



## Bee-n shopping



*Honey bee with pollen baskets - Image: Facebook post*

### NATIONAL BEE DAY - 19th AUGUST

Bees are a vital part of our ecosystem and it is important to raise awareness of the essential role bees and other pollinators play in keeping people and the planet healthy. A third of the world's food production is dependent on bees.

Foraging bees bring pollen back to the hive, where they pass it off to other worker bees, who pack the pollen into cells with their heads. During collection and possibly packing, the pollen is mixed with nectar and bee salivary secretions, signalling the start of the lactic fermentation process. Bee pollen is the primary source of protein for the hive.

[https://en.wikipedia.org/wiki/Bee\\_pollen](https://en.wikipedia.org/wiki/Bee_pollen)

## Beeling of interest !



**Giant hives hanging from the ceiling inside a glass case with outdoor access at “Home of Bees” in Poyales del Hoyo, Spain.**

**“ When a beekeeper forgot to put the frames back in the hive, the bees built this themselves, it takes into account airflow and temp regulation, remarkable.”**



**David Attenborough Fans : Facebook post**





# Cape Botanical Honey



We are proud to announce that Evergreen's hives have successfully produced their very own pure cape "Bergvliet" honey. Now for sale at Evergreen Lifestyle Village alongside our Eucalyptus honey.



## PRICE LIST:

180G GLASS JAR	R40
500G GLASS JAR	R90

FOR MORE INFORMATION  
ABOUT OUR DIFFERENT  
TYPES OF PURE CAPE  
HONEYS AND HONEY  
RELATED PRODUCTS,  
PLEASE CONTACT LYDIA  
AT 0844086536

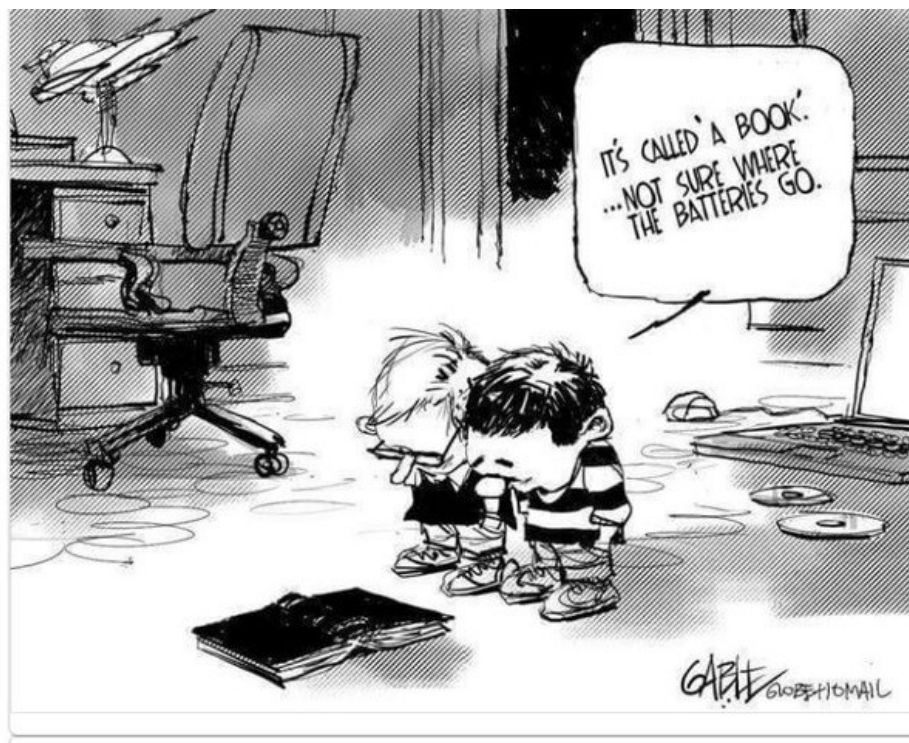
2nd Alida Oldroyd  
 3rd Roger Cummins  
 3rd David Walker  
 8th Trula Human  
 9th Hans Hammel



11th Paddy Hawthorne  
 16th Jean Hargreaves  
 16th Stewart Fisher  
 19th Jacky Marquis  
 26th Joan Misplon  
 30th Tertia Harrod

## ANNIVERSARY CELEBRATIONS

9th Gael and Charles Foster  
 14th Margaret and Alan Baxter  
 14th Alison and Ian McDonald  
 25th Claudia and Michael Burchell  
 28th Hannelen and Hans Hammel



### REVOLUTIONARY REDS

“One of my first jobs as a professional scientist had me familiarizing myself with the south-eastern part of the Nama Karoo. More particularly, I spent a fair amount of time working out of the town of Graaff-Reinet. Even more particularly, I became well acquainted with the Camdeboo district adjoining the Sneeuberg mountains. Camdeboo is an old Khoi-Khoi word, meaning green hills. Seen from a distance, many of these hills were grey some one hundred years ago. They appeared grey because they were covered by prickly pear plants.

My time in the south-eastern Karoo coincided with the publication of Eve Palmer’s book *The Plains of Camdeboo*. Its become a classic piece of Africana. It’s a narrative account of the people, creatures and plants of Cranemere, a Camdeboo farm, owned by the Palmer family since 1880. The book is packed with factual anecdotes.

Sometime later, I returned to the Nama Karoo spending time in the nature reserve. The hills were green; changes were everywhere; I was struck by the widespread quality of many alterations in the area’s socio-economics, landscapes and natural systems. In brief, I had not been prepared for the profundity and rapidity with which some of the transformations had occurred. The rest of this article deals with selected aspects of just one of the factors affecting significant changes. It’s a story about prickly pear plants and cochineal insects.

The prickly pear is a native cactus of Central America, introduced into S.A. in the seventeenth century. Thereafter in the 1800’s, it was carried into the Karoo by livestock farmers where it soon became an invasive pest. By the 1990’s, the invasion was one of the most devastating natural catastrophes in the history of South Africa.

Farms were abandoned because they were no longer productive. The economic consequences were dire. It took time and plenty of money to turn around this impoverished condition. In the 1930’s a combination of chemical, mechanical and biological control agents was introduced, as well as two alien insects playing an effective role in reducing prickly pear infestations. One of these was a moth and the other a plant-sap sucking bug, the cochineal insect. The name comes from the Latin *coccinum*, meaning scarlet. And, on it there hangs an intriguing tale.

When the Spanish conquistadors arrived in Mexico, they found the Aztecs selling a red dyestuff called *grana cochinilla*. Europe had never before seen anything as brilliantly red. “Send more *grana*, lots of it, commanded King Charles V. It was a rare and very expensive commodity in Europe. For example, by the late 1700’s British dyers were using some 100,000 kilograms annually, which cost about £200,000 each year. Just think of the British army’s red tunics. Much of Renaissance Europe’s prosperity depended on manufacturing and trading textiles.

No one knew for sure what the source of the *grana* was - was it animal, vegetable or mineral? Two hundred years later the definitive answer arrived. Only the development of the microscope revealed that *grana* was made up of dried female cochineal insects. Special varieties of the insects in special prickly pear groves were cultivated for special red dyes. It was a finicky, labour-intensive operation that required considerable knowledge and skill; only certain species of cochineal have commercial value, and that it is the females which make and incorporate a red juice in their body sacs. It takes as many as 200,000 dried female insects to make one kilogram of *grana*.



Cochineal continued to reign supreme as a dyestuff until about the 1850's. By the end of the nineteenth century synthetic dyes were largely replacing cochineal. Today , aniline dyes are dominant but some natural cochineal continues.

It never ceases to amaze me how associations of ideas, questions and answers can lead one's thoughts into new, often unpredictable, directions. This essay was prompted initially by a television-news item that featured a parade of bright red trade-union banners. It set me thinking about why the colour red features as prominently as it does in advertisements for socialistic and communist causes, and other left-wing standpoints. I made a start by investigating the origins of the red-banner syndrome, but got led astray by the colour of red itself. That took me to cochineal, and from there I went to prickly pears. It's clear that I shall have to write about "reds under beds" at some other time!"

*Abridged article : Roy Siegfried*



*Wikimedia Commons*











Images: Courtesy Penny Marek and Jenjen Mockford



**\*ANOSOGNOSIA\*****What is it?**

Anosognosia, is a temporary forgetfulness, according to French Professor, Bruno Dor, of the Institute of Memory and Alzheimer's Disease (IMMA), La Pitié-Salpêtrière, Hospital, in Paris.

He addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems --he does not have Alzheimer's."

1. I forget the names of families;
2. I do not remember where I put some things;

It often happens in people 60 years and older, where they complain that they lack memory.

"The information is always in the brain, it is the "processor" --that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age, rather than disease.

The most common cases are:

1. forgetting the name of a person;
2. going to a room in the house and not remembering why we were going there;
3. a blank memory for a movie title or actor\actress;
4. a waste of time searching where we left our glasses or keys

After 60 years, most people have such a difficulty, which indicates that it is not a disease, but rather a characteristic, due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful, have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's --are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

*Contribution: Karen Reid*



“ David and I received this card from Buckingham Palace, via Royal Mail, on the occasion of our 60th wedding anniversary. Our eldest son, unbeknown to us, had activated the process through the Consulate Office and was given a number to contact if there was a problem. Imagine his surprise, when doing so, found himself actually talking to Buckingham Palace, no less, to an extremely courteous and helpful official and so everything was set in motion. Such a surprise for us, totally unexpected, all good fun. “



BUCKINGHAM PALACE

Please find enclosed a congratulatory message from The King and The Queen for Mr. and Mrs. David Orton, who will celebrate their 60th wedding anniversary on 15th June. It would be appreciated if the card could be delivered to the couple as soon as possible.

Nicholas Orton (son) can be contacted at:

27 829 299 844 – [nick.orton@vine.co.za](mailto:nick.orton@vine.co.za)



My wife and I were so pleased to hear that you are celebrating your Diamond Wedding anniversary on 15th June, 2023. This brings you our warmest congratulations and heartfelt good wishes on this happy occasion.

*Charles R* *Camilla R*

Mr. and Mrs. David Orton

Thank you,

The Anniversaries Office



So special Jacky, congratulations again and thanks for sharing

It's a tradition that goes back to 1917 !



- Now, for a little neurological test:

## Only use your eyes!

**1- Find the C in the table below!**

[illegible]

**2- If you have already found the C,**

**Then find the 6 in the table below.**

[illegible]

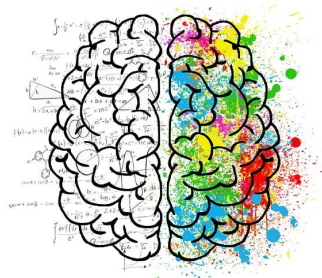
**3- Now find the N in the table below.**

### Attention, it's a little more difficult!

[illegible]

**If you pass these three tests without difficulty:**

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape, in spite of your age!
- you are far from having any relationship with Alzheimer's.



***Karen Reid***

**JULY, AUGUST AND SEPTEMBER ARE THE BREEDING MONTHS OF THE ENDANGERED WESTERN LEOPARD TOADS (WLTs) WHEN THEY ARE ON THE MOVE AND MIGRATE FROM THEIR GARDEN HOMES TO VARIOUS WATER BODIES TO BREED**

The biggest dangers to the WLTs are :

Cats and dogs attacking them

Cars running them over

Swimming pool chemicals

Contrary to popular belief, the toads are not poisonous to humans

Should you find toad(s) in your garden, do not move them to a wetland or pond. They can navigate and know where they are going. If one is found in the middle of the road they can be encouraged to the side.

All toads have toxins which will be distasteful to dogs.

**SLOW DOWN WHEN DRIVING ESPECIALLY IN BREEDING SEASON  
ESPECIALLY ON RAINY NIGHTS**



Playing canasta on a freezing afternoon at the  
Apartments !



"Some photos of a visit to the "Heart of Cape Town Museum" at Groote Schuur Hospital a few of us Evergreen Bergvliet residents experienced. This museum honours the skill and wisdom of the first heart transplant team, the courage of the recipient, Louis Washkansky, the generosity of the donor, Denise Darvall's father and the memory of Denise herself. The year was 1967 when the world's first human to human heart transplant was performed at the renowned hospital in Cape Town. The operation was considered a success and a medical milestone.

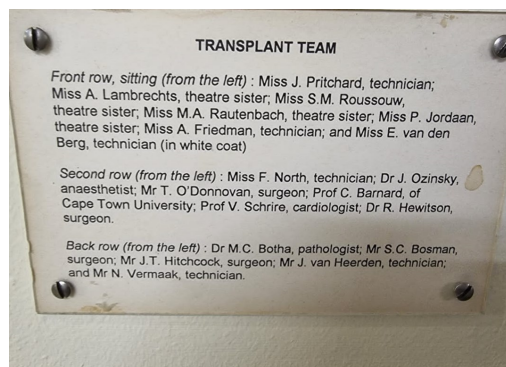
The man who performed this feat of pioneering surgery and led the world into an era of sophisticated medical advances was Christiaan Barnard, the surgeon who dared.

It is a really worthwhile experience and we were lucky to have Dene Friedmann, now in her early 80s, as our tour guide. She was, at the age of 22, part of the transplant team and one of those responsible for the heart/lung machine. The museum is open Monday to Friday. Guided tours begin at 9.00, 11.00, 13.00 and 15.00 in the Old Main Building, Groote Schuur Hospital, Main Road, Observatory, Cape Town. Free parking. Tel/Fax: ++27 21 404 1967. [Info@heartofcapetown.co.za](mailto:Info@heartofcapetown.co.za) and [www.heartofcapetown.co.za](http://www.heartofcapetown.co.za)."

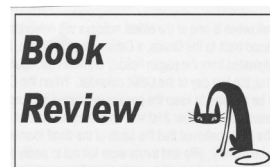
Penny Marek



'patient' is a dog



## LONDON by EDWARD RUTHERFURD



A few years ago, on one of my trips to London, I downloaded this book onto my Kindle. My own red-covered dog-eared paperback was one of those books I lent to a friend which did not come back. I have since read it a number of times whilst in the city and it has always been very meaningful. It follows the lives of imaginary families down the centuries. In his preface Rutherford says that "every Londoner has a favourite corner of the city" and he certainly covers most of them. It is always wonderful dipping in and out of the various eras. Certainly, the London Bridge today is nothing like the London Bridge of 1357 as described by the author. Or at least the surrounds are vastly different despite the structure of the bridge remaining reasonably the same as it was then. Borough High Street, a stone's throw from Sam Wanamaker's reconstructed Globe Theatre, is not too far from where the original Globe stood. You can stand, use your imagination and absorb the atmosphere. Rutherford spends a whole chapter on Lavender Hill in 1819 and every time I pass through I am transported into a bygone era. This mighty tome is a wonderful read for those who enjoy books like the Kingsbridge series by Ken Follett. They are worth a visit for the excellent mix of thorough historical research and fiction. He is a prolific author and if you enjoy London you might want to read some of his others: Sarum (novel of England); Ireland; New York; Paris; Russka (Russia); The Forest; China. In lots of ways he reminds me of the American author so popular in the 60s and 70s – James Michener.

*Penny Marek*



There was a Mensa convention in San Francisco.

Mensa, as you probably know, is a national organization for people who have an IQ of 140 or higher.

Several of the Mensa members went out for lunch at a local cafe. When they sat down, one of them discovered that their salt shaker contained pepper, and their pepper shaker was full of salt.

How could they swap the contents of the two bottles without spilling any, and using only the implements at hand? Clearly, this was a job for Mensa minds.

The group debated the problem and presented ideas and finally came up with a brilliant solution involving a napkin, a straw, and an empty saucer.

They called the waitress over ready to dazzle her with their solution.

"Ma'am," they said, "we couldn't help but notice that the pepper shaker contains salt and the salt shaker has pepper."

But before they could finish, the waitress interrupted: "Oh, sorry about that." She leaned over the table, unscrewed the caps of both bottles and switched them. There was dead silence at the Mensa table.





## RESIDENTS' RECIPES SHARED

### NUTTY SNACK CARAMELISED & CANDIED WALNUTS

Take a non-stick pan over medium heat, add 1 cup walnuts, 1/4 cup granulated sugar and 1T butter.

Heat for 5 minutes, stirring frequently (with a heat proof nonplastic spatula) so your mixture doesn't burn (especially towards the end).

When the sugar mixture starts melting, stir constantly until all the sugar is melted and the nuts are coated.

*Recipe : courtesy VdV ELV*

### Party bake with asparagus - serves 6

This is always a winner with guests, who presume one has gone to a great deal of trouble. It's quite simple to make, just don't overcook, as the fish will become dry, the sauce watery and the top won't brown.

900g kabeljou, salmon trout, angel fish or tuna (allow 150g cleaned fish per person)

Dash lemon juice or wine vinegar

Pinch sugar

Flour for dredging

1 x 105g tin smoked oysters

1 mx 400g tin asparagus spears (reserve liquid for sauce)

3 1/2T butter

3T flour

1 1/4 cups liquid (asparagus liquid and milk)

Salt and freshly ground black pepper

1/4 cup cream

Salt fish and firm in the refrigerator. Dust lightly with flour. Pack fillets in a single layer in a well-buttered over-proof dish. Sprinkle a little lemon juice and a pinch of sugar over the fish and add tinned oysters (including oil). Arrange asparagus over fish. Prepare a white sauce using butter, flour and liquid. Season with salt and pepper and enrich sauce with cream. Pour over fish. (Prepare to this stage. Cover with clingwrap and refrigerate until 30 minutes before serving time). Bake on middle shelf at 220C (425F) for 25 minutes.

Sprinkle with chopped parsley and serve.

**MICROWAVE** - Microwave for 10 minutes on high , rest for 5 minutes then another 3 minutes on high.

*Jean van Rhyn*



*"When the moon kisses the ocean"*

*Natureexplorer#Charles Kooplaw - Facebook post*

**Thank you for all contributions. Cut off date for September newsletter is  
Friday 25th August**

**FW**