

SA LOCKDOWN AT EVERGREEN MUIZENBERG

DO YOUR PART, STAY AT HOME AND STAY SAFE!



Keeping busy...

14 APRIL 2020

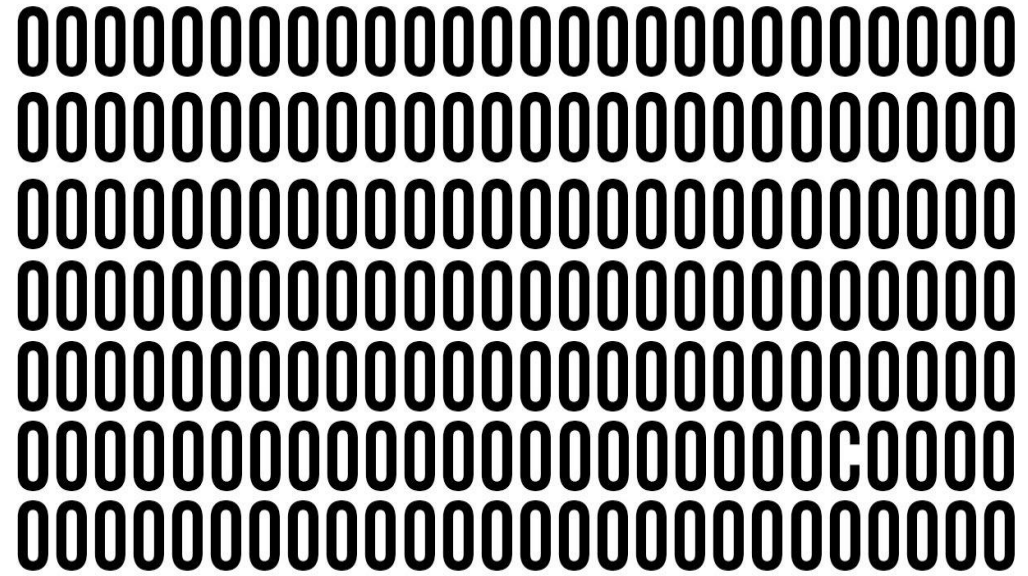
Can you see it?



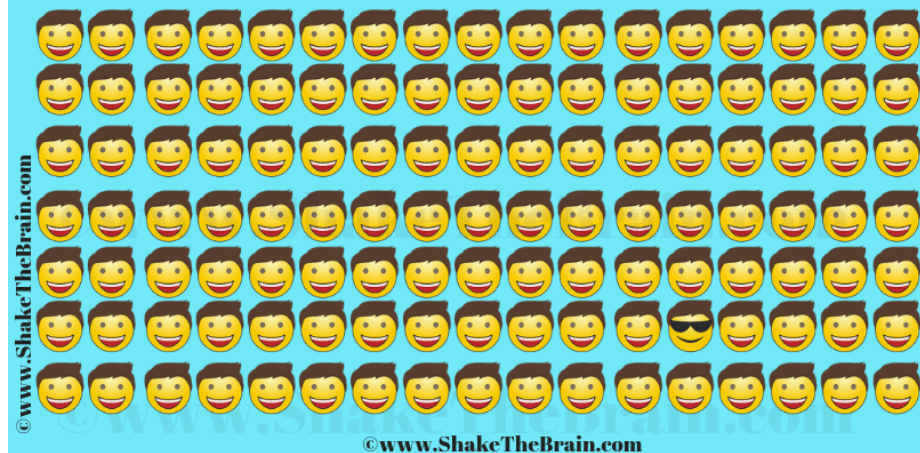
Can you find the cat?



CAN YOU FIND 'C' IN ONE MINUTE?



CAN YOU FIND THE ODD ONE OUT?



Three-Ingredient Banana Bread



So Easy... It's Bananas!

Cream together...

8 Tablespoons butter
1 cup sugar

Stir in...

2 beaten eggs
3 mashed bananas

Slowly, mix in...

1/2 teaspoon salt
1 teaspoon baking soda
1 & 1/4 cups all-purpose flour

Fold in...

1/3 cup walnuts


Pour in greased loaf pan. Bake at 350 degree for 40 to 50 minutes.

Makes one 9 1/2 X 5 loaf or three 6 X 3 1/2 mini-loaves.

MrBreakfast.com



TOP 7 HEALTH BENEFITS OF BANANAS



Bananas are one of the most widely consumed fruits in the world, and for good reason: They're convenient to eat, come in just the right portion size and offer a host of health benefits:

- Improve heart health** — Bananas contain potassium, vitamin C, vitamin B6 and fiber, which may help reduce your blood pressure and lower your risk of cardiovascular disease.
- Fight against oxidative stress** — Bananas contain a variety of powerful antioxidants, including phenolics and carotenoids, which may help protect your body against oxidative stress caused by free radicals.
- Promote digestive health** — Bananas are rich in both soluble and insoluble dietary fibers, which are necessary for healthy digestion.
- Lower the risk for Type 2 diabetes** — Consuming around 250 grams of banana daily may help lower blood glucose levels, according to one study.
- Boost mood and memory** — Banana contains tryptophan, which plays a major role in the synthesis of brain serotonin, a compound responsible for promoting mood, behavior and cognition.
- Lower the risk for asthma** — A study shows that children who eat banana at least once a day are less susceptible to asthma attacks.
- Improve athletic performance** — Because of their potassium content, bananas help maintain energy levels and lower the risk for muscle cramps in athletes.

MERCOLA

Feel free to Send in photo's (or tasters 😊) of your Banana Bread

Remember every night at 8pm – Show your appreciation to the front line staff



Thank you to Eloff & Shirley Olivier (H17) for showing your support of our Health Workers



Calling on ALL our Village Sewers

A Challenge from Gill Blackburn, A001

Why don't we become part of the solution?

I suggest all the women in the village with sewing machines could help make enough masks for the entire village. I'm sure most of us have enough scraps to make some and the only thing which might be required is buying elastic - but tape ties could also work. There are loads of patterns for masks on the internet or I have one from the Sunday Times.

Who can make the most colourful?

Guidelines for Material Masks

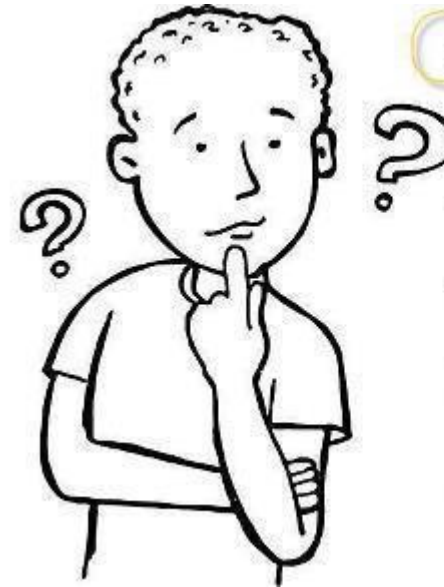
Must be 3-layers

- Not to be worn longer than one day
- If mask gets wet (while wearing it), remove it immediately
- Masks should be washed in very hot or boiling water (above 60 degrees Celsius)
- Wash in usual washing powder
- If possible dry in direct sunlight or make use of a tumble dryer (on heat cycle)



Fun Brain Teaser – Answers to follow in next edition

Personality Personality	STOOD mis	SOMEWHERE 	history history history	million
chair		in vaders		STAND
VISION	WALKING ICE	STORM	SPOT	ONCE 
PROMISE	VIOLETS	PIZZA PINEAPPLE	DOOR	GET A WORD IN
COUNTRY COUNTRY	 3.14159	GROUND FEET FEET FEET FEET	RAKEN	BUSINES



CAN YOU TELL ME?

What occurs twice in a week, once in a year but never in a day?

Social Distancing Support Cat



Woke up this morning like...



Happy Wednesday

NOT EVERYTHING IS CANCELLED

- SUN IS NOT CANCELLED
- SPRING IS NOT CANCELLED
- RELATIONSHIPS ARE NOT CANCELLED
- LOVE IS NOT CANCELLED
- READING IS NOT CANCELLED
- DEVOTION IS NOT CANCELLED
- MUSIC IS NOT CANCELLED
- IMAGINATION IS NOT CANCELLED
- KINDNESS IS NOT CANCELLED
- CONVERSATIONS ARE NOT CANCELLED
- HOPE IS NOT CANCELLED



PEOPLE WALKING INTO BARBER SHOPS WHEN THE QUARANTINE ENDS



When do them kids, go back to school?



Sudoku Puzzles - Answers from 09 April

ANSWER

1	5	6	8	3	7	2	9	4
9	2	4	1	6	5	7	3	8
7	8	3	4	9	2	5	6	1
2	7	5	3	4	6	8	1	9
6	4	1	9	2	8	3	5	7
3	9	8	5	7	1	6	4	2
4	1	2	6	8	3	9	7	5
5	6	7	2	1	9	4	8	3
8	3	9	7	5	4	1	2	6

1	4	6	7	9	2	3	8
2	5	8	3	4	6	7	9
3	7	9	5	8	1	4	6
4	3	7	9	1	5	8	2
5	8	1	6	2	7	9	3
6	9	2	4	3	8	1	5
7	1	3	2	6	9	5	4
8	2	4	1	5	3	6	7
9	6	5	8	7	4	2	1



How well did you do??

Answers to the Easy Riddles (9 April)

11. Riddle: What gets wet while drying? **A towel**
12. Riddle: What can you keep after giving to someone? **Your word**
13. Riddle: I shave every day, but my beard stays the same. What am I? **A barber**
14. Riddle: You see a boat filled with people, yet there isn't a single person on board. How is that possible? **All the people on the boat are married**
15. Riddle: You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first? **The match**
16. Riddle: A man dies of old age on his 25 birthday. How is this possible? **He was born on February 29**
17. Riddle: I have branches, but no fruit, trunk or leaves. What am I? **A bank**
18. Riddle: What can't talk but will reply when spoken to? **An echo**
19. Riddle: The more of this there is, the less you see. What is it? **Darkness**