



# WEEKLY ACTIVITIES



LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | PLEASE ENSURE THAT COVID PROTOCOLS ARE ADHERED TO AT ALL TIMES.

MON 5 APR	TUE 6 APR	WED 7 APR	THU 8 APR	FRI 9 APR	SAT 10 APR	SUN 11 APR
<b>BISTRO</b> ext.2404  <b>PROMOTION</b> EASTER BRUNCH R75	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> BAKED LEMON PUDDING & ICE CREAM R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> CARAMEL & BANANA PANCAKES R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> CHOCOLATE MOUSSE R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> HAM & CHEESE CROISSANT R20		
		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277				
	10h00-13h00 BRIDGE/ CANASTA Fynbos Cecily ext. 2011	12h00-15h00 BLOOD PRESSURE CHECKS Bistro lounge. Sr Diana ext. 2404	10h00 KNITTING GROUP TV lounge. Jenny ext. 2026			
14h00-16h00 BRIDGE/ CANASTA Fynbos Norma ext. 2089	14h00 TABLE TENNIS, POOL/ SNOOKER Fynbos			17h00 SUNDOWNER SOCIAL Top Lawn Norma ext. 2089		
		15h00 DARTS Fynbos	15h00 DARTS Fynbos			
<b>PUBLIC HOLIDAY</b>  <b>BISTRO HOURS</b> 08H00 - 14H00	<b>REMINDER!</b>  <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>		16h00 TABLE TENNIS, POOL / SNOOKER Fynbos			

# WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



## LUNCH MENU

OPEN 08H00 - 17H00

AVAILABLE AS A TAKE-AWAY OR SIT DOWN AT R52 PER MEAL

05 - 09 APRIL 2021

MONDAY

### EASTER BRUNCH

MUESLI & YOGHURT WITH FRUIT KEBABS,  
SCRAMBLED EGG, GRILLED TOMATO, MUSHROOMS, BACON, TOAST & PRESERVES  
JUICE ON ARRIVAL & ASSORTED DANISHES SERVED WITH COFFEE OR TEA

EASTER BRUNCH @ R75

TUESDAY

### CHICKEN SCHNITZEL

WITH MUSHROOM SAUCE & POTATO WEDGES SERVED WITH A GARDEN SALAD

WEDNESDAY

### SWEET & SOUR PORK STIR-FRY

SERVED ON A BED OF EGG NOODLES AND SEASONAL VEGETABLES

THURSDAY

### LAMBS LIVER

SERVED WITH MASHED POTATO, BACON GRAVY & ROAST VEGETABLES

FRIDAY

### BEEF LASAGNE

SERVED WITH A FRESH CHEFS SALAD

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 16H00 FOR THE FOLLOWING DAY.  
NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY. PLEASE CONTACT DANIELLE ON  
EXTENSION 2404

# IT'S A CELEBRATION!

## BIRTHDAYS

*Wishing you many happy moments and the very best memories on your special day!*



### 5TH APRIL

CECILY LIEBENBERG - Noordhoek  
SUZANNE CADMAN - Noordhoek  
JUNE PICKERING - Lake Michelle  
JOSEPHINE FOAD - Lake Michelle

.....

### 7TH APRIL

BERYL KING - Lake Michelle

.....

### 9TH APRIL

MICHAEL COOPER - Lake Michelle

.....

### 11TH APRIL

VICKY BRANDER - Noordhoek

## SPECIAL MOMENTS

*One should never, but never, pass by an opportunity to celebrate.*

*- J. Malouf -*

### 7TH APRIL

CHRIS & IVIE COX - Noordhoek

.....

### 8TH APRIL

PETER STONE & MUREEN WHITE - Noordhoek  
RICK & MAV MAGNIN - Noordhoek

.....

### 10TH APRIL

PETER & BRIDGET SCHOLTE - Noordhoek



# BOTTOM'S UP!

## CELEBRATE BEER DAY!

It's national BEER DAY in the USA on the 7th April! Now, while we may not be in the States, we think it's a good idea to celebrate it anyway!

National Beer Day marks the day that the Cullen-Harrison Act was enacted after having been signed into law by President Franklin D. Roosevelt on March 22, 1933. On April 7, 1933, President Roosevelt took the first step toward ending Prohibition and signed a law that allowed people to brew and sell beer as long as it remained below 4.0% alcohol by volume (ABV). Beer drinkers celebrated as they were finally to be able to purchase beer again for the first time in thirteen years.

Beer is the world's most widely consumed alcoholic beverage. Following water and tea, it is the third most popular drink overall.

It is also one of the world's oldest prepared beverages, and possibly dates back to 9500 BC when cereal was first farmed. It is also recorded in the written history of ancient Iraq and ancient Egypt.



## BLACK & TAN BEER COCKTAIL

### INGREDIENTS

- 6 oz pale ale | 180ml
- 6 oz stout | 180ml

### INSTRUCTIONS

- Pour the pale ale in a pint glass.
- Using the back of a spoon [see notes] or a layering tool gently pour the stout over the pale ale to achieve a layered look. Enjoy!

### NOTES

- The classic combination is Guinness Draught Stout and Bass pale ale but use any similar stout or pale ale.
- Guinness is a lighter beer (i.e. has lower density, many stouts do, unless imperial) and if poured slowly and carefully over the more dense Bass pale ale, will float.
- The most common method to add the stout is to use the back of a spoon to gently pour it over the pale ale. **While pouring aim for a continuous, measured and steady flow of stout. Center the flow over the most convex part of the spoon and tilt the spoon towards the center of the glass to avoid stout spilling over the spoon handle.**



# WHAT'S COOKING

## EASY BEER BREAD

Baking bread doesn't get much easier than this because there's no kneading, no messing around with yeast, and best of all, no rising time!

### INGREDIENTS

- ¼ cup sugar
- 12 oz | 360ml beer light in colour
- 3 cups all purpose flour, sifted
- 3 tsp baking powder
- 1 tsp salt
- ¼ cup salted butter, melted

### INSTRUCTIONS

- Preheat the oven to 375F/190C.
- Butter the inside of the loaf pan and set aside.
- Sift flour, baking powder, salt, and sugar into a large mixing bowl.
- Pour beer into the bowl with dry ingredients. Stir to combine. Mixture will be sticky.
- Transfer bread mixture to loaf pan. Use a spoon to spread bread mixture out to edges while leaving it somewhat uneven on the top to give it a more rustic look when it's done cooking.
- Pour melted butter over the bread mixture and place in the oven at 375F/190C. Cook for 1 hour, uncovered.
- Remove from the oven and let cool for 15 minutes. Serve with butter, honey, and jam



### NOTES

- Check bread at 50 minutes cook time. If too brown on the top cover with foil for the remaining 10 minutes.
- Sifting the flour is the most important part of this whole recipe. The bread will be lighter and more airy if sifted. If not sifted then it will be a more dense bread.
- The top of this bread will be buttery and crunchy after it's done cooking.
- Try adding in other flavours like grated cheese and garlic powder/crushed fresh garlic, or herbs like chives, or parsley.

### HOW TO FREEZE

- You can keep your beer bread fresh for a few days when sealed in plastic wrap and stored at room temperature.
- Beer bread can be frozen. We recommend that you slice it first.
- Once you have cut the beer bread up, place baking paper between the slices so they don't freeze together.
- The best way to freeze this loaf is to wrap it in plastic wrap and place in a plastic freezer bag to keep it extra fresh.

### CAN BEER BREAD MAKE YOU DRUNK?

No. The alcohol content of any beer you use will be removed during the baking process. The beer is basically giving the bread it's robust flavour. But don't worry, it's not going to taste like beer either. It's safe to give to your children and we're positive they will love it!

# MUSICAL CORNER

REMEMBER TO  
CLICK ON THE  
ARTIST'S NAME TO  
HEAR SOME OF  
THEIR GREATEST  
HITS!

## HUGH MASEKELA

4 APRIL 1939 | 23 JANUARY 2018

TRUMPET PLAYER | COMPOSER | SINGER (JAZZ)



Hugh Ramapolo Masekela (4 April 1939 – 23 January 2018)<sup>[1]</sup> was a South African trumpeter, flugelhornist, cornetist, singer and composer who was described as *"the father of South African jazz"*. Masekela was known for his jazz compositions and for writing well-known anti-apartheid songs such as *"Soweto Blues"* and *"Bring Him Back Home"*. He also had a number-one US pop hit in 1968 with his version of *"Grazing in the Grass"*.

Masekela was born in the township of KwaGuqa in Witbank to Thomas Selena Masekela, who was a health inspector and sculptor and his wife, Pauline Bowers Masekela, a social worker.<sup>[2]</sup> His young sister Barbara Masekela is a poet, educator and ANC activist. As a child, he began singing and playing piano and was largely raised by his grandmother, who ran an illegal bar for the local miners.

At the age of 14, after seeing the 1950 film *'Young Man with a Horn'* (in which Kirk Douglas plays a character modelled on American jazz cornetist Bix Beiderbecke), Masekela took up playing the trumpet. His first trumpet was bought for him from a local music store by Archbishop Trevor Huddleston, the anti-apartheid chaplain at St. Peter's Secondary School now known as St. Martin's School (Rosettenville). Huddleston asked the leader of the then Johannesburg *"Native"* Municipal Brass Band, Uncle Sauda, to teach Masekela the rudiments of trumpet playing. Hugh quickly mastered the instrument and soon, some of his schoolmates also became interested in playing instruments, leading to the formation of the Huddleston Jazz Band, South Africa's first youth orchestra. When [Louis Armstrong](#) heard of this band from his friend Huddleston, he sent one of his own trumpets as a gift for Hugh. By 1956, after leading other ensembles, Hugh joined Alfred Herbert's African Jazz Revue.

Following a Manhattan Brothers tour of South Africa in 1958, Hugh wound up in the orchestra of the musical *'King Kong'*, written by Todd Matshikiza. *King Kong* was South Africa's first blockbuster theatrical success, touring the country for a sold-out year with Miriam Makeba and the Manhattan Brothers' Nathan Mdledle in the lead. The musical later went to London's West End for two years.

At the end of 1959, Dollar Brand (later known as Abdullah Ibrahim), Kippie Moeketsi, Makhaya Ntshoko, Jonas Gwangwa, Johnny Gertze and Hugh formed the Jazz Epistles, the first African jazz group to record an LP. They performed to record-breaking audiences in Johannesburg and Cape Town through late 1959 to early 1960.

Following the 21 March 1960 Sharpeville massacre [where 69 protestors were shot dead, and the South African government banned gatherings of ten or more people] - and the increased brutality of the Apartheid state, Masekela left the country. He was helped by Trevor Huddleston and international friends such as Yehudi Menuhin and John Dankworth, who got him admitted into London's Guildhall School of Music in 1960. During that period, Hugh visited the United States, where he was befriended by Harry Belafonte. After securing a scholarship back in London, he moved to the United States to attend the Manhattan School of Music in New York, where he studied classical trumpet from 1960 to 1964.

In 1964, [Mariam Makeba](#) and Masekela were married, divorcing two years later.

A renewed interest in his African roots led Masekela to collaborate with West and Central African musicians, and finally to reconnect with Southern African players when he set up with the help of Jive Records a mobile studio in Botswana, just over the South African border, from 1980 to 1984. Here he re-absorbed and re-used mbaqanga strains, a style he continued to use following his return to South Africa in the early 1990s.

Also in the 1980s, Masekela toured with Paul Simon in support of Simon's album *'Graceland'*, which featured other South African artists such as Ladysmith Black Mambazo, Miriam Makeba, Ray Phiri, and other elements of the band Kalahari, which was co-founded by guitarist Banjo Mosele and which backed Masekela in the 1980s. As well as recording with Kalahari, he also collaborated in the musical development for the Broadway play, *'Sarafina'*.

In 2016, at Emperors Palace, Johannesburg, Masekela and Abdullah Ibrahim performed together for the first time in 60 years, reuniting the Jazz Epistles in commemoration of the 40th anniversary of the historic 16 June 1976 youth demonstrations.

Masekela was nominated for an Grammy Award three times, including a nomination for Best World Music Album for his 2012 album *Jabulani*, one for Best Musical Cast Show Album for *Sarafina! The Music Of Liberation* (1989) and one for Best Contemporary Pop Performance for the song *"Grazing in the Grass"* (1968).

Besides his marriage to singer and activist Miriam Makeba he had subsequent marriages to Chris Calloway (daughter of Cab Calloway), Jabu Mbatha, and Elinam Cofie. During the last few years of his life, he lived with the dancer Nomsa Manaka. He was the father of American television host Sal Masekela. Poet, educator, and activist Barbara Masekela is his younger sister.

Hugh Masekela died in Johannesburg on the early morning of 23 January 2018 from prostate cancer, aged 78.

# HEALTH CARE

## APRIL IS ESOPHAGEAL CANCER AWARENESS MONTH



THE AMERICAN CANCER SOCIETY ESTIMATED IN 2019 THAT ABOUT 17,650 NEW ESOPHAGEAL CANCER CASES WILL BE DIAGNOSED.

IN 2020 THAT RATE WENT UP TO ABOUT 18,440 NEW CASES DIAGNOSED - 14,350 IN MEN AND 4,090 IN WOMEN.

Cancer of the esophagus makes up 1% of all cancers diagnosed in the United States, but the rate of esophageal cancer continues to rise because of the increase in gastroesophageal reflux disease (GERD). April is Esophageal Cancer Awareness Month. Knowing the risks and symptoms of the disease can help someone get diagnosed and treated sooner.

### WHAT IS ESOPHAGEAL CANCER?

Esophageal cancer is cancer that strikes the esophagus - the long tube that runs from the throat to the stomach, also known as the food pipe. The organ aids digestion by moving food from your throat to your stomach.

The cause of esophageal cancer is unknown. We do know that it happens when esophagus cells develop mutations (errors) in their DNA, making the cells grow and divide abnormally. These cells form a tumor in the esophagus, and the cancer can spread to other places in the body. The disease affects more men than women.

- In the United States, **Adenocarcinoma** is the most common form of esophageal cancer. Adenocarcinoma begins in the cells of mucus-secreting glands in the esophagus. Adenocarcinoma occurs most often in the lower portion of the esophagus. Adenocarcinoma is the most common form of esophageal cancer in the United States, and it affects primarily white men.
- **Squamous cell carcinoma**  
The squamous cells are flat, thin cells that line the surface of the esophagus. Squamous cell carcinoma occurs most often in the middle of the esophagus. Squamous cell carcinoma is the most prevalent esophageal cancer worldwide.
- **Other Rare Types**  
Rare forms of esophageal cancer include **choriocarcinoma**, **lymphoma**, **melanoma**, **sarcoma** and small cell cancer.

### WHAT ARE THE SYMPTOMS OF ESOPHAGEAL CANCER?

Although the symptoms below can be caused by other conditions, please see your doctor if you experience any of the following:

- Trouble swallowing or painful swallowing (solid foods first cause difficulty, followed by soft foods, then liquids)
- Significant and unintended weight loss
- Cough or hoarseness
- Heartburn and indigestion
- Burning in the chest or chest pain/pressure
- Regurgitation (swallowed food comes back up)



## HOW TO PLANT A LEMON IN A CUP Make Your Home Smell Fresh And Boost Your Mood

Wouldn't it be great to have your own tree that you can pick from whenever you like? Fortunately, lemon trees are among the easiest citrus fruits to grow in your yard. With a bit of planning and patience, you can be plucking your own lemons in a matter of months.

Ready to get your lemon tree started? You should start with a seed from an organic lemon because non-organic lemons generally have non-germinating seeds which mean your seed will never sprout. You will also need a seedling pot, planting pot, and fertile soil. Make sure that you have an indoor, but sunny space and a bit of plastic. Now you are all set to start planting!

### STEP 1: MOISTEN THE SOIL

Lemons thrive in moist soil, and they are prone to drying out very easily. Before planting, take the time to mix a bit of water in your soil until it is damp to the touch. Be careful not to make a dirt soup. You just want the soil too moist.

### STEP 3: CHOOSE YOUR SEED

It is important not to allow the seed from the lemon to dry out at any time. The article suggests plucking the best-looking seed directly from the lemon and popping it into your mouth for safe keeping and to keep the moisture.

### STEP 5: COVER THE POT

Lemon seeds thrive in warm, sunny areas. Make sure to cover your pot with a bit of breathable plastic so that the seed is protected from cool temperatures. Take care that the soil does not dry out. This stage of the process is a balancing act. If you think that the seed is warm enough without the plastic, then do not use it. You don't want to overheat the plant or trap in too much moisture, or it will cause root rot. Make adjustments as needed.

### STEP 2: ADD SOIL

Fill your pot with the soil, but be careful to leave a one-inch space at the top.

### STEP 4: PLANT YOUR SEED

Place your seed  $\frac{1}{2}$  an inch below the surface. Take care to water the soil thoroughly.

### STEP 6: SEEDLINGS SPROUT

In about two weeks, you will start to see tiny sprouts popping up from the dirt. If you are still using the plastic, it is not safe to remove it permanently. Make sure that the lemon tree has plenty of sunlight and is kept warm.

### TIPS FOR BEGINNERS: FOLLOW THESE TIPS TO ENSURE YOUR LEMON TREE HAS THE BEST CHANCE OF SURVIVAL.

#### 1. PLACE OUTDOORS

It is important to place your growing tree outdoors for a period of time during the day. This will increase its likeliness to bear fruit and allow bees to pollinate the tree.

#### 2. BE AWARE OF YOUR LOCATION AND MAINTAIN A PROPER TEMPERATURE

Lemons love being warm, but consider whether or not your area is too warm. If you live in an unusually warm location, you may want to avoid direct sunlight for long periods of time. Lemons do best in temperatures of 21 C during the day and no lower than 12-13 C during the night. Although the plant is considered an evergreen, it will go in a dormant state and not produce fruit if put in temperatures below 12 C.



# GREEN FINGERS IN THE VILLAGE

---

## *Name That* **PLANT**

Megan Bagshaw has a plant,  
it's name she doesn't know....  
And every time her back is turned  
it continues to grow and grow!

*Let's help Megan 'name that plant!'*

**If anyone in the village has an idea, please do share with it us! :-)**

