

We are already well into the year and I would like to welcome all our new residents who have joined the Evergreen Muizenberg 'family' since our last edition. To you a message, you will find the Evergreen Muizenberg resident part of a very warm and caring community, and as in anything, you will get as much out of your stay as you put in. I encourage you to join our different clubs, take part in the numerous activities or just come and 'hang-out' in the life style centre.

I have certainly entered the first quarter of 2022 with renewed optimism, the 'Chinese' virus (I really do miss Donald Trump) is almost something of the past, but as we have got used to, our government is either 'on it' or very far behind. A big reason for this is the roll out of the vaccine worldwide. In just the last 12 months mankind has developed, manufactured, and administered almost [nine billion doses](#) of vaccines, and in so doing, likely saved millions of lives. Europe is almost back to 'normal' with sports events taking place for tens of thousands with no 'social distancing' and very little mask wearing... Putin has even chosen this time to invade a neighbour.

That's not to say there weren't setbacks and reversals, we have just experienced 24 months of such a setback. But the overall direction is abundantly clear.

Just a few of the reasons we can really be optimistic about the coming year that I picked up in my readings:

- We are slowly winning the war on cancer. There has been slow but real progress in our understanding of cancer and in extending longevity and decreasing death rates. During the last 50 years deaths from colorectal cancers have decreased by more than 50% and breast cancer by 40%. When it comes to lung cancer, the No.1 cancer killer, five-year survival rates have improved due to immunotherapies and targeted therapies.
- Genetic engineering of mosquitoes will finally make a real dent in malaria case numbers and may help to also get rid of other insect-borne diseases. Scientists reported that by genetic engineering they have managed to render female mosquitoes infertile and unable to produce. New trials are to start in the next years which could result in self-destroying mosquitoes being released. In 2019 more than 400,000 deaths from malaria alone were recorded worldwide, one of the world's biggest killers. We also celebrate the first anniversary of an Africa free of wild [polio](#).
- [Extreme poverty](#) decreased faster than ever, from 30% in 1998 to below 10%. On average, for two and a half decades over 120,000 people have escaped extreme poverty, not annually or even monthly, but *daily*. While understandably [2020 saw a rise](#) in the number of people living in extreme poverty, the trend began to decline again in 2021, this according to the World Bank.

Conversely it is understandable that we all have reasonable worries about the future. In 2022, we risk more financial upheaval, the planet is still warming, our democratic institutions will face new threats and the risk of war between major powers is now very real. No doubt, things will go wrong. But history also teaches us that most of the catastrophes we worry about never come to pass, since humanity has the capacity to learn and adapt.

In closing I'd like to quote Max Roser, an economist, researcher and philosopher from the University of Oxford who said, 'The world is much better. The world is awful. The world can be much better. All three statements are true.'

A list of our new residents is to be found below:

- H011 Sandra Fisher-Jeffes
- H041 Beryl Thorpe
- H049 Barbara Jamieson
- H089 Patricia Hancock
- H062 Christopher & Fiona Smith
- A014 Carol Cassuto
- A110 Allan Gander
- A121 Anthony & Myrtle Kershaw
- A235 Patricia Davidson
- A321 Alan Roberts
- A334 Johannes & Janet Kruger

Derek Drew

Letters to the editor...

*Now that our village has reached its full complement after the finalisation of phase three, it is perhaps time to re-introduce our **Letters to the editor**. Please make use of this section to air your views, say your thank yous, offer advice, and, and, and... Every contribution (within reason) will be published. Send your comments to grizell@iafrica.com or whatsapp her on 0825731251. PS. This is also a reminder that residents are most welcome to advertise their wares for sale in the **Muize**.)*

Thank you

Guy's at peace now and so am I.

We were both so trapped by his illness.

It's so heartrending but so heart-mending...

He's flown away – a free unfettered soul.

Somewhere up there he's challenging the angels to 'roll a bowl' and 'let's have a drink'.

And I'm so grateful – so very grateful.

Thank you, Father, for your exquisitely wonderful gift of a partnership of 68 years.

Thank you for our beautiful family – Leigh, Andrea, Gwynne and Wyatt – so strong and wise and loving and caring and supportive and endlessly patient... and the nine most amazing grandchildren in the world.

Thank you to doctors and nurses and Mel and Evergreen Care staff.

Thank you to Derek and the loving caring and efficient Evergreen staff. Thank you to Denise and our Dementia support group.

Thank you to dear Evergreen friends for many, many messages and phone calls.

With love.

June Orsmond

**When someone asks where
you see yourself in 5 years...**



**Buddy, I'm just trying to
make it to Friday.**

**When the
Archbishop
reached Heaven the
Lord asked him,
Arch what is your
first desire and the
Arch said
BURN THE HOUSE
OF THE DEMONS.
AND THE LORD
GRANTED HIS
WISH. Parliament
Burnt down.**

Valentine's Day celebrated with a dinner and live music performed by JustB in Pictures



Baking to make a difference

by Margaret Simons

On 22 February 2022 Evergreen Muizenberg participated in the Cupcakes of Hope Baking a Difference fundraiser. This was organised by our big-hearted receptionist Laeeqah Bantam. She managed to rope in eight family members and seven residents to do the baking. This group became part of the 'Cupcake Angels' team. Angels are asked to bake 24 cupcakes and sell them at R15 per cupcake and on their FB page this is described as 'the sweetest way to save a life'.

Cupcakes 4 Kids with Cancer had its first fundraiser in 2009 where they raised R5000. This amount grew to R50 000 in 2010. In 2012 Sandy Cipriano officially registered this initiative as a non-profit company. Their logo is Baking a Difference in the lives of children with cancer. Over 100 patients are assisted every month. Funds are used to pay their medical bills and other day-to-day needs like food, clothing, and transport to hospital. Activity packs/gifts are delivered to oncology patients across South Africa. Other services include medical equipment, PPE equipment, educational toys as well as hospital room make-overs.

They believe in giving hope and support to these children and their families so that they are not alone in their fight against cancer."

What made the Evergreen Muizenberg event extra special was the generosity of residents, many of whom dropped an extra R10 or R20 into the kitty, 'because I have to support such a special cause'. Some shared their own personal stories – and thus created a special bond between those who shared and those who listened. One resident who celebrated her grandson's birthday bought because she wanted to 'share the love with others. A truly heart-warming day!

The handsome amount of R3520 was deposited into the account of Cupcakes 4 Kids.

A high five to all the bakers and buyers. Let us continue to be a caring and giving community.



Empowering women through wine!

by Denise Elkin



Residents enjoyed a fine wine tasting when Bayede visited Evergreen at the end of February. Bayede, translated from Zulu, means 'Hail the King!' and was shouted by King Shaka Zulu to unite the nations 200 years ago. In 2009 HM King Goodwill Zwelithini kaBhekuzulu expressed his long-held desire to create sustainable jobs in South Africa. The Bayede! Royal brand is a beacon of hope and empowerment that the majority of Africa relates to. The winery was developed by King Goodwill Zwelithini with the primary focus of creating jobs and is based in Paarl. It has a warrant to display the Royal arms, the official crest of the Zulu Royal household, on each bottle of their wines. Each bottle is also decorated with a bead necklace around its neck focusing on the empowerment of women. Brandy and gin are also produced at Bayede as well as ceramics, apparel, rooibos tea, olive oil and balsamic vinegar, dried fruit, coffee and home textiles. Although totally by chance, I won the lucky draw and took home 3 litres of wine! (*Lovely, hope you enjoyed it!*)

Evergreen Muizenberg: A caring community

by Margaret Simons

I spent my final years in teaching at a School of Skills where I worked with some of the most disadvantaged children. Some could not even afford to buy their own stationery or school uniform or pay for transport to school, nor did they have sufficient food to eat. Fortunately, we had many generous donors who made it possible for the school to provide for many of these needs. One of the highlights of the year was that day at the end of November or early December when each child would receive a Santa's Shoe Box. During the second term the school needed to apply to the organisation and submit a detailed list of every child who was attending at the time.



A few days before the event the volunteers from Santa's Shoe Box would arrive with a gift box for every child. We carefully checked to make sure that there was a box for every child and arranged them in class groups.

On the day we gathered in the hall. The ceremony started with the reading of a special story. After that every teacher would hand out boxes to their class group.

Learners walked up to receive their boxes with mixed emotions – happy, sad, excited, disbelief. Imagine never having received a gift at Christmas or on your birthday. Imagine never having received a gift with your name on the gift tag, packed especially for you. Imagine opening a box filled to the brim with clothing, treats and stationery for the first time ever...

They would walk back to their seats with some starting to unpack and others just holding on to their boxes. There were shouts of joy, learners ran around to show everyone what they had received, some tried on the new clothes while simultaneously chewing on a treat. Some shared their treats with their teachers.

Together with his/her box every child received a plastic bag into which they carefully packed their treats and clothes. For fear of being robbed they could not go home with a beautifully wrapped gift box. Teachers carefully packed away each box with their stationery, to be used at a later stage.

After this our learners enjoyed a Christmas meal, wearing a Christmas hat and popping Christmas crackers.

To everyone at Evergreen who so generously donated, may God bless you in abundance. You have made many children happy. This is the one day in their lives that they will always remember. And maybe you changed one life forever.

A big thank you to Susan Everett and Jenna Monk, the main organisers.



*Once upon a time there was a very handsome male camel with two huge camel humps.
He fell in love and married a beautiful female camel who had one perfect camel hump.
As time progressed, they became the proud parents of a wonderful baby camel who had no humps.
They contemplated long and hard on what to call their beautiful little boy.
They finally decided on...
You ready for this?
'Humphrey'!*

Caring on another level

by Denise Elkin

As residents we are asked not to tip the staff during the year but to contribute to the Annual Staff Gratuity collection at the end of each year.

The money collected is shared between staff – not managers and duty managers. Recipients are receptionists, domestic, utility, maintenance, kitchen and bistro, gardeners and security staff. Health workers who work with village residents and laundry staff who service independent living residents are also included.

The funds are apportioned according to the length of service of each individual – it takes some serious maths to work it out!

A box is left at Reception towards the end of November for donations with a deadline date displayed. The deadline is important as only once all the money is counted can the individual gratuities be calculated, and we like to distribute gratuities before some staff go on leave and in good time for Christmas.

At the end of 2021 we paid gratuities to 50 staff, with amounts ranging from R330 to R720 each. A huge thank you to everyone who contributed. (*A very special thank you to all the residents for their generous contributions!*)

Continuing our meander through the greater Muizenberg area

by an Evergreen resident

The Westlake Wetlands, Zandvlei is a vital wetland and particularly important in conserving the many species of small animals, birds, fish, otters and in particular the noisy endangered Western Leopard Toad which has adopted this area as a breeding home. This area is now incorporated into the Greater Zandvlei Nature Reserve. It is mainly formed by rivers and streams that run off the mountain. Due to pollution over the years this wetland serves an important function but one of the biggest threats is invasive plants such as the water hyacinth.

It is recorded by an early visitor to the Cape, enigmatically called 'a Lady', that early visitors to this part of the Peninsula on their way to the coast by wagon-cart were overcome by the beauty of a large Deep Blue Lake stretching down towards the sea. Many years ago, a command post was established on its shores by the Dutch involved in the Battle of Muizenberg. Years later when the construction of the Marina was underway, they named the first road to be built as Battle Ridge.

However, long before the Marina was built, the main attraction was its expanse of deep water, ideal for sporting and leisure activities. The Imperial Yacht Club was established on its West Bank nearly 120 years ago. In due course this area was named Lakeside. The Club established a proud reputation of hosting many varied sailing disciplines during that time with occasional closures during the two world wars. Initially the old wooden clubhouse was utilised for a desirable day out boating and socialising. Later a more solid clubhouse was built which attracted more avid sailors ready to perfect and show off their sailing and navigational skills and in due course purchasing their own sailing craft and family outings were very popular.



Imperial Yacht Club, Zandvlei

Gradually it gained the reputation of hosting club and school regattas and competitive racing in all classes of sailing vessels as well as training the Sea Scouts. At one time the club produced many notable sailors who achieved local, international and Olympic recognition. It was always popular at weekends and fun days were introduced with the theme *Make anything that floats*, produced by hard work amid the sound of gales of laughter over the water! In addition to all this activity, Dragon Boat Racing as a team-building exercise became a popular corporate activity.

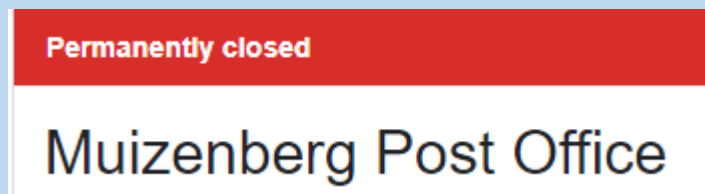
The idea of investing in the vacant land on the East side of the Vlei was instigated in the 1960s. Investors recognised the value of development encompassing housing in this under-developed area. The birth of the Marina opened up additional sporting activities and the Vlei changed shape with the introduction of canals opening out onto a unique stretch of water. This was achieved by the removal of soil which eventually altered the appearance of the Vlei. Islands appeared and it became the place to be for

windsurfing as well as canoeing clubs who eventually used the venue to host competitive racing. Progress moved slowly towards the sea but the open spaces were increasingly used for various leisure activities, including walking, bowling and hosting events such as the kite festival. These events all contributed to the general uplifting of the Vlei area while the close proximity of the beautiful beaches and sea attracted increasing numbers of visitors. The ecological value of the wetlands is now recognised worldwide and its restoration is a joint project of the Zandvlei Trust and the Cape Town City Council.

*Note: This is our last contribution in our Looking back at Muizenberg-series. Our very sincere thanks to the author, who insists on remaining anonymous, for the informative and interesting walk down memory lane in several issues of the **Muize News**. Don't miss reading the post office saga below – it has some interesting Muizenberg news. ED*

It's true...Muizenberg Post Office closed down...

As most of us are familiar with the post office in Muizenberg and have been using it for years, some excerpts from a recent article by Terry Bell that appeared in the Daily Maverick might be worth sharing...



'Here today, gone tomorrow. This Muizenberg resident went to the local post office to discover closed doors, and an abrupt notice of closure — no explanation or warning. It is a particularly hard blow for the desperate residents who queued there for the special Covid grant. I paid R375 two months ago to renew the annual rental on my post office box in the post office lobby in Muizenberg. I did so reluctantly because the mail delivery service from the post office had been appalling – and getting worse – over the past two years. But, even in this digital and social media age, it is through this PO box number that many friends, family and acquaintances around the world make contact with me. I had also been given a highly prized subscription to the twice-monthly London Review of Books that used to arrive in that box within a week or two of publication. I have had five issues in the past seven months, the last from September 2021. There were also the Christmas cards, posted, according to the date stamps, in November 2021 in Britain and New Zealand that arrived weeks ago.

At least, I consoled myself, the post office had got its act together regarding the emergency R350 Covid payment. And the counter staff were always courteous and helpful. Yet it was heart-wrenching to watch hundreds of desperate people queueing across the parking lot and along the adjoining pavement for hours and even days for that pittance to help sustain themselves. Perhaps there were some who were hoping to starve and save the R350 to build up nest eggs to enable them to launch ice cream parlours and other successful businesses. But all I ever saw were desperate and apparently hungry people, often frantic while trying to reach the slender lifeline offered.

Last week, a simple, handwritten notice was pasted on to the closed door of the Muizenberg Post Office.

It read: *FOR THE R350 GO TO RETREAT OR FISH HOEK*. The recipients of this governmental largesse are men and women who have often walked for hours to get to Muizenberg. Now they face another 7km to the neighbouring Retreat Post Office to check if any correspondence awaits us.'

History

The closure of post offices, which formed such a central part of the economic life of generations of so many South Africans, has a particular resonance for Muizenberg. For it was the post office in this coastal resort that was the first in the country to receive mail by air. South Africa's first airmail delivery, accompanied by suitable pomp, ceremony and a special hand stamp on the delivered mail, was in 1911. There were even specially prepared postcards — now collectors' items — delivered by the Gypsy Moth aircraft that had flown from Kenilworth Racecourse to Muizenberg.

However, there are reports of Muizenberg being a centre for mail in the 17th century. The rebuilt Het Posthuys, about one kilometre along the road from the now closed suburban post office, has been in existence since at least 1687. A lookout post and sometime tollgate, it also apparently provided a postal base where sailors travelling east or west could leave mail.

Today, mail in Muizenberg simply does not arrive. Nor, unfortunately, do pensions or the recently extended R350 special payment. Perhaps the city council had wind of what was happening: in 2021, municipal officials informed the post office that it no longer had the right to process council accounts. They should, instead, be paid next door, at the Checkers supermarket.

The future

'SAPO spokesperson Johan Kruger confirmed the permanent closure of the post office: "The termination of lease was not expected from the side of the Post Office, and therefore we were only able to put up notices after the event. We sincerely apologise to our customers for this inconvenience. All transactions that used to take place at the Muizenberg Post Office have moved to Retreat Post Office, (7km away in the Abasha Park Building, 7th Avenue, Retreat). The staff and equipment of the Muizenberg Post Office have been deployed at branches in the area.'"

(Terry Bell is a journalist, commentator and author specialising in political and economic analysis, and labour matters.)

Internasionale Moedertaaldag

Op 27 Februarie vanjaar, Internasionale Moedertaaldag, het iemand heerlik met Afrikaanse idioome en uitdrukkings/gesegdes in ons wonderlike Afrikaanse taal gespeel.

- Voor jy dalk hond se gedagtes kry dat ek muisneste het en katterkwad aanvang deur 'n kat in die donker te knyp, kan ek die aap uit die mou laat dat jy nie hond haaraf gaan maak nie. Die kool is eenvoudig nie die sous werd nie, jy wil verniet die bobbejaan agter die bult gaan haal, ek is nie 'n vroetelvarkie nie.
- Omdat ek twee linkervoete en rooi haakskene het, dans ek soos 'n kat op 'n warm plaat. Terwyl ek oor die onderdeur loer, stem my aand- en môrepraatjies nie ooreen nie en sing ek 'n ander deuntjie. Ek sing dan soos 'n kanarie. Ek weet dat die voëltjie wat saans die laaste fluit, soggens eerste deur die kat gevang word, daarom gaan ek saam met die hoenders slaap en lank voor hanekraai klim ek met die verkeerde voet uit die bed om my eiertjie te lê.
- Dit het die naweek katte en honde gereën, maar ons hou darem nog kop bo water. Dit staan egter soos 'n paal bo water dat dit nie nodig is om water met 'n mandjie aan te dra nie. Voor die son water getrek het en die perde horings gekry het, moet ek nie 'n gegewe perd in die bek kyk nie, ek moet die ou koeie uit die sloot grawe, die bul by die horings pak sodat die agteros in die kraal kan kom. Ek moet ook al my varkies op hok sit en daar by oom Daantjie se kalwerhok die kalf uit die put gaan haal.



- As jy wors in die hondehok soek, onthou dat blaffende honde nie byt nie. Ek wou nog katte skiet, maar toe is die koeël deur die kerk en ek kry wingerdgriep. Dit was 'n bitter pil om te sluk. Ek was hoog in die takke, want ek het gehoor dat die hoogste bome die meeste wind vang. As die appel nie ver van die boom val nie, kan 'n mens die boom aan sy vrugte ken.
- Ek kon nie die kar voor die perde span nie, en het toe maar twee rye spore geloop.
- In die dorp het hulle gesê ek speel op Avbob se stoep en dat ek een van die dae 'n houtpak gaan aantrek. Ek het gesê dat ek met 'n goue lepel in die mond gebore is en dat ek nog nie die lepel in die dak gaan steek en boedel oorgee nie. Ek moet rondborstig erken dat die spyker in my doodskis is, dat bloed kruip waar dit nie kan loop nie.
- As jy brood in die sweet van jou aangesig eet, moet jy nie met 'n mond vol tande staan nie, jy moet hare op jou tande hê, jy moet jou hand aan die ploeg slaan en die strydbyl begrawe. Weet jy hoe die vurk in die hef steek? As jy wolf skaapwagter maak, moet jy almal oor dieselfde kam skeer.

Retarded Grandparents...

(This was reported by a teacher)

After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well. There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out.

And, they eat the same thing every night – early birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked centre for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

Maandag is vullisdromdag

deur Pieter Hugo

Sedert die wêreld geCovidiseer is, is my blyplek ook my kantoor. As die berge wit van die sneeu lê en die Kaap wys nóg 'n slag vir ons wat die definisie van 'n koue, nat winter is, is dit heerlik. Ek sitlê en werk in my bed en my rekenaar word regtig 'n skootrekenaar.

Daar is egter ook 'n paar nadele. My Maandae is vol aanlynvergaderings. Maandag is ook vullisdromdag in my buurt. Dit speel af in hoorbeeldtonele.

Toneel een: Tussen 7 en 8 is daar elke paar minute nog een van die bure wat 'n vullisdrom rammelend uitstoot op die sypaadjie. Die buurt se honde gee vir elkeen 'n blaffende applous.

Toneel twee: Tussen 7 en 9 sak die vullisdromsnuffelaars op die straat se dromme toe. Solank hulle snuffel is die honde se applous onophoudelik oorverdowend.

Toneel drie: Iewers tussen 8 en 10 kom die herwinningslorrie straat af, met jillende, fluitende werkers wat die sakke vol leë rykdom met sierlike boë oor die hoë tralies van die lorrie gooi. Die vertoning gaan nie ongehoord by die honde verby nie.

Toneel vier: Vir die grootste deel van die res van die dag kom daar so nou en dan nog 'n dromsnuffelaar verby en maak, drom na drom, luidrugtig beswaar dat daar niks meer te aas is nie. Die honde eggo hulle besware.

Toneel vyf: Laatmiddag kom die vullislorrie haastig straat af. Dromme rommel, die lorie se vullisvretende kake knars en die werkers jaag mekaar luidkeels aan. Dis al laat en hulle wil klaar maak. Die honde gee 'n staande ovasie teen die hekke.

Toneel ses: Kort op die hakke van die vullislorrie kom die dromwasserbakkie met sy dromwassersleepwa. Die leë dromme boem en bam, die wasser swiesj en tjoerr en die honde doen wat hulle al heeldag oefen om te doen.

Slottoneel: Tussen 6 en sonder sleep die bure hulle leë dromme weer die erwe in en die honde blaf 'n laaste encore.

Intussen is ek gaar geveergaar en behoorlik oor die dag. Dankie tog. Maandag is verby.

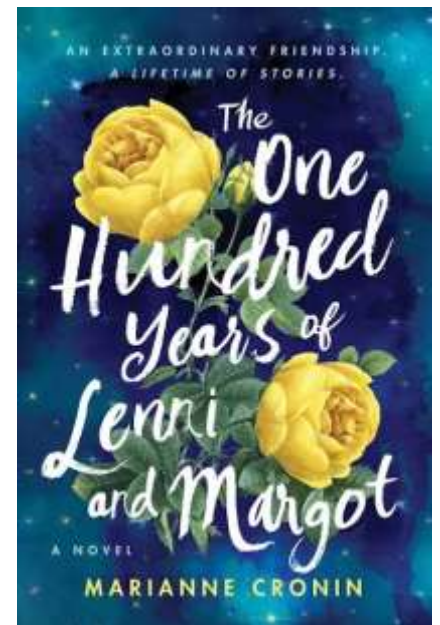
Dis alles Van Riebeeck se skuld. Was een van die skepe in sy vloot dan nie die Drommedaris nie?

Sit back and read

The one hundred years of Lenni and Margot

by Marianne Cronin

'When a novel about death provides many occasions for laughing out loud, you know that the author has achieved something special. First-time British novelist Cronin creates a beautiful friendship between terminally ill, 17-year-old Lenni Pettersson and colorful, 83-year-old Margot Macrame which begins when they meet under extraordinary circumstances at a Glasgow hospital. Lenni's realisation that their ages add up to 100 leads to a joint art project in which they each create a painting for every year of their lives, making use of the hospital's newly established art room. As Margot shares her stories, Lenni gets to experience the ups-and-downs, lost loves, and warm connections that mark a well-lived life. Lenni's visits with Father Arthur in the nearly always empty hospital chapel as she seeks answers to difficult questions with remarkable candour, showcase Cronin's strong talent for characterisation and humour. Cronin has struck just the right balance between sensitivity and sentimentality, making her one of those admirable writers who does exceptionally fine work both celebrating life and addressing death. A Hollywood film adaptation is underway.' (Booklistonline.com)

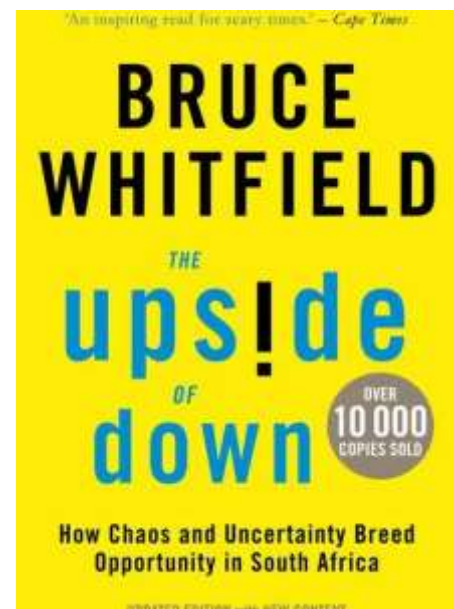


Hollywood film adaptation is underway.

The upside of down: how chaos and uncertainty breed opportunity in South Africa

by Bruce Whitfield

'... Although written just before the pandemic hit South Africa's shores, it is an astoundingly fitting and inspiring read for our terrifying times. The title alone already feels like a reassurance. The same clarity with which Whitfield presents his show can be found in his writing. One doesn't have to be an economic and political fundi to follow the arguments presented in The upside of down. And after failing miserably at the quiz included in the first chapter of the book, I happily absorbed the knowledge and ideas that followed. There is no way of assessing our current economic situation without wanting to weep, and Whitfield presents us with a sober picture after the looting of the Zuma decade, but he steers his readers towards the positive stories of entrepreneurs, big and small, succeeding against all odds. These are extremely

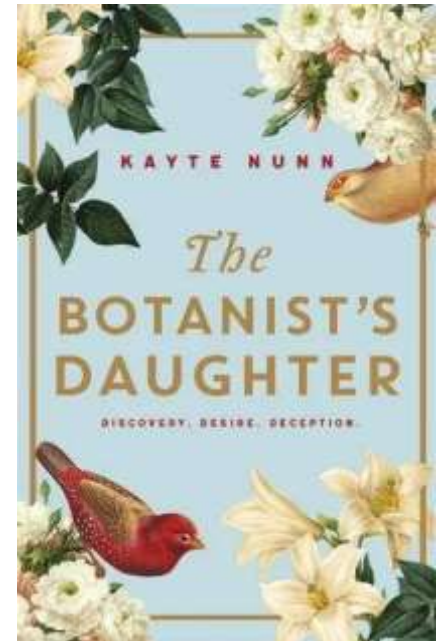


empowering. He also outlines the basic traits that visionaries and companies require to thrive in an unstable environment as well as what socio-economic factors could contribute to stabilising it in order for the desperately needed growth to follow and employment figures to increase... Whitfield understands the power of storytelling in channelling positive energies towards turning those visions into reality: "It's in the very crisis in which South Africa finds itself today that there lies an enormous opportunity for renewal, growth and optimism."(karinamagdalena.com)

The botanist's daughter

by Kayte Nunn

'This is Australian author Kayte Nunn's first historical novel. A love of botany inspired Nunn to write this multi-period novel set in Australia, England, and Chile. [The book] is written in third person with two strong female protagonists living 130 years apart. There are parallels between the two women despite being born in vastly different times and places. We meet both after they have suffered a family bereavement that sets their lives on an unusual course of action. Both women are single, with married sisters. Finally, both have a strong connection with botany. Anna is a landscape gardener in Sydney, Australia who has just inherited her deceased grandmother's house. A box is found during renovations containing mysterious objects from the 19th century. How it came to be there and what the link is to her grandmother sets Anna on a journey across the globe to Cornwall in England. Elizabeth is a botanist's daughter with a gift for illustrating plants. Her father travelled the world in search of rare botanical specimens. On his deathbed in 1886, he forces his previously sheltered daughter to agree to go to Chile in search of a rare and deadly plant, before his archrival finds it. Elizabeth sets out on the secret mission with her lady's maid, under the guise of wanting to paint exotic plants. She unleashes an unexpected and dramatic series of events that reverberate all the way to Anna in modern-day Australia. [The book] is a great example of a historical novel that transports us in time via specific objects from the past. It has several quests, dramatic twists and a little bit of romance.' (historicalnovelsociety.org, Christine Childs)



Na 'n plaas in Afrika

deur Irma Joubert

Die gewilde Irma Joubert se Na 'n plaas in Afrika, die derde boek in haar oorlogtrilogie wat volg op Immer wes en Mentje, kind van Pas-opkamp – het vroeër vanjaar verskyn. Oor die verhaallyn skryf die uitgewer: 'In 1939 bars die oorlogbom in Europa. Drie miljoen kinders word uit Londen ontruim na veiliger gebiede. Een van hulle is die sesjarige Charles Smith, op pad na 'n onbekende tante van sy pa in 'n klein dorpie in Skotland. By aunty Grace wag 'n nuwe lewe op hom. Aan die anderkant van Europa ruk die Duitse Sesde Leër op teen Rusland. Tussen die manskappe is die vurige majoor Oswald von Stein, Hildegard se stiefseun. Voor hulle wag die Russiese winter, Stalingrad en die krygsgevangenekampe van Sibirië. Negentigduisend word gevange geneem, net sesduisend oorleef. Charles en Oswald beleef teenoorgestelde kante van die oorlog. Beide bevind hulself egter op pad na 'n plaas in Afrika waar hul paaie sal kruis met dié van Seretse Khama en Mentje de Vries. Irma Joubert is die gewildste en mees geliefde skrywer van Afrikaanse historiese fiksie. Anders as met haar vorige boeke, word die verhaal grootliks vanuit twee manlike perspektiewe vertel.' Ilse Salzwedel skryf: 'As jy hou van 'n lekker storie en 'n interessante stuk wêreldgeskiedenis wat vanuit ongewone hoeke belig word, kan ek Na 'n plaas in Afrika sonder skroom aanbeveel.'



Books on the streets in Iraq



In Iraq, in the book market, books remain in the street at night because Iraqis say, **The reader does not steal and the thief does not read.**

If you can't figure out how to be kind, figure out how to be quiet.

Mutanabbi Street (Arabic: شارع المتنبي) is located in Baghdad, Iraq, near the old quarter of Baghdad at Al Rasheed Street. It is the historic centre of Baghdad bookselling, a street filled with bookstores and outdoor bookstalls. It was named after the 10th century classical Iraqi poet Al-Mutanabbi. This street is well established for bookselling and has often been referred to as the heart and soul of the Baghdad literacy and intellectual community.

On 5 March 2007 a car bomb or suicide bomb exploded and killed 26 people on Mutanabbi Street, leaving the area littered and unsafe for shoppers, and destroying many businesses. In response to the bombing, Deema Shehabi and Beau Beausoleil edited an anthology in 2012 called *Al-Mutanabbi Street Starts Here* of people's responses to the bombing. The 100 contributors included, among others, Yassin Alsaman and Pulitzer prize-winning journalist Anthony Shadid.

On December 18, 2008, Iraqi Prime Minister Nouri al-Maliki officially reopened the street after a long period of clean-up and repair.

WORDGAMES

'Lexophile' describes those that have a love for sentences such as, "You can tune a piano, but you can't tuna fish", and "To write with a broken pencil is pointless".'

An annual competition is held by the *New York Times* to see who can create the best original lexophile. Below are this year's submissions:

- I changed my iPod's name to Titanic. It's syncing now.
- England has no kidney bank, but it does have a Liverpool.
- Haunted French pancakes give me the crepes.
- This girl today said she recognised me from the Vegetarians Club, but I'd swear I've never met herbivore.
- I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles U.C.L.A.
- I got some batteries that were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.

- A will is a dead giveaway.
- With her marriage, she got a new name and a dress.
- Police were summoned to a day-care centre where a three-year-old was resisting a rest.
- Did you hear about the fellow whose entire left side was cut off? He's all right now.
- A bicycle can't stand alone; it's just two tired.
- The guy who fell onto an upholstery machine last week is now fully recovered.
- He had a photographic memory but it was never fully developed.
- When she saw her first strands of gray hair she thought she'd dye.
- Acupuncture is a jab well done. That's the point of it.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- When chemists die, they barium.
- I stayed up all night to see where the sun went, and then it dawned on me.
- I'm reading a book about anti-gravity. I just can't put it down.
- Those who get too big for their pants will be totally exposed in the end.

PUNS



- ✚ The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- ✚ I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian
- ✚ She was only a whisky-maker, but he loved her still
- ✚ A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
- ✚ No matter how much you push the envelope, it'll still be stationery.
- ✚ A dog gave birth to puppies near the road and was cited for littering.
- ✚ A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- ✚ Two silk worms had a race. They ended up in a tie.
- ✚ A hole has been found in the nudist-camp wall. The police are looking into it.
- ✚ Time flies like an arrow. Fruit flies like a banana.
- ✚ Atheism is a non-prophet organisation.
- ✚ Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
- ✚ I wondered why the baseball kept getting bigger. Then it hit me.
- ✚ A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'
- ✚ The midget fortune-teller who escaped from prison was a small medium at large.

Dementia support group... for people living with a person who suffers from some form of dementia

Denise Elkin has studied Dementia and has a passion for helping people who live with and care for their spouse or parent. The group meet on the first and third Wednesdays of each month and all residents requiring this support are welcome. They meet in a private venue at Evergreen and Confidentiality is the golden rule. Nobody is permitted to share another person's story without permission of the relevant person. Each person's story is important and everyone is given a chance to share without interruption.



The group has been active for a few months already and attendees feel very secure and share easily. It's amazing how similar people's experiences are and how they're able to help one another. Denise is able to answer many questions thanks to her studies and experience with Dementia sufferers. Anyone interested in joining the group should contact her on WhatsApp 0833204900 or e-mail denisehip@yahoo.com or intercom phone: Apartment 320.

Gardening time

A special thanks to Ann Blignaut for keeping us on our toes in the garden for the past two years. Her beautiful garden is testimony to the knowledge she shared with our readers. She has, however, suggested that other keen gardeners take the stage for a while...

Why a herb garden in front of House 90?

by Janice Behr

Culpepper? Hmm not easy to find. But why does an eleven-year-old want this book?

'Grandpa, you know I have always been interested in plants and insects. I have read herbs have many more uses than just for cooking. Culpepper was mentioned as the best book for listing uses of herbs.'

'Janice, that book is on medicinal herb uses and was written 300 years ago. It can be dangerous eating and drinking herbs without good and studied knowledge, more than gained in books. Some herbs disagree with modern medicines and others can have adverse effects on people.'

'Grandpa, I will only use known herbs and not eat or drink any remedies described.'

My birthday came. My gift was a book on herbs, their uses and cultivation. Alas not Culpepper.

As a young child sitting with my grandfather examining the detailed illustrations in Marloth's *Flora of South Africa*, had encouraged my interest in plants. And my grandmother would discuss with me the culinary uses of the herbs she grew in her vegetable garden.

Everywhere I have lived I have had a herb area in my garden. Initially, my herb gardens were influenced by herbs common to Britain as included in available books, purchased in plant nurseries and as mentioned at garden talks.

As people started documenting, writing books and giving talks on South African indigenous plants and their uses, I learnt how to grow and use our indigenous herbs. My herb gardens became more diverse and included local plants or weeds as my husband incorrectly called them.

Knowledge shared from those who had lived with the San and studied the plants they used excited me and I had to find out more.

When I met and talked to an African traditional healer at a conference my limited knowledge expanded. He was establishing a traditional medicine plant area for a KwaZulu-Natal botanical garden.

My herb and plant interests have taken me in many directions. One of which was being part of a small team recreating a herb garden within a walled garden of an ancient chapel in England and making specialised floral tributes. (More on this in another edition of the *Muize News*.)

That overgrown and neglected common garden area bed in front of my new house, House 90 Evergreen, was an ideal extension to my narrow back garden. Permission was obtained and as the gardeners helped clear this bed, we discovered hidden plants. (Some of which are still there.) Plants chosen for this bed would be indigenous edible and medicinal or useful herbs different to those already growing in the Village. (There are numerous useful shrub herbs in the common garden areas of Evergreen.) House 90's bed does contain a few exotic herbs in-between the local plants. So, let's plant.

Herbs to plant from March to May

With cooler months approaching plant out potted/nursery container-grown herbs. This will allow them time to establish in the cooler winter months.

Cuttings: It is preferable to take cuttings and get them rooted, then potted in the Autumn months, from late March.

Seeds: Most seeds need warmth to grow and are planted in late winter and spring.

Culinary plants to be found in House 90's garden

Amaranth

Common names: Love-lies-bleeding, pigweed, cockscomb.

Found: Growing in the wigwam are the Amaranth plants.

As these plants grow very tall the wigwam is supporting them against our strong winds. Two Amaranth plants grow against the fence at the rear of the bed. Some Amaranth species are cultivated as food crops and others as ornamentals.

Amaranth is a commonly used pseudo-grain in Africa, which may be called marog. Originally from South America, the seed has spread around the world. It is known to have been used by the Aztecs in religious ceremonies and as a food.

Amaranth plants are annuals. The large oval leaves of purple-red and green may be pointed at the tip. Growth varies from one to two metres and are supported on thick round stems with grooves. Clusters of catkin-like maroon flowers appear in the autumn which bear many seeds.



Above: Print from Flora of South Africa by Marlot

Uses:

Culinary

The purple-red and green leaves are commonly used vegetables in Africa. Young leaves are eaten raw or cooked. (I found raw leaves had a bitter taste.) Mature leaves are cooked or stir-fried with onion and tomatoes and peanuts (groundnuts).

The seeds are cooked as gluten-free grains or ground into flour. Amaranth flour on its own cannot be used to make loaves of bread.



Left and right: Amaranth

The nutritive value of the leaves is higher than other leafy greens e.g., spinach and cabbage. Leaves and seeds are rich in protein, iron, beta-carotene, Vitamin C, calcium and phosphorous. Red leaves are rich in antioxidant properties.

Medicinal: As a tea for anaemia, diarrhoea, coughs. Cold tea is used as a lotion for itchy burning skin or to clean wounds.

Hypoestes aristate

Common name: Ribbon Bush

Found: Under the milkwood at the rear of the garden.

These plants have attractive lilac-pink, purple or white flowers borne in spike-like inflorescences from May to spring. Leaves are soft and oval. Good lasting cut flowers.



Left to right:
Hypoestes
aristata
Uses:

Culinary: Leaves used as spinach.

Medicinal: Crushed leaves are used as a poultice for sore eyes.

Environmentally: Attracts insects, bees and flies to nectar and pollen as a food source which in turn are food for insectivorous birds. Hypoestes is a host plant for certain butterflies and moths in some parts of South Africa.

Trachyandra ciliate

Common name: Veldkool, Cape spinach, Wildebromkool

Found: Dormant at present.

In June I was excited to discover three Veldkool plants in the garden. Knowing that they grow on coastal sands I had hoped to find Veldkool in the beds in the Village common areas. This plant dies down in summer and only appears in the winter months.

The fine-haired long strappy leaves and their flower spikes curve downwards. The flower buds spears (stems) increase in length daily and look like asparagus until their buds open and small white flowers appear. One flower opens per stem which lasts for one day.

This plant responds to the cutting of bud spears close to the ground by producing further buds.



Above left: Veldkool or Cape spinach, Wildebromkool and on the right: Harvested veldkool

Uses:

Culinary: The spears lightly steamed or grilled are delicious and have that grassy taste and appearance of wild asparagus.

The spears must be harvested before the buds open. They become too fibrous to eat when in flower. Spears are also used in stews and chutney. The leaves are cooked like spinach or marog.

Loubie Rusch in her book says: 'The young seed pods taste a little like peas.' And I cannot understand why kool is used in the common names. 'The name *Trachyandra* is derived from the Greek words, *trachy*, meaning rough, and *andro*, meaning male, and refers to the scabrid (hairy) filaments of the stamens. *Ciliatus* means finely hairy.' (Plantz Africa.)

Note: References for this article are available on request.

What to do in the garden in Autumn

by Toni Joubert

The warm days of summer are stretching into March this year, but there is a nip in the air in the early mornings now to let us know that Autumn is on its way and that there is plenty to do in the garden. Autumn is the time to neaten up the garden by pruning summer flowering shrubs and plants such as daisies, pelargoniums and salvias; but because we have had such an exceptionally hot summer it would be wise to wait until after the first rains to do so. Lavender should be pruned lightly and not into the old wood. Summer flowering shrubs and the bigger older salvias such as the Africa Lutea with its grey foliage and brownish flowers could also benefit from being trimmed back to remove old flowers and dead wood and to encourage regrowth in Spring.

When pruning it is important to bear the natural shape of the plant in mind, and not to 'over' prune. There are many plants which do not need to be pruned at all and their size can be controlled by other methods. The reed family, for example, which includes the restios and grasses, can be an asset in a windy garden, but when restios in particular become too big, they are best treated by cutting off the dead spikes and reducing their size by digging out a section of the plant so that they can still flower and move in the wind. Bougainvilleas should be pruned back in late summer after flowering and then fed with bone meal, and bulbs like agapanthus can also be divided now in March and April.

Pots too, which are an important addition to our smaller gardens can be trimmed and tidied and given a layer of compost at this time of year. It is also a good time to check that the pots are well drained so that the plants do not drown in the heavy winter rains.

In Autumn the whole garden should/could be given a good feed. The sandy alkaline Cape flats soil that we have in Evergreen has very little nourishment in it, and everything in the garden will benefit from a layer of compost. Many less hardy plants, even indigenous ones, will improve if given some form of organic fertilizer now. It is also a good time to mulch the garden while the soil is still warm and moist from the heat of summer; and importantly, mulching helps to conserve water.

When the long spell of hot weather finally comes to an end it will be time to think of planting again and the Western Cape Gardening calenders that I consulted gave very many suggestions for what should be planted in March and April. The list is too long to mention here and we all have our favourite annuals and perennials, but when choosing new plants remember that we are gardening in a harsh environment with very poor soil. Fynbos plants such as pin cushions, proteas and leucadendrons can be planted after the first rain as well as spring flowering annuals. If plants such as lavenders are looking woody and out of shape it may be time to replace them with new plants. Leafy herbs such as basil, chives parsley and rocket could be planted now along with winter vegetables such as beetroot, carrots and leeks.

If dry shady spots in the garden are a problem, look at/consider the many varieties of *Plectranthus* which are flowering now and grown for their interesting foliage and mauve and lilac flowers. They are hardy, waterwise plants and drought tolerant once established, so plant them now in Autumn to catch the rain

This all sounds like a lot of hard work, but the garden will benefit from the time and effort put into it now, as it will be better able to withstand the harsh winter winds, and will reward our labours in spring.

Happy gardening!

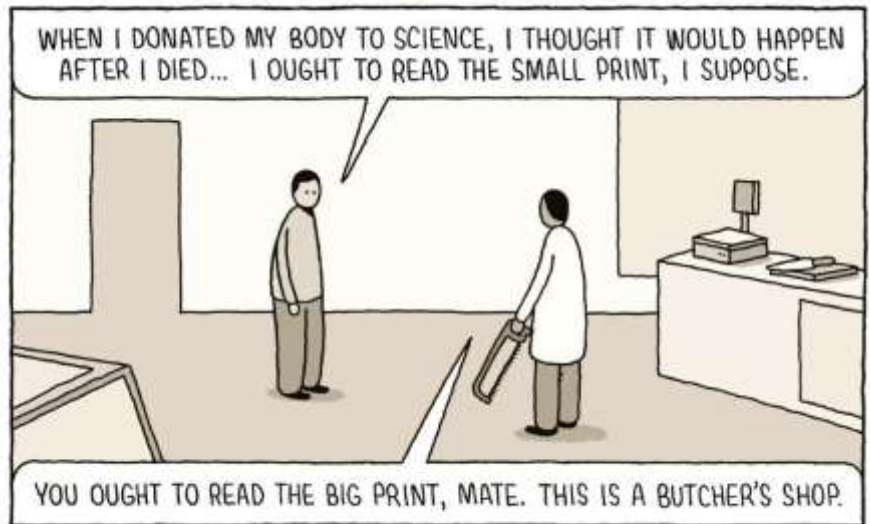
Anyone have plans to go somewhere and stare at their phone this weekend?



Some wise sayings

As I sat strapped in my seat waiting during the countdown, one thought kept crossing my mind... every part of this rocket was supplied by the lowest bidder. **John Glenn**

When the white missionaries came to Africa, they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them, we had the Bible and they had the land. **Desmond Tutu**



America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked. **David Letterman**

I'm not a paranoid, deranged millionaire. I'm a billionaire. **Howard Hughes**

After the game, the king and the pawn go into the same box. **Italian proverb**

The only reason they say 'Women and children first' is to test the strength of the lifeboats. **Jean Kerr**

When a man opens a car door for his wife, it's either a new car or a new wife. **Prince Philip**

Wood burns faster when you have to cut and chop it yourself. **Harrison Ford**

The best cure for sea sickness is to sit under a tree. **Spike Milligan**

Lawyers believe a man is innocent until proven broke. **Robin Hall**



I've been married to a communist and a fascist and neither would take out the garbage. **Zsa Zsa Gabor**

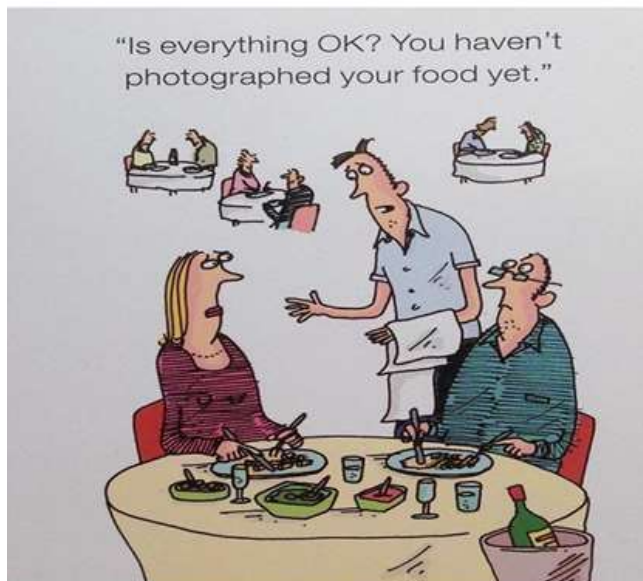
Let's cook

I am a great fan of the famous Jan Hendrik van der Westhuizen...SA's own Michelin star chef (4 stars to date) who has recently opened his famous restaurant in the Kalahari... Jan's journey to becoming one of the first South African chefs to obtain a Michelin star has captured the imaginations of foodies around the world. To be taken up in the Michelin firmament is arguably the culinary world's highest honour. But to venture to France and to receive this accolade in Michelin territory, is a rare feat.

Growing up in the heart of South Africa's Mpumalanga province, Jan Hendrik developed a unique relationship with food. He spent his childhood evading a certain destiny as a tractor-wielding farmer's son, instead taking to a life in the kitchen, where – nurtured by his mother and grandmothers – he refined a talent that would one day lead him to open a celebrated restaurant on the French Riviera. (<https://janonline.com/jan-hendrik/>)

His first two cookbooks also form part of my arsenal of gifted cookbooks and even although I don't often attempt his dishes some are really simple yet very tasty!

As figs are currently readily available, I'd like to share this simple yet very elegant starter...or dessert if you're quirky...



All budding and seasoned gardeners

Start preparing for an

OPEN DAY Spring Garden show

Apartments and houses get those green fingers into action over the rainy season and let's see an abundance of colour as we mingle with our fellow residents.

A fun day with Prizes galore for the participants of categories listed below:

Best container show (houses & apartments), Best small garden, Best species (houses & apartments and lastly, Best display of colour

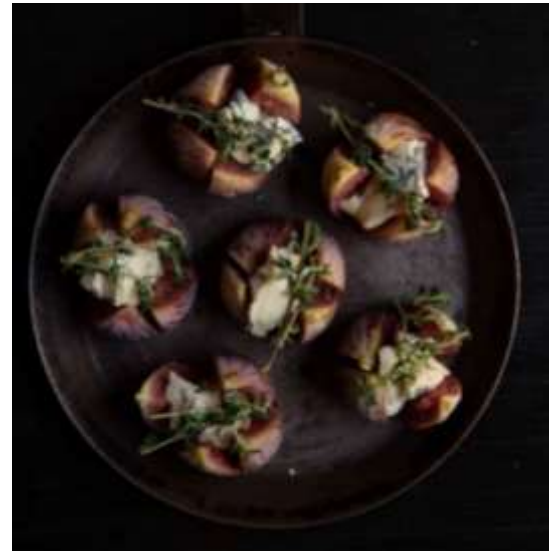
Further details will follow

Baked figs with blue cheese & parma ham

Method

Preheat the oven to 180 °C. Using a sharp knife, cut a cross into the top of 6 ripe figs. Then, gently squeeze the bottom of each fig until it opens. Divide 75 g of soft blue cheese, such as gorgonzola, and stuff the figs with the cheese. Place the prepared figs on a baking tray and put a fresh sprig of thyme on top of each fig. Drizzle a little olive oil over the figs and place them in the oven. Bake for 8 – 10 minutes, or until the cheese has melted. Place 6 slices of Parma ham between the figs and serve.

(Note: I used smoked ham and it worked very well.)



During a recent book club meeting I promised fellow readers

this unfloppable marmite cake recipe given to me by a former colleague's mom... You will notice that I often just copy and paste the recipes in the *Muize* as I enjoy keeping them in the format that I received them - be it from friends or family - as it all forms part of my favourite pastime - cooking in my doll's house kitchen. Drinking a toast to the 'original chef' is part of the ritual!

(I am happy to translate this if needed. ED)



Remember when you used to be able to call a person 57 times, and hang up, and they never knew it was you.



The phone my sister has (she's six)



The phone I had when I was six



Free running area for dogs now open on Park Island

The Friends of Park Island (FoPI) originated in 1999 to facilitate and maintain Park Island's rehabilitation, with assistance and guidance from the Zandvlei Estuary Nature Reserve (ZENR) management. They are funded entirely by donations from people who use the island, including dog walkers, and the Marina da Gama Association (MDGA).

Intended as a recreational space for the suburb of Marina da Gama, Park Island was always a popular area to walk dogs on or off their leads. It was zoned appropriately to hinder urban encroachment and give the island environmental integrity. The rehabilitation programme sought to establish Cape dune strandveld vegetation, now the most endangered fynbos type and endemic to the area.

As the vegetation matured, this essential habitat attracted many species of birds and fauna, which migrated there naturally, many displaced from the surrounding areas that became urbanised. Only tortoises, Cape Gerbils and a few Cape Hares were introduced. So successful was the island's rehabilitation that it was included as central to the City of Cape Town (CoCT)'s proposed Zandvlei Estuary Nature Reserve in 2010 – on condition it retained its original zoning status allowing for dog walking/leisure activities with daily access to the public.

After a juvenile Cape Grysbok was tragically killed by dogs at the end of 2020, all dogs walked on the island had to be on-lead at all times. However,... a dog under control means many different things to different dog walkers!

Following much debate and after looking at how other parks and nature reserves have managed the on-lead/off-lead challenge, a solution was agreed upon. An area would be fenced that was not environmentally sensitive; was close to the island entrance; and where dogs could run freely without fear of interacting with the wildlife. Out of their designated area, dogs can continue to walk on-lead with their humans to most areas of the island. Please refer to the map on the entrance gate.

The free dog-running area is now open for use, although there is still much work to complete. However, dog walkers are welcome to use the space by entering and exiting through the small pedestrian gates. Please do not open the wooden double road gate.

Also: please be sure to scoop your dog poop and put it in the bin provided.

Enjoy!

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