

MURAL HONOURS KALK BAY'S FILIPINO HISTORY

The area just outside Olympia Bakery in Kalk Bay was a hive of activity late in January as Filipino artist Pancho Piano worked on a mural to honour the area's Filipino history. The mural pays tribute to the seafarers from the Philippines who first settled in the area in the 19th century.

Visiting Cape Town and Kalk Bay for the first time, Pancho said the history and elements of Kalk Bay inspired the design after a walk-about of the village and the Manilla Steps, which is 2018 were named in honour of Filipino settlers.

With a career spanning over 150 murals and installations worldwide, including over 70 churches across the Philippines, his work is recognized for its vibrant storytelling and deep cultural significance.

"South Africa and the Philippines share a bond rooted in history, forged through the brave men who first sailed across the seas in the 19th C. The mural is a tribute not just to the Filipino seafarers who contributed to the growth of Kalk Bay, but also to the enduring friendship between our nations" says Steven Chaimowitz, Consul General of the Philippines in South Africa.

"While many Filipinos returned home after the Philippines was ceded to the United States in 1898, around 60 families remained and some of their descendants still call Kalk Bay home. Today, the Filipino culture is an integral part of the area's unique character."



Falsebayecho.co.za



A very warm welcome to Eileen and Desmond Chester

who have moved into house #70



- 2nd Vivienne Docherty
- 4th Roger Scheibe
- 10th Myrle Mawman
- **11th Trevor Honeysett**



15th Paddy Fordyce15th Mary Ann Doyle16th Dawn Mann23rd Colin Osbourne30th Inez Gretton

WISHING A VERY HAPPY ANNIVERSARY TO

2nd Penny and Roger Prideaux

30th Peta and Colin Noble



Wednesday 5th March a social dinner with a Mediterranean theme will be held

Book at reception - Details to be announced





A quiz evening will be held on Friday 14th March at 6pm

A light meal will be served - R80pp

Book at reception by the 7th March

Monies will be collected at the door - please make sure you have the correct amount

Feel free to provide your own liquid refreshments



This is what irony means. You buy an electric car to save the planet and a tree kills it!



HTTPS://www.facebook.com



GETTING TO KNOW YOU - A BRIEF SUMMARY OF DAVID DRAUDE

" My life has been my business and the ability to turn companies around, reorganise and make profit. My lovely wife Maryon will support that note, as she has supported me across UK, Europe and Africa, with various major companies and industries as FD,2IC or CEO. I would always assist my staff to achieve their goals that I sometimes helped them to create, whenever possible. Then to hand some of the profit I achieved, back to villages and others across Africa where I mainly worked.

I have written 2 books, one in 2005, during a 2 year sabbatical in France and Cape Town , called AFRICA WITH A TWIST AND A TALE, it's a novel of short stories of various things that happened in my life, up to that stage.

The 2nd, shortly after I retired in 2014, IMPAR, this was a novel about the possibility of business and countries being run with impartial decisions, not political ones or corrupt ones.

Here is a list of a few of the various other projects and activities I have been involved with outside of my CEO position.

Active Board Member for Empilweni.org - Child mental health Charity, Admin, IT,

Fund raising, Finance, in Khayelitsha

Appointed onto Practitioner Panel Chartered Institute of Management

Co-Founder South African Charity (See and Be Seen)

Board member Tanzania Tea Board & Tanzania Tea Employers Association

Non-Executive Director National Bank of Malawi 3 Yrs

Chairman Motor & Engineering Apprentice Board Malawi 3 Yrs

Chairman Motor Traders Association Malawi 3 Yrs

President of Rotary Club of Blantyre and Country Representative1995/6/7

Editor and translator of 11 childrens books for a friend and aiding of uploading and marketing online.

As a little something to end this, I attach one of the 20 short stories below, in fact the shortest one.

And a mortar at Victoria Falls, Knife Edge Bridge, summer 1977

Dear Bro,

Expect the English summer is living up to its usual standard! We took Ma & Pa to Victoria Falls today, most memorable day. Weather as usual blue and hot.

We were warned of the immense spray that comes up from the Falls, so Dad decided to take his Pac a Mac with him to protect his camera. I'm sure you remember the one; he bought it down Petticoat Lane 10 years ago and had been waiting for a chance to use it.



We were told that the fighting of Rhodesia opposition troops has ceased for the time being and it was safe to view the Falls and even cross the Knife Edge Bridge, something I'd wanted to do since learning of its existence. Don't think that Mum was too interested as she elected to stay in the Hotel room with Nichola.

Dad took it very seriously and was already with his Mac on, with his large camera case dangling in front. He was after some real special pictures.

We secured a guide and headed to the Falls. Fantastic rainbows and it really is" the smoke that thunders" with the loud roar of the water as it pounds down the mountainside.

Did think we heard other simultaneous bangs and stuff as we were walking down, but no one else mentioned it, so must have been the Falls.

We made the start of the Knife Edge Bridge, and it looked incredibly slippery a few yards in, but I was determined to reach 'no man's land' between the two countries.

I volunteered to go first and test the way, while Dad came up the rear. The spray was very heavy, and I had | initially thought Dad's idea of the Mac was a good one, as I was getting drenched.

We were quite far from the roar of the water, but 100 yards below us, the rapids were fierce and fast, and the spray was reaching the bridge in some places. Dad was following a few yards behind... I was crouching very low to the ground to avoid slipping, Dad was doing a similar leopard crawl with his camera case out in front of him.

A loud bang and flash erupted on 'no man's land' a few yards away, followed up by another half a minute later by the side of the bridge the force of which knocked me off my feet onto the wet bridge. My Sister cried out, David's been shot and leaped forward to my rescue, fortunately, it was just the blast of the mortar that had unbalanced me, my ears were ringing, but apart from that I was still in one piece without any holes.

I grabbed for a piece of rope and saw Dad had done the same. A couple more shots were heard just beyond 'no man's land'. We had almost reached halfway but rapidly turned around and slithered back. Shouts followed us, but we did not look back to see what the commotion was about - it was enough to concentrate on moving as fast as possible, without slipping off the side of the rope bridge.

We made it safely to the side and again heard the rapport of guns and shouts of men around 'no man's land', and although halfway across the bridge, the hazy spray was obscuring our view, it seemed as though there was no-one else on the bridge.

We hot footed it back to the safety of our Hotel Intercontinental and our respective rooms and shortly joined everyone for coffee by the pool. We learnt that Mother had looked out of the window after hearing the mortars and gunshots to see lots of army activity running around the grounds with rifles ready and poised.

It was a quiet period at the hotel with not many staff around, but we managed to see the assistant Manager doing his rounds and spoke enthusiastically about our adventurous episode. He had in fact heard the gunshots but wasn't sure what had happened. Eager to find out more, he went off to check if anyone had any information, which basically meant, he sent a messenger to his cousin who was working at the small army camp close by. Later he regaled us with the story that an overzealous rifleman had spotted some activity by the Knife Edge Bridge which he believed to be two snipers, with radio equipment trying to cross the bridge. Calling out, and receiving no response he panicked and opened fire, setting off a few mortars as an additional deterrent.

The opposition on hearing the gunfire, retaliated and a skirmish took place for some 30 minutes, with us in the middle of it!



We had no idea that a civil type of war had apparently been declared that very same morning, between Rhodesia and the National Front freedom fighters of Joshua Nkomo and Robert Mugabe. The borders had been closed which included the rail track, we could see from the pool area of the Hotel. It was just as well; we were going to attempt to leave in a few days, as most of the provisions for the Hotel were smuggled from the Rhodesia side, in late night contraband trains. As a result of the war declaration the supply trains were immediately suspended, therefore the hotel would return to the limited food available from the Zambian markets.

The beaming Assistant Manager, obviously delighted that his guests were still in one piece, reported all was quiet again now. Slightly subdued with many thoughts running through our minds, we confined ourselves to the pool area, for the rest of the day, sinking liquid refreshments.

The only disturbance we had that afternoon was a family of monkeys, who had come down from the Falls, seeking a quiet haven away from all the morning's commotion."

A life well lived David, thank you for sharing.



David has kindly donated a copy of each book to our library



CLASSICAL MUSIC

18 MARCH | 19H00

Vivaldi MANDOLIN CONCERTO IN C MAJOR

Beethoven PIANO SONATA NO. 23,

"APASSIONATA"

John Rutter MAGNIFICAT

RSVP AT RECEPTION OR ON EXT. 3200



Understanding Physical Adversity

The Nature of Physical Challenges

The journey through physical challenges is often marked by trials that test your body and spirit. Each challenge presents an opportunity for growth, resilience, and self-discovery. The nature of these challenges can vary

widely, from chronic pain and mobility issues to the aftermath of injuries. Yet, what remains constant is the human ability to adapt and rise above difficulties. Embracing this perspective transforms obstacles into stepping stones, allowing you to forge paths toward renewed strength and purpose.

Mental resilience is a cornerstone in overcoming physical adversity. It involves cultivating a mindset that embraces challenges as part of your journey rather than as insurmountable barriers. This shift in perspective can be fostered through intentional practices such as mindfulness and meditation. These techniques not only help you manage chronic pain but also instil a sense of calm and clarity, empowering you to navigate your daily life with renewed vigour. By focusing on the present moment, you can develop a deeper understanding of your body and its capabilities, which can lead to significant progress in your recovery.

Living with a physical disability often entails navigating mobility challenges that can disrupt your daily routines. However, you can transform these obstacles into opportunities for innovation and adaptation. Simple adjustments, such as using assistive technologies or exploring alternative transportation methods, can significantly

enhance your independence and quality of life. Personal stories of triumph over physical limitations highlight the ingenuity and determination that can emerge from such challenges. These narratives serve as powerful reminders that resilience is not just a personal trait but a collective experience shared among many who refuse to be defined by their circumstances.

Therapeutic approaches play a crucial role in overcoming your physical setbacks. These offer you various pathways to healing and rehabilitation. From physical therapy to holistic treatments, you can discover methods that resonate with your personal journey. Integrating these therapeutic practices with mental resilience training can create a comprehensive recovery strategy for yourself. The interplay between body and mind is a powerful force. When both are nurtured, you can unlock their potential and achieve milestones you once thought unattainable.

The role of technology in aiding physical recovery cannot be overstated. Innovations in adaptive devices,

mobility aids, and virtual support systems are transforming the landscape of rehabilitation. These advancements not only enhance mobility and accessibility but also foster a sense of community among individuals facing similar challenges. By harnessing technology, you can connect with resources and support networks that inspire and motivate you to keep pushing forward. The nature of physical challenges may be daunting, but with the right tools and mindset, your journey can become one of empowerment and triumph.





Adrian Fuller : February 2025



Valentine's Day evening enjoyed by all



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Images: Lynne Perry, Shirley Hossack and Jenny Fisher



HERMANUS HISTORY

Hermanus has a long history dating back to the beginning of the 1800.

Hermanus Pieters is credited with first "finding" Hermanus. He arrived in Cape Town in 1815, as a teacher and trekked eastwards with the first ox-wagons to Caledon, where farming was the major industry. He taught students from the Boontjieskraal farm in Caledon.

During the summer months, he started herding his flocks of sheep and cattle from Caledon in the 1820's, down the "Elephant Pass", now known as the Hemel-en-Aarde valley, down to the coast, where he found good grazing and fresh water. Hermanus Pieters did this each year and word fast got around the farming community that he had discovered good new summer glazing land. Many others started to follow him down the valley to seek lush pastures for their livestock, as well as fishermen, who found that the sea was teaming with fish and the farming families who wished to come to enjoy this new spot during the school summer holidays.

From then on, the area was named Hermanuspietersfontein, which slowly started to grow into a permanent settlement. Today there is a new stairway and walkway that is situated at the exact location where the fresh water waterfall was discovered by Hermanus Pieters.

The first permanent settlers were the family of Mr. J Michael Henn, who in 1857 with 4 wagon carts, 5 sons, 5 daughters and their various husbands and children, pitched camp right next to the waterfall. They started the fishing industry here and built the first permanent buildings along the present day Marine Drive.

By 1891 there were 2 schools, 2 churches, a hotel, many shops, a post office and a busy fishing industry. In 1902 the postmaster decided to shorten the name to just Hermanus and the village received official municipality status in 1904.

Word spread internationally too, with Harley Street doctors in London, prescribing Hermanus as an ideal location for rest and recuperation with its delightfully clean atmosphere and "champagne air", surrounded by massive open space of mountains, huge beaches, nature and miles upon miles of outstanding countryside, which we thankfully still have today.

A sanatorium was erected over-looking Walker Bay to cater for those in need of such "natural medicine". The small fishing village also started to attract holiday makers from around the world and grew steadily. One delightful Hermanus story is regarding Sir William Hoy, who was the head of the South Africa Railways and Harbour Services. He and his family enjoyed to holiday in Hermanus during the summer and had a great fondness for the small town.

Plans had already been drawn up for the railway line to be extended from the main line at Botrivier, some 35 kms away, down to the coastal town of Hermanus. As such, a railway station was built ready for the trains to arrive, but Sir William Hoy was concerned that the steam trains would not only pollute the fabulously clean air, but also that the town would suddenly be descended upon by 100's of tourists and hence spoiling the quaintness of this sleepy seaside town that he loved so much.



ELV BGV

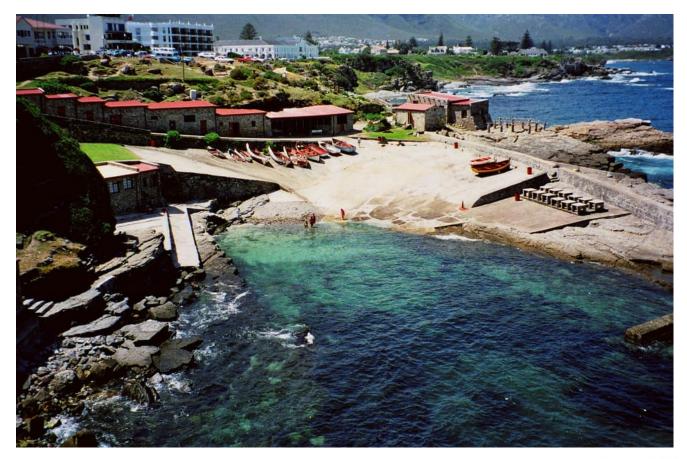
He therefore over-ruled the extension of the railway line and set up a horse and carriage service between the 2 towns. Hence, Hermanus Station is the only railway station in the world to never have had a train arrive or leave from it. The Hermanus Tourism Office now operates from this lovely old building.

Today Hermanus is a scenic town that has stretched along the coastline, hugging the sea and hemmed in by the steep high mountains a few kilometres inland, with Cape Town being only 90 minutes drive away. Currently the town has over 100,000 in 2019 - 80,000 inhabitants (2011 census) - 47,000 in 2001; currently 35,000 of whom many live in our township of Zwelihle.

The Victoria was the first hotel built and the Marine Hotel quickly followed in 1902, frequented then by the British upper classes, which boasts a fabulous cliff top position over looking Walker Bay.

Hermanus today, has over 200 accommodation places, over 50 excellent wineries, over 40 top quality restaurants (many with international awards for excellence) and literally 100's of activities to keep one very busy and entertained.

During the South African summer school holidays (mid December to mid January) which coincide with the Christmas holidays, Hermanus attracts over 250,000 holiday makers. Mainly South Africans who wish to enjoy the town's seaside and beaches, the fabulous scenery, the wine valley of Hemel-en-Aarde, quaint markets and art galleries, and the many outdoor activities that have sprung up. These include whale watching (June to December), Great White Shark cage diving, horse riding, sandboarding, quad biking, kayaking, Cessna plane flights, paragliding, golf, fishing, hiking, mountain biking, bird watching, the local brewery, fynbos & flower nature reserve, sailing, scuba diving, surfing, and more besides.





Small Town S.A./facebook.com



Contributed by Ursula Athrios - flowers taken mid January after fire at base of Kromriver dam duToitskloof Mounrtains near Kromriver hut





Red sprites are rare, large-scale electrical discharges that appear high above thunderstorms. They are a type of lightning that can be seen flickering in the night sky.



Thank you to everyone for your contributions - keep them coming to flickiwal@gmail.com

articles not published in this newsletter will be used in the April issue.

Cut off date for submissions is March 20th



FW