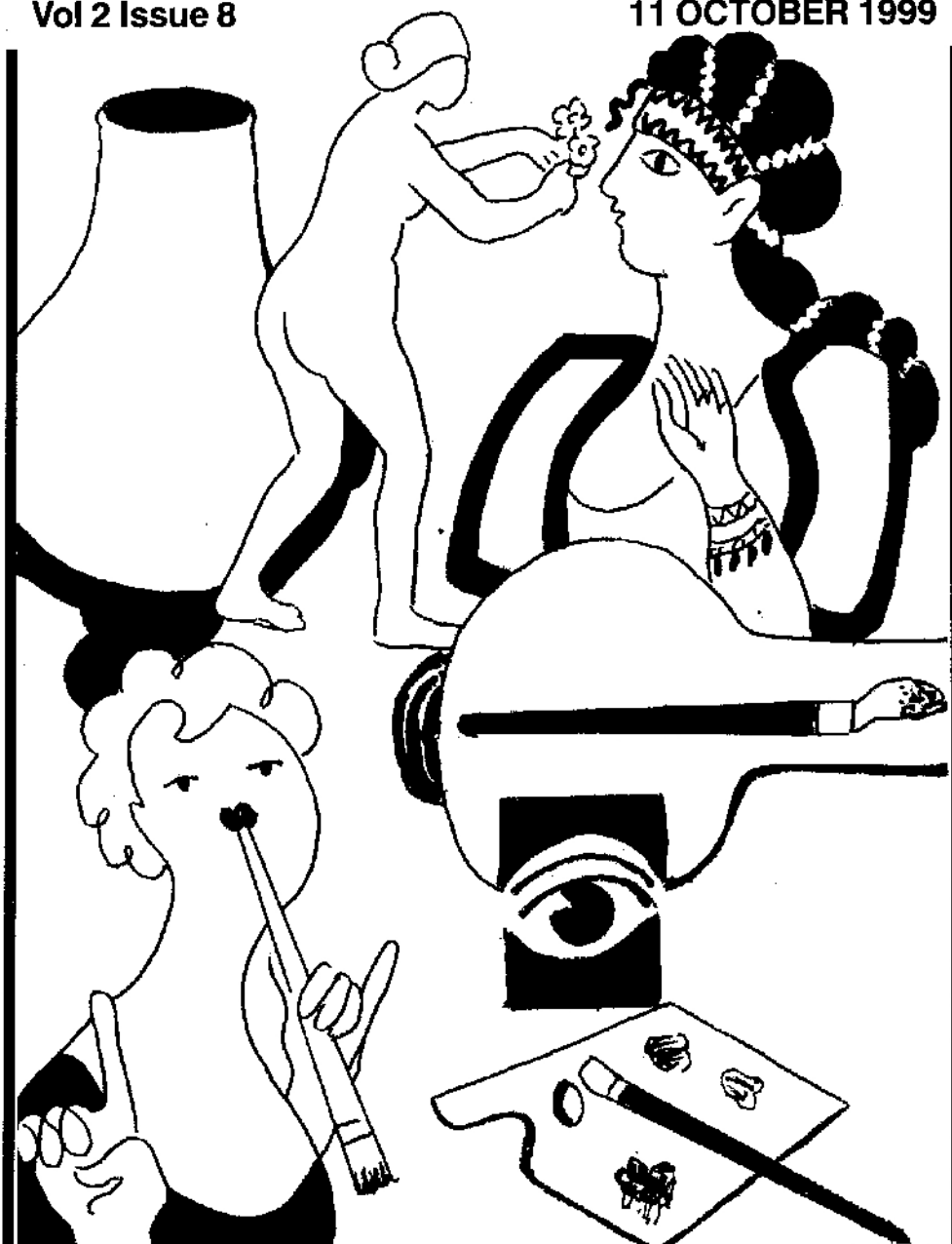


SNOEKTOWN CALLING

Vol 2 Issue 8

11 OCTOBER 1999



Sponsor for October - Dr. Reg Loxton

Editorial

Check the final white page - and voila! a crossword puzzle. Café Pescado has pledged a prize of a R100 meal voucher for the winner of the monthly competition.

Entries should be handed in at the Simon's Town Bottle Store, where a special postbox has been installed. In due course we will introduce a stronger parochial Simon's Town flavour.

That's the good news; now the bad news: Unless there is a meaningful and permanent solution to the financing of Snoektown Calling, the December issue will be the final pub-

lication.

The solution is in the hands of the executive of the Simon's Town Ratepayers and Residents Association, and they don't seem to be getting anywhere. It's in your hands Andrew, so get your act together!

The ultimate logic demands that this community orientated publication belongs with this community Association.

Reg Loxton
Editor

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Down the Historical Mile

At the September meeting of SLAP, Stoffel Boesman reported on all the planning and preparations for the big Millennium Party at Jubilee Square: lights, closing of the road, bands, stalls and so on; also drum majorettes marching this way and that way.

Mientjie Boep-pens formally proposed that as Mayor-elect she should be the leader of the troupe - you know, the leader that walks in front, swinging and throwing the big stick. Mientjie said she had already started practising, as they were sure to invite her to lead the trompoppies.

Harold Hardekop remarked that the troupe leader was expected to be something special and do wonderful things to entertain the people - Meintjie could only frighten the audience and, furthermore, she was sure to lose control of the stick and somebody could be hit on the head and be seriously injured. This comment sent Meintjie into a rage and Harold had to make a speedy retreat, because as we all know, Meintjie can become dangerously violent if she doesn't get her way.

Piet Pompies reported that he sees the Dok's Kruppel - perhaps he is getting ready to join the gang of hoepels; by the way, what's happened to Bennie Hoepel, who did his daily

stint of guarding the entrance to Wharf Street? Also Andrew Hoepel isn't seen at his usual haunts.

Wingnut Williams reported that it didn't seem as if the oilrig would be coming in for repairs after all - bad news for the boys who were hoping for lots of work. There were also two big reefers at the Navy quayside - seems as though False Bay was becoming a parking lot for out of work oil rigs and tankers!

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Simon's Town Ratepayers' and Residents' Association

PROPERTY WATCH No 16
October 1999

1. CURRENT APPLICATIONS.

For various reasons this is a short report this month.

1.1. Erf 2298, Simon's Town - Boulders Beach Guest House: Application to rezone from General Residential to Business. Apparently there have been a number of objections which are being processed by the SPM, presently.

1.2. Erf 267, Glencairn: Application to Rezone to General Residential. This application seeks to "regularise" an illegal usage and has been re-advertised. The closing date for comments/objections was 27 September 1999.

1.3. Erf No 967, Simon's Town (Highlands Development): Application for Scheme Departures. The application to subdivide the property into seven portions to comply with the provisions of Section 9.1 of the Town Planning Scheme regulations was approved by the Urban and Environmental Services committee at its meeting in August. Objectors (two only, apparently) will be sent a letter informing them of their right to appeal to the Provincial Government, in due course.

1.4. Erf 3844, Simon's Town: (Afrikander Road, Murdock Valley South). This is an application for a second dwelling on a consolidated erf. Processing the present application has not been finalized, yet.

1.5. Erf 2454, Glencairn: Application for Special Consent to Establish an Off Course Tote adjacent to the Glen Adinda Hotel, Glencairn. The process of obtaining the consent of adjacent property owners appears not to have been finalized, yet.

2. OTHER PROPERTY MATTERS.

2.1. Portion of Erf 1399 and Portion of Seaforth Road, Simon's Town: (The old

Seaforth Restaurant). The adjudication committee is scheduled to meet the developer again on 8 October 1999 to discuss the final details of the proposal before making its recommendations to the SPM's Executive Committee at a meeting on 19 October 1999.

2.2. Leased Municipal Properties in Simon's Town: The leases on various municipal properties are approaching their end dates. A schedule has been received from the SPM's Property Management Department. The following leases expire within the next two years: Albertyn's Cottage - 31 December 1999, Albertyn's Stables - 8 March 2001, Alfred Hall (Masonic Club) - 30 June 2001, Quarterdeck Restaurant, Jane's Place and Suzi's - 31 October 2001.

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



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Chairman's Report

The Committee has been busy this last month. Most importantly, however, I am pleased to report that we have had a strong and factually comprehensive response from the Municipality where ever we have asked for details in correspondence or this like.

Thus, for instance, we have written to Mr Dick Kruse, the Chairman of the Executive Committee of SPM and informed him that we have considered the terms of the eight South Peninsula Sub-Regional Plan and come to the conclusion that the SPM has allowed situations to reach critical proportions before attempting to take corrective steps. We pointed out that we have, in particular, experienced problems in regard to the supply of drinking water and that there was confusion about how to deal with this problem. On the one hand the Medical Officer of Health had indicated that a policy of water tanks would be inappropriate because of temperatures and the build up of scum in water, whereas the SPM's Director of Water and Waste had recommended that each household should install a water tank. We concluded by urging the SPM to put on hold all future development plans for existing rights and steps taken to sort out sewerage problems until there is certainty that traffic facilities, water sewerage and storm water systems were adequate for further development. In a most immediate response we were called to meet with Mr Kruse in early October.

I have been trying, ever since I took office approximately 16 months ago, to find out exactly the quality of our coastal swimming waters. We are now being furnished on a weekly basis with results of tests taken at various points including Milnes Point, Fisherman's Beach, Seaforth Beach, Long Beach and the Jetty. From the reports released the waters seem remarkably clean, such at the jetty points of the various sewerage pipes. Three cheers for this!

We have met with Chris Burdups, the District Manager Parks and Recreation at the SPM's Workshop depot to get an idea of the kind of responsibilities that they have. We were interested to learn that Chris is responsible for the planting of trees and the like, apart from many other duties including clearing fire breaks for their area from Llandudno right through to the end of Simon's Town. Chris has offered to plant today throughout Simon's Town and in particular an avenue of trees leading up to the railway station if individuals are prepared to take responsibility for watering the trees. As the form of the membership application form on the reverse side of the questionnaire puzzle, you can complete the form to reflect that you are prepared to water x number of trees. Give it a go!

We have met with A Colonel Louw who have



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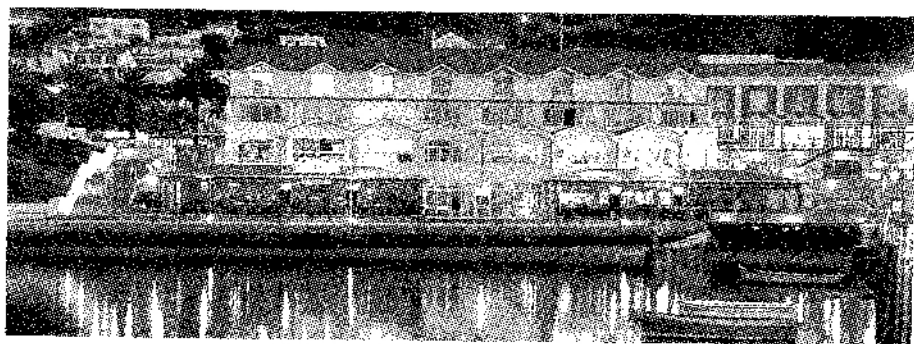


been enthused with his determination to make Simon's Town a more beautiful town. He has suggested that the Navy and the Residents' Association take part in a joint exercise to clean up Simon's Town from the one end to the other during November and to hold a braai thereafter, either at Jubilee Square or the Navy Sports Fields. We are going to arrange for this event and will keep you informed. Equally importantly the Navy has now started to prepare an Environmental Management Plan which will basically assess the environmental sensitivity of the various land areas used by the Navy and review and assess the necessary environmental steps required to be undertaken to remedy any non-compliance with environmental legislation. This is a big task. Allied to this, the Navy has committed itself to removing unnecessary barbed wire, particularly large coils of barbed wire fencing in and around Simon's Town.

We also wrote to the Chief Executive of the SPM, Mr Koekemoer, on the 13th of September 1999 suggesting that all municipal information could be made available, either by a website or by the use of an email internet system. Within a week we received a response advising that the Municipality was investigating the possibility of enabling the public to gain access via the electronic media and that preliminary work regarding a website so that it "is expected that within a reasonable time the public will be in a position to access information as suggested by your Association". Clearly things is a happening.

In regard to traffic we met with Ninham Shand who had been briefed by the SPM to do a study dealing with ways of coping with traffic and allied problems within Simon's Town. There are no easy answers, but there seems to be consensus that a lack of law enforcement officers adds to the

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problem. The Municipality are investigating the appointment of traffic wardens. I urged upon the SPM and indeed Ninham Shand that they take a broad view of these problems to the extent that parking areas outside of the town should be allocated and park 'n ride buses used for access to the various points of interest for tourists and visitors. Otherwise Simon's Town will become a bus track!

We are seriously concerned at the lack of support from residents. I for one see little point in the Committee existing unless it receives broad support. If you don't do the crossword, fill out the reverse side of the form and return it to us.

Andrew Duncan

Anchor Players

Late News!!

As the Navy Band's overseas tour has been cancelled, Anchor Players is very happy to announce that it **WILL** be hosting the annual concerts in Simonsberg Theatre as usual this year, so the foreign shores loss is Simon's Town's gain!

The news was passed on to us only yesterday, so although at the last minute so to speak, it is timely as far as Snoektown is concerned!

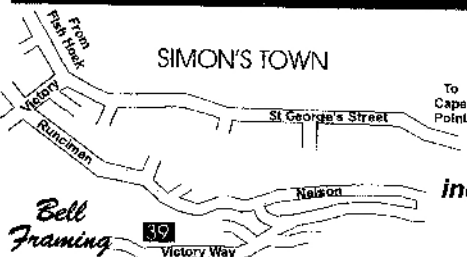
Now, all those disappointed people who enquired about the concert, can phone us or call in at the tourism office to book. Concert date: Friday, 29 October, Two concerts at 6pm and 8pm.
Tel: 786 2436 / 786 5798
THANK YOU NAVY BAND - WE LOVE YOU!

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Ward Councillor's Report

1. Committees of Council.

New chairmen of Council committees have been elected :

Exco: Deon Kruse

Engineering: Ismail Jones

Community Services: Graham Lawrence

Urban and Environmental Planning: Siva

Moodley

Housing: Joseph Johnson

All chairmen and deputy chairmen are members of the New National Party.

They were not unanimously elected, but the N.N.P. is the majority party in control of the South Peninsula Municipality. The responsibility for addressing your concerns lies squarely on its shoulders.

2. Water supplies in Simon's Town.

The fundamental question that residents are asking is why water restrictions are still in operation in Simon's Town and not in the rest of the S.P.M. area? There are valid reasons for concerns about water supplies in the town in general and water as we know is a critical issue in the whole country. Officials are systematically addressing the serious inherited shortfalls in our current supplies. The pump station to be installed at Dido Valley in the new year will double the flow of water to Simon's Town from the Muizenberg line. This supply of water is of course treated water and therefore only pumped to reservoirs. These have a limited capacity. The catchment dams are more dependent on the pumped transfer of water from the Klaver catchment area than on direct runoff and the late and initially poor rains have reduced the runoff. The building of the Brooklands Dam which the Simon's Town Council planned would have considerably expanded the water supply and trapped the water currently flowing to the sea via the waterfall. However the Cape Metropolitan Council, the authority responsible for

bulk water supplies does not find this water augmentation scheme necessary. It remains to be seen whether the new megacity will come to the same conclusion.

The amalgamation of the various local authorities forming the S.P.M. have highlighted certain fundamental problems which affect planning and development. One of these is the lack of accurate data including population figures. A further complicating factor is the incompatibility of data capturing and computer systems. There is an urgent effort by our officials to coordinate the water supply system for the area south of the Silvermine mountain range, an area previously administered by four different local authorities. Obviously it is of utmost importance to get the service rationalised before the advent of the megacity.

I am fully aware that the community feels re-

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agement of the continuous water restrictions. Decisions to impose water restrictions are made by the Engineering Committee and I shall be putting our concerns to this committee once again. Ultimately, however, it is the Cape Metropolitan Council that will decide whether water restrictions will be applied to the whole metropolitan area.

3. Local government elections.

Water regulation for the elections currently proposed for November 2000 is over. However, it is only possible to register at the Cape Town Municipal offices at this stage. This will hopefully change and further information will be forthcoming. The boundaries of the new wards are only expected to be finalised in February 2000.

4. Traffic management plan: Boucliers.

Some immediate action is necessary to address the chaotic traffic situation arising out

of the increasing numbers of visitors to The Ridders National Park. The recommended long-term solution of being segregated by public security, whatever the proposals will be, should be considered by Council and other relevant authorities. Some immediate action proposals are:

- * Modifications to road signs where appropriate
- * Information and regulatory signs and markings
- * Greater traffic management control measures
- * Continued charging of entry/parking fees during peak periods.

Public meetings will be held to present these and other very interesting proposals. Please take the opportunity to share input.

PLEASE NOTE: NEXT WARD REPORT BACK MEETING: THURSDAY 14 OCTOBER 1999 AT 19:30 IN THE WARD COMMITTEE ROOM, SIMON'S TOWN MUNICIPAL OFFICES.

*Alderman (Mrs) Nicki Holderness
Ward Councillor: Ward 22
South Peninsula Municipality*

Security Watch



Follow Forum

Operator: Zero Tolerance: Simon's Town SAPS Precinct.

During October 1999 daily crime prevention operations will be held in the SAPS West Metropole Area. The operation is known as Operation Zero Tolerance.

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Joint operations between the Simon's Town SAPS, SA Naval Police, SA Naval Protection Services, SPM Traffic Officers and security company personnel will be held at various times.

These operations will include the sealing off, of predetermined areas by means of road block, check points and the saturation of the areas by means of foot and vehicle patrols. Residents of Simon's Town precinct are asked to co-operate, as these operations are aimed at reducing crime within the precinct area.

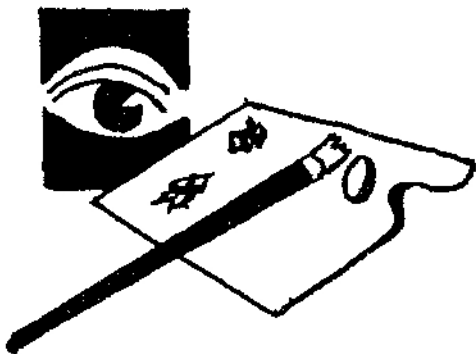
Any delays and/or inconvenience experienced by Simon's Town residents is regretted, but the aim of the operation, the reduction of crime in Simon's Town, is in their best interest.

Insp. G. T. Store

Simon's Town Art Show

As will be seen in the centre-fold, the catalogue has been printed. Late entries, which will be printed as a supplementary catalogue, will be accepted until Monday October 25. So: Final closing date for entries is Monday October 25.

Please note that doors open at 6pm, Friday October 29; wine and snacks will be served. Except for special invitation card holders, there will be an entrance fee of R5 per head, which is a contribution to False Bay Hospital. All are welcome!



Please remember to bring with you this issue of Snoektown Calling, as it contains the Artworks Catalogue.

Critical data as follows:

Venue: Simon's Town Hall

Dates: Friday Oct. 29 to Wednesday Nov. 3

Doors open 6pm Friday

Daily hours 10am to 9pm

Hanging: 2pm Wednesday Oct. 27 to 4pm Friday October 29

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Anti Rape Course

No longer are the women of Simon's Town powerless over becoming a rape statistic and dying from Aids.

Two weeks ago, about 20 women from this area responded to an article in one of our local newspapers asking for us to attend a pilot course set up by the South African Police to teach women self defence techniques to equip them to escape an assailant and also to actually escape from a simulated rape attack. Once again we are indebted to our dedicated Simon's Town Police Officers such as Inspector Store, our local "Bike Cops" George and Cassie and the assistance of the S.A. Navy personnel for the use of their gym. For their time, patience and expertise, we were not expected to pay a cent. I would like to express my gratitude to all those who are involved in running these life-saving courses and would encourage all other women to take back the power from the rapists and abusers of this world so that we can walk free from fear.

May God bless their good work.

Lenora Tregellas

St Lukes Hospice False Bay

Good news! Our container shop based in the grounds of False Bay Hospital, recently turned two years - and thanks to the generosity of our local community, we continue to be successful and are expanding.

The container is presently undergoing a face-lift with paving stones at the entrance, interior carpet tiles and an exterior coat of blue.

Our container shop team and some of the fund-raising committee are taking over the

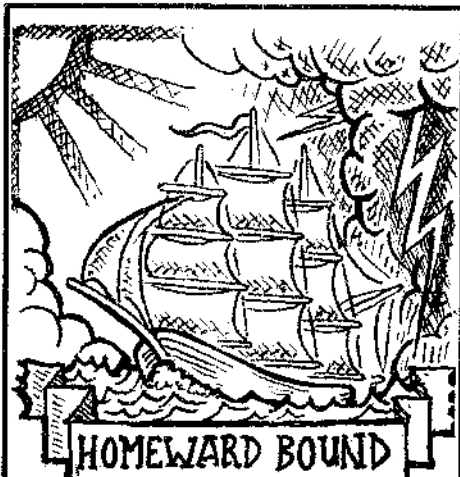
second-hand clothing stall at the 50/50 St John's morning market, Civic Centre, Fish Hoek - Saturday 30 October. A varied selection of bric-a-brac will also be on sale. Please support us and assist this very worthy cause.

Re-conditioned Christmas cards and note-lets at very competitive prices are available from our Hospice office. Monday to Friday, 9.00am - 12.30pm.

The container shop team enjoy meeting all our friends. Tuesday and Thursday 9.30am - 12.30pm weather permitting!

Sincere thanks one and all.

Margaret Collet
Convenor - Container shop



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News from Naval Base, Simon's Town

Announcement of new ships and submarines for South African Navy

The approved acquisitions for the SA navy are as follows:

* 3 x Class 209 Type MD Submarines from Germany

* 4 x Type Meko Class A200-SAN Patrol Corvettes from Germany

The acquisition of these new ships and submarines offers an exciting future to all in the Navy, particularly the younger members, who can now look forward to sailing in modern vessels equipped with state of the art combat suites and propulsion systems.

For the support and maintenance personnel ashore, there is the challenge of learning new and complex technologies in order to keep the vessels at a high state of operational preparedness.

About the new Patrol Submarines

The three new Class 209 Type 1400 MOD diesel-electric Submarines from Germany are a crucial part of a well balanced core force. Without them, the Navy would require many more surface ships to provide the same level of defence and deterrence. The submarines can operate independently for weeks when dived and are virtually undetectable by surface ships and aircraft.

Their stealth characteristics provide an effective deterrence and the ability to counter other submarines and surface ships (including large task forces), which may threaten the country's maritime interests. They are highly suited for obtaining information on illegal/threatening activities in our own waters, as well as for discreet information gathering in other operational areas.

The submarines have the following charac-



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* Length	62m
* Complement	85 crew
* Maximum Dive Speed	320 knots
* Dive Displacement	1 594 tons
* Dive Depth	>200 m
* Surface Speed	10 knots

The submarines will be built and fitted out in Germany. The first submarine is expected to arrive in South Africa during 2001 and the first six submarines two years later.

About the new Patrol Corvettes

The Type MEKO 200-SAN Patrol Corvettes are multi-purpose ships capable of effective defence, deterrence, and a range of attack, offensive actions in times of war and suitable for conducting peace-keeping operations. The ships will be equipped with offensive armament to deter and attack hostile forces, defensive armament for withstanding attacks, and with combat damage resistance and survivability features.

In the absence of dedicated training ships in the Navy, the Patrol Corvettes will provide an ideal platform for many aspects of sea training for officers and ratings.

The Patrol Corvettes have the following characteristics:

* Length	121m
* Complement	86 crew (+ 20 training officers)
* Maximum Speed	>27 knots
* Full Load Displacement	2 592 tons

In keeping with modern trends, habitable space on board will be optimised to provide a good standard of living, which will help to reduce fatigue during extended periods at sea.

The ships will be built in Germany, but the combat suite will be installed locally in South Africa. The first ship is due to be delivered from Germany at the end of 2002 and the fourth ship in mid 2004. The first ship, with the complete combat suite, is due to be handed over to the SA Navy in mid 2004 and

the fourth ship a year later.

Opening of new Gym at Waterfall Barracks

On September 1999, R Adm (JG) Louw and R Adm (JG) Mafumu opened the new gym at the Waterfall Barracks in Simon's Town.

This was born from the need for those members living at Waterfall Barracks, eg. the widows and who work shifts and do not get the opportunity to get to a gym.

R Adm (JG) Louw presided, the CEO of WOT de Koker who after seven months of planning and purchasing of equipment with funds from the Sports Fund. This up to date new equipment is sufficient for a basic weight training programme.

The premises were pointed by the Junior Rates and Physical Training instructors (PTI) of Naval Base Simon's Town. There will be a PTI on duty at all times for supervision and guidance.

In the opening address to Mr Grooten and members of the committee, R Adm (JG) Louw said that he hoped that he and R Adm (JG) Mafumu could become members of the gym and that the gym will be well equipped, as he always believed that a healthy body houses a healthy mind. He added that a workout at the gym, was a good way of relieving stress rather than dwelling on 'night the thoughts and problems'.

Media Liaison
Naval Base Simon's Town



R Adm (JG) J.E. Louw and R Adm (JG) N. Mafumu and some of the Junior Rates Committee members

False Bay Yacht Club Opening Cruise 1999

September has seen a hive of activity at False Bay Yacht Club starting with our Opening Cruise on the 12th which heralds the start of our sailing season. It was an amazing day in more ways than one starting off with the weather. After having the most cold and wet week with lots of snow on the mountains the day dawned overcast but cleared by lunchtime and became warm and sunny with a light north-westerly breeze. These were perfect conditions for those of us who are not keen sailors but like to get out there on these once a year events to salute the Commodore. The sail past started at 15h00 and an armada of 50 boats of all shapes and sizes turned out for the salute. We had everything from yachts of all sizes to our very own steam boat and The Spirit of Just Nuisance. Two Southern Right Whales graced us with their presence and attempted to follow us for a better look. The dignitaries aboard the Commodore's yacht were fasci-

nated by this appearance and our illustrious Councillor was quite taken aback when one of them breached three times as if saluting in its own way.

Afterwards, all returned to the Club for the proverbial "bun fight". Thanks to all who made it a great day.

Bertha's Restaurant and Coffee House False Bay Spring Yachting Regatta 1999.

This is the biggest yachting event on our yearly calendar and is held at the end of September every year. This year we had 70 entries from various Yacht Clubs around the Peninsula and had no less than 5 Development teams taking part.

The weather was mixed but we managed to get 3 days of racing in. We have a Racing Class and a Cruising Class so that there is



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something to suit everyone. The racing division do courses around set marks in the bay and the Cruisers longer distance racing.

for their generosity.
All in all a very enjoyable and successful event.

Megan Bagshaw

To see all the yachts on the water with beautiful coloured spinnakers flying was a real treat for landlubbers and sailors alike. There were the usual contingency of Southern Right Whales up and down the bay, they seem to enjoy this event as much as we do. In our handouts to the sailors we enclose rules and regulation pertaining to whales, these kindly donated by Nan Rice, and we can assure you that we do not intentionally harass these beautiful creatures. It's not that easy to sail away from a whale and yachts have to rely on the wind to send them hopefully in the right direction.

Bertha's Restaurant, our sponsor, offered specials at their restaurant throughout the weekend and donated wonderful prizes for the Prizegiving which was held at the restaurant on the 1st October. We thank them

Station 10 N.S.R.I. Simon's Town October 1999

In any enterprise new growth brings change and along with change usually comes new impetus, a kick start as it were, to beef up the operation.

So it is with Station 10 N.S.R.I. because on the horizon is a much anticipated event. All through this year, behind the scenes planning has been afoot to obtain a new, faster main rescue craft. This is no haphazard event but forms part of N.S.R.I. policy. This policy includes a replacement programme for all eight metre rescue craft at stations countrywide. So far two new nine metre res-



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cue vessels have been taken into service, one at Station 7 East London and the latest one at Station 15 Mossel Bay.

"Caltex Star" has given 17 years excellent service. Her crews have always been full of praise for her handling capabilities, her reliability and her general sea worthiness and all these factors still apply. Her motors have just been given a new lease of life. Her hull is in good condition and she is a very reliable craft that has been very well maintained. It has been decided that she will be retired from the rigours of sea rescue work. She has been put up for tender and this fact has been advertised in boating magazines. She will be a wonderful deep sea fishing craft for her new owners and will still give many years good and reliable service. The crews who served in her will be very sad to see her go to new owners.

The new and exciting event for Station 10 will be the replacement craft which will be a metre longer at 9metres and will be powered by two 200 horsepower Mariner motors which will give her a speed in excess of thirty knots and a greatly improved operating range from her fuel injected motors. This vessel also has improved built-in safety factors for crew members and the latest radio and navigation equipment.

The craft is expected to be launched and commence service in the latter part of this year. This, no doubt will be good news for operators of sailing craft, fishing vessels and pleasure craft in the False Bay area. It certainly will be a shot in the arm for all serving crew members and will no doubt give new impetus to our efforts. We are grateful to all our supporters out there who over the years have assisted us with funds in all our collection boats and other fund raising efforts. We are also grateful to our sponsors large and small for keeping us afloat.

Of course this does not stop the need for new funds and our constant quest to come by them. Sea rescue is a dynamic occupation which needs to be fuelled all the time so we can only keep asking you not to stop giving.

The date for the launching and arrange-

ments for the ceremony will be announced at a later date.

No doubt by now residents of Simon's Town will have noticed the face-lift to the front of the Patty Price boathouse which came in time for the new parking arrangements at Cole Point. Further renovation is being carried out inside the boathouse where new ablution facilities are being installed by a stalwart band of clever amateurs.

Things have been quiet at Station 10 for the past few weeks call-outwise.

All that remains to be said is that the previously reported work on the motors of "Caltex Star" by assistant Station Commander Denis Zimmerman and his band of volunteer workers has effected a saving of almost R5000 which is good work by any standards.

*Yours aye,
Don Dallery.*

Member Station 10 Support Committee



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Peninsula Tourism - Simon's Town

(Simon's Town Publicity Association)

Telephone: 786 2436

AN APPEAL to all readers of this popular little magazine which depicts a fairly wide view of Simon's Town life enjoyed by locals as well as people who have left Simon's Town!

This is an appeal to all who would like to see it continue. Dr Loxton has been funding Snoektown since its inception in February 1998 and is finding this increasingly difficult. The generosity of the Supporter's Club has helped, but the shortfall each month is some R4000-R5000.

Would residents be willing to make an annual voluntary contribution of R30? Please let either this office or Dr Loxton know if you would be happy to do this.

On Monday 27 September Members of Peninsula Tourism were invited to attend the "Rising Star" Award ceremony held at the Alphen Centre in Constantia, which was organised by Peninsula Tourism to celebrate World Tourism Day. Members of the public had been called on to nominate candidates for the "Rising Star" Award. Anyone who had made a worthwhile contribution within the communities of the South Peninsula, with a direct or indirect impact on Tourism. Candidates with unique services or products and who showed a passion for tourism and tourism development.

A most appropriate bronze trophy was fashioned by Otto of the Albertyn Stables Bronze Foundry for the event.

Eight finalists were chosen, including two Simonstonians. An independent panel of three chose the candidate they thought best reflected the Rising Star criteria.

The nominees covered many aspects, all most worthwhile making the choice difficult:

Charlie Richardson of Oatlands Holiday Vil-

lage. Her nomination came in respect of the fantastic work she did with this year's MTN Cape Whale Route's Welcoming the Whales. Oatlands Holiday Resort hosted 52 children for a weekend. The children were from orphanages in Gauteng, Free State and from various towns on the Whale Route. Over and above accommodating the children, she organised sponsorship of their breakfasts, a celebratory braai and jumped in boots and all, organising the children's activities and looking after the press. She went way beyond the call of duty as resort manager.

Another nominee from Simon's Town was Bevan Pank, who's name may be recognised as a regular Snoektown contributor. Bevan is passionate about tourism and has written many articles on the Peninsula for both South African and foreign magazines. He is also a regular contributor to the community papers on issues concerning tourism along our tourist routes and beaches. From our marine environment to flora and fauna he alerts the authorities regarding related problems.

Surie & Leonard Abraham who established the Gateway Feeding Scheme in Muizenberg to reach out to the homeless, underprivileged, disabled and the street children in the area. Rather than offer handouts, Surie and Leonard encourage people in need to work for whatever they require and have assisted 35 families with food, clothing, accommodation and employment.

Carol Hewitt of Plumstead who for the last ten years has decorated the outside of her house and garden for Christmas. Over the years, the display has grown to include a nativity scene, scenes of Santa being chased by Rudolf around the chimney and a beautiful Christmas angel. Carol receives hundreds of visitors over the Christmas pe-

**THE 1999
SIMON'S TOWN ART SHOW**

EXHIBITION HOURS

*Friday 29 October to Wednesday 3 November
10h00 to 21h00*

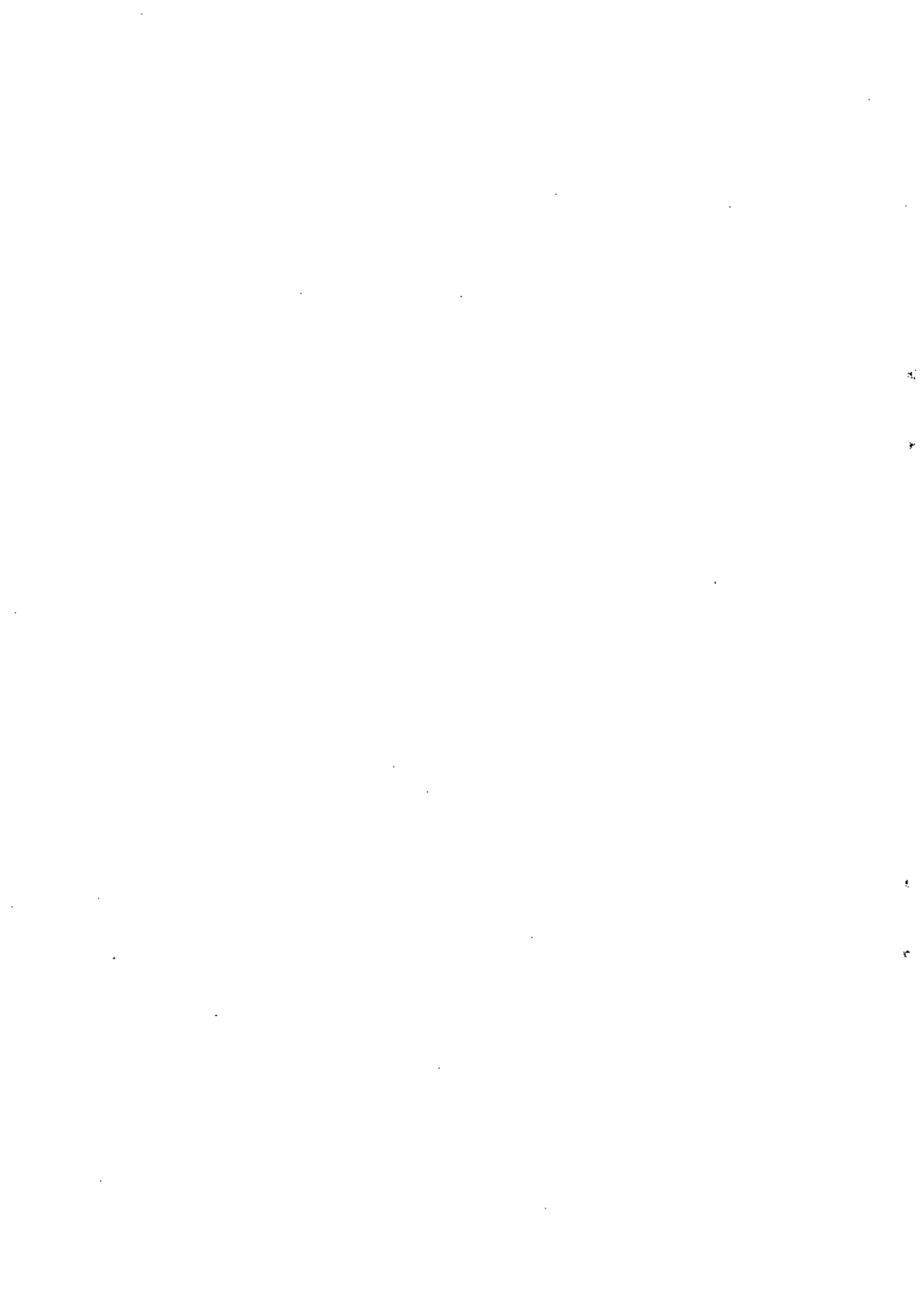
WARRIOR'S REST ROOM

TOWN HALL

Main Road

SIMON'S TOWN

*All proceeds benefit the False Bay Hospital, our Home Nursing
Service and Happy Valley Homes*



1. J. ALLEN

101.	"Pink Hibiscus"	Watercolour	R120-00
102.	"Pink Azalea"	Mixed	R220-00

2. DAVID BENEKE

201.	"Yellow Sail"	Acrylic	R500-00
202.	"Three Sailing Boats"	Acrylic	R400-00
203.	"Fishing Boat"	Acrylic	R400-00

3. JACKIE BOURHILL

301.	"Mountain Stream"	Oil	R1260-00
302.	"Celebration of the Aloe"	Oil	R1100-00
303.	"Untitled"	Oil	R500-00
304.	"Welwitschia"	Oil	R650-00

4. MARINA BROWNING

401.	"Water's Edge Beach"	Watercolour	R1900-00
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5. WILLIAM G. DALTRY

501.	"The Dingle"	Acrylic	R360-00
502.	"The Mill Creek"	Acrylic	R300-00
503.	"Simon's Town"	Acrylic	R260-00
504.	"De Beers' Co. Office Simon's Town"	Acrylic	R360-00

6. JILL GRANT

601.	"Earth's Bounty"	Oil Pastel	R400-00
602.	"Lemons & Blue China"	Watercolour	R450-00
603.	"Corner of the Garden"	Watercolour	R400-00
604.	"Arums & Musical Instruments"	Watercolour	R450-00
605.	"Sunshine Flowers"	Watercolour	R400-00

7. PAT GRANT (nee DALTRY)

701.	"Wild Iris"	Acrylic	R1200-00
702.	"Stone Pines"	Acrylic	R1200-00
703.	"Impala"	Oil	R800-00
704.	"Fishhoek Beach"	Watercolour	R700-00

8. FRANCES LE ROUX

801.	"Alpe anemone"	Watercolour	R750-00
802.	"Maamag"	Watercolour	R850-00

9. LINDI LOXTON

901.	Tablecloth	Silkscreen printed fabric (2,20m x 1,45m)	R285-00
902.	Tablecloth	Silkscreen printed fabric (2,20m x 1,45m)	R285-00
903.	Tablecloth	Silkscreen printed fabric (2,20m x 1,45m)	R285-00
904.	"Paradise Regained"	Mixed Media	R645-00
905.	"Fantastic Bird"	Pencil	R645-00
906.	"It's a Cai Thing"	Silkscreen	R645-00

10. DEBORAH LUNDERSTEDT

1001.	"Roses of Suurbraak"	Oil	R1600-00
1002.	"Fisherman's Beach"	Oil	R3800-00
1003.	"Sea & Stone"	Oil	R1400-00

11. HEATHER LUNDERSTEDT

1101.	Small Topiary Tree	Dried Flowers	R75-00
1102.	Medium Topiary Tree	Dried Flowers	R135-00
1103.	Large Topiary Tree	Dried Flowers	R225-00

12. BOB MC CALL

1201.	"Sunbird"	Bronze	R1000-00
1202.	"Penguin"	Epoxy	R300-00

13. MANDY-LEE MYERSON

1301.	"Circles of Time"	Oil on canvas	R800-00
1302.	"Zoe"	Oil	R600-00
1303.	"Nude"	Pastel	R900-00
1304.	"Harbour View"	Pastel	R800-00

14. TOM PAIGE

1401.	"The Tower of Torremolinos - Spain"	Oil	R350-00
1402.	"Fishermen's Village - Torremolinos"	Oil	R300-00
1403.	"Via Roma- Portofino - Italy"	Oil	R250-00
1404.	"Jubilee Square - Simon's Town"	Black & White	R50-00
1405.	"The Lane - Simon's Town"	Black & White	R50-00

15. BARBARA PAYNTER

1501.	Framed Wall Hanging	Crewel floral embroidery on oatmeal linen	R800-00
1502.	Cushion with embroidered cover	"	R400-00
1503.	Copy of typical red Hungarian table cloth	"	R400-00
1504.	Coffee table runner	"	R500-00
1505.	Embroidered coffee table cover	"	R350-00

16. LESLEY SHACKLETON

1601.	"White Noise"	Photograph	R130-00
1602.	"Waiting Tables"	Photograph	R130-00
1603.	"Shelter"	Photograph	R130-00
1604.	"First Light"	Photograph	R130-00
1605.	"Dark Power"	Photograph	R130-00

17. MARGIE TASWELL YATES

1701.	"Still Life with Silver Jug"	Oils	R900-00
1702.	"Tree"	Pastel	R680-00
1703.	"The Waterfall, Simon's Town"	Oils	R1450-00

18. ADOLF VANDENBOSSCHE

1801.	"Sonya"	Acrylic & chinese ink on paper	R1600-00
1802.	"Carnival"	Acrylic & chinese ink on board	R2000-00
1803.	"Fantasies of Guido"	Acrylic & chinese ink on board	R2400-00
1804.	"The Presenter"	Acrylic & chinese ink on paper	R1200-00
1805.	"My old Bruxelles"	Acrylic & chinese ink on board	R650-00
1806.	"Blue Lady"	Acrylic & chinese ink on board	R550-00
1807.	"College Days"	Hand painted silk	R2000-00

19. LEANDA VAN NIEKERK

1901.	"Lion Sunrise"	Printers inks & oils	R800-00
1902.	"Red Tailed Buzzard"	Printers inks & oils	R850-00
1903.	"God's Garden"	Acrylic	R500-00

20. RENE WALKIN

2001.	Decoupage Ostrich Egg / Stamps	Acrylic	R120-00
2002.	Decoupage Ostrich Egg / Stamps	Acrylic	R120-00
2003.	" / African Art	Acrylic	R120-00
2004.	Gilded Ostrich Egg	Gold, silver & copper leaf	R120-00
2005.	Decorative Tray	Acrylic	R150-00
2006.	Watering can - planter	Mixed	R135-00
2007.	"	Mixed	R185-00
2008.	"	Mixed	R185-00
2009.	Wooden Box - Blue	Acrylic	R85-00
2010.	Wooden Box - Green	Acrylic	R85-00
2011.	"Lighting Up Ceremony"	Pastel	R950-00
2012.	"Namib Desert"	Watercolour	R650-00
2013.	"Reflections"	Watercolour/Gouache	R450-00
2014.	"Still Life with Brandy Glass"	Watercolour	R950-00
2015.	Woodenbox	Acrylic	R135-00

21. BRIAN WALTERS

2101.	Candle collection	Parafin wax	R400-00
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22. SIMON'S TOWN SCHOOL

THEOCA MOODLEY age 7yrs		
1. Funny Fish	Wax Crayon & Dye	R65-00
JONATHAN ELS age 8yrs		
1. Whale	Acrylic paint	R65-00
TROY CUMMINGS age 7yrs		
1. Whale	Acrylic paint	R65-00
CILADWICK van HEERDEN age 8 yrs		
1. Whale	Acrylic paint	R65-00
SHALISHA BULRAM age 8 yrs		
1. Penguins	Acrylic paint	R65-00
LUKE VILJOEN age 12 yrs		
1. Humming Bird	Pencil crayons	R65-00
ASHTON MORGAN age 12 yrs		
1. Pretty Bird	Pencil crayons & kokis	R65-00
REDAN-LEE WILLIAMS age 12 yrs		
1. Flamingo	Pencil crayons & kokis	R65-00
AYANDA SIYO age 13 yrs		
1. Ethnic Bird	Kokis	R65-00
CALVIN SCHOLTZ age 12 yrs		
1. Tucan	Pencil crayons & kokis	R65-00
NINA WAINMAN age 12 yrs		
1. Sculpture - "Mummy"	Clay	R125-00
BIANCA NARAINSAMY age 12 yrs		
1. Seaside	Pencil crayon	R65-00
KERI-LEE SORSA age 14 yrs		
1. Pixie	Pencil crayon	R65-00
2. Water Lily	Pencil crayon	R65-00
3. Young Love	Pencil crayon	R65-00
ROSHAN BACHAN age 13 yrs		
1. Tasmanian Devil	Oil Pastel	R65-00
THOMPSON NJIVA age 14 yrs		
1. Birds	Paint	R65-00
2. Seaside	Pastel	R65-00

**THE 1999
SIMON'S TOWN ART SHOW**

*The cut off date for late entries, which can be deposited in
2 Chapel Road's postbox is Monday 25 October.*

*These will be included only in a supplementary catalogue
(NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE)*

riod and her garden has become tourist attraction.

Trevor Wells, who is committed to the development of Muizenberg's potential as a multi-cultural and prosperous destination for visitors with year round attractions. He has established an arts, crafts and cultural database and pursues the maintenance of pristine beaches. Trevor has been instrumental in establishing the Village Improvement Plan in partnership with the SPM.

Ben Theys hails from Ocean View and is very involved in music and other cultural activities in the area. He focuses on the youth of Ocean View and believes that music and art can give young people education, direction and improved quality of life. In the quest for these aims, he founded the Ocean View String Band.

Holdi Ford, like Trevor wants to bring positive change to Muizenberg and does this by

being part of a monthly clean up group that removes litter from Zandvlei. Holdi's present project is reinstating the flower beds outside the Municipal offices in Atlantic Road. She can be regularly spotted weeding, cleaning and planting in Atlantic Road. Her other project is the organisation of a large notice board to go in front of the library that will depict Cultural Muizenberg.

...AND THE WINNER IS ...

HOLDI FORD!

Congratulations to Holdi and to all the nominees who are making a positive mark in the Deep South!

The Rising Star Award is envisaged as an annual event and it is hoped that the many unsung heroes out there will be nominated or come forward themselves when nominations are called for again in mid 2000.

**Best wishes
Sue and Pat**

REALTY-1
PROPERTY

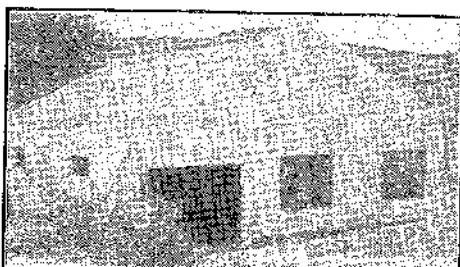


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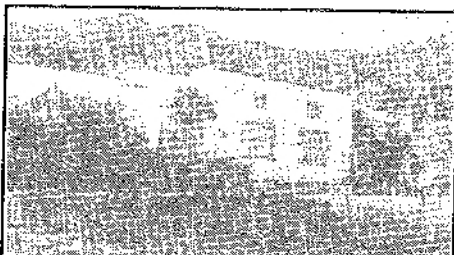


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Falklands Experiences - Part 2

Before departing from Ascension Islands we were warned about the bad weather conditions that we could well experience on our journey south. As far as we were concerned we had already travelled 4000 miles so what was another 4000 miles for a hardy bunch of soldiers!!! It was only a couple of days into the southern leg when we started to experience some very heavy swells. This hampered our daily training routine severely. Our physical training instructors had to revert to exercises that kept us firmly planted to one spot and of course kept in rhythm with the roll of the ship. We still managed to exercise out in the fresh air but all could see this would soon cease.

We fired our weapons at floating targets at the stem of the ship so as to zero them and see that they were in good working order. The BBC world service news was the highlight of our day and we waited with bated breath for the political settlement which was

always nearer and nearer.

I think it was about one week after sailing from Ascension that we decided deep down in our hearts that we were really going into combat and I think then that the whole attitude on the ship changed. Training took on a new perspective with the willingness and thought that we really may have to speak Spanish and deal with prisoners of war and deal with our own casualties.

We plunged ourselves into our set drills and tested each other. As engineers we could be called upon to perform numerous tasks, however concentrated on the main topics that could affect the main battle namely mines, booby traps, demolitions and water supply. Information on the Argentineans as an army was scarce. As for their engineer equipment and mines they seemed to have a little of everything, mainly mines from the Eastern Block countries. With the limited information we had studied the detection,

HEATHER LUNDERSTEDT ESTATES cc

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disarming and clearance of this awful weaponry.

As we came closer to the Falkland Islands plans were underway for the landings and we carried out the disembarkation drills with enthusiasm. The weather and the state of the seas soon became too bad and we were confined to the living areas of the ship. Movement and of course eating in these conditions was difficult. Sea sickness hit a large contingent of the squadron personnel who spent most of the time in the horizontal position.

As section commanders (4 in total) this was a time to organise and plan for all the scenarios that were possible. Things that we took into consideration were the safety of the section, the risks we were prepared to take, command and control under fire. As none of my section had been in active combat it was to be a new experience for us all. Plans started to filter through as to whom we would be attached to for the landings.

Recce troop were to be attached to 3 Commando Brigade. Our task as engineers was to move in with the fighting troops secure the beachhead and deal with any obstacles on the way. We were flown by helicopter from the Sir Gallahad on the 19 May to the assault ship HMS Fearless. This ship was at full readiness and packed to the rim with heavily laden soldiers. Our orders were to travel light which as an engineer is fairly impossible. We carried full fighting order with no comforts at all. This consisted of: Personal Weapons (per section 2 Self Loading Rifles SLR, 1x Sub Machine Gun SMG, 1x Light Machine Gun LMG); 4 full magazines plus extra ammunition; 4 grenades; 1 66mm Anti Tank Rocket; pack containing - plastic explosives, Detonation cord, Detonators, Mine detector, Wire cutters and Prodder, Tea/Coffee/Soup and Mars Bars. As clothing we wore: Full Windproof DPM (Disruptive Pattern Material) Combat suit; Helmets; ID Tags (Dog Tags) Complete with Ampoule of Mor-

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phine tape to them; We also carried DPM Waterproofs, NBC Respirator and NBC suits.

As can be seen we had no charges of clothing or sleeping bag. These we were led to believe would be airlifted to us when we had secured the beachhead. We carried out all the necessary drills on board the Fearless. Loading of troops into the landing crafts; because of sea swells we were encountering 2-meter drops into these LC and several injuries occurred. This time I think was the most frightening time of all as we were poised to go into battle. Fearless was at full Battle Stations and every gangway and little piece of space was occupied by a fully equipped soldier.

Information was always slow to filter down to us and of course not knowing what is happening is always disturbing. I was called to the final O group at 20h00 on the 20 May which was a full set of Battle Orders. My section was to land at 04h00 on 21 May. We were given no intelligence reports as to whether the landing was to be opposed or not. We tried to rest in the cramped conditions but to no avail. I think we all had other things on our minds. The loading of the landing craft started at 02h00 and we eventually got on some 30 mins later. It is quite amazing the things that you think about whilst standing in total darkness waiting for the off. At about 03h00 my section were recalled from the landing craft to the briefing room to await further orders. I was informed that we were to be involved in some special helicopter operations. Luckily for the rest of the guys the landings were unopposed and they managed to secure the beachhead and move into their defensive positions. We were flown to LSL Sir Lancelot and told to wait out for further orders. At daybreak we were fully exposed to the Argentinean Air force who found us quite easily and strafed us with an array of weaponry. We took a direct hit with a 1000lb bomb which luckily failed to detonate. We abandoned ship onto a mexe float, which was tied up along side and prayed. We were like sitting ducks and just wanted to get our

feet on dry land.

Unfortunately the Air Defence systems from us had not been positioned and were also encountering technical problems. We continued to move from ship to ship[in San Carlos Water (Bomb Alley). Eventually the Air Defence units were operative and we received only the odd brave Argi pilot. The HMS Antelope that had been our guard ship on the journey down was sunk directly next to us. What an awful sight it is to see a ship explode, break in two and slowly slip away.

As a section we spent a couple more hair-raising days in bomb alley and then were ordered to join the 2 Battalion Parachute Regiment who were dug on the Sussex Mountains. 2 Para had been given a warning order of the possible breakout from the beachhead to recapture Darwin and Goose Green.

Gavin Eyre



786-1371

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Murdock Valley's Mountain

Swamp, rising steeply behind the residential areas of Froggy Farm and Murdock Valley, and the highest peak on the Peninsula is Hales Bay. Despite, however, a number of years provided by very special circumstances for the activities of a small but selective band of residents who regularly walk or climb its slopes, scrub is held in check with the clearance of invasive vegetation in this superb scenic environment of ever changing moods.

Behind Froggy Farm and Murdock Valley North the mountain appears a panorama of relatively pristine appearance which highlights the work done over a period of some twenty-five years. Working with the late Hugh Fung Taylor's Simon's Town Flora Group in the seventies and recommended by the Swampy Alien Vegetation Eradicators (SAVE) on the initiative of the late Hugh Taylor and John Hale in 1980 after a gap of several years when the Flora Group's activities had become heavily committed to other areas.

From the start of its later initiative in June 1980, SAVE was able within a year of having recruited a group of half a dozen or more active residents who met once a week and quickly made an impact on a situation which had deteriorated since the departure of the Flora Group.

Despite the strengthening of the Group with some support from other local areas, its activities have changed dramatically over recent years through ill health, etc., of members and various causes, and despite efforts and publicity which have not been successful in securing replacements.

By the end of 1987 and down to three active members, we decided on a split of the area of operations, with Hugh Taylor looking after the area above Froggy Farm, John

Hale above Murdock Valley North, and Sheila Rice keeping the area beneath the Lone Pine clear of pine seedlings (this latter pine which marks the start of the mountain path).

Meanwhile both Hugh Taylor and John Hale suffered bouts of illness requiring hospitalisation and recuperative periods but towards the middle of 1992 both were back in harness with Sheila holding her own with the Lone Pine. But Hugh was riding the slope where he would have to hang on his boots, with John able to turn out most weeks until two months of this year before a further setback which may put an end to his backing activities.

But Hugh's absence in July recorded only a few days by John's indisposition, signals the end of another stage in the area and mountain.

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agement of Murdock Valley's mountain unless a few more residents can be inspired to carry on the work.

Cape Peninsula National Park has contract labour clearing our mountain chain above the Millers Point area and elsewhere in the vicinity. If these operations are to be part of an overall plan which will run until the eastern slopes down to the Cape Point boundary are cleared, this will indeed be a major operation, but its northern extremity will be the ravine between Murdock Valley South and Murdock Valley North, immediately beyond which the slopes are eminently manageable. Whether they will remain so will depend on whether the job started by the community some twenty-five years ago is given continuity until the Park's management takes over.

Many new residents have been absorbed into our communities over the recent past; maybe now is the time to look at possibilities for achieving this continuity. John Hale (786 3406) or Sheila Rice (786 3909) will be delighted to receive your calls and provide whatever information you require.

John Hale (786 3406)

YOU ARE INVITED TO AN OPEN MEETING

**ON SATURDAY 23
OCTOBER 1999
AT 2.30pm
AT SIMON'S TOWN
MUSEUM**

**TO RE-ELECT THE PROJECT
PHOENIX REPRESENTATIVE
COMMITTEE IN ORDER TO
ORGANISE PHASE 11 OF "THE
PEOPLE OF SIMON'S TOWN"
EXHIBITION AT THE SIMON'S
TOWN MUSEUM.**

The Night Sky - October 1999

The calendar reform mentioned last month was of interest to some, as I was asked what prevented the two previous attempts at reform, before the Gregorian reform in October 1582.

Clement VI, who lived at Avignon (at the time of the two popes), proposed to reform the calendar, but this was delayed due to research. Eventually the new Calendar was supposed to start in 1349, but in October 1347, two years before the reform was to be implemented, some Genoan trading ships arrived at Messina from the Crimea, bringing the black Death with them. Europe was ravaged, as millions died most horribly, and it took more than a century to recover.

Leo X proposed to reform the calendar in 1517, but due to opposition the idea was dropped.

The calendar reform of Clement VI was forgotten until the pressing need for Easter to fall on the same day throughout Christendom allowed the reform of Gregory XIII to be effected on 4th October 1582, when 10 days were 'lost'.

It was a coincidence that both the Black Death and the Calendar reform occurred in October.

The Sun - The Spring Equinox occurred on the 23rd September, when the Sun moved from the Equator southwards towards the Tropic of Capricorn. Sunrise on the 1st is at 06h25 and Sunset at 18h48; on the 21st Sunrise is at 05h58 and Sunset at 19h04. It is of interest to note that Sunrise on the 1st August was at 07h59 and Sunset 18h06. At the beginning of January the Sun is 147,000,000km from the Earth, whereas in July it is 152,000,000 km away. On the 1st October the Sun is 1.001 astronomical miles away, this is reduced to 0.993 au. on the 31st.

The Planets - Mars is moving away from the Earth, so it is not as bright as it was. It has been near the bright red star Antares in

Scorpius, so that the red Mars and the red Antares have been only a few degrees apart in the West in the evening sky for the last few weeks. It is rare to see two such bright red 'stars' only 10 degrees apart. Mars moves from Scorpius to Sagittarius this month. Mercury is 7 degrees south of the Moon on the 11th and remains in the evening sky until the 22nd.

Jupiter, magnitude -2.9 is seen in the east in Pisces, rising in the early evening. Four of its moons, Io, Europa, Ganymede and Callisto are all clearly visible using binoculars, also the Great Red Spot may be seen. These moons of Jupiter are easy to identify as they are in a straight line. The Danish astronomer, Roemer used the eclipses of these moons to calculate, very accurately, the speed of light in 1675.

Saturn rises in the East about 40 minutes later than Jupiter. It is a golden yellow colour. It has not been as bright as it is now since 1976. The rings are open and easy to see with bin-

oculars. The Crepe Ring nearest to Saturn is about 11,000 miles wide, followed by the "B" Ring, which is separated from the "A" Ring by the Cassini Division. There are more than six sets of rings around this planet. The rings are about a mile thick, and are very spectacular when viewed through a telescope. Saturn takes 29½ Earth years to travel around the Sun. In the morning sky Jupiter, Saturn and Venus are visible until the 23rd. After this date Mars, Jupiter, Saturn are visible all night. Uranus and Neptune are to be found in Capricorn, the Goat. Uranus takes 84 years to do one revolution around the Sun, while Neptune takes 164 years. On the 18th, Neptune will be seen ½ a degree south of the Moon, as the Moon is in the First Quarter, there will be no difficulty in finding these planets. If the sky is cloudless many more should see them. Pluto remains in Ophiuchus this year, and is difficult to find at magnitude +14 with a telescope of less than 10 inches. Pluto

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takes 247.6 years to travel around the Sun. It is closer to the Sun than Neptune.

The Moon - The Last Quarter is on the 2nd; New Moon on the 9th; First Quarter on the 17th; and Full Moon on the 24th. Several people have said that they never realised what an interesting object the Moon is to view with binoculars, however, using a telescope is better. The Cape Centre at the Observatory has open nights for the non-members to view the sky. Phone the chairman Dr. Abe Mahomed at 696 5657 or the Vice Chairman Mr. A Gray at 785 5568 and Mr. M Christianson at 531 1100 for details of times and dates.

Meteor Showers - The Orionids may be seen after 2 am, but observing conditions will be poor. The Aquarids made a disappointing showing last month will be a maximum of 3 per hour.

In the Spring Sky the Constellations we see are not strong, as they contain few bright stars. This makes them difficult to identify.

At present the bright Scorpius in the west at sunset is followed by Sagittarius, situated at the centre of the Universe, then Capricorn, Aquarius and Pisces. These Constellations are not easy to identify, however, they are followed by the bright Pleiades in Taurus and Gemini. Orion and Canus Major are both visible now in the early morning sky. The arrival of Springtime is always associated with the First Point of Aries, which happened on the 23rd September.

Peter I. van Blommenstein



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Micronutrients and Heart Disease

Intensive research in the micronutrient (i.e. vitamins and minerals) fields is, by now, mostly aimed at elucidating the mechanisms of micronutrient deficiencies, whereby deficiency cause well documented reductions in disease and deaths in infants, children and young mothers. A "new" emerging concept is that micronutrients may also play a substantial role in reducing disease later in life. All over the world heart disease is seen as the number one killer. Recent studies have expanded the medical world's understanding of heart disease and taken us through the "high on the classic" "cholesterol - heart disease" drama, and are indicating that a number of other nutrients may also have significant protective effects and potentially therapeutic role.

The anti-oxidant vitamins (Beta-carotene, vitamin C and E) are well known protectors in various disease processes. It is well known that the "bad" cholesterol (LDL) becomes changed by oxygen radicals and that the resultant oxidized damages coronary arteries and consequently leads to heart disease. These anti-oxidant vitamins scavenge the oxygen radicals and prevent them from reacting to the LDL in the first place. Vitamin E also increases the elasticity of blood vessels and therefore clot formation (especially in areas like the heart) is reduced. A large study of 16 European countries showed that a low level of vitamin E in the blood was directly related to a higher incidence of heart attacks. At 400 to 800 IU per day Vitamin E supplementation, the risk of further cardiovascular damage is reduced and further complications greatly reduced. There is less known about the good effects of Vitamin C, but the evidence is pointing in the same direction as vitamin E, higher vitamin C is associated with higher HDL (good cholesterol levels).

Homocysteine (a building block in the body's process of producing proteins) is also found to be a "danger" of the inner lining of cells of the coronary arteries. Vita-

mins B12, B6 and folic acid are intricately connected to the workings of homocysteine and they seem to have a lowering effect and research suggests that it could lower the risk of heart disease substantially.

Other trace elements have been implicated and are being researched extensively. Copper deficiency is known to be associated with higher heart disease risk. Dr. Russell White is investigating the role of Selenium.

The basic diet of "Nutrition and Heart disease" is still on "high". The recommendations as they stand today are still: EISS salt (or especially saturated fat), cholesterol and MCH: Vitamins E, C, B12, B6, Beta carotene, folic acid and fibre. Eat balanced. More fish and chicken; 4 portions of fruit a day, 2-3 portions of vegetables; high fibre cereals and less soft and there is to have it. Taking a well-balanced vitamin and mineral supplement every day.

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2. Associations

Simon's Town Publicity	R300.00
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Cheques should be made out to Snoektown Calling and handed in at the Crazy Daisy garden shop. Please do not make donations via the Ratepayers Association - this only creates confusion.

Simon's Town School News

After a very busy third term, we are now gearing up for the last term of 1999. This term is the shortest of the four terms but is most probably the busiest time of the year, with the Matric finals and end year exams.

Junior Primary

Last term the Junior Primary did a project on the sea as part of their O.B.E. One of the places they visited was Windmill Beach, where an enjoyable morning was spent inspecting the rock pools. They also walked along the path to Boulders Beach, observing the Penguins.

During the last week of last term, a Teddy Bears' picnic was held, with Mr De Waal having his hands full when having to judge the bears.

Senior Primary

A number of our learners' work will be exhibited at Simon's Town Hall from 29 October to 4 November. This venture was made possible due to the fact that the exhibits have been sponsored by Dr Loxton. We wish to thank him for his kindness and hope that many of our parents will support the exhibition.

Some of our Grade 7 learners participated in the second round of the Inter-Schools General Knowledge Quiz on the 30 July. They did extremely well and managed to come fourth out of the eleven schools that took part. The team consisted of Lauren Mentor, Bianca Narainsamy, Quinton van Rhyn, Keenan Petersen, Wesley Jacobs and Jody Higgins.

High School

The Grade 12 Maritime Studies learners wrote the exams for the Department's Diploma late last term. Dean Francisco and

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Desmond Mpholofolo achieved distinctions. This Diploma is validated by the Institute of Chartered Shipbrokers (London) and accredited by the South African Maritime Industry Training Board. The Diploma in Navigation and Seamanship will be written on 8 October 1999.

Everyone is no doubt aware of the current search to find a bone marrow donor for a young Westerford learner, Christopher Corlett. One of our learners, Jacky Mecinska has been very active in trying to help find a donor who is compatible to Christopher. As part of her drive, a 'Bleed' will be held at the school on 6 October 1999. All learners older than 18 and staff have been asked to have themselves tested to see if their blood type matches Christopher's. Learners older than 16 may also be tested, if their parents give written consent.

The school has been extremely fortunate to have the 'Covenant Players' present at the school on the 5 and 6 October. This highly rated group convey topics of interest to learners through the medium of drama. They will be performing separate appropriate plays for the whole school (Grade 12 excluded).

Important Dates

- 12 October - High School Prizegiving
- 13 October - Valedictory Service
- 14 October - Play Festival
- 18 October - Matric Exams start
- 03 November - Primary School Play Festival
- 17 November - Primary School Prizegiving
- 19 November - Exams and Tests start
- 03 December - School closes
- 06 December - Report handout

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Coffee Culture - The Brew

The Question of Caffeine

If you find that your after dinner demitasse keeps you awake or that office coffee gives you the jitters, caffeine may be the reason. Caffeine occurs naturally in many plants (coffee, tea and cocoa to name a few) caffeine is a mildly habit-forming drug whose side effects have become a popular health issue in our culture. Controversial investigations have claimed that ingesting caffeine may lead to cancer, fibrocystic disease, heart attacks and sterility, but there is no hard medical evidence that conclusively proves these allegations.

If you are trying to cut down on caffeine, but still want the pleasurable taste of coffee, there are some alternatives. The first may surprise you.

As I have mentioned in an earlier article there are two main types of coffee bean, robusta and arabica. Robusta, used primarily for canned and instant coffee contains 2.5 percent caffeine; arabica contains only 1 percent. One answer to coffee jitters is to check your office supply. If it comes in a can, dump it and replace it with less stimulating arabica beans. The other alternative is to switch to decaff.

If you decide to cut down the amount of caffeine you drink, you may experience some minor withdrawal symptoms - headache, drowsiness, even nausea. Don't panic it's normal and will go away after a day or two.

When the first calls for coffee without caffeine were made and processors tried to satisfy demands they were faced with a seemingly insoluble problem - to present drinkers with a caffeine free brew without robbing them of the much appreciated flavours and aromas of all good coffee.

Caffeine, like the flavour compounds in coffee, is soluble in water, the medium in which

all living things including the coffee tree and its seeds and fruits exist and operate. The only way to remove caffeine from coffee beans is by dissolving them in a solvent, either water or other pure liquid. Naturally if the contents of the coffee bean are exposed to a solvent with the aim of extracting out the caffeine then many other chemicals, including those responsible for aroma and flavour, are going to come out too - unless there is a massive difference in their solubilities and that of caffeine in the specific solvent used.

Because of health demands the process was continually refined over the years and the technology became available to decaffeinate beans at a green stage, before the flavour chemicals have been formed. All sorts were tried, including methylene chloride which is widely used today. This is highly volatile and in which caffeine is highly

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and specifically soluble. Merglene, in other words, therefore offers the ideal combination of attributes - it picks up the caffeine rapidly and efficiently, while leaving other coffee components intact, and then disappears rapidly, thus preventing any problems with taste or off-flavours.

This method is known as the direct method. In the indirect method coffee is extracted from the unroasted bean by a water process. Caffeine is brought to the surface by treating the green bean with warm water and steam. In a separate step, this mixture is filtered through activated charcoal (the Swiss water process). The beans are then dried in a tank and the water, still containing flavour, is evaporated and reduced to favour concentrate, which is sprayed on to the dried beans.

Ironically caffeine is entirely natural and belongs to the coffee tree. Caffeine has the same chemical structure as the "bases" which are found in human genetic material

and the most important chemical of the human respiratory system in which we store and release our energy. The caffeine does heighten and other similar chemicals to alter and ward off mental pains. What could be more natural than that?

Regular coffee consumption seems to reduce the risk of stroke, and for drinkers who consume at least two cups per day, cognitive and enhancing properties include a clarity of thought, increased alertness, improved mood, heightened social skills, and increased self-confidence and energy - properties that might explain why coffee is such a social drink and is often used in offers of alcohol. Drinkers are also less likely to suffer from medical problems such as hypertension, and strokes and also less likely to use analgesic, anti-anxiety, and psychotropic or anti-hypertensive medications.

Other potentially good news on coffee comes from Davis, California, where a toxicology professor hypothesizes that a fresh

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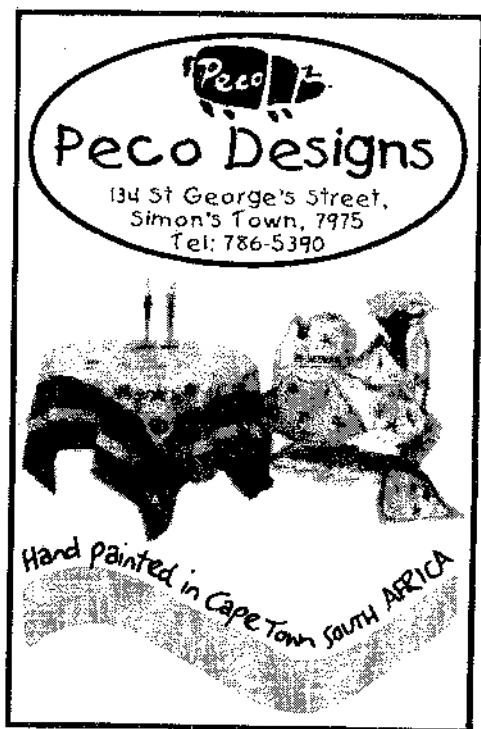
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cup of coffee is filled with potent anti-oxidants - the same ones found in vitamins C and E. Although the hypothesis will need years if rigorous testing before any reliable conclusions can be drawn, the researcher claims a cup of coffee could have as much anti-oxidant potential as several oranges." (The Coffee Book - Dicum and Luttinger 1999)

Whether or not coffee is found to have been healthful all along, the continuing interest into its effects is a testament to its centrality to our daily lives. While the office coffee break gives workers that important boost, it is the social interaction - the gossip, the joking, and the idleness - that enables many workers to survive the tedious days and that forms the most appealing part of the ritual. Take a coffee break alone, and it's just a cup of coffee.

Malcolm Clark

(Malcolm Clark is Roast Master of the Caribbean Coffee Co in Simon's Town.)



"Personal Experiences Column"

"Sailing to War", the first part of Gavin Eyre's article on his personal experience during the Falklands Conflict was fascinating. However I know many other people in our area with just as interesting experiences, but who have not yet written about them. Come on guys, don't be so secretive!

Unfortunately, my personal experiences are so wacky that I dare not relate them. Who really wants to know about the time I abseiled down the Victoria Falls, or dined with KGB officials, or accidentally hypnotized an ambassador's wife?

My only claim to fame was as Australia's best known loser! It happened during a protected petrol strike in Sydney, when married sales colleagues felt sorry for the 'grounded' South African bachelor. By siphoning some of their company petrol, they ensured that I always had a full tank. My car was eventually the only one parked alongside a very popular wine bar to chauffeur home a pick of stranded young ladies.

Woe is me! My heart was lost first time around to a ballet dancer, whom I later foolishly introduced to a good looking architect client. On returning to Cape Town, I met another Australian ballet dancer but did not succumb to her charms. Unlike most girls in the profession, she lacked kinky feet!

Bevan Pank

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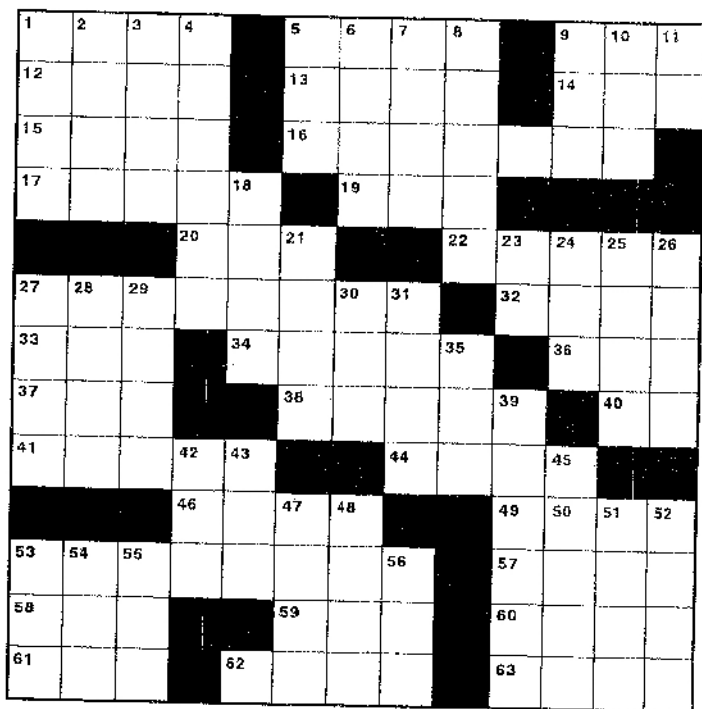
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Across

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12. Finished
13. A solo piece in opera
14. His wife turned to salt
15. A Tibetan priest
16. Small balls of glass
17. Run away to get married
19. August star sign
20. Girls name
22. Gives access
27. See 5 across
32. Term for desertion in army
33. Conclusion
34. Hangmans rope
36. Adams wife
37. Lyrical poem
38. African Antelope
40. Anna Domini (abbrev)
41. Organs used for smell
44. Longer bone in forearm

46. Where the Sun rises
49. Coarse person
53. A local "rocky" beach
57. Broad
58. Make a mistake
59. Fleshy mouth part
60. Wicked
61. A lair
62. Cunning manoeuvre
63. A large tear.

Down

1. A flat fish
2. Egg shaped
3. A fictitious nautical captain
4. Fruit of the vine
5. Conserve of fruit
6. A range of mountains
7. Animal male parent
8. Restriction imposed by custom
9. Beer
10. Distress signal
11. Physical Training (abbrev)
18. A boys name

21. Soon
23. Father (affectionate term)
24. Female sheep
25. Star suddenly brightening and dimming
26. Vehicle used on snow
27. Type of light
28. Unfasten
29. 15th March
30. Shy
31. Jacob's brother
35. Measurement of length
39. A solution
42. Snake-like fish
43. Unhappy
45. Living
47. Exchange for money
48. Threesome
51. Norse god
52. Worn around the waist
53. Article to rest on
54. Metal is extracted from this
55. Vase
58. Keep secret watch

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Wed 13 Oct

"THE ROLE OF WOMEN DURING THE ANGLO BOER WAR"

A talk by Dr Elizabeth van Heyningen

Wed 27 Oct

"THE ROLE OF THE ROYAL NAVY IN THE ANGLO BOER WAR"

A talk by Commander 'Mac' Bisset

Wed 17 Nov

"THE TOWN GUARDS OF 1901"

A talk by Prof Arthur Davey, a President of the Simon's Town Historical Society.

Winter lectures commence at 5.30pm when you are invited to join us for a glass of wine or fruit juice prior to the Lecture at 6pm.

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Guided Tours of the Sites related to Simon's Town's involvement in the **ANGLO-BOER WAR** can be arranged by contacting the Museum.

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5. FRIENDS OF SIMON'S TOWN

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ALL WELCOME!

Sat 16 October at 9.30am

Morning walk up Swartkop slopes. Bring something for tea and don't forget stout shoes and suitable clothing.

Venue: Top end Harington Road next to Simon's Town School.

Wed 17 Nov at 7.30pm

Talk - Marine Pollution along the Cape Coastline by Ms Pavitray Pillay of the Marine Biology Section, University of Cape Town.

Fri 12 Nov (Time to be advised later)

If there is enough support, a **Soup, Cheese & Wine Function** is planned at the Yacht Club. Price approx R40.00 per person.

Jeremy Croudace, a professional photographer, who has received national recognition for alien plant eradication on Redhill, will present a slide show on alien plants, as well as fynbos flowers from his large slide collection. In order to assist with the organising, would interested persons please advise one of the following ladies by **15 October**:

Sharon - 786 1072

Elaine - 786 3562

Yvonne - 712 9997

Sat 20 Nov at 9.30am

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Publication date: Monday 8 November

Contact Pat Lochhead, Tel: 786 2436

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