

THE MUIZE NEWS

APRIL - JUNE 2022

Welcome to the new Rescom



(From left to right) Mike Odd, Edward Fletcher, Sozon Christie, Hugh Till, Owen Kinahan (Chairperson), Sue Wood (Vice Chairperson) and Erik Kiderlen (Absent Anne Blignaut)

The recent minutes (sent to all residents on June 2022) on of the inaugural RECOM meeting held on 2 June introduces the new RESCOM and shows that we have hit the ground running!

I would like to thank the new RESCOM for their support, including the many residents who have wished myself and my committee well.

Your particular attention is drawn to the ethos composed and adopted by RESCOM where fair play, due process and respect for one another underlines everything we do.

Residents are invited to please make use of the **RESCOM POSTBOX** that is placed in the foyer of the main building to deposit items for discussion at RESCOM including requests, complaints or compliments! (Contact details: House 91, cell 0832617484, email: owenkinahan@gmail.com)

(Our thanks go to the outgoing Rescom members for their voluntary time and effort devoted to represent our residents. It is not easy to please all of the people all of the time but it certainly is true that one can well please some of the people all of the time and all of the people some of the time. I'm sure that that is what every member always endeavours to do. Ed)

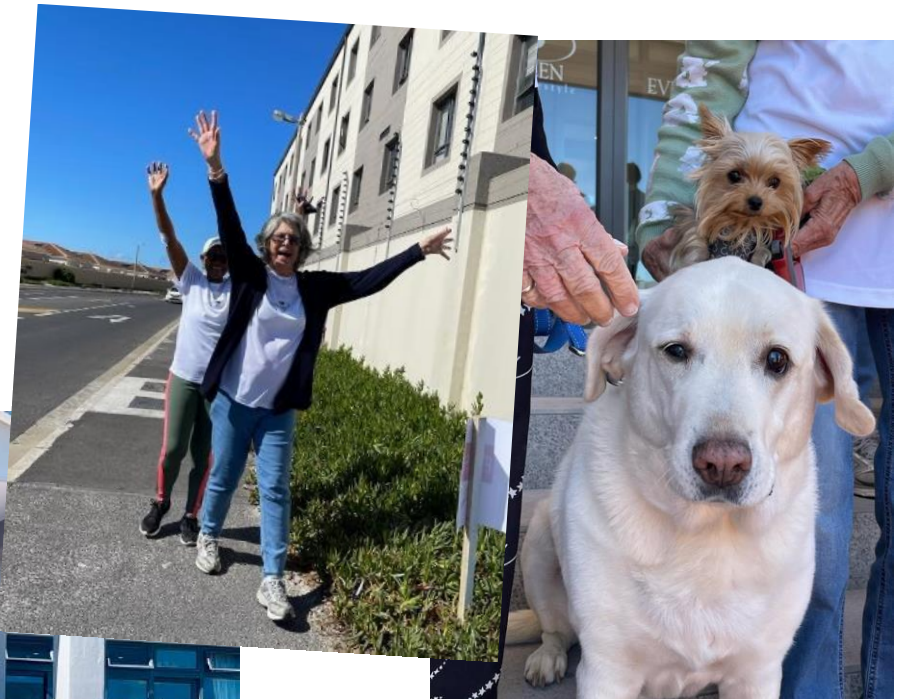
PAST EVENTS IN PICTURES

National Walking Day

Mother's Day Celebration

Father's Day Celebration

CCH Productions –
The Impersonators



Hugh Till on the Pool game: This was our fourth Pool challenge between Muizenberg and Noordhoek, and the second at Noordhoek, although the first time in their new lifestyle centre, which has a panoramic view over the Noordhoek valley. It was good to meet up with our old friends (adversaries). Muizenberg was ably represented by Eddie, Ray, Chris, Sozon, Louis and Hugh taking on the might of Noordhoek on their home turf.

The competition was intense with Muizenberg winning the first three games. We then let it slip by losing the next three to make it three all. The seventh and penultimate game was won by Muizenberg, assuring them of at least a draw. The tension was high as the final game started but ended in an anticlimax as a Muizenberg player sank the black ball prematurely, conceding the game, giving Noordhoek a well-earned draw.

The overall standing is Muizenberg two and a half to Noordhoek's one and a half. We look forward to our next meeting which will take place at Muizenberg.

Anne Robertson on the Rummikub team: Rose McDermid and I were the sole representatives of Muizenberg, and we spent such an enjoyable afternoon with two really super ladies. We were so impressed with the beautiful building and the excellent facilities.

Steph de Haas on Canasta: Minnie, Liz, Marlene, Lydia, Helen and I represented Muizenberg Evergreen. We were presented with a set of rules at the table which, in many ways, were quite different from how we play, but as they reminded us – they played by our rules when they came to Muizenberg. Despite this, two of our teams had outright wins, and one team drew. We were given a lovely tea and snacks and it was thoroughly enjoyed by all with a beautiful sunset to end the afternoon in their amazing Bistro. Thank you to all those who participated.

Val Hollidge on Bridge: Thank you to all at Noordhoek who welcomed us and supplied such lovely refreshments. Muizenberg was represented by Sheila, Joy, Mike, Andre, Val and a guest of Val's. Two pairs drew their games, and Joy and Mike won their game, giving Muizenberg an overall win. A good time was had by all and we look forward to the return match!



Pat Swilling on the Table Tennis: This was our third Annual Challenge, and our first in their new lifestyle centre, which is an impressive, spacious building with great views. We were given a warm welcome and it was great to see the familiar faces again. We played singles and doubles and had great fun during the afternoon. Muizenberg was represented by Callie, Mosa, Viv, Cheryl, Audrey (our nonagenarian), Billie and Pat. On the score sheets – which they had printed – was the title *Noordhoek /Muizenberg Olympics* – such was the excitement generated by the outing! It was, therefore, very pleasurable for us to eventually have the winning tally, especially as they had trounced us two years ago on our first visit there. I was particularly delighted because 8-10 of us have been playing regularly every Wednesday and Friday morning for three years now, and our improvement is noticeable. We have had new residents join us along the way and our practise sessions are very relaxed and friendly.



What a wonderful spread was prepared for us all, ending with wine (except for the drivers). The afternoon tea was both generous and delicious, and we said our adieu with the knowledge that next year the challenge continues!

A big thank you to the residents and staff at Noordhoek for a wonderful afternoon of friendship, food and fun!

Don't judge... I need petrol money...



Submissions by our talented photographers



Jim Raubenheimer – Sunset Beach



Chris Turner – Storm clouds



Hugh Till – Landscape Simonstown



Paul Selby – Moth



Keith Young – Pincushion



Lydia Hirschmann – Succulents in flower

The sinking of the LUSITANIA

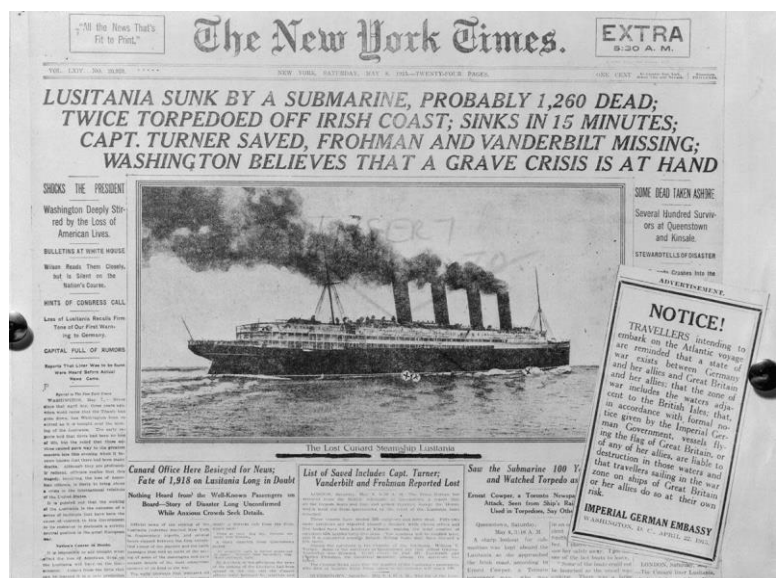
by Owen Kinahan

It was bizarre that advertisements in New York newspapers published sailing dates of the great Cunard steamer side by side with warnings from the German Embassy that Allied and British ships could be attacked if they entered the European war zone. The *Lusitania's* sailing dates were prominently displayed. The temptation to take such a trophy was hard to resist for Germany.

American celebrities swelled the 1,326 passengers and crew aboard the 32,000 ton 'floating hotel' sailing from New York at the start of May 1915. The cargo included material that could conceivably be used to manufacture shell casings but was in fact nothing more than a decision by Queen Mary to increase her order of brass tins for her Christmas gift of chocolate for troops and the expeditionary forces at the front.

Lurking below were about 15 active U boats off Ireland's south coast. On 7 May the *Lusitania* sailed straight into an area where 23 merchant vessels had been sunk that week. A torpedo fired just after 14H00 gave all aboard just 18 minutes to abandon ship but 1,198 souls drowned. Small wonder then at the immediate and intense reaction. There were public riots in cities throughout England, 'not the hooligan at work (but) the well-dressed man of good social and business standing'. Internment of Germans within the community rose to 1,000 per week reaching 32,000 by the end of 1915.

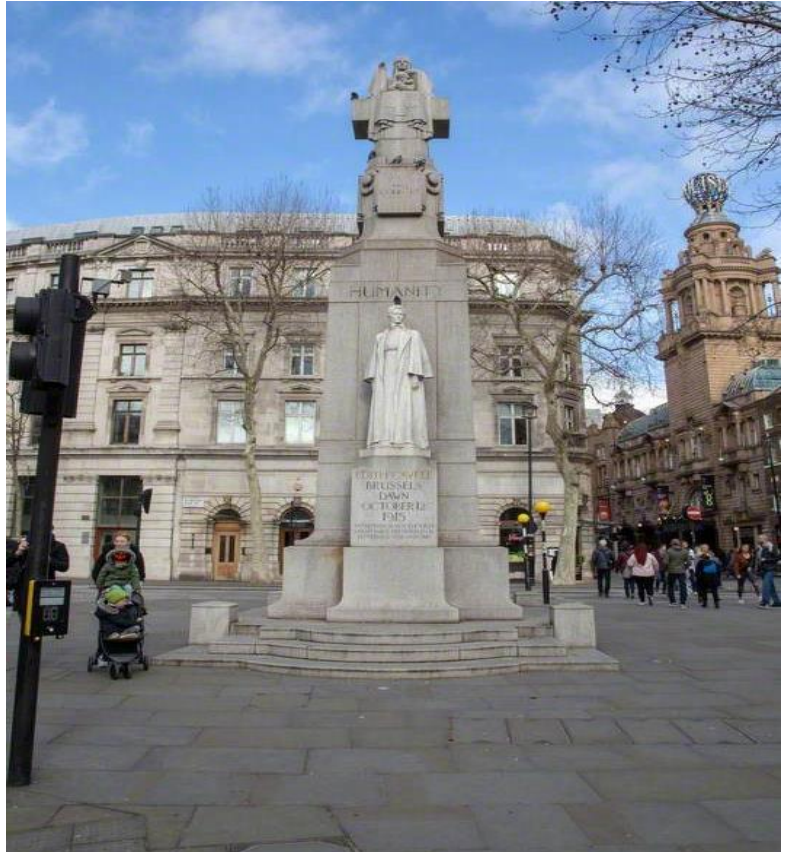
Germany's reputation as the 'butchers' of civilians in neutral Belgium, poisoning wells in German South West Africa, the first to use poison gas and many other such atrocities brought forth a *TIMES* leader declaring 'the brand of Cain is on the brow of every ghoulis Hun'. Only five months after the



sinking of the *Lusitania*, Germany executed British Nurse Edith Cavell by firing squad that ultimately practically canonised her.

On 12th October 1915, after tirelessly caring for hundreds of wounded British, Belgian and German soldiers, and helping Allied soldiers flee the brutalities of war in German-occupied Belgium, she was shot at dawn by German firing squad – despite international outcry for her release.

It was slightly more complicated in South Africa. The 1911 Census revealed that of the total white population of 1,116,806, 12,798 people were born in Germany excluding two and a half centuries of German mercenaries, missionaries and market gardeners with deep ties to the Afrikaner community. The bad press attracted by 'the descent into barbarism' stigmatised all Germans and respected members of host communities faced ostracism and internment camps including eventually Robert's Heights. The proximity of Cape Province Germans to seaports meant they were the first to go. No less than the American consul in Cape Town appealed for material support for destitute families of internees.



Cape Town was quick to brew a potent cocktail of bigotry, xenophobia and jingoism.

The annual report of Fire Chief Mitchell in the mayoral minutes tells a stark tale. Although 181 fires were attended in the month of May, POUNDS 50,000 of damages in arson and vandalism directed at German Capetonians in June.

London-born Theophil (Theo)

Wendt was appointed as the first conductor of the Cape Municipal Orchestra (CMO) in January 1914, but his exemplary efforts to grow it from 'a seaside band of 17 players' did not exempt him being marked as a spy with a German-sounding name. He proved his British academic credentials and to boot composed *Botha's Boys*, a march based on the popular song *Vat jou goed en trek Ferreira*, presenting the POUNDS 250 royalties to General Botha to buy a machine gun!

Vicious damage of smashed windows, vandalised interiors and fire-bombing was aimed at the homes and businesses of German friends and names including such survivors as Baumann Biscuits and Hildebrand's Café and Confectioners.

**CAPE TOWN'S CITIZENRY WAS UNFAILINGLY GENEROUS
SUPPORTING WAR RELIEF FUNDS AND HUMANITARIAN CAUSES**



Gardening time

Indigenous culinary plants found in Evergreen Village

by Janice Behr

Residents can simply walk in and around our village and will find most of the following amazing culinary herbs on the sidewalks.

When using indigenous culinary herbs, adjust the amounts used to your taste. Experiment to obtain your preferred amount. To use as substitutions in recipes: 1 tablespoon of fresh herbs replaces 1 teaspoon of dried herbs.

Young leaves are eaten raw, and firmer leaves are used for cooking. Many raw herbs have a sour tart taste, not unlike sorrel.

Herbs to be on the lookout for..

- *Salvia africana lutea* – bruin salie or salvia

Grey-green leaves, rusty orange flowers.

Flavours meat and fish. Can be dried and used as sage.

Place fresh leafy twig bruin salie on aluminium foil, cover with fish and drizzle with oil and butter and sprinkle on seasoning. Wrap tightly, bake or grill at 350 degrees for about 20 minutes or place as above in ovenware dish and cook in the oven.

- *Aptenia cordifolia* – baby sun rose, brakvygie, red aptenia

Ground cover with glossy succulent leaves and bright deep pink/red flowers

Use leaves raw in salads or cooked like morag/spinach.



(Left) Salvia africana lutea – bruin salie or salvia and (right) baby sun rose, brakvygie or red aptenia

- *Carpobrotus edulis* – sour fig

A low fast-growing groundcover. Succulent thick long leaves with yellow or pink flowers.

Eat fruits fresh, dried or as jam.

- *Carissa Macrocarpa* – num num, Natal plum

Shiny green leaves on a thorny shrub. Star-like white flowers followed by oval-shaped green berries, deep red when ripe.

Eat berries raw when ripe, use in jam, jelly, chutney or pickled.



(Left) Sour fig and (right) *Carissa Macrocarpa* – num num or the Natal plum

- *Portulacaria afra* – spekboom

Can reach 2m to 5m. Small round leaves on reddish stem.

Eat leaves raw in salads... 3-5 raw leaves a day for your Vitamin C dose.

Used in chutneys, pickles, salsa, stir-fries and stews.

- *Eriosephalus africanus* – wild rosemary, kapokbos

Small grey needle-shaped leaves. White flowers are followed by fluffy seed heads that look like snow or cotton wool.

Use as rosemary. Fresh or cooked in stews, stuffing, marinades and teas. Infuse in oil and vinegar.

Dried it can be used for food rubs, salts or added to savoury biscuits.



(Left) *Portulacaria afra* – spekboom and (right) *Eriosephalus africanus* – wild rosemary, kapokbos

- *Pelargonium graveolens* or *capitatum* – rose-scented pelargonium.

Bushes with small pink flowers and highly scented leaves.

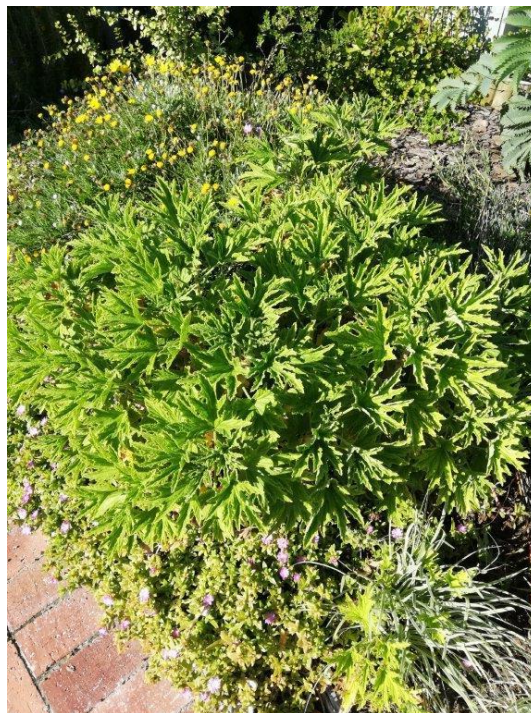
Use to flavour punches, cakes, biscuits and herbal teas.

- Pelargonium Citronellum – citrus pelargonium, citronella, lemon-scented pelargonium).

Large firm leaves, insignificant pink flowers. Highly aromatic when touched.

Used to flavour puddings, vinegar, punches and teas.

(The common small-leaved indigenous Pelargonium crispum is called lemon-scented pelargonium.)



(Left) Rose-scented pelargonium and (right) Pelargonium Citronellum – citronella plant

Container gardening

by Toni Joubert

Pots overflowing with flowers and greenery add appeal to any garden, but gardening in containers is also a very practical way to provide colour and foliage to a home and to bring the pleasures of gardening to those with little or no garden space. Gardeners limited to a small patio, balcony or even a sunny windowsill can produce a wide variety of flowers, plants, herbs and even some vegetables.

Container gardening adds versatility to a smaller garden or courtyard where there is limited space. There is a huge range of pots of all shapes and sizes in today's nurseries and with minimum expense and a 'six pack' of flowering annuals, the gardener can provide instant colour throughout the year. Pots planted with larger, more structural plants such as some smaller trees or evergreen shrubs can provide height and a focal point in a small space, as can the many types of aloes that grow so well in Evergreen.

As well as planting a single plant in a pot, consider growing a mixture of plants using foliage or a permanent perennial with a variety of flowering annuals. Generally, it is best to group plants with similar watering needs if they are to grow in the same pot, but sometimes a larger succulent can be mixed with a low-growing annual or small flowering ground cover to soften and bring colour to the pot.

Try arranging a group of pots which could combine small shrubs with annuals and herbs. If there is enough space – perhaps along a section of wall – a collection of pots can give the impression of a garden border with larger evergreens at the back and smaller annuals or perennial plants in front.



Container gardening requires a fair amount of maintenance (a little like pets!) and to keep plants in containers happy and problem free there are some basic facts to consider:

Soil: The soil in pots is largely cut off from the natural environment and is not able to regenerate itself. It is very easy to forget how long the soil has been in a particular pot, but it is necessary to replace it from time to time. Once a plant is established in a container, it is difficult to add organic material and so most plants in pots need regular liquid feeding to thrive. The potting soil used should, as far as possible, suit the type of plant. Most succulents and indigenous plants prefer a lighter sandier soil.

Drainage: Soil needs to breathe and not become waterlogged. For that reason, containers need good drainage and should not be made of non-permeable materials. From time to time, check that the drainage holes in the bottom of the pot are open, and if possible, lift the base of the pot off the ground with a layer of pebbles or 'pot feet' that are available at most nurseries (a brick or two under the base of a larger pot will also work). Remember that a tray under a pot can also prevent water from draining.

Watering: Apart from the specific watering needs of the plant in the container, it is important to find a balance between keeping plants moist and overwatering. Excessive watering strips the soil and plant of nutrients. On the other hand, it is important to prevent the plant from drying out. A layer of pebbles, stone or wood chips can help to stop evaporation, especially in the hot dry summer months. A non-invasive ground cover planted round the edge of a pot can also help to keep in the moisture. Bear in mind that even waterwise and drought-tolerant plants still need water when growing in pots.

Remember that Spring Day is on 1 September and that the Spring Open Gardens at in Evergreen will take place on 11 & 12 October. The details of these events are to be found elsewhere in this newsletter.

It is not too late to put on your gardening gloves and to plant a pot, or to give your existing containers a boost by adding a few low-growing annuals of your choice and feeding them with a foliar spray.



Borrowed from FB (Source: <https://nosweatshakespeare.com/resources/words-shakespeare-invented/>)

Employee of the Month May / June 2022

Congratulations to Mfundo Norawana on receiving Employee of the Month.

Mr Owen Kinahan, RESCOM chairman handed over the gift and certificate to Mfundo.

This was a bitter sweet moment where we congratulated him and also said farewell.

Mfundo remains within the Evergreen family and will be working at Evergreen Bergvliet as a duty manager.

He will be missed & we wish him well in his new venture!



Join us in the Spring Open Gardens and fun competitions

by Jenna Monk (coordinator)

As you know there is never a wetter or colder day than Spring Day on the 1st of September. 'Bring out your summer clothes enjoy the sun...' and you hear this while looking out of the window at another gloomy day. Even the flowers know this and only come into their own at the end of September.

A hat competition to celebrate the advent of Spring this year will be held on 3 September and refreshments will be served by the Bistro. National Garden Day is on Sunday 9 October, and Evergreen residents in Phases 1 and 3 will open their gardens on 11 and 12 October (weather permitting) for folk to go and admire what they've been doing in the private areas of their homes.



The Secret Garden will be open and the displays from residents taking part in the container division of the show will be showing off their contributions in the lounge area. There is something for everyone this year.

So, the categories are displayed on the notice board in the Bistro and we will soon be connecting with you all about your open spring gardens and displays. For the apartment folk, we will have the display in the Bistro and for the houses, a balloon on the side gate of the participating gardens. Feel free to go for a walk all around the complex including the secret garden. If you are in an apartment and feel the need to stretch those green fingers, then please chat to me (House 78) or Carole van Zyl (House 70) and see how you can get involved in the secret garden volunteer project.



We will be looking for judges and speakers as we get closer to the time.

We will be twinning with our own resident landscape company White cliffs, Super Plants, Stodels, the Fynbos NGO, Mambos and Little Orchard Nursery for techniques, prizes and fun activities. There will be discounts, giveaways, newsletters and clubs to join or just join us on the day for a good

walk around the beautiful gardens here at Evergreen Muizenberg.



Sit back and read

Reviews by Lydia Hirschmann (with the help of my Kindle)



The forgotten garden

by Kate Morton

An excellent read by a great story teller which takes place from 1913 to 2005. A tale about a little girl called Nell who was abandoned after a gruelling ocean voyage from England to Australia. In 1975 as an old lady, she travels to England to discover the truth about her parentage. In 2005 her granddaughter, after Nell's death, comes into a surprise those decades ago.

One day in May

by Catherine Alliott

A romantic love story for those of us who want to enjoy a good escape. Well written with tongue in cheek.

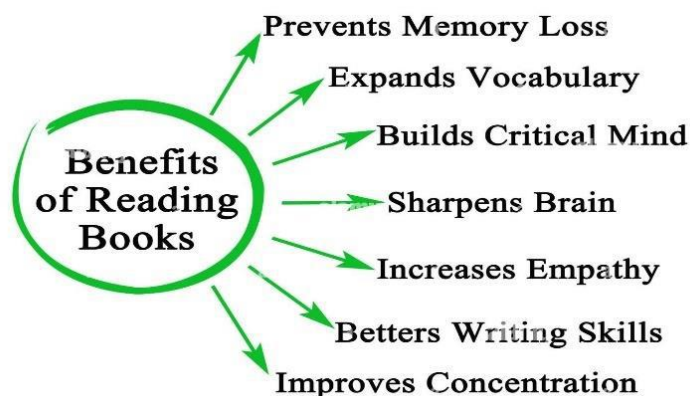
However, there is also one of her latest books in the library – called **My husband next door**.

This is a deeper book which questions how people make compromises and excuses but can still have meaningful relationships. I could not put it down.

Thrillers

There is a very good mix of these in the library, and I have only started on the thriller trail. I have been enjoying Nora Roberts, Douglas Kennedy and now Lee Child.

Note: If you have books at home or at your families, please donate them, especially the newer titles. This would be greatly appreciated.



Memories of Groote Schuur

by unknown author who wrote: 'I didn't write this brilliant piece but I was born at Groote Schuur and have spent my share of sitting on those plastic chairs while my beloved has gone in for various procedures.'

Spent the day at a Groote Schuur Hospital in Cape Town. Go there, said our GP, for the Professor to confirm there's no problem. In the end the Prof agreed, so it's all good.

'Here's a ticket. It's quiet, you shouldn't be here all day. You can mos sit there.'

I count the people in the room – sixty-plus. In confirmation, our ticket says 66.

But, the patience of Africa we have. We settle onto our plastic chairs, studying our cell phones.

'Hermanus!' shouts the receptionist suddenly, looking at us.

'No, not us,' we respond.

'Not you. Mr Hermanus!'

A man behind raises his hand.

'Did you got your bloods? What for you here?... Is it? Ag shame. Did you piss yet for doctor? Here, go piss.'

A small container is tossed to the nearest person. 65 hands relay it towards Mr Hermanus.

Behind us, a woman sleeps with a baby on her lap. Others lie on the floor. Along there is an ashen-faced man in a Lesotho blanket who may have died already. He doesn't move or blink for three hours. All around, pained citizens in contorted positions clasp their ailments.

'Your first time here?' I ask the old woman alongside. She smiles indulgently.

'Been coming here for ten years.'

'Are the doctors good?'

'So good. Thank God for this place. They are so, so good...'

'Do you wait long.'

'Yes.' She pats my arm soothingly. 'It's worth it, my dear.'

Hermanus returns with his toxic container.

'Make way for Mr Hermanus!' instructs the patient at the end of the row. We all shift our chairs backwards.

'Jy!' shouts a woman, cuffing her errant child wearing headphones. 'Kan jy nie sien nie! Make way for Mr Hermanus!'

'I'm not Mr Hermanus,' announces Mr Hermanus, shuffling past.

The room titters in confusion.

'Hy't sy naam verander'... 'Het jy dementia, Meneer Hermanus?' ... 'Moenie worry nie, you's in a safe space'...

'Is julle mal!' shouts the receptionist suddenly.

We all swing round to her.

'Julle weet niks nie! Dis nie sy van nie! Die man KOM van Hermanus!'

The room murmurs, the explanation repeated to the far corners.

'You came all the way from Hermanus?' I ask Mr Hermanus. He nods wearily. 'My GP says he's the best Professor in the South Africa.'

'Skus, sister,' asks a man quietly. 'Waarsie publieke toilet?'

'Sê weer.'

'Hy soekie toilet!' shout five or six patients.

'Maar jy't klaar gepis, Mr Carelse,' she admonishes. 'Hier's jou sample.' Moving plastic containers like chess pieces, she raises one, studying its label.

'Naai, ek willie nog sample maak,' explains Mr Carelse.

'Will jy net sommer piss?'

'Ja.'

A well-meaning patient interjects from the back. 'Gat buite, volgende gebou,' he calls across the room. 'Past security, first door on the left.'

Watching Mr Carelse exit, I decide to follow after a few minutes, my own nature calling.

'Will you keep my place in the queue?' I ask the receptionist.

'Jy't 'n nommer, Mr de Witt.'

She knows everyone in the room by name, I realise, all 66 of us. Chaos is a veneer, order reigns just below.

'Jou nommer's jou nommer,' she scolds me.

I've seen worse bathrooms, that's for sure. It has only two cubicles though and the doors don't lock. This doesn't faze Mr Carelse who's sitting there pants down, smoking a cigarette.

On return, the receptionist smiles at me.

'Nog steets 66, meneer... Make way for Mr de Witt!' The anguished room adjusts for my benefit.

And so it continues, for hours. Banter flies continuously, privacy long since extinguished, the ailments of all shared and discussed and resting in collective sympathy.

At hour three, Lesotho blanket is called. He's prodded to life, plonked into a wheelchair and sent for resurrection.

'He'll live, don't you mind,' smiles Mrs Ten Years. 'The doctors are so good here, so good...'

'De Witt!' comes a plaintive voice at hour four. We elbow our way forward into the professor's room.

The man is succinct, brilliant and reassuring. 'Thanks for coming', he says, 'no need to worry'.

Driving home, we post mortem the experience.

Once we sat for hours in an NHS hospital in London and we do the comparison. Groote Schuur was far better, we agree. The banter, the characters, the humour, the efficiency rising above dilapidation.

And that's the thing about South Africa. For all its disintegration, there's character in buckets and efficiency still, and it's a relief to be reminded of that.

Moreover, a government hospital shows you that indomitable spirit we South Africans have, vested in patience and hope.

I can't help thinking they may be the greatest virtues of Africa, and our salvation for the future.

Spitsvondige Afrikaanse vertalings

Bird feeder – voëltjie restaurant

Jaffle - boepensbroodjie

Lazy person - dagdief

Make-up - jeugdeeg, plooiplyster, plooisement

Memory box - emosie dosie

Memory stick – dataproppie

Moody person – helkaiing

Old women - toekatante,

Outsider- `n kers by Eskom

Pensioner discount - kierekorting

Pensioner – rumatiekulant

Phishing - strikroof

Rapper - rymkletser

Rave - raaswals

Red tape - papiertwak

Rubber duck - tjoepskuit

Rum-and-coke - seerowersous

Sales rep – kommissiekabouter

Softshoes - bordeelbekruipers

Sinbin - boefblik

Small car - padpuisie

Sms - vingerklets

Spare ribs - evabeentjies

Starter - knormoer

Stirrer - kwaadklitser

Taxi - sardyntrein

Taxi rank - bussienes

Toy-toyi - staakwals,

Vakbond-vastrap, williewerkie-wals

Voice note - bekbriefie

Whatsup - wolkpos

Zebra - streepesel, tronkdonkie

Urban legend - straatstorie

Wife talk - baasgeraas, komberspreek

Calling all hikers

We received an email from Alan from the Christian Hiking Network who indicates that they are looking to arrange more away trips as covid restrictions are eased. Anyone needing more information/to be kept in the loop can message Allan on 082 4965914. Planned trips are the following:

Touwsberg – (on a private nature reserve near Barrydale) - **5 to 9 August**
Skaap River Canyon (beyond Springbok) – **early October**
Hogsback – **dates to be finalised**
Whale Trail – **July or August if we can get a booking**
Heuningvlei (Cederberg) – **December – before Christmas.**

For more information, please use the WhatsApp groups as indicated below:

CHN Hike info group – details of hiking and related activities are put onto this group as they are planned. (Usually on a weekly basis). Please WhatsApp Allan on 082 4965914 if you would like to be added to this group. The general rule to be followed is to respond directly to the hike leader/organiser (and not on this group) with questions or confirmations of joining hikes.

Constantia Nek early morning hikes (potentially on Mondays, Wednesdays and Fridays) – these are hikes of about 2 hours duration taking place during the week. Starting time is currently 7 am (it is a great way to start the day – we have enjoyed some wonderful sunrises). A reasonable level of fitness is required as these hikes are at a moderate pace. Please WhatsApp Allan on 082 4965914 if you would like to be added to this group.

Adventure Group – this is a smaller group for those interested in scrambling, climbing and the more challenging activities. If you are interested in being added to this group, please WhatsApp Graham Dennis on 082 5796544 providing details of your particular interests and experience.

Sinclairs – Ocean Basket and beach hikes - A great way to meet others and to start with an easy activity is to join the Friday evening (roughly once a month) Sea Point beach front walk with an optional Ocean Basket supper thereafter. Sinclair also organises beach walks. If you want to be kept in the loop on these (this information is also put on the Hike Info WhatsApp Groups) please WhatsApp Sinclair on 083 3006747.

Christian Hiking General – this is a WhatsApp Group to keep people connected by sharing humour, words of encouragement, some amazing video clips of animals, links to church services, worship song clips, puzzles and more. Please WhatsApp Alan on 082 4965914 if you would like to be added to this group. (Exclusions include political views, speculative views etcetera.)



Memory issues for older people could be the result of 'clutter'

by Sarah Sloat

Can you run out of brain space? That's the wrong way to visualize memory, scientists say. Instead, older people face the challenge of sifting through more information. There's a paradox in memory science: Empirical evidence and life experience both suggest older adults have more knowledge of the world. However, in laboratory settings, they generally perform worse on memory tests than younger adults. What can explain the disparity?



The answer might be 'clutter,' according to a review of memory studies published Friday in the journal *Trends in Cognitive Science*.

Tarek Amer is a postdoctoral fellow at Columbia and Harvard Universities and the review's first author. While some scientists think that as adults grow older, they begin to form 'impoverished memories' — memories that contain less information relative to the memories of younger people — Amer and his colleagues have a different view. Instead, 'older adults might actually be forming too many associations between information,' Amer said.

Compared to young adults, healthy older adults (defined in the paper as 60 to 85 years old) process and store too much information, most likely because of greater difficulty suppressing irrelevant information, the analysis found. This difficulty is described as 'reduced cognitive control' and can explain the cluttered nature of older adults' memory representations.

'It's not that older adults don't have enough space to store information,' Amer said. 'There's just too much information that's interfering with whatever they're trying to remember.'

This explanation stems from and is supported by the team's review of several behavioural and neuroimaging studies. Their paper 'makes a compelling case that, as we get older, part of the problem is that we get less selective,' said Charan Ranganath, a professor at the University of California, Davis Center for Neuroscience. Ranganath was not part of the new paper.

It's a phenomenon that, on some level, is experienced across ages.

'A great deal of everyday forgetting is not necessarily because we cannot form new memories, but rather, we can't find what we want when we need it,' Ranganath said.

'Many of us have the experience of being unable to recall a person's name or locate where we left our keys, only to have that information pop into our head later,' he added.

This happens because people form many similar memories, such as all the people they have recently met or all the places they could have put their keys. That makes it challenging to select the correct information, Ranganath explains.

Amer and colleagues argue this happens more frequently as people get older, not because they are losing brain plasticity or progressing toward amnesia, but because of these 'cluttered memoryscapes'. Memories include the target information — what one is being asked to recall — and irrelevant information.

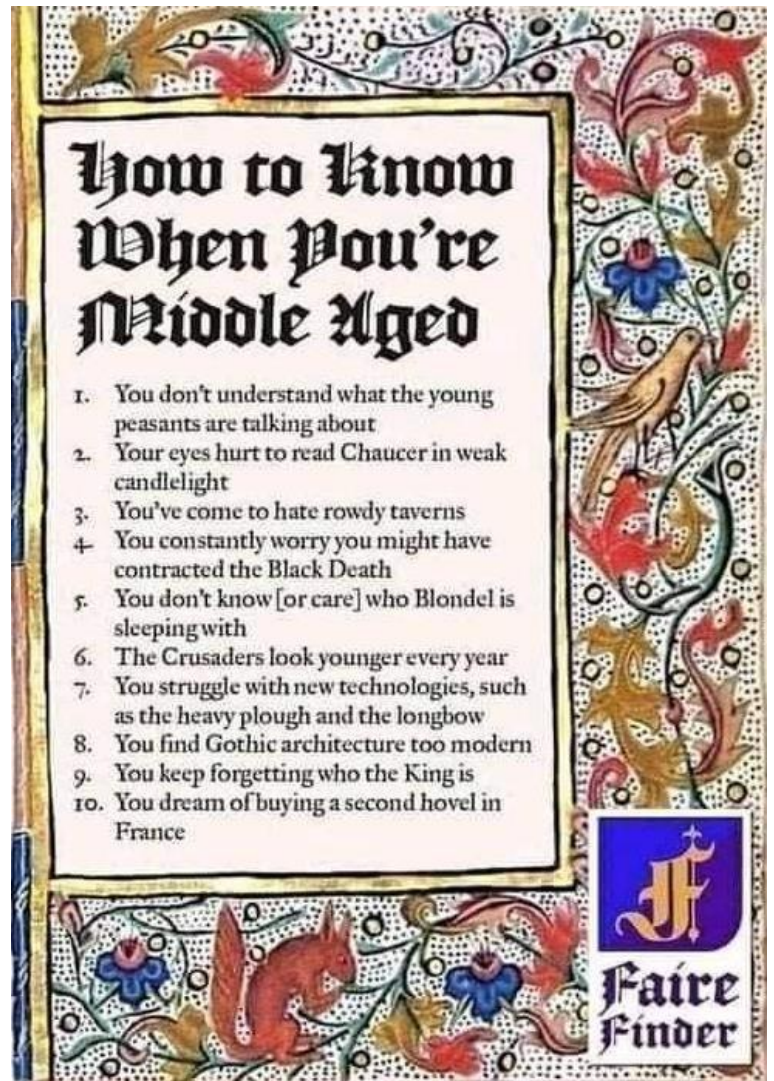
Reduced cognitive control can result in older adults having a harder time focusing on one piece of

information because irrelevant information can be 'stored in the same memory representation as the one that contains the target information', Amer said. These distractions are bound to what the person is trying to remember and can ultimately impair memory if one is asked to recall something specific.

Amer illustrates it this way: A person knows several people named Mike, but they are trying to remember the last name of just one of the Mikes. As they think through all of the Mikes they know, they have to filter through everything they know about these people and suppress all the information related to the wrong Mikes. This internal navigation becomes especially difficult when one is older because it becomes more challenging to suppress irrelevant information.

This 'interpretation [of the data] is sensible', said André Fenton, a professor of neural science at New York University, who is not affiliated with the new paper. Fenton studies how brains store experiences as memories.

'We often think of distractions as coming from the outside, but there are distractions of internal origin,' Fenton said. 'I would argue that internal distraction is far greater and always more challenging than external distraction.'



More research is needed to understand why reduced cognitive control can result in cluttering. One proposed explanation links back to the hippocampus, the complex brain structure that plays a significant role in learning and memory. It's possible the hippocampus might be 'indiscriminately forming these extra associations between all these pieces of information', Amer said.

Generally, there's also a need in memory and aging science to include more diverse populations into study samples, Ranganath said. For example, most research on older adults has been 'based on samples of mostly white, highly educated, upper-middle-class individuals.' He thinks these findings would still hold up in a larger, more diverse study sample, but that research needs to happen to know definitely.

Meanwhile, memory cluttering isn't entirely bad. While 'cluttered' is the favored phrase in the paper, its authors write that the word could be substituted for 'enriched' or 'elaborated'. While the clutter of irrelevant information can make it more difficult to remember a specific detail, excessive knowledge can also help an individual in certain situations — such as when there's a need to be creative, make a decision, or learn something new. These moments benefit from comprehensive knowledge.

In turn, it's possible that the paradox of why older adults perform worse on most memory tests despite having more knowledge can be explained by something else: the tests themselves.

'There's this prevalent idea in the literature that, as we age, we tend to perform worse on memory tests, which is true, but it's also a result of the types of tests that we tend to use in the lab,' Amer said. 'Those usually require a narrow focus of attention on one piece of information: You have to focus

on the information, remember it, and then remember it again later on. Those are the types of tests that older adults don't perform well on.'

But they perform better than younger adults on different types of tests — those that focus more on creativity and decision-making. This suggests the relationship between aging and performance should be viewed with more nuance, he said. Cognitive ability isn't necessarily declining with age; it depends on the context.

'I think it just helps to know that, as we get older, we still have the capability to learn, but we're not using it the right way,' Ranganath said. 'When we see that we're actually taking in lots of information, it helps to alleviate that feeling of helplessness and anxiety that we can feel when we can't recall something. It changes the discussion from "aging sucks" to "how can I keep my brain healthy as I get older?"'



<https://www.nbcnews.com/science/science-news/memory-issues-older-people-result-clutter-rcna15133>

**I have a fear of
speed bumps.**

**But, I am slowly
getting over it.**

HAHA!

HAHA!

**Where do you
find a cow with
no legs?**

**Right where
you left it.**

Nostalgie op wiele

deur Francois Verster

Daar is één geluid wat my altyd beneuks maak - die eentonig-hoë, melankoliese musiek, kompleet asof uit 'n Alfred Hitchcock-riller, miskien 'n toneel waarin 'n apie met melkerige ogies 'n draai-orreltjie bedryf: die roomysverkoper met sy kombi wat onderlangs hees-bassig prut.

Nietemin, ek bejammer sulke mense, hierdie naïewe entrepreneurs wat net een trappie laer is as onderwysers wat met hulle pakket-geld 'n biltongwinkel iewers in 'n mall probeer float. Of 'n afgetrede poskantoorwerker wat in Amerika na Jack Nicholson sal lyk, met 'n gaterige, off-white t-hemp en gekrapte brilglase (en plaaslik dalk soos Koos Kombuis in 'n beblomde kombi).

Maar ek vermoed my gevoelens oor roomysverkopers kom uit my kinderherinneringe, aan die oorspronklike model van hierdie spesie -- die middeljarige swart man in 'n swart langbroek en wit oorjas wat verbete in die skroeiende son teen die steil bult na ons huis bo in Chamberlainstraat opslinger en met elke derde, vierde trap 'n ou koperklok lui: trap, trap, trap-klieng, trap trap-trap trap-tingeling.

Uiteindelik kom die desperate trapper bo. 'n Kleuter gil: 'Maaaa, ek soek 'n Zoom-sucker, daai een wat soos 'n skyrocket lyk!' En Ma kom traag agterna. Miskien is sy self lus vir 'n koue sorbet met 'n sjokoladekorsie. Skielik verskyn 'n vlegselkoppie bokant die tuinmuur oorkant die straat. 'n Stemmetjie vra 'n roomys, een van daai in die ronde kartonbakkies met die houtspaantjie waarmee jy dit uitskep. En die buurvrou kom wys dat sy darem ook 'n roomys vir haar telgie kan bekostig.

Maar meestal tingelingeling die arme sukkelaar tevergeefs oor bult en dal, sekerlik verskeur tussen beelde wat in sy kop klop -- hoe lekker so 'n yskoue roomys moet wees teenoor die drang om die verdomde kontrepsie teen die heuwel af te laat gaan.

My helderste herinnering is egter die slag toe ek en Pa op sy swart 28 Raleigh teen daardie bult af is op pad na Ouma Truida in Eyssenstraat, so 2 km verder. Ek het op die dwarspyp gesit, bene opgetrek, en toe hardloop 'n kind voor ons in en die voorwiel se speke stroop die velle van my voet af.

Die ergste is dat dit die tweede maal was wat dit gebeur het. Die vorige keer het ek 'n koejawel laat val en toe ek daarna gryp, druk ek my voet in die speke en ons tref die teerstraat met 'n hengse geweld.

En nou was dit daardie bekkige rooikoplaaitie, die enigste Engelse kind in ons straat, wat altyd vir my skeeu 'I wanna smack you, rockspider!' op pad na die roomyskarretjie. Wéér slaat ons neer en dié keer tel Pa die ou fiets bo sy kop op en gooi hom teen die randsteen. Hy het my huistoe ge-abba en die wrak later gaan verwyder, waarna dit in ons garage met pap wiele en 'n gebuigde raam bly staan het.

Sedertdien verpes ek koejawels en het ek nie weer op 'n Raleigh gery voordat ek in St4 'n pers Chopper gekry het nie. En roomysverkopers? Ek sal nooit roomys op straat koop nie, om dieselfde rede waarom ek geld aan die DBV skenk maar nie hulle dierehokke kan besoek nie.



Fun Facts

- The average person has over 1,460 dreams a year.
- Slugs have FOUR noses.
- A hummingbird weighs less than a penny.
- The world's oldest piece of chewing gum is 9,000 years old.





A chemist walks into his shop to find a man leaning against the wall.

'What's wrong with him?' he asks his assistant.



'He came in for some cough syrup,' the assistant explains. 'But I couldn't find any, so I sold him a bottle of laxatives instead.'

'What!' the chemist says, horrified. 'You can't treat a cough with laxatives!'



'Of course you can,' the assistant declares. 'Look at him — he's far too scared to cough.'

chin



When you are the last cat built for the day



And there are no matching parts

imgflip.com



Let's cook (and read)

by Grizéll Azar-Luxton

Two of my favourite pastimes are cooking and reading and I share with you one of my absolute must cook dishes, (especially in winter) that I learnt about many moons ago in one of Rex Stout's novels (the name of which I cannot remember). Stout created an interesting character, Nero Wolfe, a brilliant, obese, eccentric armchair detective who loves food. Wolfe was born in Montenegro and his past remains murky. A fictional American private detective, the eccentric protagonist features in 46 mystery stories by Stout and was introduced in **Fer-de-Lance** in 1934. The book was also adapted to a movie in 1936, **Meet Nero Wolfe**.

Wolfe is a corpulent and moody man with an expansive appetite and sophisticated tastes. Detesting mechanised vehicles and disdaining of most humans, he is averse to leaving his home for business reasons and as a result he assigns the physical investigations of murders to his associate and friend Archie Goodwin and manages to solve his mysteries without leaving the confines of his home. Another one of Wolfe's associates is his private chef, Fritz Brenner, who also works as his butler and handyman. Wolfe's interest in food is equaled only by his passion for orchids: with the aid of Theodore Horstman, he nurtures some 10,000 orchid plants in his rooftop garden.

In the novel I read he mentions one of his absolute favourite dishes, *The sultan fainted*. I of course had to immediately research the dish and found that the official name is Hünkar Beğendi, a traditional Turkish dish. It dates back to the Ottoman Empire and consists of a lamb stew served on a bed of creamy roasted eggplant puree. There are various versions of the origin of this dish, but the one I first encountered goes like this... In 1867, Sultan Abdülaziz visited France and in return he invited Emperor Napoleon III and Empress Eugénie of France to visit Istanbul. Due to the Emperor's busy schedule only Eugénie accepted the invitation and took her chef with her.

In her honour, the sultan ordered his chefs to create a special dish. Princess Eugénie's chef cooked with the Turkish cooks at the Beylerbeyi Palace where they stayed. As he was preparing the bechamel sauce, the Turkish cook was charring eggplants for the guests but became very interested in the 'bechamel sauce'. He then came up with the idea that if two were mixed it would make a delightful dish. Legend has it that the sultan liked it so much that he fainted...and the dish was named Hünkar Beğendi. In other versions of the story the recipe is known as The Sultan's delight.

This led to me thinking and discussing with friends and family that I would love to find out a lot more about authors and their favourite recipes. Not long after that I was surprised a lovely cookbook compiled by my stepdaughter with a selection of authors and their favourite recipes and which I have decided to share with readers over the next few issues.

Hünkar Beğendi (Turkish Lamb Stew)

Prep time: 15 minutes; Cooking time: 1 hour 30 minutes

Ingredients

For the lamb stew

1 1/2 lbs lamb (from the leg), diced into roughly bite-sized pieces

1/4 tsp salt (approx.)

1/4 tsp pepper (approx.)

1 large onion (or 2 medium)

1/2 green pepper (or 1 whole, if small)

3 cloves garlic

2 Tbsp olive oil

2 cups chopped tomatoes (recommend chopped fresh tomatoes, around 3, or if using canned, use crushed or finely chopped)

1 tsp dried thyme
1 tsp dried oregano
1 Tbsp tomato paste
1 cup light stock or water
For the eggplant-bechamel
3 lbs eggplant (approx 3 med-large)
3 Tbsp butter
3 Tbsp flour
1 1/4 cups milk (approx. warmed)
1 1/2 oz grated Parmesan, cheddar, or
a blend of both



Method

Season the pieces of lamb with salt and pepper. Dice the onion relatively finely and dice the pepper. Finely chop the garlic.

Warm the oil in a Dutch oven or large pot over a medium-high heat. Add the onions and cook for around 5 minutes until softened and translucent. Add the lamb chunks and brown on all sides. Then add the green pepper and garlic. Stir and cook for a couple more minutes.

Add the tomatoes, thyme, oregano and tomato paste to the pot. Stir to mix through and cook a minute. Then add the stock/water. Bring the mixture to a boil, cover with a lid, then reduce the heat so that the sauce is gently simmering. Leave to cook for around 1 hour, so that the lamb is tender. (You may want to have the lid only half-on for part of this time to help the liquid reduce a little.)

Meanwhile, cook the eggplant. If possible, cook the eggplant on a grill/BBQ or over a gas burner. (You may want to cover around the burner with foil to catch any drips.) Alternatively, preheat the oven to 430F, prick the eggplant all over with a knife, and place it on a baking sheet or in a baking dish. Roast for around 40 minutes. In all cases, you are looking for the inside of the eggplant to become very soft, and if over grill/flame, the skin should be charred well. Once cooked, leave the eggplant to cool so it is safe to handle and then cut open the eggplant skin and scoop out the flesh. Either roughly chop and mash the flesh for a coarser texture, or blend it up for a smoother paste. In both cases, once chopped, try to drain off as much liquid as you can from the flesh as this can make it sour. If you want a really smooth puree, you can press the mixture through a fine strainer to remove the seeds.

Make the bechamel: Melt the butter in a medium-small saucepan over a medium heat. Once melted, add the flour. Stir as it cooks for a couple minutes and becomes gently nutty smelling.

Hunkar Beğendi is a satisfying dish fit for royalty!



CHRISTMAS IS COMING...

by Owen Kinahan



On Saturday 29 October at 10h00 to 15h00 the annual Christmas fair will be held at Muizenberg Evergreen.

Residents must please start to identify goods they wish to put on the tombola store – a most valuable and much appreciated source of funding for charity (between R3,000 and R5,000 each year).

Different categories of tables are envisaged this year. Those who wish to sell their own goods will pay R50 per table and may, if they wish, also donate to the charity fund. In particular baked goods and homemade preserves, knitted goods and stocking fillers, and homemade tree ornaments are sought. Essentially affordable items for Christmas presents are the aim.

Collectibles tables are also an idea – either simply for displaying collections under the supervision of the owner or for sale, which would rely on the honesty of the resident to declare the total amount of sales and negotiate a table fee and charity contribution.

For those who don't feel up to a full-time job, many 'Santa's little helpers' are encouraged to run errands, get change, run stalls during a wee break, collect rentals, et cetera.

The Christmas Fair is aimed at the extended Muizenberg Evergreen family of residents to increase turnover but is not be open to the general public.

Non-tombola rentals are destined for RESCOM projects for the benefit of our resident community and provide some independence to print flyers for instance.

More details about contact people, et cetera, will follow.

No snow predicted!



95th Birthday Celebration for Gawie de Villiers

22/06/22



Man of
the Moment!

Happy
Birthday

Cleverisms...

Artery: The study of paintings

Bacteria: Back door to cafeteria

Barium: What doctors do when patients die

Benign: What you be, after you be eight

Caesarean section: A neighbourhood in Rome

Cat scan: Searching for Kitty

Cauterize: Made eye contact with her

Coma: A punctuation mark

Dilate: To live long

Enema: Not a friend

Fester: Quicker than someone else

Fibula: A small lie

Impotent: Distinguished, well known

Labour Pain: Getting hurt at work

Morbid: A higher offer

Nitrates: Rates of pay for working at night

Node: I knew it

Outpatient: A person who has fainted

Pelvis: Second cousin to Elvis

Secretion: Hiding something

Seizure: Roman Emperor

Tablet: A small table

Terminal Illness: Getting sick at the airport

Tumour: One plus one more

Urine: Opposite of you're out

Thank you once again to all our contributors who so willingly give of their time to make the **Muize News** happen. I am always open to suggestions, advice (and criticism) and topics our readers might enjoy reading about. Please feel free to contact me via email: grizell@iafrica.com or on my cell 0825731251.