right whales go and what they do when they leave our coast, little is known about. In areas where kelp is found, whales will be seen within the outer edges of the beds where they appear to derive some kind of pleasure from the contact, which possibly releases loose skin and associated whale lice.

The size of the calves vary in length at birth from 4.5m to over 7m. Adult females range from 12.5m to 15.5m with an average of 13.9m. Adult males probably follow the pattern of most baleen whales in being a little smaller. The life expectancy of the southern right whale is about 50 years but some may live much longer.

SENSES

a. Hearing: Whales have well developed hearing, which is valuable in the poorly lit ocean environment where vision is less dependable. Portions of the whale brain dedicated to hearing suggest his sense is excellent.

Whales probably hear very well in the low frequency ranges but may lack the ability to hear high frequency sounds. Whales react to noises such as boat engines and camera clicking underwater.

Whales have a small external ear opening on each side of the head. Each opening leads to a narrow auditory canal that is completely closed by a wax substance reduced to a strand of fibrous connective tissue. The effectiveness of sound reception and hearing through the ear canal is unknown.

A foam surrounds the ear bones. This foam contains air. Air stops soundwaves travelling through water and tissue.

b. Eyesight: Because the ocean is often dim, whales have adaptations for vision in low-light conditions.

Their eyes are constantly bathed in water, there are no tear ducts but, glands at the outer cornea and eyelids secrete an oily substance which lubricates and cleans the eyes.

c. Tactile: Whales have sensitive skin, especially on the head and flukes.

d. Taste: The sense of taste has not been studied well in whales. Nerves and the area of the brain concerned with taste are present and there are taste buds on the base of the tongue, but their importance is unknown.

Whales are known to communicate with each other using a variety of sonar sounds. Some are also known to use sound to help them navigate and to find and identify food, a technique called echolocation. The use of sound by whales seems to vary among the various species, making it difficult for scientists to pinpoint potential interference caused by the environment during acoustic underwater tests.

Seafloor seismometer array are used to locate the whales and predict the level of ship and airgun noise at the whale. Whale vocalisations were recorded in Astoria, Oregon in August 1990 during airgun operations and these vocalisation patterns are compared to patterns recorded during times of relative quiet. From 12 days of data gathered in this experiment, transient oceanic sound levels from transform fault earthquakes and seafloor volcanic activity were often louder than those produced by airguns.

Whales and the SA Navy

Captains of SA Navy ships and submarines ensure that all sightings at sea of dolphins

and whales are logged.

Detailed information of such sightings are entered on a dolphin and whale sighting form. If no dolphins or whales are sighted while on passage, this fact is also reported. The Naval Liaison Officer based at the Maritime Co-ordination Centre, Silvermine, co-ordinates all reports of sightings and submits this information on a monthly basis to the Dolphin Action and Protection Group.

Regulations have been drawn up in terms of the Sea Fisheries Act, to protect whales. The regulations, which apply to any manner of craft/vessel putting to sea, navy or otherwise, forbid the following:-

- a. Shooting at any whale or dolphin.
- b. Approaching any whale, whether in a boat or any other floating craft, aircraft or helicopter to within a distance of 300m without an official permit.
- c. Stopping or lingering in a boat or any other floating craft, aircraft or helicopter within a distance of less than 300m from the whale, without an official permit.
- d. Failing to take reasonable steps to open to a distance of greater than 300m, in the event of a whale surfacing within that distance from the vessel, craft or aircraft.

In complying with these instructions to report the sighting of whales, SA Navy ships do not deliberately close on these mammals, but are to remain outside the required minimum distance of 300m. Any vessel observed within the minimum distance also have their names logged and included on the sighting report. The Dolphin Action Protection Group takes the matter further.

With regard to firing, the SA Navy complies with the following internal regulations:

- a. Whales are known to frequent False Bay annually and predominantly during the months from August to November. As far as possible ships and shore batteries are not to carry out firing in False Bay during the peak months of September until 15 November.

New Era for the Lord Nelson

The Lord Nelson Hotel in Simon's Town entered a new era last month when the then current owners sold their interest in the business to Claude Perrot. Claude, a French national, born in Paris has, apart from military service, spent all of his working life in the catering industry, which is perhaps not surprising as his father owned a very successful Hotel in France in which he served his apprenticeship. Claude now owns two Hotels in Dakar, the capital of Senegal in French speaking West Africa. Claude has stated that he intends to spend as much time in Simon's Town as possible and if he can split his time fifty-fifty between Simon's Town and Dakar he will be delighted.

Claude is on record as stating, and we quote "My partners and I look forward to putting our experience to use in the Lord Nelson Hotel in Simon's Town where we wish both to develop, extend the existing facilities and provide job opportunities for the benefit of the people of the area and surrounds." What a wonderful philosophy and we certainly hope that Claude remains true to his word.

Claude will be assisted by partners Bouya Sow and Mamadou Dieng, both Senegalese nationals who have had vast experience in the catering industry. Bouya, a university graduate in English will concentrate on general management of the Hotel whilst Mamadou who is affectionately known as "Pap" will concentrate on managing the food and beverage side of the business. Perhaps Bouya should be nicknamed "Wors"!

The new owners have indicated that they will introduce a distinctive French atmosphere to the existing Horatio's dining room by providing an entirely French Table d'HOTE menu every day but at the same time will continue with the traditional A la Carte menu.

Mamadou will be assisted in the kitchen by Victor and Patrick both of whom have been chefs at the Lord Nelson for several years.

The new owners have decided to retain the existing staff which include, Penny the front office manager and Patience who, behind the scenes, looks after the bedrooms and laundry. The popular "Emilies" bar will continue to be operated by Stewart who has looked after the thirsty customers for many years.

Annette and Ted Milne who owned the "Nellie" for the past six years wish to take the opportunity to use this article to first of all thank the patrons of the hotel for their loyalty and custom; many of them have become such good friends and without them they would have been lost. Secondly, but just as important, Annette and Ted would like to thank all of the staff, past and present, for the effort they put in for them.

Annette and Ted wish Claude, Bouya and Mamadou every success and would ask the people of Simon's Town to give their support.



Bouya

Claude

Mamadou

Small Selection from New A la Carte Menu in Horatios

GRATIN AU FRUIT DE MER

Seafood au Gratin

COCKTAIL DES ILES

Seafood cocktail

CROCODILE PATÉ

SALAD LORD NELSON

Avocado, prawns, tomato, grapefruit & papaw

FILET DE POISSON

*Butterfish in white wine sauce served with
sauteéd chopped celery & mashed potato*

BROCHETTE FILET DE BOEUF AUX HERBES

Beef fillet kebabs with herbs

CALAMARI PROVENÇAL

Calamari sauteéd in garlic, parsley, lemon, tomato & whiskey

ROULADE DE SOLE DEUX CAUSE

Sole roulades with two sauces

Dishes are served with Rice, Chips or Sauteéd Potatoes

TARTE AUX FRAISE

Strawberry tarte with cream

BANANA SPLIT

*Banana, ice cream, chocolate sauce
& chantilly cream*

FEUILLE D'ANTINE

*Tulip cake filled with fruit salad,
orange sauce & chantilly cream*

FRAISE AU CHANTILLY

Strawberries with chantilly cream



b. Routine training with scare charges and other underwater explosives is not to take place during the months of September and October.

c. The firing of underwater charges is to be suspended as soon as it becomes known that whales are in the confines of False Bay.

In the event of whales being sighted within the firing range of any Naval firing exercise, the firing is discontinued.

Whale lookouts are on continuous duty from the Operations Room in the East Dock Yard, while lookouts from the "whale lookout tower" at the Lower North Battery, are on duty during firing exercises. Harbour Patrol Boats (HPB's) while ensuring range clearance are also briefed to report the presence of whales. All these authorities are in continuous radio contact.

Compiled by Petty Officer Bazil Smal



To show that we are "In step with our environment", a SA Navy relay team will run a road relay race from Simon's Town to Knysna. The race will start at Jubilee Square on Monday, 19 October at 06:00 and will end on 22 October at the Ashmead Resort in Knysna. This route is also known as the "Whale Route". The "Whale Route" is so

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called because it is the area (Simon's Town to Knysna) famous for whale sightings. In addition to running the relay, the 16 runners have promised to clean up the immediate vicinity of every area they stop at during the race. According to Warrant Officer Vince 'O Donoghue, one of the relay co-ordinators: "it is shocking how dirty the roads are when you run the route, instead of driving it." This has now become common practise whenever they embark on a race of this nature.

Runners, wearing Navy blue T-shirts and shorts displaying the above logo, will run on the right hand side of the road and only during daylight hours.

A target time of under 46 hours has been set for the completion of the 619km relay. We wish our Navy relay team GOOD LUCK!!

***Sub-Lieutenant Lisa Hendricks,
Media Liaison***

SA Navy Sailing Championships

It is that time of year when the SA Navy once again unites in sport. This time around the chosen sport was the SA Navy Sailing Championships - as could be seen from the sailing boats bobbing up and down in the bay. The Championships took place from 28 September to 2 October. The classes of boats entered were Protons, Bosuns and Lasers.

The emphasis in all codes of sport is on disadvantaged sectors of our communities, and sailing is no different. This year there were more potential sailors from previously disadvantaged communities trying their hands at sailing than ever before. Women are also showing a distinct interest in the sport. In fact, there has been a marked increase this year of naval personnel attending formal sail-training courses. This, according to the Chairman of the head committee of SANDF Sailing, Captain

Anthony Cole, is the very essence of development in any sport.

This year also saw the highest number of entries for the sailing championships, which indicates just how popular the sport has become in the Navy.

A number of well-known South African sailors, including ex-Navy members, John Martin and Berie Reed, were invited to take part in a Celebrity Race at 12:00 on Wednesday 30 September.

Various trophies and medals were awarded for winners in the Proton, Bosun and Laser class. Sponsored prizes were also awarded for the sailor that showed the greatest tenacity and sportsmanship, smartest crew, and "man overboard drill". The prize giving function took place at 18:30 on 2 October. The Patron of sailing in the SANDF, Rear-Admiral H.J.M. Trainor, presented the prizes.

The SA Navy has always placed great emphasis on sport and personal development. Not for many years has sailing, as a sport, seen such enthusiasm from naval personnel. Captain Cole summed this up by saying that "the broader interpretation of development is to introduce and enthuse members to participate in the sport."

***Sub Lieutenant Lisa Hendricks,
Media Liaison***

Gunnery Exercise

12 November from 08h00 to 16h00 at Lower North Battery. Weapons to be fired are 20mm MK 1, 40/60 Bofors 12.7 Brownings and Pyrotechnics will be used. (Spare day: 13 Nov)

International Coastal Cleanup Day

Did you know that seven million tons of plastic is dumped into the sea each year. A survey of fifty beaches along the Eastern and Southern Cape has shown that in five years plastic pollution has increased by 190%. Thousands of marine mammals, sea birds, turtles and fish die from the effects of plastic each year. Sometimes they suffocate or starve after ingesting plastic or else they get entangled in nets or fishing line. Turtles seem to mistake floating bags for jelly fish and eat them!

The International Cleanup is about people... people all over the world who care about the health of our planet. Its effectiveness continues long after the last bag of rubbish is hauled away and tired volunteers go home. Many cleanups generate re-cycling campaigns and public education programmes. They also provide valuable data pointing clearly to the specific source of the trash.

People are the problem. No matter where it began, human hands and a human face lie behind every piece of garbage that enters the marine environment, ... BUT people are also the solution.

In 1986 the first co-ordinated beach clean up took place in Texas, but this has now spread around the world, from Aruba to Jakarta, Belize to Bangladesh, Italy to Durban. The first Coastal Cleanup in Africa took place in KwaZulu Natal, two years ago. This year Simon's Town joined in.

On Friday morning 18th September, eighty children from Simon's Town Junior School, sallied forth with great excitement in their "civvies". They were divided into three groups and in forty-five minutes filled approximately twenty five black bags from Water's Edge and Seaforth. Cadbury / Schweppes provided them with free bottles of Oros, and each child was given an underwater pencil and a copy of Enviro Kids Magazine.

On Monday morning they analysed their bags of rubbish and were asked to write an article or draw a picture of their impressions and thoughts.

On Saturday 19th September the adults of Simon's Town and Glencairn, twenty in all met on Long Beach. What we collected in one hour filled an entire municipal lorry. (Many thanks to them for turning out on a Saturday!)

Our findings were bottle tops, cigarette stubs, plastic string, plastic straws, glass, rusty metal, cups, disposable nappies, tampons, condoms, light bulbs, wire.

Do come and help next year. The Cleanup always takes place on the third Saturday of September.

*Juliet Bass,
Friends of the Simon's Town Coastline*

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Beach and Coastline Patrol

The Strandfontein Brown Seawater

My well known friend Liza is upset that some people around False Bay reckon she feeds on raw sewage! I am referring to *Liza richardsonii* the Harder, a plant-eating fish which thrives in brown water between Strandfontein and Surfers' Corner at Muizenberg. Effluent piped to the Mitchells Plain treatment plant is actually greyish in colour. The brown patches in our surf zone are large aggregations of harmless single-celled plants known as diatoms of the genus *Anaulus*. Their formation is mainly governed by circulatory patterns off long unbroken stretches of beach and particularly those with a low-energy flat profile. Since monitoring of the phenomenon commenced in 1982, there has been no increase in the frequency of its occurrence or intensity of its colour.

the most pristine beaches in Australia and South America. Unfortunately, not all of our foreign visitors recognize them as plants. Some even believe that they are dangerous "red tide" organisms. Hopefully, the more responsible tour-bus operators explain their presence. As an added precaution against tarnishing of our image, I have asked the S.P.M. to please erect signs at view sites along Boyes Drive and other strategic points. Meanwhile, Liza has benefited from her brown vegetable diet and now swims in deeper water as the great Southern Mullet!

Beachcomber

Such brown patches also occur off some of

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Common Sense Gardening

With a little common sense, even an amateur like myself can help to beautify windswept Glencairn. This is despite the fact that my selected area on open ground lies barely 300 paces from the sea, where summer winds are laden with salt! A municipal horticulturist has suggested that I describe my efforts, as an inducement to people with similar problems.

The first problem to be solved was a long uneven stretch of weed-infested and stony ground behind my house. With pick and shovel, I cleared it of all but a few patches of Kikuyu and Bay View grass. Since this was not private property, I did not bother to plant the less thirsty Buffalo grass. It made more sense at the time to nurture the invasive Kikuyu. With countless dressings, this now even lawn has spread the distance of six plots and is the neighbourhood's pride.

My next problem was unexpectedly forced on me and entailed a large sloping bed of Hottentot fig - *Carpobrotus edulis* - above the lawn. For some peculiar reason (as elsewhere on the Cape Peninsula), these tough succulents suddenly died. I suspected that they had succumbed to either a root-eating beetle or one of three alien snail species in the area. It was too late to save them, but when fynbos along the ridge also began to die, common sense came to my rescue. Bearing in mind that the ridge was artificial and with little depth of soil, I reasoned that the hot dry summer was taking its toll. This problem was solved with regulated watering, but what could be done about the stretch of rotting succulents?

After much deliberation, I decided to use the succulents as natural fertilizer and mixed them into some imported soil. This was shaped into terraced rockeries to prevent erosion and left to settle. Unfortunately, not all of the ground received full sunlight. It

therefore made sense to explore similar situations all around the coast. I needed to know precisely which plants survive and how they manage to cope.

I noticed that the most hardy plants grew in thick clusters to cushion the wind's force. Wherever possible, they also used rocks as barriers. As a second line of defence, they quite often sacrificed their perimeter to serve as dead but highly efficient screens. I also saw that the intermediate spaces were filled with ground cover, that helped to reduce evaporation. Of particular interest to me was the riot of colour in preference to a dull formality. Both shrubs and succulents grew side by side to give a more natural effect.

Armed with cuttings, I had them identified by a Nursery and made my first purchase. Unfortunately, this included some very expensive but supposedly tough exotic shrubs and most failed! It taught me a lesson to select in future from the over 2800 indigenous species in the Western Cape, which for its size is richer than any other region world-wide. Their advantages include price, large choice, water savings, ease of availability and tolerance of mediocre soil conditions.

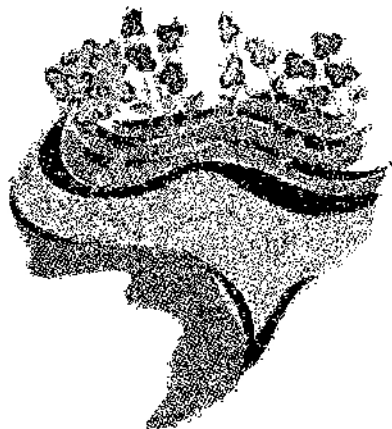
Quietly rooting themselves during the heavy winter rain, my shrubs and succulents waited until spring to reveal their true beauty. As they blossomed and busy bees buzzed around them like ladies-in-waiting, I noticed the presence of less beneficial insects. However, to my mind it made sense not to apply an indiscriminate insecticide but rather let the weaker plants die. I also avoided the use of fungicides, herbicides and chemical fertilizer other than kelp extract.

After two years, I now know that my worst failures were *Agapanthus africanus*, Zuurberg harebell (*Dierama pendulum*) and

Meria (Myrsine cymosa). Most resistant to
 strong, salt-laden winds were Beach elms
(Salix africana-oides), Eucalyptus (*Eucalyptus*
argentea). Eucalyptus (*Eucalyptus* sp.),
 Eucalyptus (*Agathosma ovata*), Bush violet
(Sarcocolla obtusa), Bush tick berry
(Chrysanthemoides inodora), Cape
 honeysuckle (*Hebecladia coccinea*), Gortali
 bush (*Colocasia pilosa*), Creeping
 marguerite (*Chrysanthemum vulgare*),
 Fynbos (*Ulex europaeus*), Gorsebloom
(Astragalus sp.), Kestrel (*Ulex europaeus*
reticulatus), Mum-nom (*Conium maculatum*),
 Wild daisy (*Leucanthemum vulgare*), Wild garlic
(Alliaria sp.) and the Violets (*Viola sp.*).

ground for a formal herb garden. Additionally
 the mainly initial exposure to materials, all is
 being accomplished through healthy
 exercise - and a little common sense.

Boyan Park



Although this selection of plants is very
 small, it has so transformed the
 neighbourhood that property prices have
 rocketed. Other home owners further along
 the road are now beautifying their own
 space. One of them has even created



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Gardening Above Runciman Drive

The area above Runciman Drive is characterised for the most part by very steep hills, a rock and clay soil and severe infestation of Port Jackson willow. These conditions combined with our low annual rainfall, almost continual sunshine, and strong prevailing south-easter winds make the establishment of either an indigenous garden or indigenous plants, *supplemented* by those exotics* which do well in such circumstances, an obvious choice for many residents.

First, the Port Jackson must be eradicated. This can be done by cutting off the stems a few inches above the ground and then carefully painting them with a 50/50 mixture of *Garlon**4 and diesel. After a few weeks, the stems and roots wither and die. The cutting and painting is back breaking work. Annual repetition on a reduced scale will be necessary, as there is a percentage of regrowth.

The eradication alone, is sufficient to encourage the gradual re-appearance of many plants. Among those which have bloomed over the last few years, I have been able to identify: *Aspalathus carnosa*, *Lachenalis fistulosa*, *Erica Baccans*, (pink heath) *Baeometra uniflora*, *Metalacia muricata*, various *Helichrysum* (Khoigoed), *Lebostemon fruticosus* (agtdaegenesbos), various *Pelargoniums* including *capitatum* and *mauritanica*, several different *Oxalis* (suurings), *Ruschia macowanii* (vygie), *Babiana disticha* (Bobbelaantjie), *Rhus tomentosa*, several species of proteacea including *Protea Nitida* (waboom), *Leucospermum hypophyllocarpodendron* (pincushion) and *Leucadendron coniferum* (geelbos) *Erica coccinea*, *Empodium plicatum* (autumn star), *Muraltia heisteria* (Kastybos), *Albuca fragrans*, *Albuca cooperi*, *Stoebe plumosa* (slangbos) and many small restios and

other wild grasses . There are also numerous small bulbs such as the *Gladiolus debilis* (painted lady) and certain *Moraea*.

These plants *survive* without any watering at all. However, a weekly watering between October and March has encouraged better growth.

As the Port Jackson dies back, it is wise to plant selected species and so hinder its regrowth opportunities. I deliberately avoided those which seem out of place in our part of the peninsula, such as silver trees, the African wild banana, indigenous date palms and the Aloe Bainesi. I also did not want a "one of everything" type of fynbos garden. Instead, I chose plants which are, with few exceptions, *indigenous to our area*. That is, they can be found growing wild within a 30 minute drive of Simon's Town. Planting during the rainy months gives them a head start. Not all the plants have survived but most have prospered. I attribute my lack of success with certain plants, to three factors. Firstly, three dry successive winters followed by exceptionally hot and windy summers. Secondly, poor soil preparation. Finally, plants simply not suited to our conditions. I have had no success with the ursinias, senecios or any of the other daisies.

Those plants which have been successful include: *Athanasia crithmifolia* (Klaas-Louw bush), *Athanasia trifurcata* (Kouterbossie) *Diets bicolor* (yellow wild iris), *Diets grandiflora* (wild iris), *Eriocephalus africanus* (wild rosemary), *Euryops speciosissimus* (Clanwilliam euryops), *Felicia filifolia* (wild aster), *Helichrysum splendidum* (Cape gold), *Leucadendron salignum* (geelbos), *Nylandtia spinosa* (skilpadbessie), *Salvia chamaelaeagnea* (blue salvia), *Tecomaria capensis* (cape honeysuckle), *Aloe arborescens* (krantz aloe), *Chrysanthemoides monilifera* (bush tick berry), *Leonotis leonurus*

(wild dagga), *Plumbago auriculata* (cape leadwort), *Polygala virgata* (purple broom), *Polygala myrtifolia* (bloukappies), *Protea Repens* (sugarbush) and *Osteospermum jucundum* (trailing mauve daisy).

This is an extremely basic list and a close neighbour has a magnificent fynbos garden with far more variety and colour than mine. There are a host of other plants which might be suitable, depending on your taste, the amount of time you wish to devote to the garden and to the soil condition. Mixing river sand with the compost when planting seems to assist growth, as many, if not most of our plants, prefer sandy soil. A recent issue of *Snoektown Calling* contained an article drawing attention to deficiencies in our soil and these should be borne in mind. Adding certain minerals to the soil when planting is essential. However, apart from watering I take no further care of the plants. No feeding, no compost and above all *no insecticides!*

The plants we have introduced also only require a single weekly watering during the dry months and no watering system has been installed.

Although the south peninsula is not a treed area, you might wish for some shade. Keurboom, Bastard Ironwood and Kapokbos grow well in the Silvermine Reserve and above Kalk Bay. *Dodonaea angustifolia* (Cape sand olive) and *Olea africana* (Wild Olive) should survive and so will the *Widdringtonia nodiflora* (Cedarberg or mountain cypress). *Sideroxylon inerme* (white Milkwood) prefers a sandy soil but *Mimusops zeyheri* (Transvaal red Milkwood) is surviving. Some residents have planted *Podocarpus Falcatus* (yellowwood) but I am not convinced that they will thrive in our conditions. *Kiggelaria africana* (wild peach) and *Celtis africana* (white stinkwood) should.

This type of garden is rewarding at many



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different levels. It is natural and beyond the initial planting demands nothing else. No pruning, feeding, spraying or trimming. Nor, does it require much water; an increasingly important factor. The roar of electronic lawn mowers is largely absent from the slopes above the town. There is a special joy in finding which plants bloom as the seasons change. There is always something to surprise you. The plants, especially those from the first category are part of the local ecosystem, and support bird, insect and animal life. Several birds species live in or feed on the plants in our garden. There are always numerous species of butterfly fluttering on the slope above us. Fieldmice are plentiful and these in turn, bring the Jackal buzzard and the Cape Eagle Owl. The boubou shrike is heard although seldom seen and on still summer nights the nightjars call. Several types of lizard are plentiful and I have seen tortoises. Meerkat and genet have been sighted and no doubt, wildcat live on the mountain behind us.

Two books which may be useful to anybody planning or expanding such a garden are Mary Maytham Kidd's *Cape Peninsula* (South African Flower Guide:3) and Pitta Joffe's *The Gardener's Guide to South African Plants*. Indigenous plants are available at a variety of sources including local nurseries and Kirstenbosch. Make a point of ensuring that plants are *likely* to survive in our conditions before you actually buy. Some species prefer sandy plains and a few like "wet feet". Kirstenbosch has a special 'mountain fynbos' section

* lavender and bougainvillea do exceptionally well as do roses, nasturtiums, ivy geraniums, morning glory and black eyed susan

Marion Dupper

Obesity - a weighty problem

It has been estimated that 30% of women and 20% of American men are considered obese. In South-African Epidemiological studies the picture seems much the same here. It is the most common nutritional "disease" in developed countries and is also a major risk factor and complicator of other diseases.

Hippocrates made the observation: "sudden death is more common in those who are naturally fat than in the lean". The causes of obesity are multi-factorial and there are elements of genetic predisposition; social circumstances and a small element of endocrine involvement. The largest contributing factor however, is the imbalance between energy intake exceeding expenditure.



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What is the big fuss about ? Unfortunately the cosmetic effect of obesity is the least of the complications to contemplate. Obesity cause or exacerbates a huge list of medical problems e.g. hypertension; sudden death and heart attacks; stroke; problematic varicose veins; obstructive sleep apnoea; gallstones; diabetes mellitus; gout; osteoarthritis; increased risk of breast and womb cancer; obvious psychological dysfunction due to a poor self image e.g. depression and social isolation. Enough points to ponder?

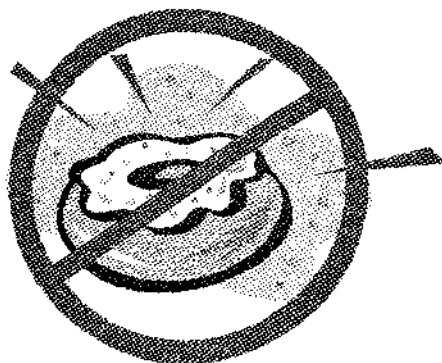
The proper management of this condition is multifactorial (just as its origins) and includes dietary management; life style adjustment (including exercise and adapting attitudes to food and eating). Many medications are currently under investigation to aid in this, but the results have thus far been disappointing. Weight losses of only 5-10 % of starting weight have been found, and patients are very likely to regain it once medication is discontinued. These formulations are also not very safe and can have many dangerous side-effects. Never take them without consulting your doctor, especially if you suffer with other medical conditions or take medication.

A proper exercise program and a scientifically sound eating plan is still the mainstay of treatment. The most important decision however, is which one to follow (during 1988, \$29.07 mil were spent in the USA in the weight reduction market - lots of room for rip offs). The eating plan must be nutritionally balanced; modify the patient's life style; must ensure a weight loss of not less than 1% of starting weight per week; should not be too restrictive and it should be possible as a normal way of life after the weight is lost (have a maintenance program). There is no place for "crash" diets, the weight lost is merely regained and the patient left feeling like a failure.

The more money the program costs and the bigger the claims, the more careful the non-suspecting "victim" should be. It took years

to gain that weight - it will not disappear overnight. A sound and balanced eating plan that changes bad eating habits is the only way - this only, once the patient has committed him/herself to the programme for the right reasons (not unlike a decision to seek help for a smoking or alcohol addiction).

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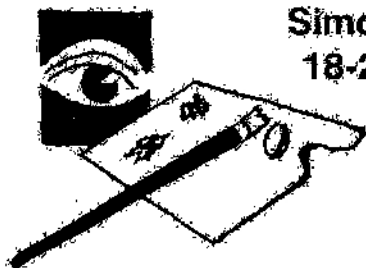
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Simon's Town Art Show 18-24 December 1998

Planning for the Art Show is on track, but please note: **CHANGE OF VENUE TO SIMON'S TOWN MUSEUM.**

Critical details as follows:

Final registration: on or before Monday 23 November

Hanging of work: Wed 16 December to Thursday 17 December

Formal Opening and Cheese & Wine: 8pm Friday 18 December

Close down and collection of works: 6pm Thursday 24 December

Registration forms are available at the Simon's Town Library. Potential exhibitors are reminded that the 1998 Show will include a photographic section.

General conditions of participation remain unchanged:

R20 per item exhibition fee

15% of sales to the Show

Must be original, new work

Maximum of 15 craft and / or 12 art works.

Participants are restricted to Simon's Town residents, or employed in the old municipal area of Simon's Town.

The catalogue will be published the December issue of Snooktown Calling; therefore the importance of final registration on or before Monday 23 November.

Registration for works is on schedule but to date NO entries for photographic work!

Our Ward Councillor, Ald. M. Holderness, will do the duty of formally opening the Show, on Friday 18 December.

Reg Loxton, Convenor
2 Chapel Road
Tel: 786-1750



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Did You Know that a Fencing Club has Been Started in This Part of the World

Under the direction of a recognised fencing master, it is now possible to learn the basic attacking and defending techniques of this noble art at the Fencing Bay Fencing Club. A series of introductory courses are being held to bring the sport to a wider audience.

Design, speed, reactions and timing are especially addressed in a course which gives attention to building the student's ability to concentrate and control his/her aggression. Although the object of the game is to hit without being hit, fencing is not a "violent" sport: the philosophy is one of harmonious conflict. Mutual respect is at the core of the fencing ethos. The age of chivalry lives on!

In this course, you will learn fencing with the foil, where the valid target is the torso only.

We demonstrate the rules which govern the awarding of hits, so that students can gain a better understanding of the sport.

For a limited fee you can participate in this programme, or just feel free to come and observe one of our practices in the FHSHS hall.

All adventurers between 6 and 60, boys and girls, are urged to try something really different and give fencing a bash!!
ALL EQUIPMENT PROVIDED!!

For further details please contact Margaret on 782-1182 or Elaine Kruiger-Hayes 782-3171.

AGM: Wednesday 14th October at the FHSHS Library at 7pm.

TRANSIT ACCEPTANCES cc

BOX 187

SIMON'S TOWN
7895

TEL 784 2273

FAX 786 2155

CELL 082 444 4123

*For your Marine &
Freight Insurance
Requirements*

Contact Ian Forbes

GLADYS DILLEY ESTATES

Est. 1950

116 St George's Street Simon's Town

Tel: 785 8081/2/3 Fax: 786 2052

After Hours - Atn: 785 1224

082 452 8065

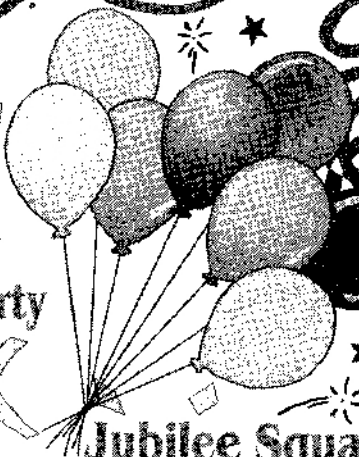
**Estate Agents & Sworn Appraisers
Property Administrators**

**For all your property requirements
Contact: Dan or Avril**

**SELLING
LETTING
EVALUATIONS
HOLIDAY ACCOMMODATION
& BODY CORPORATES**

New Years Eve

The pre-millennium party



Jubilee Square

Thursday 31st December 1998

8:30pm - 2.00am

Support your local town

Dance the night away amongst friends,
till early hours of the morning. Enjoy
bar facilities, food stalls, pipers and an
assortment of party music.

All for a mere R10.00 per head.

All proceeds to charity

Tickets available at:
Simon's Town Publicity
Simon's Town Museum

Simon's Town
Publicity
Association



Forthcoming Events October / November 1998

1. PENSIONER'S MONTHLY SHOPPING COURTESY BUS

To Pick up Pay from Murrumbidgee via Simon's Town and Pat Hook return. For November details telephone: 786 3137

2. FRIENDS OF THE SIMON'S TOWN LIBRARY

Will be holding one of their popular **FOOD SALES**

Date: **THURSDAY OCTOBER 15th**
Venue: **OUTSIDE LINK PHARMACY**
Time: **FROM 9.15 am**

We look forward to your support of the Library as that we can be of continued service to the Community.

3. SIMON'S TOWN COMMUNITY SCHOOL

Event: **INTERNATIONAL FOOD FAIR**
Date: **Friday 18 October 1998**

Venue: **Simon's Town Community School (next to Seaford's Beach)**
Time: **16h00 to 20h00**

From Greek pastziti, American burgers, South African potjiekos, German bratwurst, Indian delights and many more exotic tastes - everyone's palate is catered for

4. GLENCAIRN CIVIC ASSOCIATION

Wednesday 21st October 7.30 pm at Phoenix Lodge, Glencairn. Slide lecture on the History of Glencairn, by Margaret Cartwright. Followed by Half yearly meeting of Civic Association, report-back by Ward Councillor, and other business.

5. NAVAL BAND CONCERTS

Simonsborg Theatre
Presented by **ANCHOR PLAYERS**
Friday October 23
18.00 (6pm) and 20.00 (8pm)
Entry by donation for programme
Booking: 786 2436

6. FRIENDS OF SIMON'S TOWN COASTLINE COASTAL WALK

SATURDAY 24th OCTOBER at Sam. Professor John Rogers of the University of Cape Town will explain the geology along a section of the coast. Meeting place **OPEN SPACE ACROSS FROM CAPE TIMES FRESH AIR CAFE, Froggy Pond.**

ALIEN VEGETATION HACK:

SATURDAY 21st NOVEMBER: at Boulders Car Park, at 9.30 am.

BOTANICAL COASTAL WALK

along the coast led by Hugh Taylor
SATURDAY 19th DECEMBER 1998 at Fisherman's Beach at 9.30 am.

Please let us know of any forthcoming events you would like publicised. Deadline for November edition - Friday, 30th October 1998.

Contact Pat Lochhead, Peninsula Tourism - Simon's Town
Telephone: 786-2436