



# THE MUIZE NEWS

## Greetings from Rescom's chair

I'm sure many of us are asking how much longer is this pandemic going to go on for. Not only here at Evergreen Muizenberg but all over, people are becoming mentally and emotionally fatigued. On the other hand, isn't it amazing how we are able to adjust and adapt which makes things just a little bit better! I wonder just how many lifelong changes have been made to the way we live? I guess life will never be the same.

We've come to realise here that when we go out, we have to be extra careful where we go and how we behave. I find myself asking the question, do I really need to go out? When I go shopping, I suddenly develop "symptoms" in the supermarket which miraculously disappear when I get back to my car!

Joan and I often comment how blessed we are to be at Evergreen where we feel safe and protected. In 2018 we agonised over whether we should move from our home to a retirement village. We've been here two years now and have never regretted it.

One of the good things to come out of this is that far more people seem to be exercising or sitting out in the sun absorbing the wonderful vitamin D. And walking around in the afternoons it's been good to pause along the way to have a chat with someone – from a safe distance, of course!

Thankfully the restrictions which have been necessary to contain the virus have been relaxed, making life a bit easier for all of us.

Coffee and cake in the Bistro sounds wonderful. And maybe I'll now take up table tennis or pool — simply because we're allowed to. Mmmm....maybe also a haircut.

And when it gets a bit warmer, much warmer, maybe venturing into the sea is a possibility. I mean, having faced down a pandemic can a bit of coldish water be that terrible! Ja, well, maybe, perhaps I'll just stick to walking.

From us all, thanks to Derek, Kim and the rest of the staff for looking after us through this difficult and challenging time. **(Neville Woudberg)**

## Why keep a diary?

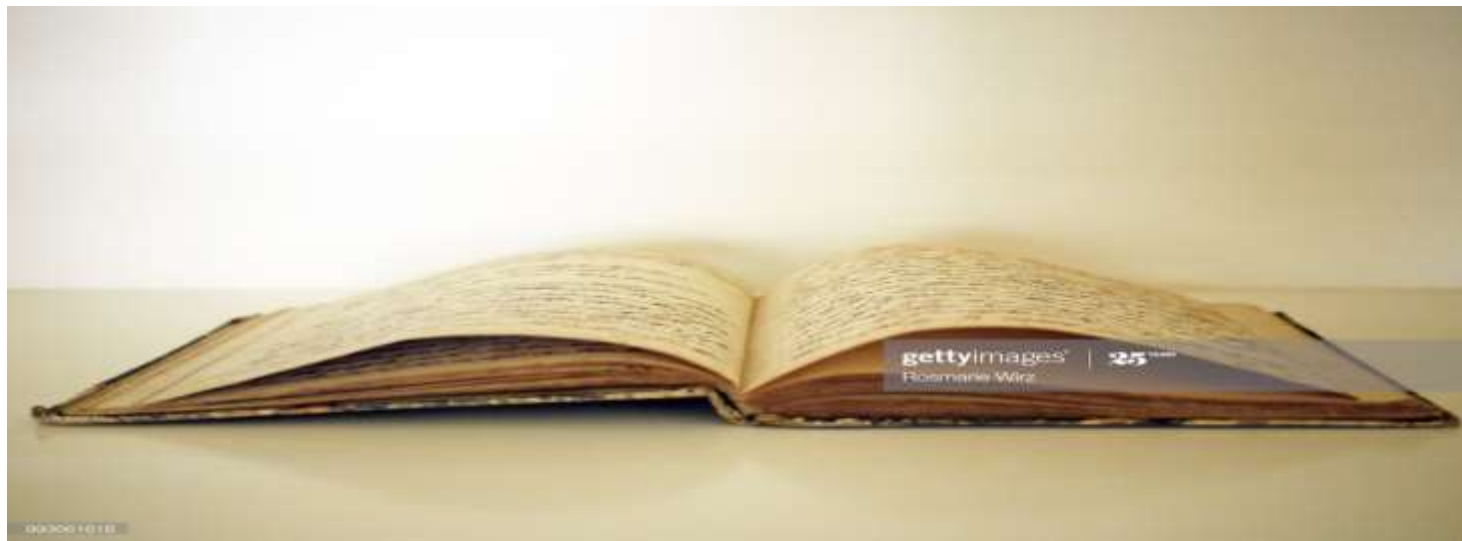
I am, at present, busy with something called A Short Course in Diary Writing. I have often been told that it is important for a writer to keep a notebook or a diary and have sometimes tried to do so but gave up after a few attempts. When I saw this on-line course offered, I thought, perhaps I am doing it all wrong and I need to learn how to be a diary-writer.

Keeping a diary is obviously helpful for a writer. It can form a useful source of material as well as act as a sort of "warm-up exercise" before engaging in more serious writing. But if you are not a writer, is there any point in it? Well, as I discovered in this course, diary writers give many different reasons for indulging in this habit.

For Eugene Delecroix, the painter, it makes him feel in control of his life. He writes, "I feel as though I were still master of the days I have recorded...those not mentioned in these pages are as though they had never been."

Susan Sontag, the American writer and philosopher, believes she does not only express herself in her diaries, but actually "creates herself" as emotionally and spiritually independent. I am afraid I don't know

quite what she means, but obviously she considers diary writing to be very important for her emotional well-being.



The poet Fernando Pessoa, on the other hand, doesn't think much of diary-writing at all. He compares it to doing crochet-work or playing solitaire, just a soothing occupation to reduce nervous tension or stress. When he writes in his diary he says, "I unwind myself like a thread of multi-coloured yarn or make cat's cradle of myself."

Then there is the historical significance of diaries, particularly during times of world-shaking events. We have detailed knowledge of life during the Great Plague of London, from the Diary of Samuel Pepys. His diary is famous, but historians have found diaries of ordinary people can be most valuable in reconstructing life in times gone by. The diary of Louis Trichardt is a case in point. It is a very important source of information about the Great Trek. It starts out as a record of the numbers of Trichardt's cattle and sheep, and develops into a more personal account as the days go by. Simply written, by someone without any pretence of being an author, it is one of the most moving pieces of writing I have ever read.

Finally, for me a diary is a good aid to memory. I find that members of my family and I often recall events differently. If I can consult a diary, I can put them right (of course I might find when I do so that it was I who was wrong, but a diary is private after all, I don't have to tell them).

To end off, I have two of the best reasons of all. It is most enjoyable to write and can be fun to read later.

**(Margaret Clough)**

## **Famous sayings diarised**

In a rather whimsical moment after having consulted my daily diary, which by the way, features a quotation for each day, I noticed that we in SA had all been locked-down on Family Day, (13 April ) and the relevant quotation was one by the author Joshua J Marine that read: "Challenges are what makes life interesting. Overcoming them is what makes life meaningful." This inspired me to see if I could find appropriate quotations for other holidays or holy days. And here are some:

Freedom Day 27 April produced one by an American inspirational author Orrison Sweet Marden who wrote, amongst a number of books about achieving success, **The Victorian attitude** and **He can who thinks he can**. His quote for Freedom Day is "The first path of success is *Get-in-it-iverness*. The second part of success is *Stick-to-it-iverness*".

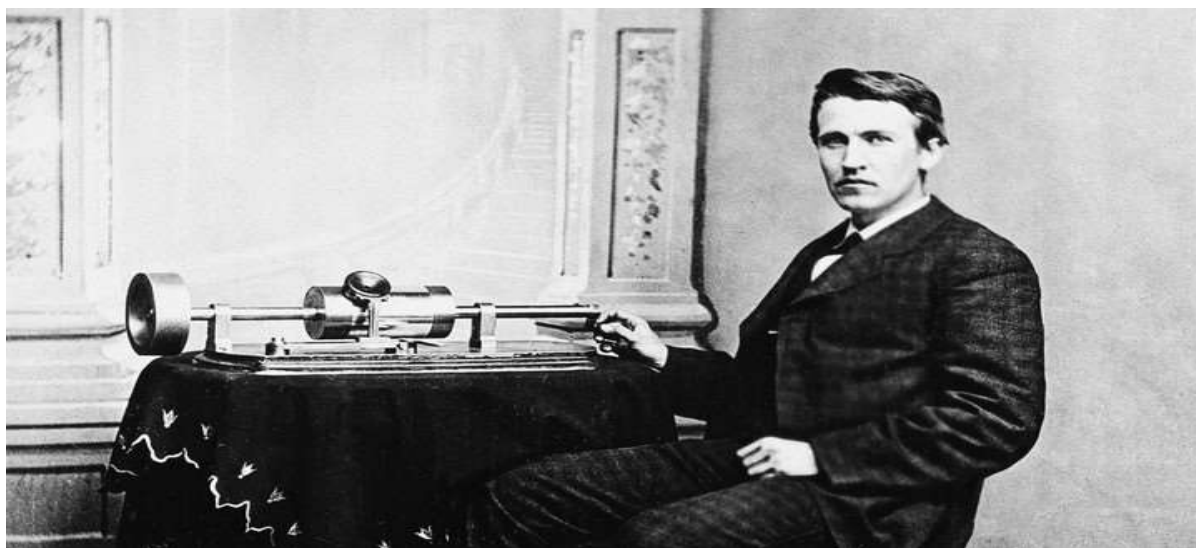
Worker's Day (1 May) was the turn of the American humourist Will Rogers who said that "in order to succeed, you must know what you are doing and believe in what you are doing".

Youth Day (16 June) featured G K Chesterton whose advice was: "It isn't that they can't see the solution, it is that they can't see the problem."

The 4<sup>th</sup> of July, American Independence Day, gave the United States the words of the famous inventor, Thomas A Eddison, who was of the opinion "that restlessness and discontent are the first necessities of progress".



And finally, as I pen this on 14 July, Bastille Day, French philosopher and author Albert Camus has his say which is: "To know oneself one should assert oneself."



I doubt, dear reader that these reflections will have made the 100 plus days of lockdown seem more bearable but I trust that when you reflect on them you will agree that they were all so very necessary. *(I found these ramblings on my desk after muttering about the house about copy for the newsletter. I clearly touched a nerve and in light of the above I thought it appropriate to share this contribution from my husband Peter.)*

### **26 March! Lockdown! What else occurred on this day through the ages?**

- 127 Greek astronomer and mathematician Ptolemy begins his observations of the heavens (until 141 AD)
- 685 Cuthbert (later Saint Cuthbert) is consecrated Bishop of Lindisfarne by Archbishop Theodore at York
- 1027 Pope John XIX crowns Conrad II Holy Roman Emperor, founder of the Salian dynasty
- 1147 Jewish community in Cologne fasts to commemorate anti-Jewish violence
- 1484 William Caxton prints his translation of Aesop's Fables
- 1526 King Francis I return from Spanish captivity to France
- 1534 Lübeck accepts free Dutch ships into East Sea
- 1552 Guru Amar Das becomes the Third Sikh Guru
- 1636 University of Utrecht opening ceremony
- 1668 England takes control of Bombay, India
- 1692 King Maximilian installed as land guardian of South Netherlands
- 1780 1st British Sunday newspaper appears (**British Gazette & Sunday Monitor**)
- 1790 US Congress passes Naturalization Act, requires 2-year residency
- 1793 Pro-royalist uprising in Vendée region of France.

## Also on this day in...

- 1812 In opposition to the redrawing of districts to favour incumbents in an upcoming election, the **Boston Gazette** published a satiric cartoon that graphically transformed the districts into a fabulous animal, "The Gerry-mander"; the term gerrymander thus entered the American lexicon
- 1827 Ludwig van Beethoven died of cirrhosis of the liver in Vienna
- 1874 American poet Robert Frost, much admired for his depictions of rural New England life and his realistic verse portraying ordinary people, was born in San Francisco
- 1911 American dramatist Tennessee Williams, whose plays reveal a world of human frustration in which sex and violence underlie an atmosphere of romantic gentility, was born in Columbus, Mississippi
- 1927 The Mille Miglia, the famed automobile race across Italy, was inaugurated
- 1930 Sandra Day O'Connor, the first woman to become a U.S. Supreme Court justice, was born in El Paso, Texas
- 1944 British evolutionary biologist Richard Dawkins, who maintained that genes are the driving force of evolution and advocated atheism, was born in Nairobi, Kenya
- 1944 American pop singer and actress Diana Ross—who achieved international stardom, first as leader of the vocal group the Supremes and later as a solo artist—was born
- 1979 Signing of Israel-Egypt peace treaty. The historic peace accord between Israel and Egypt, agreed to by Menachem Begin and Anwar Sadat and negotiated by US President Jimmy Carter at Camp David, Maryland, in September 1978, was signed this day in 1979
- 1985 The first clash of the Riel Rebellion in Canada took place in Duck Lake, Saskatchewan
- 1997 Police discovered the bodies of 39 members of Heaven's Gate, an American religious group that believed in unidentified flying objects; they had committed suicide in the belief that a spaceship was arriving to take them to a better place
- 2000 Russian intelligence officer and politician Vladimir Putin was elected president of Russia
- 2005 Sixteen years after being cancelled, the BBC sci-fi-series *Doctor Who*, returned to television with a new episode, with Christopher Eccleston appearing in the title role
- 2011 the American Democratic politician Geraldine Ferraro, who was the first woman to be nominated (1984) for vice president by a major political party in the United States, died at age 75
- 2013 North Dakota passes strict Abortion Law
- 2014 North Korea's Kim Jong-un decrees that male students have to sport the same haircut as their leader
- 2018 *The Black Panther* becomes the highest grossing superhero film in America earning \$630.9m.

## ...whilst we've been hibernating

- 8 May – V-day celebrations
- 6 June – *World War II D-Day Invasion* – the largest amphibious assault in world history and the turning point of the war in the European theater
- 16 June – *Soweto uprising* remembered
- 20 June – *The winter solstice*
- 4 July – *Independence Day* celebrations...and then some slightly off-beat ones...
- 4 June – *Flip a Coin Day* is the day when making decisions is as easy as flipping a coin. This tradition dates back to Julius Caesar. Caesar would take a coin and flip it to make decisions where the right choice was unclear. The correct answer was "heads", which of course carried his image on the coin. How is this day celebrated? Flip a coin!
- 10 June – *Ballpoint Day*. On this day in 1943, brothers Laslo and Georg Biro of Argentina, filed a patent for ballpoint pen. The ball point pen was originally called a "Birome". Ballpoint pens hit the U.S. market in 1945 at Gimbel's department store, selling for \$12.50 each! It became an instant success and the rest is history. The Biro brothers sold their patent to Bic.
- June 13 – *Sewing Machine Day*. The first sewing machines were made in France in the 1830s. It wasn't until 1846, that they were patented in the U.S. What a great invention. Today's Saying: "A stitch in time saves nine." Saves nine







- what, you ask. Well, stitches of course. One stitch made right away, prevents further breakage and will not require nine more stitches later.
- *June 18 – National Nursing Assistants' Day.* This day is set aside each year to recognise longevity of service, special contributions to care practices and accomplishments of the nursing assistants who have made caring their life career including members of the National Twenty-Year Club.
- *June 23 – International Widows Day.* International Widows Day is a United Nations sponsored day. It is a day of action, encouraging countries and organisations to strive to eliminate poverty and injustice suffered by millions of widows and their dependents around the world. According to a United Nations estimate, there are over 258 million widows worldwide.
- *13 July – National French Fries Day.* Or National Freedom Fries Day, depending on your politics.
- *14 July – Bastille Day.* More than 50 U.S. cities host celebrations and so do we in the Western Cape in the Franschoek Valley of course.
- *July 19 is a rather odd one...National Flitch Day.* A 15th century relic, a “flitch” referred to an amount of bacon offered to married couples by local monks who could prove a year's worth of matrimonial bliss to a jury of their single peers. Thought to have originated in Dunmore, England, the modern-day flitch ceremony now takes place once every four years, but is still very much all about the bacon.
- *July 20 – Toss Away the "Could Haves" and "Should Haves" Day.* Created by a motivational speaker that is dedicated to living in the present and forgetting the past. And to do that, you write down your past mistakes and regrets on a piece of paper and throw it away.

## **On our doorstep... Muizenberg**

(Not a history lesson but a glimpse of the past.)

Sir Francis Drake completing the second circumnavigation of the world in 1580 allegedly said, “This Cape is the most stately and fairest Cape in the whole circumference of the world.”

In 1652 the Dutch East India Company, under the command of Jan van Riebeeck, arrived at the Cape of Good Hope. Sailing into Table Bay he established a settlement and fort at the foot of Table Mountain with a view to supplying a much-needed refreshment station for ships sailing to and from the East. It also became a trading station with pastoralist Khoi before exploring into the South Peninsular and unknown territory. Initially in search of fresh pastures for additional food and meat as well as for supplying passing ships. Due to a growing demand free burgher farms in the south that supplied fresh fruit and vegetables were established.

Later a southern military post was set up under the command of Sergeant Wynand Muys to establish law and order as well as report on ships in False Bay. A structure called Het Posthuis dating back to 1742 was originally a Toll House built to levy a tax on farmers wishing to sell their produce to anchored ships in the Bay. Thus, the area and mountain became known as Muizenberg.

The Dutch occupation lasted about 150 years before the Battle of Muizenberg in 1795 and it became a British Colony, but not for long as after the war in Europe it was returned to the Dutch. However, they were again defeated by the English at the Battle of Blaauwberg in 1806 and it became known as a British Colony.

Muizenberg Mountain facing East presides over beautiful False Bay like a Mother Hen especially at sunrise with a view of the Hottentots Holland Mountains in the distance – it is a never-ending delight for people living on its slopes.



**Muizenberg Mountain with the sun going down behind it in the West never fails to be awe-inspiring.**

However, Muizenberg Mountain has many attributes besides its commanding presence – its beauty, walks, flora and fauna unsurpassed, views far and wide and it presides over an ever-changing village which has become home to many over the years.

Into the 1800s, to the early pioneers who braved the dirt tracks, this area supplied hope for a better life. Originally attracting fishermen from the Philippines who settled in Kalk Bay and supplied the Dutch East India Company, refugees from the pogroms in Europe, freed and escaped slaves from the East and many other immigrants from different lands and walks of life – Muizenberg became cosmopolitan.

In time people relished the beautiful beach, the invigorating sea and healthy climate with the South Easter which blew away the cobwebs and also formed incredible cloud formations over the majestic mountain. A defining moment for this small village came during the latter part of the 1880s with the advent of the railway line, from Cape Town to Wynberg that was later extended from Wynberg to Muizenberg. No longer was it a long and arduous day out by horse and cart for families from the Southern Suburbs of Cape Town to the sea and beach but it changed the face of Muizenberg all together.

*(More snippets by our anonymous resident on Muizenberg's early days in upcoming newsletters).*







## Around the village

Elaine and Margaret Simons have devoted much of their lockdown time to their *Clicking and Hooking for Charity* projects.

Below is their colourful lap blanket made for the Mandela Day Project at St Saviours Anglican Church in Claremont. Also, part of their efforts is a variety of beanies, each with its own colour and pattern for newborn babies at Mowbray Maternity Hospital. The collection of comfort dolls will be donated to a trauma centre.

What more do you need other than a hot water bottle to hug and a pair of matching bed slippers to keep you cozy during the cold winter months?



## Labour of love

Having at last completed a project that took Viv Hart six years, we feature her Travellin' Chick waistcoat, with all the badges that she collected during her travels, (they were previously stitched on her anorak's sleeves). The badges are now pinned on the relevant knitted flags of the country of origin. (*Great jacket Viv!*)



## Special occasion celebration

Jenny Seed, a longtime resident of Evergreen and prolific published author of children's books recently celebrated her 90th birthday. The faithful Evergreen bakers supplied the most delicious eats, resident Stephanie de Haas made a beautiful birthday card and former manager Melanie Carstens arranged a wonderful party in the Care Centre to celebrate this special day.



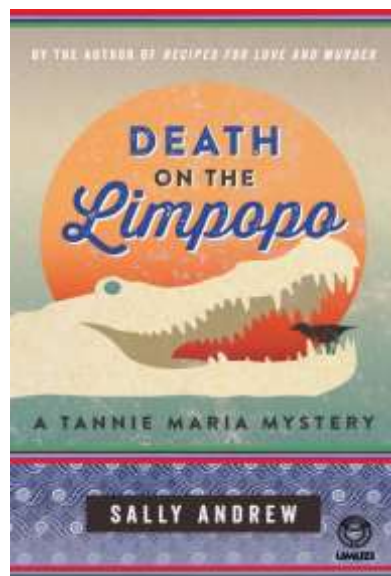
## Books, books, books...

*Even if you are an avid reader like I am, I'm sure that your list of books read during the past few months is extra-long. Mine certainly is. I share some reviews by ex-colleagues and my book club members.*

## Sally Andrew's **Death on the Limpopo**

Tannie Maria is once again drawn into an adventure, this time involving a mysterious motorbike driving stranger called Zabanguni Kani. There is a strong bond between the two. Tannie Maria feels drawn into taking this trip into the northern parts of the country by Zabanguni. They are followed every step of the way.

Her inability to tell her boyfriend Henk that she is going to the Limpopo as much for herself as for Zabanguni leads to some exciting escapades. However, she still manages to do her agony aunt column for the Karoo paper with her usual culinary skills. A thoroughly enjoyable read. (Elaine Hofmeyer, Bibliobirds Bookclub)



Author Sally Andrew





## Wilbur Smith se **On Leopard Rock**

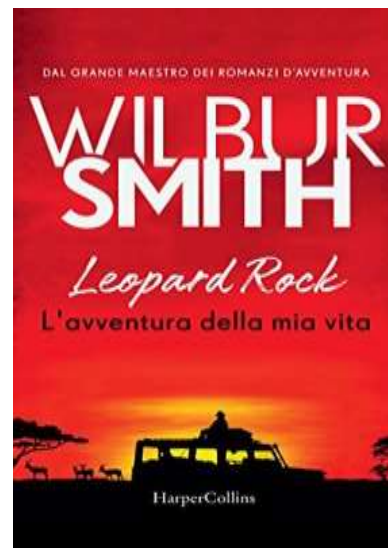
Op 'n dag stap ek by Protea Boekwinkel op Stellenbosch in en sien 'n dik rooi boek op die rak – Wilbur Smith se memoir **On Leopard Rock**. Ek het in 2016 laas 'n boek deur Smith gelees, nl. **Donderslag**, die Afrikaanse vertaling van **The Sound of Thunder**, wat juis deur Protea Uitgewers gepubliseer was. Litnet het dit aangestuur sodat ek dit kon resenseer en daardie resensie is steeds op hulle blad as jy die sleutelwoord “Donderslag” in die soekblokkie tik. Nietemin, terug na Smith se memoir. 'n Memoir handel oor sekere gebeure of 'n spesifieke tydperk in 'n mens se lewe, dus is hierdie nie 'n volledige outobiografie deur Smith nie. Dit fokus grotendeels op sy skrywerskap, dog bied dit ook insigte in sy dryfmotiewe en vorming as mens, wat uiteraard bygedra het tot sy besluit om 'n skrywer te word.

Smith se memoir bevat foto's uit sy veelbewoë lewe, en voorin is 'n volledige lys van sy werke. Ek het die meeste van die vroeë pogings gehou, soos die eerste van die Courtney-reeks – die eerste een, **When the lion feeds** (1964), was 'n globale blitsverkoper, en 'n paar van die ander sg.” standalones”, m.a.w. boeke wat nie binne die reeks oor Egipte, die Courtney- en Ballanyne-families of die aksieheld Hector Cross handel nie, soos **Gold mine**, **Eagle in the sky**, en **Shout at the devil**, was my persoonlike gunsteling. Ten spyte van sy omvattende navorsing en noukeurige afronding, het Smith se boeke later te tipies-geformuleerde blitsverkopings geword – die helde en heldinne is net te karikatuuragtig en te ongelooflik in alles wat hulle doen, die daede is te groots, die toeval te onoortuigend. Maar ek glo nie die meeste lesers steur hulle daaraan nie: Smith het immers 130 miljoen boeke verkoop, dit sê mos alles?

**On leopard Rock** is weer eens getrou aan Smith se styl, toeganklik en kleurvol, netjies verpak en alles voel skoon en gerond, wat my as tiener geval het, maar later het ek net gevoel dis om elke slag 'n maaltyd met ontpitte olywe saam met ontbeende hoender, perfek-gekookte Tastic Rice met graad eensampioene, en dan met Woolworths Tin Roof roomys met Southern Comfort en Diet Coke te geniet - dis onteenseglik lekker, jy kan nie verkeerd gaan nie, maar as dit die 20ste maal voorgesit word ...

Toegegee, Smith gee nooit voor dat hy Hemingway is nie (wel dat hy wens hy was) en dat hy talle male bitter gelukkig was (al het hy wel ook hard en slim gewerk), maar as ek sy memoir met Louis L'Amour of Stephen King s'n vergelyk, herinner dit my tog daaraan dat ek vanmelewe graag verskillende pakkies Tumbles gekoop het, sommige met rosyne, sommige met shortbread, of sjokolade of grondbone in, en dan almal gemeng in 'n bak gegooi het. Dan soek ek 'n sonkol, met of sonder 'n kat, haal 'n handvol van daardie gemengde sjokoladeballetjies uit en smul een-een aan hulle. En dan skink ek vir my 'n glas met 'n bona-fide varkdop Jack Daniel, twee blokkies ys en regte Coke in.

O ja, en L'Amour en King se werke het ook net-net genoeg bas aan om 'n bietjie grinterigheid te verskaf, wat dit nie regtig oortuigend maak nie, maar jou wel oortuig om jou te verbeel dit is. Smith se eerste boeke het dit nog gehad, maar later het hy self meegevoer geraak met sy sukses. Nie dat ek sou omgee om meer as 100 miljoen boeke te verkoop nie. Maar ek vermoed tog dat as ek kon, ek dalk sou wens dat ek net een **For whom the Bell Tolls**, of **The Pearl** kon skryf, of **Raka**.



Uiteraard is daar skrywers soos Smith (en King en L'Amour en Christie) nodig, nes daar skrywers soos Hemingway, Allende en ons eie Elsa Joubert, Van Wyk Louw en Winterbach nodig is. Iemand moet die standarde hoog hou terwyl miljoene bokdrolletjies bo kaviaar verkies, of die twee disse graag afwissel.

**On Leopard Rock** is aan te beveel vir aanhangers van Wilbur Smith, maar nie vir lesers wat nie regtig in avontuurverhale of Smith as mens/skrywer belangstel nie. Terloops, dit geld ook vir L'Amour se memoir, **Education of a wandering man**, maar diegene wat in skryfkuns belangstel kan in elk geval maar King se **On writing** koop; dis 'n baie nuttige boek vir skrywers – beginners óf gevorderde outeurs. Om af te sluit: geniet wát jy ook al lees gedurende hierdie sg. inkerkering, en gesond bly! Lees, leer, lewe ... (Dr Francois Verster)

### Dinah Jefferies' **The sapphire widow**

Most of her books are stand-alone, but some of the characters come from **The tea planter's wife** so possibly read this first, though it is not necessary. Louisa Reeve has her life torn apart by the unexpected death of her husband, Elliot. She uncovers the chaotic state of his finances and discovers he was not an investor in the Cinnamon Hills plantation. As she discovers the full extent of his trails of deception, she finds herself unexpectedly drawn to the plantation owner, Leo, a rugged outdoor man with his own secrets and checkered past. I enjoyed this as much as any of her books and it is easy on the brain cells at this trying time. (Pendy Joerning)

### Deon Meyer's **The last hunt**

Meyer, as ever, writes a really good yarn and this is no exception. Quite obviously set in the time of Zuma, state capture and corruption it has Captain Benny Griessel and Vaughan Cupido in the lead roles. They are investigating the cold case of Johnson Johnson, an ex-cop, whose body has been found beside a railway line. Meanwhile in Bordeaux, Daniel Darret is settled in a new life on a different continent. He is an international hitman whose skills are required one more time to kill the President of South Africa when he comes to Paris. So both stories are intertwined in a race against time. Benny Griessel has to survive long enough to finally ask Alexa Barnard to marry him. I always think the joy of reading Meyer and Tony Park is to recognise places, streets, towns and areas one knows or has visited. (Pendy Joerning)

### **Did you know**

Become an Exclusive Books Fanatics member and you will receive wonderful offers, links to book launches, et cetera on line.

### **Lexophilia – who on earth dreams these up? ...A lexophile of course!**

- Venison for dinner again? Oh deer!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- When chemists die, they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- Why were the Indians here first? They had reservations.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.



- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I dropped out of communism class because of lousy Marx.
- I got a job at a bakery because I kneaded dough.
- Velcro – what a rip off!
- Don't worry about old age; it doesn't last.

**Let's Cook**

*No-bake Date Balls*

A yummy recipe from Ruth Reichlin which would be especially useful for residents who don't have ovens.

**Ingredients**

- 250 g butter
- 1 egg, beaten
- 1 cup of sugar
- 1/2 cup chopped walnuts or pecans
- 250 g dates, cut up
- Packet Marie biscuits
- 10 ml ginger (optional)

**Method**

Melt butter, add sugar, nuts, dates and ginger  
 Stir continuously for 3 minutes  
 Remove from stove and cool for 5 mins.

Add beaten egg VERY slowly and stir well

Return to stove for another 3 mins, stirring constantly

Lastly add broken Maries ( in smallish pieces)

Remove from stove, and cool until mixture can be handled

Roll into little balls and toss in desiccated coconut or coat with melted chocolate.



**HOME BAKING - Baked with real Butter & fresh Eggs**  
 Scones  
 Biscotti  
 Shortbread  
 Cup Cakes  
 Cakes to order  
**Phone Lydia**  
 2017 (internal phone) or Cell 073 707 6474



## Whole-wheat seed bread

Denise Elkin's bread recipe is a perfect accompaniment to the many soup evenings I am sure we all are currently enjoying.

### Ingredients

420g Nutty Wheat Flour  
5ml Salt  
1 Pkt (10g) Dried Yeast  
90ml Poppy or Chia Seeds  
90ml = 6 Tablespoons  
90ml Sunflower Seeds  
90ml Sesame Seeds  
30ml Vegetable Oil  
30ml Golden Syrup  
Warm Water

### Method

Grease a medium-size bread tin

Place all dry ingredients in a mixing bowl, combine carefully then make a well in the middle.

In a jug mix the oil, syrup and 250ml (1 cup) warm water.

Pour the mixture into the well and carefully fold in the dry ingredients. Add more warm water if necessary, until the dough is moist.

Scoop the dough into the tin and set aside to prove for about 1 hour.

Meanwhile preheat the oven to 180 deg C

After proving bake the bread for 1 hour

To test whether cooked use a skewer or turn out onto a wire rack, when tapped the base should sound slightly hollow.

It toasts well too!

### The garden is calling

With all that has been going on around us with isolation and bad news it is good to know that we are already past the winter solstice and in actual fact heading towards Spring.

Hopefully you have been able to enjoy all the different alocs that we have in our gardens. It is amazing to see how many different alocs there are, each with an interesting and different flower. The sugar birds have been having a wonderful time in the village.

At this time of the year it is best to enjoy the growth of the indigenous plants of our area which like the cold wet weather more than we do. Apart from all the alocs flowering many protea types are bursting out in warm colours of yellow and gold.

This is also the time to do a bit of cleaning and pruning but as most of us do not have big gardens there really is not too much work to be done. Even our small plants will need a bit of a trim to be able to sprout in the spring.

Despite the wet and damp outside don't forget that the indoor plants that have to live indoors still need the occasional watering regularly.

Remember that orchids should be fed as they will start sending out new leaves and stems.

A time to start watching for the first bulbs popping out here and there, also the excitement of new leaves popping out on the bare trees. The first leaves coming out in the spring are always so delicate and beautiful in the light greens. With things being as they are one could plan drives along the foot of the mountain to enjoy the greenery.





And a last word from our keen gardener Ann Blignaut is that this is a good time to repot any pot plants that might have become root bound and then to plan a new arrangement of existing pots and spaces all in readiness for the spring. 'Looking forward to a positive change in the next few months,' says Ann.



### Gaan jy saam?

Dagdroom 2020

Jy wil die masker van jou gesig haal en in jou bakkie klim en begin ry, deur Vredenburg en Velddrift, kuslangs tot by Elandsbaai, met die wind wat by die bakkie se oop ruite instroom, verby Graaffwater, regulasieloos die binneland in. By Clanwilliam wil jy nie die N7 vat nie. Jy wil met Pakhuispas oor die Sederberg gaan, verby Leipoldt se graf, deur die Hantam waar die boegoebossies bloei, op die spoor van Boggom en Voertsek, deur die Boesmanland. Van Wyksvlei. Carnavon. Sonder om na die radio in die bakkie te luister, en met jou slimfoon afgeskakel.

Jy is moeg vir die menings van ontleders en kenners en CNN-wyses wat al vir weke lank aanhou stilsit en geraasmaak. Jy is moeg vir jou eie en ander se woede en verdrietige stories en haastig gebroude pynappelbier.

Deur Vosburg en verby 'n spannetjie swerfklippe duskant Britstown, verby die haltetjie Dwaal in die dor Karoo. Jy wil 'n verlate plaashuis met hooibale op die voorstoep sien, en 'n wilgerboom met slap takke in 'n laagte by 'n spruit waarin die laaste waterlelies blom. Jy wil uitkyk vir 'n plaashek met 'n geroeste ketting en -slot, 'n Climax-windpomp en 'n sinkdam met kalkaanpaksels in die laste. Jy wil luister na 'n Lister-enjin se ge-pip-pip-pip, en hoor hoe 'n telefoondraad tussen twaalf en een in die middag suis, en 'n dikkop in die langgras roep. Jy wil skaapmis ruik.

Jy wil Johannesburg in die verte gewaar, die geboue oneweredig soos 'n hartlyer se hartklop op 'n hartmonitor. Jy wil op die N1 verby Soweto se huisies se dakke ry, en weer soos 'n kind glo mynwerkers het Johannesburg uitgehol onder, en al wat jou veilig sal laat voel is 'n mixed grill en 'n strawberry milkshake by Uncle Charlie's Road House wat nie meer bestaan nie. Deur Pretoria, uit met Schoemanstraat onder Arcadia se kaal jakarandas deur, verby die land se enigste werkende telefoonhokkie in Hatfield. Uit met die N5, oor die Hoëveld waar dit oop is, deur Witbank se Eskom-wolke, verby die afdraai na Woestalleen, af in Schoemanskloof; en opeens sal die reuk van gebrande suikerriet in die lug wees. Jy wil 'n lemoen eet, 'n lemoen, 'n lemoen, en 'n stukkie naartjieskil tussen jou vingers buig en knak.

Jy wil 'n yskoue Black Label-quartbottel teen jou wang druk en op 'n omgekeerde bierkrat sit en kwelamusiek moet uit 'n Pakistani se winkel kom wat eers 'n slaghuis was, en by die deur moet 'n vaal brak met sy neus teen sy stert lê en slaap en teen die muur moet 'n dikwielfiets met 'n klokkie en twee spieëltjies rus. Jy wil 'n kwêvoel hoor kwê, en deur die ou Natal ry terwyl keeza-reën oor Vodacom-torings uitsak. Jy wil 'n bord rys, vleis en aartappels op Vrede eet.

Jy wil na 'n wolk bokant Bethlehem kyk en jou verbeel dis 'n donkie. Jy wil buite Clarence sien hoe word 'n Maggie Laubser-skildery 'n laning goudgeel populiere.

Jy is al vir meer as sewentig dae ingekerker in jou Weskus-huis.

Jy verlang na jou land. Jy wil 'n slag ry, jy wil net ry.  
So is die mens nê. Verwelklik. En die jare stap vinnig aan. Voor jy jou oë uitvee bly op hierdie aarde, net jou grafsteen oor. Salig is die mens wat sy afhanklikheid van God af, kan beseef en daarvolgens lewe.

*(Met dank aan die onbekende skrywer wat ek glo so baie van ons gedagtes hiermee verwoord...aangestuur deur Hydle de Villiers)*

## **Ek het 'n yster van 'n Pa**

My Pa is so sterk, hy skeur n bladsy uit Facebook uit.

My pa was al op Mars, dis hoekom daar geen lewe meer is nie.

My pa kan jou verwurg met n cordless.

Die skape op my pa se plaas, is die soort wat vir ons staalwol gee.

My pa kan Braille praat.

As my pa 'n boemerang gooi, durf dit nie terugkom nie.

My pa sal nooit n hartaanval kry nie, sy hart sal nie waag om hom aan te val nie.

My pa kan van 'n tiekkieboks af 'n whatsapp stuur.

Toe Alexander Graham Bell die telefoon uitgevind het, was daar al 3 missed calls van my pa af.

Die Vredefort krater is nie deur n meteoriet gemaak nie, dit was toe my pa sy voet neergesit het.

Wanneer my pa melk op sy rice crispies gooi, bly hulle doodstil.

Die eerste ding wat my pa doen as hy by die Indiese oseaan uitkom, is om gou 2 lengtes te swem.

*('n Onlangse Vadersdagbriefie)*

## **What Confucius did not say!**

- Man who wants pretty nurse, must be patient.
- Passionate kiss, like spider web, leads to undoing of fly.
- Lady who goes camping must beware of evil intent.
- Squirrel who runs up woman's leg will not find nuts.
- Man who leaps off cliff jumps to conclusion.
- Man who runs in front of car gets tired, man who runs behind car gets exhausted.
- Man who eats many prunes gets good run for money.
- War does not determine who is right, it determines who is left.
- Man who fights with wife all day gets no piece at night.
- It takes many nails to build a crib but only one screw to fill it.
- Man who drives like hell is bound to get there.
- Man who stands on toilet is high on pot.
- Man who lives in glass house should change clothes in basement.
- Man who fishes in other man's well often catches crabs.
- Finally CONFUCIUS DID not SAY...
- "A lion will not cheat on his wife, but a Tiger Wood!"

## **Meet Mr Computicket, Percy Tucker**

*Percy Tucker celebrating the 25th Anniversary Dinner of the South African Association of Theatrical Managements with: 'Breytie' Breytenbach, Des Lindberg, Taubie Kushlick, Brian Brooke, Jim Stodel and Michal Grobbelaar, 1981*

Speaking of theatre, Computicket is surely a household name and I recently read a lovely tribute to Percy Tucker, known as Mr Computicket. He pokes fun at his astounding career by calling himself a ticket-seller or, he jests, a "purveyor extraordinaire of posterior placements". Ticket-selling was his prime career, for which







he will go down in world techno history as the genius behind Computicket, the first centralised computer ticketing service in the world. It came on line in 1971.

With two business degrees under his belt he started Show Service in the 50s, a centralised manual booking service for theatres, cinemas and sports venues. This led to queues stretching around city blocks; the system desperately needed to be modernised, and then, with the advent of computers his relentless drive led to the invention of Computicket.

While ticketing was his principle career, he had another. As a boy he was taken to see Gracie Fields, Britain's wartime sweetheart, on stage in Benoni; she was beautiful, blonde and shimmered in her stage costume. He was mesmerised. He would forever after be bedazzled by the actors and in his time met Bette Davis, Sir Laurence Olivier, Margot Fonteyn, and Elton John... an illustrious star-studded list. His book, **Just the ticket**, is an encyclopaedic account of SA theatre in his day and in his flight amongst the stars.

Glamour aside, Percy has been the backbone of SA theatre for six decades. He was there with *King Kong*, the first Black jazz musical, he went all the way to parliament to fight for multiracial audiences and to this day is still on advisory boards, his particular passion being to save the ballet in Cape Town.

Go to **andscene.live** for a lovely collection selected by him as part of his 92<sup>nd</sup> birthday collection: a great movie tribute that he hopes that in which you will recognise the stars. (*With thanks to Theatre on the Bay.*)

### Interesting free entertainment ... just follow the links!

Here's something marvelously innovative and very gratifying for music and plant lovers ... enjoy!

- **Opera performed for plants:** <https://youtu.be/xGvDlG-rVFE>
- Van Gogh in motion

<https://www.facebook.com/684728891886427/posts/1159355094423802/?sfnsn=scwspwa&extid=ncAfUs1u5rfOQd6&d=w&vh=eL>

- Wonderful enjoyment to be had at [www.metopera.org](http://www.metopera.org) Famous
- One can always rely on Jim Raubenheimer to keep us entertained and for those readers not part of the camera club we share some interesting links and other entertaining bits that he regales us with on a regular basis. Go to <https://www.dailymail.co.uk/femail/article-8455519/Stunning-entries-female-artists-worlds-largest-photography-competition.html> and see what women photographers have done and are doing. There are 26 wonderful photos from 448 152 entries. Fantastic stuff.
- Enter [youtube.com/watch?v=QrJ7BX2YqDw&feature=youtu](https://www.youtube.com/watch?v=QrJ7BX2YqDw&feature=youtu). Be in your browser and click. The photos move fairly quickly, but you can pause and re-start so you can study each scene. Excellent examples of the topiarist's art. Have your sound well up as the music is great too!
- For 6 minutes and 26 seconds of very good puns to keep your spirits up. These are from Colorado where a group of people put together and display signs outside their business next to a busy road, so click on <https://www.youtube.com/watch?v=d3A9wc2ZKtg>.
- Even if you don't want to sign up for a degree course this is an interesting website for online free stuff, <https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown> Definitely worth checking out.

## Visit an online theatre

Log in to: **quicket.co.za** for some really exciting on-line entertainment. Enjoy 'armchair-comfort-shows' (is there such a word?) for a fraction of normal theatre prices. We encourage our readers to make use of these opportunities – when lockdown is but a memory these great bargains will no longer be available. (*I must admit it took a bid of wrangling on our part to figure out the logistics as we are a tad technically challenged but ever since we have managed to figure it out, we have enjoyed some great shows.*)

Upcoming shows include: Marc Lottering's *It's a date*, R70, (25 July); Riaad Moosa in *Not a Nice Guy-Covid Edition*, R100 (25 July); The Voice of the Cape presents *The Unwanted Guest*, R50 (31 July); *Cape Town In Concert*, R50 (8 August) and many more.

## Hier Staan Ons Konserte

Die FAK, in samewerking met Jak de Priester, Xtreme Productions en die Voortrekkermonument, het onlangs die *Hier Staan Ons*-konsertreeks bekendgestel. Die konserte word teen die vooraansig geprojekteer en digitaal uitgesaai. Nou kan jy van enige plek in die wêreld inskakel (**ook vanaf Evergreen Affreeoord**) en deel in die wonderlikste vermaak teen 'n fraksie van normale pryse.

Die FAK het onlangs as deel van sy Geskiedenisfonds 'n omvattende hulpprogram ter ondersteuning van Afrikanermonumente bekendgestel om hulle finansiële oorlewing te midde van die Covid-19-pandemie te verseker. Hierdie is ook 'n fondsinsamelingsmetode aangesien die verlies aan huidige toerisme-inkomste hierdie een van die plekke is wat moontlik sy deure kan sluit.

Volgende aan die beurt is optredes deur *Corlea Botha*, *Nianell* en *Monique Steyn* op 9 Augustus en *Jannie Moolman* op 13 September. Die konserte is vir 48 uur vanaf die aanvang beskikbaar om na te kyk. Vir meer inligting en kaartjies volg die skakels: [www.ticketlive.co.za](http://www.ticketlive.co.za) en [www.plankton.mobi](http://www.plankton.mobi)

## Nog e-konserte

- Volg hierdie skakel - <https://optog.co.za/e-konsert/> Hier kan jy konserte bywoon van Nataniël, Matthys Roets, Jak de Priester. Charl du Plessis Trio se Ode to Joy en talle ander bekendes.
- Google *Karen Zoid op klavier* - OPTOG! om kaartjies te kry. Sy tree op saam met Matthys Maree, 'n gevierde musikant.

## How to watch all these and other shows on your Smart TV

If you have a **Smart TV** and your TV and your cell phone is on the same wi-fi network, you can view any of the shows on your TV by "casting" it to the TV from your phone. Follow these step

- On your phone go to Settings (the tiny gear wheel symbol on your phone).
- Tap on Device connection
- Tap on Wireless projection
- Select your Device e.g. Samsung 32 inch). The image on your cell phone will appear on the TV.
- To disconnect tap on your cell and press cancel.





## WHEN INSULTS HAD CLASS

These glorious insults are from an era before the English language got boiled down to 4-letter words

- A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."
- "He had delusions of adequacy." - Walter Kerr (NY Times Drama Critic)
- "He has all the virtues I dislike and none of the vices I admire." - Winston Churchill
- "I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow
- "He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway)
- "Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas
- "I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain
- "He has no enemies, but is intensely disliked by his friends.." - Oscar Wilde
- "I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." - George Bernard Shaw to Winston Churchill
- "Cannot possibly attend first night, will attend second... if there is one." - Winston Churchill, in response
- "I feel so miserable without you; it's almost like having you here." - Stephen Bishop
- "He is a self-made man and worships his creator." - John Bright
- "I've just learned about his illness. Let's hope it's nothing trivial." - Irvin S. Cobb
- "He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson
- "He is simply a shiver looking for a spine to run up." - Paul Keating
- "In order to avoid being called a flirt, she always yielded easily." - Charles, Count Talleyrand
- "He loves nature in spite of what it did to him." - Forrest Tucker
- "Why do you sit there looking like an envelope without any address on it?" - Mark Twain
- "His mother should have thrown him away and kept the stork." - Mae West
- "Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde
- "He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - Andrew Lang (1844-1912)
- "He has Van Gogh's ear for music." - Billy Wilder
- "I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx

Sometimes I just want it to stop. Talk of Covid, protests, looting, brutality. I lose my way. Become convinced that this "new normal " is real life.

But, then I meet an 87 year old who talks of living through Polio, diphtheria, Vietnam, protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must be especially challenging for him. "No", he said slowly looking me straight in the eyes, " I learned a long time ago to not see the world through the printed headlines, I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines. "Husband loves wife today. " "Family drops everything to come to Grandmas bedside." He patted my hand " Old man, makes new friend". His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit. My headline now reads " woman overwhelmed by the spirit of kindness and the reminder that our Capacity to love is never ending "



# COLOSSUS

ON SALE AT YOUR NEWSAGENT!

## ACROSS

- |                                |                               |                                       |                                 |
|--------------------------------|-------------------------------|---------------------------------------|---------------------------------|
| 1. Glittering fabric bead      | 57. Turn on axis              | 106. Entreat                          | 157. Sham                       |
| 6. Leis                        | 58. Sign back of (cheque)     | 107. Housing complexes                | 158. Greatest in height         |
| 11. Safari venue (4,4)         | 61. Clear (drain)             | 111. Serenity                         | 162. Rather this ... that       |
| 15. Quitting (premises)        | 62. Soft leather              | 113. Ball                             | 163. Strangest                  |
| 20. Kept out of sight          | 63. Privileged few            | 114. British award (1,1,1)            | 166. Wading bird                |
| 21. Marine world               | 64. Inspects                  | 115. Startle                          | 167. Corporals (1,1,2)          |
| 22. Coq au ...                 | 65. Extinguished, ... out     | 117. Poise                            | 169. US frontier land, Wild ... |
| 23. Race tie (4,4)             | 66. Codswallop                | 118. Kingly                           | 171. Hood                       |
| 24. Milled durum wheat         | 67. Breed                     | 121. Flexible                         | 172. Sculptor's workplace       |
| 25. Balcony walls              | 71. Netherlands city, The ... | 122. Out of practice                  | 173. Dentures, false ...        |
| 27. Bestowed honorary title on | 73. Dominant (male)           | 125. Equal (2,1,3)                    | 175. Indulge excessively        |
| 28. Over what period?          | 75. Inspid                    | 126. Engrave                          | 176. Leads                      |
| 29. Heavenly spirit            | 80. Front of leg              | 127. Dole (out)                       | 179. Water down                 |
| 31. Cleveland is there         | 82. Cloth plaything (3,4)     | 129. Unhatched lice                   | 180. As a group, en ...         |
| 32. Claws                      | 83. Assists                   | 131. Tightly-curled hairstyle         | 182. Potato bud                 |
| 36. Least attractive           | 85. Stateliness               | 132. Respiratory disorder             | 183. He is, they ...            |
| 37. Not as old                 | 86. Early Mexicans            | 135. Famous portrait, <i>Mona ...</i> | 184. Indian social division     |
| 38. Pay (expenses)             | 88. Pigment, burnt ...        | 136. Promos                           | 186. Tour de France competitor  |
| 41. Chocolate substitute       | 90. Diplomatic etiquette      | 139. Centres                          | 189. Lends a hand, ... in       |
| 44. Ancient Peruvians          | 91. Pelt with rocks           | 140. Kayaked                          | 190. Small herring              |
| 45. Enthusiastic               | 93. Fortress                  | 144. Articles                         | 191. Cheekier                   |
| 48. Goaded (5,2)               | 94. Threshold rugs            | 145. Audible breaths                  | 192. Hell                       |
| 49. Picturesque cave           | 95. Between you, me & the ... | 146. Pyramids country                 | 196. Speech impediment          |
| 52. Tyre patterns              | 96. Insistent                 | 147. Curiosity                        | 197. Make (profit)              |
| 56. Automobile repair shops    | 97. Goo                       | 148. Energy units                     | 198. Tennessee's neighbour      |
|                                | 99. Hog noise                 | 149. Gumtree marsupial                | 199. Sweet on a stick           |
|                                | 100. Totted up (5,2)          | 150. Challenger                       | 201. Humiliate                  |
|                                | 104. Fluorescent colours      | 152. Theatre platform                 |                                 |
|                                | 105. Elk                      | 154. Swarmed                          |                                 |

## DOWN

- |                          |                                     |                             |                              |                                 |                               |
|--------------------------|-------------------------------------|-----------------------------|------------------------------|---------------------------------|-------------------------------|
| 1. Failed to (4'1)       | 38. Systematic search for criminals | 77. Remove                  | 133. Aromatic leaf seasoning | 186. War cart                   | 232. Push for                 |
| 2. In vain, to no ...    | 39. Afraid                          | 78. Captivate               | 134. Bishop's hat            | 187. Skull                      | 235. Pressurised cans         |
| 3. Pale-faced            | 40. Eternal                         | 79. Military greetings      | 137. Crucial                 | 188. Silly remark               | 236. Brahma follower          |
| 4. Melt                  | 42. Unknown author                  | 81. Stiffener               | 138. Frill                   | 193. Sudden lights              | 237. Agent                    |
| 5. Whichever             | 43. Citrus fruits                   | 84. Routine (3-2-3)         | 141. Inquired                | 194. Accept                     | 241. Diabetes hormone         |
| 7. Walker                | 46. Waylays                         | 87. Underbodice             | 142. Address crowd           | 195. Commanded                  | 242. Provisional              |
| 8. Illness               | 47. People's self-pride             | 89. Amateurish              | 143. Handled, ... with       | 200. Umbrellas                  | 244. BBC or CNN               |
| 9. Philanthropic bequest | 49. Mild exclamation (3,4)          | 91. Tripped                 | 151. Modes of expression     | 201. Straddle                   | 245. Pungent gas, ... dioxide |
| 10. Read quickly         | 50. Due (to)                        | 92. Legal right of access   | 153. Fiftieth (anniversary)  | 206. Insect colony nest         | 248. Seize (suspect)          |
| 11. Gawk                 | 51. Wobbles                         | 98. Type of beard           | 155. Admittance              | 207. Retirees                   | 249. Dreary                   |
| 12. Psychiatrists        | 53. Uncovers                        | 101. Cheats                 | 156. Bravery decoration      | 208. Emphasises                 | 251. Glimpse                  |
| 13. Obliteration         | 54. Consumed (3,2)                  | 102. Beginning of era       | 159. Fireproof material      | 209. One-piece baby garment     | 252. Pulls strenuously        |
| 14. Retaliated for       | 55. Nourish                         | 103. Confident              | 160. Cruise ships            | 211. Raise in discussion        | 253. Greek fable teller       |
| 15. Norseman             | 59. Board game                      | 108. Kiss                   | 161. Clammier                | 214. Effervescent confectionery | 254. Vietnamese capital       |
| 16. AD, ... Domini       | 60. Calling via wireless            | 109. Anew                   | 164. Dig                     | 216. Not possessed              | 255. Showed (DVD) once more   |
| 17. Seaweed              | 67. Cure-all                        | 110. Fill with joy          | 165. Indented (3,2)          | 217. Feeling of unease          | 259. Caribbean republic       |
| 18. Bury                 | 68. Flew around (planet)            | 112. Escorts                | 168. Wonderland's ... Cat    | 218. Organise                   | 260. Bay                      |
| 19. Dizzy                | 69. Subtly referred                 | 116. Distressing problems   | 170. Fortified wines         | 220. Ethiopia's Addis ...       | 261. Sledge-pulling dog       |
| 24. Deliberately ignore  | 70. Gazelle or impala               | 119. Obtain bearings        | 173. Stencil                 | 222. Confuse                    | 262. Oil-rich Mideast nation  |
| 26. Hurting              | 72. Literary collection             | 120. Surprise               | 174. King Arthur's sword     | 224. Pursuers                   | 264. Neglect                  |
| 30. Flat-bodied lizard   | 74. Unpleasant aftereffects         | 123. Cinema attendant       | 177. Tries out for role      | 225. Salary and bonuses bundle  | 265. Languish                 |
| 33. More furious         | 76. Naked runner                    | 124. Plateau                | 178. Televised               | 226. Reserve                    | 267. Superman, Clark ...      |
| 34. Starts firing (5,2)  |                                     | 128. Forms liking for (5,2) | 181. The A of NATO           | 229. Student break, gap ...     |                               |
| 35. Keeping tally        |                                     | 130. Set apart              | 185. Prickling               |                                 |                               |
|                          |                                     | 132. Ward off               |                              |                                 |                               |



