

# SWIMMING WITH ADAM FLORIS

“ My father was a very active man and published a book in 1968 entitled *Learn How to Swim*. He was a good swimmer and even once swam the English Channel. My father taught me to swim. I used to swim in the natural tidal pools. There used to be a lot of seaweed that came in there and you could only swim if the water was clear. High tide was the best time to swim. ”



ADA HENDRICKS AND HALLEEN WELLS TELLING THE STORY OF THEIR FATHER, A FOREST RANGER, AT STRANDFONTEIN FOREST RESERVE