

VOGELGAT NATURE RESERVE
NEWS - September 2017

News from the Bridge

As we enter the season of spring, there is a fresh start, new life, there is an awakening happening that is vibrating through every fibre of our beings. Many members and visitors have commented on the amazing views from my office – spectacular, they exclaim! Well today as I write the rain is bucketing down and I can't see the lagoon. This is a true reflection of our lives and



in late 2016 and 2017 has had some irreversible moments in some of our member's lives. A close friend of mine lost his wife tragically of over 20 years by her own hand. Many of your friends may have gone through gut wrenching divorces, cancer treatments and violent assaults in your homes. These events have gripped many into a state of frenzied shock. With the upgrading of Buys se Huis and the White House Vogelgat has become more, much more than a botanical reserve. It has become a place of personal solitude, a place to regain one's sanity, a place of safety in the very special essence that Vogelgat offers naturally. I have been in many wild places since my 21st birthday and I witness the transformation of people's spirits in this unique reserve, more so than in others. Treat nature with your utmost respect and it will reward you kindly. Take time to sit quietly on the mountain top or along the streams. Let the warm rays of the sun tingle your back. Close your eyes, let your thoughts drift away... to be lost for a while... only to be found when you awaken.

A Leopard on your Stoep!



It's the early hours on an October morning. Only 20 meters away from Leopard Camp this male silently glided past the hut as the hikers slept peacefully – indoors! His eyes pierced for any unsuspecting prey of mice or rabbits.

Buys se Huis – transformed



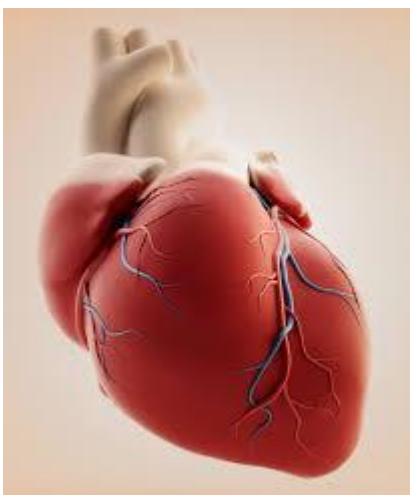
This winter we really got the cob webs out of this chalet. The old kitchen was gutted and in its place a glass pane installed. The kitchen was refashioned so our lady members have washing up, prep area and fridge all in one area. Then we broke through the lounge, enclosed the toilet and bathroom in such a manner that the shower becomes frisky i.e. glass panels that face the mountain and the wash basin allows the fynbos to creep inside! Only R500 per night for the chalet inclusive of bedding and towels. Wonderful private Swedish plunge pool in your quiet natural setting.

Herbarium goes International

Vogelgat Herbarium is linked with the Fernkloof Herbarium and through the Hermanus Botanical Society we have been able to digitize all our plant vouchers and all their information and images have been uploaded onto BRAHMS. (Botanical Research And Herbarium Management System) is a widely used database management system providing extensive and innovative functionality for herbaria botanic gardens seed banks and research botanists. The system developed to assemble edit, analyse and publish botanical data is used by small research projects as well as by the largest herbaria botanic gardens and 'industrial scale' botanical surveys and analyses. Do note that sensitive species information is not available to the general public, however do visit <http://biodiversityadvisor.sanbi.org/online-biodiversity-data/> Look up POSA Plants of Southern Africa on this website.



Spinach a day keeps the heart beating



Vegetables are good for your health. Scientists grew beating human heart cells on spinach leaves. Healthy heart muscle could one day be used to treat heart attack patients. This study was published in the May 2017 issue of the Journal of Biomaterials also found on <https://www.livescience.com/58445-spinach-turned-into-human-heart-tissue.html>



No April Fools Joke!

The Overstrand Municipality is considering a proposal for the construction of an aerial cableway in Fernkloof Nature Reserve, close to Mosselnook Hut! The lure that is dangled in front of officials is the developer will transfer certain amount of funds to manage Fernkloof. We at Vogelgat are against any development within proclaimed nature reserves that have intrusive foot prints.

South African daffodils may help in depression

Scientists at the University of Copenhagen have previously documented that substances from the South African plant species *Crinum* and *Cyrtanthus* -- akin to snowdrops and daffodils -- have an effect on the mechanisms in the brain that are involved in depression. This research has now yielded further results, since a team based at the Faculty of Health and Medical Sciences has recently shown how several South African daffodils contain plant compounds whose characteristics enable them to negotiate the defensive blood-brain barrier that is a key challenge in all new drug development. André Huss Eriksson, Nina Rønsted, Semiha Güler, Anna Katharina Jäger, Júlia Rodríguez Sendra, Birger Brodin. **In-vitro evaluation of the P-glycoprotein interactions of a series of potentially CNS-active Amaryllidaceae alkaloids.** *Journal of Pharmacy and Pharmacology*, 2012; DOI: [10.1111/j.2042-7158.2012.01536.x](https://doi.org/10.1111/j.2042-7158.2012.01536.x)



Remember our 16th of December Bring n Brunch – 11am!

Photographic Calendar

Calling on all members to send me your images taken at Vogelgat that you feel could be inserted for our Vogelgat Calendar. A panel of photographers will decide which images would be suitable. All images will be given credit to its creator.

Do visit this interesting site: <http://www.greenafricadirectory.org/blog/>

Please remember to pay your annual fees they are due now.

Vogelgat Nature Reserve **R 2 500.00** Maanschynkop **R 330.00**. A **total of R2 830** for both reserves.

Bank – Standard Bank – Hermanus – Code 05031200 – Acc No. 082268053 NNB reference your surname + Initials. Thank you.

New Fees for Chalets and Huts

Leopard Camp	R90 per person per night.
White House	R350 for the chalet.
Buys se Huis	R500 for the chalet.