

February 2017

Issue 2017/2



Ed's Line.....

Sitting in front of my laptop I find myself in an unprecedented situation. It is the 30th of the month and I have yet to piece together any of the newsletter. Talk about a dry spell!

A dry spell of a different kind we are definitely not experiencing. Looking for a clear head and some inspiration I packed my notepad, pencil and laptop and headed for the tree deck. Good idea but a bad plan as it turned out. Barely settled in my seat the thunder started rumbling; never mind, ignore it—it will go away. Well no, just like a bored teenager it hung around and again, just like a teenager, the skies darkened and a positive sulk established itself on the face of the clouds. I am now back in the study sur-

rounded by three dogs doing an excellent job of looking hard done by. Strangely enough my Scottie who is usually like a Scots SAS Sergeant, dour, stocky and utterly reliable and fearless, was the first to squeeze in between my feet and the desk! Anyway back to the (not so) dry spell. It is now chucking it down by the bucket load and my thoughts turn towards the so called drought. I have been recording temperatures and rain fall on a daily basis since February 2012. As at 07h00 this morning we have had 55mm more rain this Jan than last. Comparing 2016 to 2015 December was 78mm more, Nov 124mm more, October 60mm more and September bucked the trend at 33mm less. Now I know that my front garden is not

the catchment area for the Vaal Dam but neither is it a magical rain fall centre. Is there a shortage of rain or are we looking at something else? Ekurhuleni, like many, if not all, municipalities is imposing fines for over use. Fair enough but they do not read the meters on the same day every month. Accounts reflect water usage for exactly the same dates every month so how accurate are they? Of course there is the question of are the meters actually read every month? Estimates and adjustments will only skew the figures further. I don't know the answers but I do know that I have more and more questions and the chances of getting the answers are, from personal experience, highly unlikely. (CN)

KLIPRIVERSBERG NATURE RESERVE JOHANNESBURG'S JEWEL OF THE SOUTH ASSOCIATION

K.N.R.A. Break

Klipriversberg Nature Reserve—“Jewel of the South”

The Month Ahead.....

February is another short month in respect of events and activities. We will have the usual Bird Walk and Guided Walk. A Night Walk is being arranged for 25 February (Details TBA) The Bird Walk will be on Saturday 18 February. Meet Kevin Lavery at the En-

trance Precinct at 06h00. Bring along binoculars, water, snacks and please wear suitable walking shoes and a hat. Kevin's number appears alongside the schedule (Pg. 2) should you require further information. On Sunday 26 February a Guided Walk can be

arranged but please book at least a week in advance so that the necessary arrangements can be made. See the Notice Board (PG 7) for details.



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Grateful Thanks to the Following

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Donations:

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The Aloes
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Banking Details:

Kilpriversberg Nature Reserve
 Standard Bank Southdale
 006405
 Account Number:
 201047284

“When written in Chinese, the word ‘crisis’ is composed of two characters. One represents danger and the other represents opportunity.” John F. Kennedy

**Schedule of
Events**

Bird Walks

Kevin Lavery

083 267 3494

Guided Walks:

See Notice Board

General:

084 804 4073

Please note that these dates are subject to change.

Please confirm dates with the relevant persons listed above.

February 2017

(information subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13		15	16	17	18 ^{06h00} Bird Walk See Notice Board
19	20	21	22	23	24	25
26 ^{08h00} Guided Walk See Notice Board	27	28				

GPS Co-Ordinates:

Slent Pool 26° 16' 59.57 "S / 28° 00' 34.34"E **Entrance Precinct** 26° 18' 13.50"S / 28° 00'39.34"E

Walk Tips:

We recommend that you wear a hat, good walking shoes and sun block. Bring snacks and water (**water is a must!**) Binoculars are recommended for the bird walks.

2017 : Birthdays

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 Graeme Smith Cricketer (1981)	2	3 Retief Goosen Golfer (1969)	4
5 Cristiano Ronaldo Soccer Player (1985)	6 Bob Marley Singer (1945)	7	8	9	10	11
12 Abraham Lincoln American President (1809)	13	14	15	16	17 AB de Villiers Cricketer (1984)	18
19	20 Robyn "Rihanna" Fenty Singer (1988)	21	22	23 Herschelle Gibbs Cricketer (1974)	24 Steve Jobs Entrepreneur (1955)	25
26	27 Graeme Pollock Cricketer (1944)	28				

February 2017 : Religious and Cultural

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 Tu B'Shvat
12	13	14	15 Nirvana Day	16	17	18
19	20	21	22	23	24	25 Maha Shivaratri
26	27 Clean Monday	28 Shrove Tuesday				

Colour Key: Birthdays Non South African South African

Colour Key: Holidays Public Holidays Buddhist Hindu Sikh Christian Jewish Islamic

The Guiding Initiative.....The Future Looks Bright!

On Wednesday 18 January Tony Weedon presented "Field Guiding and Ethics; Part 1—Theory".

I was intrigued to see who would attend. Would it be the "old guard" who can be relied upon to get involved over and over or would we attract some "new blood"? I am happy to announce that we did indeed attract "new blood". Looking around the table there were about nineteen attendees in all and they certainly represented the community across just about every conceivable spectrum. Old and new were split about 50/50. Given the enthusiasm, comments and questions during the session we will have a guiding group second to none at the end of the course. We are all aware of the beauty of the KNR much of which can easily be missed by the casual walker. By sharing his years of experience as well as his love of the KNR, Tony is in the unique position of enabling us to generate interest and knowledge whilst leading guided walks. It will also be

a continual learning experience as we share knowledge between guides and knowledgeable walkers alike.

On the face of it guiding may seem easy. After the theory session I am under no such illusions. Besides having a more than basic knowledge of the flora, fauna, history and geology we will have to develop strategies to handle groups who may have differences of opinion and interest. Diplomacy is going to be key here. Many of the attendees have guiding experience and even qualifications so they certainly have a head start over novices like me. I must admit that whilst we were introducing ourselves I began to feel somewhat inadequate. That however soon faded when the subject turned to experiences that were shared by those who have already led walks. My goodness, the embarrassing positions you can get into by "Freudian Slips", and no amount of training or qualifications will ensure you don't fall victim yourself.....a

case of "speaker beware" perhaps. Add a sense of humour to diplomacy; we'll need it!

Practical training starts on Sunday 5 February. If you are interested in joining us contact Lea Brash on

leabrash@kolisa.co.za (CN)



There are trails to satisfy all preferences. Easy to more challenging.....

Editor's Own

Spotlight On..... Black-headed Heron (*Ardea melanocephala*)



Commons.wikimedia.org

A large bird standing between 84 and 92cm with a wingspan of 150cm the Black-headed Heron is smaller than the Grey Heron. Also known as the Swartkopreier (Afr.), Isikhwalimanzi or Ukhwalimanzi (Xho.), uNokilonki (Z), Kokolofitoe-hloontšo (SS) and Kòkòlòhutwê (Tsw.)

This Heron is common in sub Saharan Africa and Madagascar. Common both here in SA and Zimbabwe it is less so in Namibia, Botswana and Mozambique.

It's distinctive black head and neck contrast with the white throat. In flight the contrasting dark and light underwing

pattern is apparent. Juveniles are paler in colour without the distinctive black plumage.

Wading in shallow water the heron will spear fish and frogs with its sharp beak. Away from water it eats small birds, reptiles and mammals. The Heron either waits motionless for its prey or stalks slowly toward it.

Breeding can be all year round but peaks in the wet season. The male will attract a mate by perching on a branch, raising its head and emitting a loud yelp. The female builds the nest. An untidy affair, usually high in a tree, lined with leaves and soft materials. 2-4 eggs are incubated by both parents for about 23-27 days. Offspring leave the nest at around 52 days and are independent a

week later.

Herons and Bitterns fly with their heads tucked back over their necks unlike the

Storks, Cranes and Spoonbills that fly with extended necks. The status of the Black-headed Heron is considered (LC) or of Least Concern. (CN)

"The male will attract a mate by perching on a branch, raising its head and emitting a loud yelp."



www.avibirds.com

Information: Sasol Birds of Southern Africa, Wikipedia and www.biodiversityexplorer.org

Please feel free to submit any suggestions, comments or articles to editixcn@gmail.com

Alien Invasion: Spear Thistle (*Cirsium vulgare*)

This plant has many alternate names:

Scotch, Bull or Plume Thistle (Eng.)

Daggapit, Speerdissel, Skotsedissel, Dis-seldoring, Karmedik, Skaapdissel (Afr.)

Hlaba (Sesotho)

Ntsoa-ntsane (Setswana)

A native plant spread wide over Europe and Asia the thistle was first recorded in SA at Van Reenen KwaZulu-Natal. It was probably introduced via imported fodder during the Anglo-Boer Wars. It is commonly found in SA with the exception of the Lowveld.

Flowering in late spring or early summer the plant takes two years to produce numerous branched stems and flowers (Biennial). The first year produces a deep

tap root and a rosette of leaves. Seed dispersal is many and varied from air, water, animals, implements and vehicles.

The thistle is classified as a herb and grows to a height of 1-1.5m.

The flower buds, flowers, roots and leaves can be cooked but it is a fiddly preparation to remove all the prickles. The roots are apparently similar to Jerusalem Artichokes but not as flavoursome.

Roots have been made into poultices, the whole plant used as a herbal steam to treat rheumatic joints and a decoction of the whole plant taken internally and externally to treat bleeding piles. Pliny the Elder wrote, amongst other uses that "Pounded and compressed before it flowers, an application of the juice restores skin and hair lost by mange." (*None of the aforemen-*

tioned uses are recommended without proper medical advice!)

The thistle was declared a National Emblem of Scotland by Alexander III (1249-1286) and was used on silver coins by James III in 1470. It is also the symbol of 7 of 8 Scottish Police Services (excluding the Northern Constabulary). It is also used as the symbol for Encyclopaedia Britannica and is one of four floral symbols on the Flag of Montreal, Canada. (CN)



Information: Wikipedia
www.books.google.co.za,
Problem Plants and Alien Weeds of South Africa
www.naturalmedicinalherbs.net

Heat Exhaustion and Heat Stroke

Many a time I have seen walkers in the KNR wearing unsuitable footwear etc. Nothing concerns me more, however, than the walker without water.

Heat Exhaustion (core body temperature 38-40°C), untreated, can result in Heat Stroke (41°C+). Heat stroke can be fatal as strain is placed on the vital organs.

Signs to look out for include:

Confusion

Dark coloured urine (dehydration)

Dizziness

Fainting / Fatigue

Headache

Nausea, Vomiting / Diarrhoea

Pale Skin

Profuse Sweating

Rapid Heartbeat

Prevention Tips:

Prevention is always preferable to cure and a bit of fore thought and common sense can reduce your chances of suffering from heat related problems.

Drink plenty of water, fruit juice and / or vegetable juice. Do not rely on caffeine drinks or alcohol as these will serve only to increase dehydration.

www.webmd.com recommends the following liquid intake:

510-600ml 2-3 hours before activity

210-300ml every 20 minutes during activity

240ml within half an hour of ceasing activity.

Do not wait to feel thirsty, it is probably already too late! (As I have found to my discomfort!)

If you suffer from heart, liver or kidney disease, epilepsy or are on a fluid restricted diet get medical advice on fluid intake required.

Wear light weight and light coloured clothing.

Wear a wide brimmed hat

Use factor SPF 30+ sunscreen

Health Concerns:

Suffers of.....Heart, Lung or Kidney disease, Obesity or Underweight, High Blood

Pressure, Diabetes, Mental Illness, Sickle Cell Trait, Alcoholism or Sunburn.....should be aware that they may be more susceptible to heat exhaustion and heat stroke and should seek medical advise before attempting a walk/hike.

First Aid:

Loosen tight clothing and remove unnecessary clothing

Drink water

Use water or ice to cool the skin

Move to a shady spot

If symptoms do not subside within 15 minutes seek medical attention.

Disclaimer:

I am not a medic and have garnered the information herein from www.webmd.com.

The contents of this article are for information purposes only!

Any medical advice should be sought from a reputable medical source.

Be sensible and be safe.....happy walking / hiking! (CN)

Directions



Directions to "Silent Pool" Entrance (North):

Coming South from N1 or N3:

1. From N12, either via Western Bypass (N1) or Eastern Bypass (N3) get onto the Southern Bypass (N12)
2. Take Kliprivier Drive off ramp (R556) and travel South until you get to the traffic lights cnr Vorster/Columbine Ave
3. Turn right into Columbine, go under bridge and follow Columbine until the Ormonde Drive lights (Engen to the left and Dischem to the right)
4. Turn left into Ormonde Drive
5. Pass Devereux Ave on your left and just before the bridge turn left into Frandolph
6. Proceed to the end of Frandolph to the "Silent Pool" gate. Parking is outside the Reserve.

Coming from M1 South:

1. Pass Gold Reef City and Nasrec off-ramp. Look for Vereeniging—R82 (don't continue to N12 – Bloemfontein!!!) You need the correct lane here unless you want the scenic route.
2. Take Columbine off-ramp and turn left into Columbine
3. Travel down until the lights at a small shopping centre. (Dischem on your left, Steers and Engen on your right)
4. Turn right into Ormonde Drive
5. Pass Devereux Ave on your left and just before the bridge turn left into Frandolph
6. Proceed to the end of Frandolph to the "Silent Pool" gate. Parking is outside the Reserve.

Directions to Peggy Vera Entrance (South):

Coming from South N1 or N3:

1. Take the (N12) and travel to the Kliprivier Drive off-ramp (R556)
2. Travelling South turn right into Impala Rd
3. Travel 4km and turn right into Springbok Rd
4. Turn first right just before Engen into Silver Lane
5. At the T-junction turn right into Peggy Vera
6. Pass the Klipriviersberg Recreation Centre which will be on your right, the Reserve entrance is the next turn right (Parking in grounds)

Coming from M1 South:

8. Pass Gold Reef City and Nasrec off-ramp. Look for Vereeniging—R82 (don't continue to N12 – Bloemfontein!!!) You need the correct lane here unless you want the scenic route.
9. Continue on the on the R82 passing Columbine Rd off-ramp with Southgate Shopping Centre on your right
10. Travel 3km and turn left at the first traffic light into Pierpont Drive
11. Travel about 1km to the fork in the road
12. Continue to the left (Pierpont) and take an almost immediate right fork to the end of the road (T-junction—Peggy Vera)
13. Pass the recreation centre on your right, the next entrance is to the Reserve (Parking in grounds)

NOTICE BOARD

Sunday Walks

Do you want to walk in the reserve but are unsure where to go? Would you prefer to be accompanied by a knowledgeable guide? Experience the beauty of the local flora and fauna right here on your own doorstep.

When: Every 4th Sunday of the month

Where: Entrance Precinct, Peggy Vera Rd

Time: 08h00

Contact: Lea Brash on leabrash@kolisa.co.za

Cost: R20-00pp (Booking and advance payment essential)

Payment: Deposit into bank account and email proof of payment to leabrash@kolisa.co.za (Ref = Name and number of attendees)

Catering: Bring your own snacks and don't forget sufficient water, walking shoes, hat and sun-block



Bird Walks with Kevin Lavery

Discover the abundance of bird life in the KNR with Kevin every third Saturday of the month. Check the Events Calendar for times as they vary throughout the year.

Remember to bring along your binoculars, hat, sunscreen and water.

Happy Twitching.....



Klipriviersberg Nature Reserve
"Jewel of the South"

Contact and Banking Details

Postal Address:

P.O. Box 315
Mondeor
2110

Telephone and Email:

General Queries: 084 804 4073
Email Queries: info@klipriviersberg.org.za
Booking Queries: leabrash@kolisa.co.za

Banking Details:

Klipriviersberg Nature Reserve
Standard Bank Southdale 006405
201047284



Find Us on Face Book; Jewel of the South

Website: www.klipriviersberg.org.za

KNRA Break Invites You, The Reader, To Contribute

KNRA invites all interested parties to submit articles, letters and / or photographs for publication. Any suggestions for regular features are welcome.

Newsletters will be published monthly and contributions need to be submitted no later than the 20th of the month for inclusion in the next publication. Late submissions will be considered for the next publication if they are not time sensitive.

All contributions to be sent via email please.

Editor: Cathy Naude

editrixcn@gmail.com

Disclaimer:

All contributions are the opinion of the contributor and not that of the KNRA Committee or Editor

No racism, foul language or personal insults will be permitted. Please be respectful of others opinions .

Spill-Over Notice Board

ART SCAPE

***This page is for the artistic, creative, poetic and reflective readers of all ages.....please feel free to send contributions to
edlrixcn@gmail.com***