

**Hello Everyone,**

I hope you are all keeping well. I can't quite believe that we are already mid-way through August. Not long before Jeannette re-starts her exercise classes so I do hope you are all doing something to keep the muscles working, otherwise, you are going to feel it when she gets going again! Viv's High Five Challenge is proving a great idea - more on this later in the bulletin. David Guthrie has very kindly written another travelogue - this time about the recurring bush fires near Cape Town. You will find extra quizzes and things to do in this bulletin which I hope you enjoy. Don't forget to get in touch if you have any news or views for the September bulletins. I am collecting copy now, please do contribute. Take care,

Jan x

**Fire in the Fynbos!**

"Fynbos" is the name for the unique type of vegetation that grows along the southern strip of the South African coast, for about three hundred miles east of Cape Town. From a distance it just looks like scrubby bushes and long grass growing over the hills and low mountains. A close look shows it to be full of strange and beautiful plants and flowers, hundreds of which are endemic and found nowhere else on Earth.

Another of the Fynbos features is that it catches fire very easily, especially in late, dry and windy summers - March is an ideal month for a good fire! For tens of thousands of years, fire has been a regular event - there are even several plants whose seeds or fruit need to have been exposed to fire before they are capable of germinating! Many years ago fires must have been caused by lightning strikes. Nowadays there are more causes - cigarette ends, barbecue fires not extinguished properly, broken glass focusing the sun's rays and, regrettably, arson.

During our many visits to the Cape Peninsula near Cape Town, Rita and I saw probably ten small fires and experienced one huge one. The fires sweep rapidly across the country, but burn at a much

lower temperature than the big ones in California and Australia because there are only bushes and grass for fuel, no big trees. As a result, what trees there are lose their leaves to the flames, but are not usually set on fire and killed, and the ground is not heated sufficiently to kill the roots of plants - such that three years later you could hardly tell there had ever been a fire.



Photos 1 and 2 show a 'small' fire close to houses and only about 400 yards from our own bungalow. However, very quickly a helicopter appeared, dropping large quantities of water on the flames and the fire was out in about 20 minutes.

The use of helicopters sounds expensive, but (most of the time) they are highly effective and quickly on the scene, as most of the mountainous areas where fires occur are inaccessible to fire engines. However, things do not always work out well. At about midnight one Sunday evening in mid-March 2015, a fire broke out at the top of the high hill above the seaside resort of Muizenberg. What caused it was never discovered. The strong SW wind blew the flames away from the town and straight across the north of the Peninsula into empty country and it was some time before the fire was noticed, by which time it had a firm hold.

Helicopters cannot be used at night in clouds of smoke and there was no other way to tackle the flames in the dark. By 9 am on Monday the fire had crossed the Peninsula to the Atlantic coast and turned to a cinder about 30 square miles of Fynbos (which recovers, given a few years). One hotel by the sea was destroyed, but had enough warning for all residents to evacuate and stand in



the sea while they watched the hotel burn to the ground. The range of mountains to the north of Fish Hoek, where we lived, was a smoking black land-

scape from east to west (photo 3).

Three roads connect the South Peninsula to Cape Town. At the time, one was under repair for several miles and immediately became a 'car park', with not a vehicle able to move in either direction. The other two were fire-damaged and closed for safety and essential repairs for 24 hours, which was really quite serious. The many thousands of people living in the South Peninsula were cut off from Cape Town for more than a day – something that had never happened before. Those holidaymakers who had an airplane to catch on that Monday missed it.

For the next two days helicopters continually flew overhead, dousing out flames that were breaking out again in the strong wind. On the third day, Rita and I felt we needed a walk on a beach in smoke-free air so we chose Noordhoek beach. We knew the fire had not approached it and we could drive there round the base of the small mountain, Chapman's Peak, which the flames had missed even though fire had swept over the top of the mountain.

On the drive there it did seem rather smokier than we expected. We parked adjacent to the beach and on getting out of the car, saw a wall of flame about 500 yards away and heading towards us at a steady walking pace! What had happened was that the wind had changed from SE to NW and re-ignited smouldering wood, blowing the fires back towards previously un-burned vegetation. Luckily, we were in no danger and if the worst came to the worst, all we had to do was to walk a quarter of a mile across the beach towards

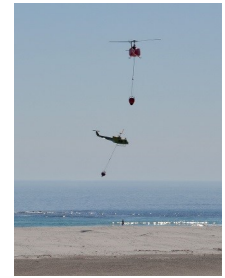


the sea. But about 100 yards in front of the flames was a small thatched hotel (photo 4).



The hotel really looked a goner, being surrounded by Fynbos, but suddenly amid a roar of noise, *four* helicopters arrived one after the other and immediately poured water onto the flames (photo 5). Within ten minutes that

fire was under control and the hotel was saved. But there were other big houses nearby with flames heading towards them and we spent a fascinating half-hour watching the helicopters picking up water from the sea and dropping it on the fires with great skill (photos 6,7,8) and some came close overhead!



Every building was saved and with no obvious damage – an outcome that had looked most unlikely for a while. Rita and I then had to hang around for another two hours until the road was declared safe and we were allowed to drive home again. It had been a fascinating and *very* unexpected experience. Photos 9 and 10 were taken a week later – with all fires out - to show how the landscape had changed!



## News of Viv's High Five Fundraising Challenge

Viv's fantastic fundraising idea seems to be taking off at a pace and we hope you are all taking part and, most importantly, passing the challenge on to five others in your family or friendship circle. Don't forget to donate via the Success After Stroke Justgiving page or send a cheque to Success After Stroke, The Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury, Suffolk, CO10 0SW.

We received an email from one of Success After Stroke's supporters and he has given permission for it to be printed. I hope it inspires you!

"When I saw Viv Bourne's piece in the Newsletter about the 'High Five' Challenge, I knew I should respond quickly, before she approached me direct. A personal plea from Viv, with that sweet smile and discreet arm-twist, is to be avoided, as it turns strong men to quivering jelly. Resistance is futile, as King Canute discovered with the tide a few years back.

Luckily, I had played golf at Aldeburgh earlier in the week, so I drove 50 miles, walked 5 miles and

visited 5 bunkers. I am pleased to report I didn't lose 5 balls or take 5 putts on any one hole. The only "high five" moment was when I holed from off the green at the 5th, to my opponent's dismay. I then had 5 giant prawns in a salad for lunch and 5 glasses of white wine to accompany them (in my dreams - I had to drive 50 miles home afterwards!).

Although I had not set myself an heroic challenge, I did remember to send in a cheque for my entry fee and hoped that Viv would be satisfied - for a few weeks, anyway.

With best wishes to Success After Stroke, members, management and volunteers.

### Charles Dinwiddy"

A great thank you to Mr. Dinwiddy and to everyone who has contributed so far, without our fundraising activities, Success After Stroke could not provide the activities and services for our members that it does.

Jan

### Peter Cornell

I am sorry to inform you all that Peter Cornell passed away on Saturday 8th August. On behalf of the members and volunteers of Success After Stroke, I have sent our condolences and love to his wife, Christine and son, Duncan. In line with Peter's wishes, only his family will be present at his cremation service and he also requested that anyone wishing to make a donation in his memory should do so to Success After Stroke. Donations can be made online at the Success After Stroke JustGiving page, <https://www.justgiving.com/successafterstroke> (please leave your name and mark the donation in memory of Peter Cornell) or by cheque to Success After Stroke, The Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury, Suffolk, CO10 0WD, again please mark the donation in the name of Peter.

Our memories of Peter will be published in the next News Bulletin.

Jan

## August Puzzles and Quiz

Have fun with the following puzzles, games and quiz (sorry some of the items are from an American copyright-free website, hence the spellings)

### NB 19 Quiz Answers

Picture letter followed by question number.

A 37, B 7, C 14, D 21, E 28, F 35, G 1, H 8, I 15, J 22, K 29, L 36, M 2, N 9, O 16, P 23, Q 30, R 39, S 3, T 10, U17, V 24, W 31, X 40, Y 4, Z 11, AA 18, BB 25, CC 32, DD 41, EE 38, FF 12, GG 19, HH 26, II 33, JJ 6, KK 5, LL 13, MM 20, NN 34, OO 27.

### NB 19 Riddle Answer

$$888 + 88 + 8 + 8 + 8 = 1000$$

### NB 20 Quiz

1. In which English county would you find the Forest of Dean?
2. Who played oil tycoon, J R Ewing in the TV soap opera "Dallas"?
3. In which month of the year is the FA Cup Final normally held?
4. What nationality was the surrealist artist Rene Magritte?
5. Which planet was discovered by Herschel in 1781?
6. Which was the first album released on Richard Branson's Virgin label?
7. Who (as of 2020) is the only English boxer to have received a knighthood?
8. Who composed the music suite "The Carnival of Animals"?
9. Which is the only month that features in the NATO phonetic alphabet?
10. By what name is author Charles Lutwidge Dodgson better known?
11. The city of Riga is the capital of which Baltic state?
12. In which US city is the famous Sun Studios, the birthplace of rock and roll?
13. In cricket what do the letters MCC stand for?
14. Which British Prime Minister had the middle name of Hilda?
15. Singer Stefani Germanotta is better known by

- which stage name?
- Which common element has the atomic number of 8?
  - Who wrote the novel "Brideshead Revisited"?
  - Which clan was massacred at Glen Coe in 1692?
  - How many innings generally make up a game of baseball?
  - Toronto sits on the banks of which of the Great Lakes?

- CHINCHILLA REAP
- A HERALD LAUNDRY
- NO BARMAN LORD
- REALLY HERB
- OCEANIC GALS
- DO ON BALLROOM
- NIL NACHOS JOCK
- HOT HAMBURG PREY
- RENOWN DAIRY
- RENAME MAN FROG
- GRINDING AMBER
- NYLON DAHLIAS
- MASTER WAS JET
- THY LEAKIER KING
- SYPHON INTO KHAN
- CLEARLY KEG
- WILL USE CRIB
- WANTS A MEMO
- MERRY WARDROBE
- FINDS A HORROR

### Anagram Puzzle NB 20

Mixed-up stars. The following are all anagrams of famous stars of the silver screen, can you unravel them?

- MICRO SUET
- FIND LIFE RACE LAD
- DISLOCATE TOWN
- RAJAH NOT VOLT
- CHEETAHS PROWL RINK

Both quizzes with thanks to Ken's Quiz.com

### Wordsearch (American spellings and flavours)!

#### Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY  
 MAPLE WALNUT  
 PECAN  
 BANANA  
 TIGER TAIL  
 MOOSE TRACKS  
 COCONUT  
 ROCKY ROAD  
 GREEN TEA  
 FUDGE  
 REESE'S  
 CHOCOLATE  
 VANILLA

Play this puzzle online at : <http://thewordsearch.com/puzzle/416/>

Contact details: SAS phone number; 07434 931962 Email; [admin@successafterstroke.org.uk](mailto:admin@successafterstroke.org.uk)

Take care, stay safe and well. Next News Bulletin will be Friday 4th September.