

A row of colorful wooden huts with green, red, and blue railings, situated on a sandy beach. The huts are arranged in a line, receding into the distance. The sky is overcast, and the ocean is visible in the background.

# MUIZE NEWS

January – April 2024

Dear Resident,

It has been a wonderful journey these last two months, taking over the helm as Village Manager at Evergreen Muizenberg officially on 01 March. Having dipped in and out of the village since December last year, I have come to know many residents. Everyone has made me feel so welcome – I feel as if I have come home. I'm really lucky to be part of a winning team and now they also look so good in their new uniforms – I am really proud of them.

Thank you all for your kindness, encouragement and hospitality.

I am looking forward to the many events that are being planned by the team over the next few months. We've had a Mother's Day Lunch in May, our first pub night this week and the Elections at the end of May. This will be followed by a Father's Day Braai in June and two international sporting events in July, the Men's Wimbledon Final and the Paris Olympics Opening and Closing Ceremonies. I do hope that you will join us in our activities and celebrations. In addition, we will be staging another Town Hall meeting early in June – I shall confirm the date shortly.

As you know we will be welcoming a new catering company into the village in the beginning of June. Details of the handover will be sent to residents in a separate circular, as soon as all the documentation has been finalised.

With Winter creeping up, I urge you to take care, dress warmly and make sure that you've had your flu shots.

I have undertaken to be of service to all residents. I have an open-door policy so please don't hesitate to drop in whenever you have an issue you wish to discuss - no matter how trivial it may seem.

Grizéll has put another fabulous quarterly newsletter together and I am looking forward to reading it with a lovely cup of hot chocolate when it gets distributed

Regards, Christine

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*From the Editor, Grizell Luxton*

*As we all have noticed, there have been some changes in the village. The same goes for the Muize News. Our weekly newsletter now contains all our activities et cetera. Therefore, our Muize will only be published three times a year. We will feature interesting articles and are hoping to include some bios of residents. If you know your neighbour/friend has led an interesting/checkered (joke) life, let us know – we need to know more about the people around us – this is after all, for most of us, our forever home.*

We also would like to appeal to residents should there be anybody in the village who has and can do layouts in an attractive format, such as Publisher, to please come forward and assist with the layout of the Muize. Unless somebody can help us out, the Muize News will in future only appear in a Word format. Please contact Grizéll Luxton (House 84) at 0825731251, or at [grizell@iafrica.com](mailto:grizell@iafrica.com) with any suggestions and/or innovative ideas.

### ***A look at our nick of the woods...***

#### **Muizenberg's matchless air**



Nestled in the corner of the False Bay coastline and serving as a halfway thoroughfare towards Simon's Town, contemporary Muizenberg has evolved into a prime holiday destination. What started as a cattle post in 1673 and transformed into a military station of the Dutch East India Company in 1743 under the command of Sergeant Wynand Willem Muijs, from which the town's name originated – is today a popular seaside resort.

In the decades that followed after the Battle of Muizenberg in April 1795, when scattered remnants of cannonballs could still be found, the town grew exponentially in size. During and after the Anglo-Boer War of 1899-1902, thousands of British Imperial soldiers sought relaxation on the beaches of Muizenberg.

Visitors were simply enchanted by its scenic beauty. An author on the Cape Peninsula, Herbert Tucker, hailed Muizenberg for its health-boosting qualities and what he described as its 'matchless air'. Tucker mentioned he felt so rejuvenated because of the 'strong and steady stream of the cool sea breeze (that) seems not merely to fill our lungs but to sweep through our whole being', eventually leading to '... the supreme cure for body and mind and soul'.

Over time, Muizenberg's popularity sparked the development of the town itself with the first bus service in 1902 and a railway line (as indicated on the photograph) being connected to the major stations across South Africa. Hotels, notably that of Farmer Peck's Inn established in 1825, and buildings designed in the Victorian and



art deco styles by the architect, Sir Herbert Baker, were impressive. On the shore swimming facilities and a pavilion nicknamed the 'Snake Pit' were constructed.

Yet, an addition that was to become the centrepiece of the tourist attractions in Muizenberg since the 1820s – was to be none other than the beach huts, or small wooden houses painted in an array of bright colours. Private and older Victorian bathing machines, all with four wheels to be conveyed to the sea and allowing for more privacy to women, were to be used until 1901, after being turned into stationary municipal huts. These huts were ideal as changing rooms and shelter from the heat of the sun. Today the beach huts remain something to behold for artists, photographers and everyday visitors. However, what mattered most to Tucker's recollections of Muizenberg remains to be its natural scenery and 'sunset glory of its sea and far shores... quenched in grey gloom, and the lingering glow above [as] its dark hills fade into purple twilight'. (Photo: Cover of the *Library Journal*, *The Cape Librarian*, used with permission from the Western Cape Archives and Records Service.)

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## The Rhodes Experience

Rhodes's Plumbago Day was revitalised on Sunday, 26 March this year, 122 years after the passing of CJ Rhodes.



The Rhodes Cottage Tea Garden paid homage to the passing of CJ Rhodes who died on 26 March 1902 with an offering of two delicious take away 'Love Scones'

(with cream, butter and Rhodes Strawberry Jam) per person – for free – for those visitors who presented a sprig of Plumbago on their lapels.

The incredible esteem in which this controversial man was held is reflected in the fact that for many years after his death – 26 March 1902 – thousands of Capetonians would religiously commemorate the occasion by wearing a sprig of plumbago on their lapels. Blue Plumbagos was Rhodes's favourite flower. It is no surprise maybe that Cape Town, especially in Rosebank, Rondebosch and Southern Suburbs is thick with starry Blue Plumbago bushes – maybe plants have longer memories than Capetonians.

Rhodes Day or Plumbago Day is recorded in the *Cape Times* 26/03/1956 by Mr Rex Pennington, a Rhodes Scholar, and a master at Bishops, delivering the address at the annual Rhodes Day memorial service held at the Rhodes Memorial, Groote Schuur.

Visiting Rhodes Cottage makes for a lovely gentle outing and the tea garden is open from Thursdays to Sundays. Don't miss out on the Pensioner special: 1st Thursday of the Month is Pensioners Double Special: 2 Scones and Tea plus two take away scones (4) for R 89.

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## **Birds in our village**

*by Margaret Clough*

Evergreen Lifestyle Village is not only a place for retired senior citizens, but this complex is also home to so many birds – it is almost a miniature bird sanctuary. I like to wander along the Board Walk in the middle of the garden and see what pictures of birds I can catch using my phone. I think I might have recorded as many as 25 species. I have seen more but some are inclined to be camera-shy.

When the garden in Evergreen Muizenberg was established, only indigenous trees and shrubs were planted and I think this might be one of the reasons for the wealth of bird-life we have here. For a while many residents would put out food to attract birds and this is another reason why we see so many. This practice has been discouraged by management. It is said to bring rats and mice and such-like vermin. It certainly did attract large flocks of feral pigeons. We see far fewer of these now. However, doves and pigeons still make up a large proportion of our bird population. Flocks of pigeons are commonly seen. Besides the blue-grey feral pigeons (I have seen lofts for homing pigeons on roofs next to the M5 and this is probably where many of them originate) there are other variegated feral pigeons (called Rock pigeons in Sasol's bird book) and the large red-eyed speckled pigeon. I often hear his deep Huh huh huh from my roof.

These pigeons are either solitary, in pairs or keeping company with a Cape Turtle Dove. This kind of dove has a dark ring round its neck and calls to us in Afrikaans to 'Kom nader, kom nader'. The most common dove is the pretty little Laughing Dove. Its soft 'Ho ho ho ho' (like Father Christmas?) sounds friendly and gentle, but its reputation as an emblem of peace is shattered when you see how aggressively it defends its food, even chasing off much larger birds like pigeons and starlings, and by the way, two male laughing doves can fight fiercely over a female. Two years ago a pair of these doves made a nest in my camphor tree. It was very flimsy and I was sure it would be blown down in the strong winds we had that year, but it survived and two little nestlings hatched out and eventually left their nest, and I watched Mother bird feeding them outside my fence.

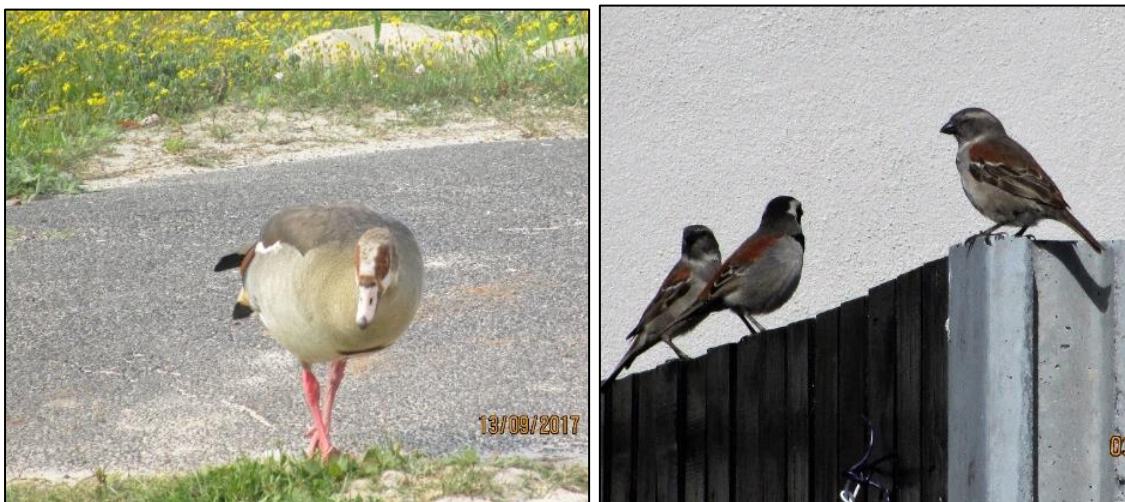


Another very aggressive bird is the Pin-tailed Whydah who fiercely protects his harem of four or five drab little females. I saw one recently in breeding, plumage weighed down by a long black tail. Sometimes I have seen a Whydah on my car's side mirror, furiously attacking his own reflection.

The other birds seen in fairly large numbers are the Starlings. Lassie, my fluffy little crossbred dog hates the European Starlings with a passion. I like to feed my dogs outside and any evening you can see a row of starlings sitting on my fence waiting to see if the dogs leave any food in their bowls. If Lassie sees them she squeaks loudly and rushes at them. They scatter, but she hasn't caught one yet. The indigenous Redwing Starlings live here too but do not flock in such large numbers.



*(Ltr) Cape Robin Chat and the Southern Double-collared Sunbird*



*(Ltr): Egyptian Goose and the Cape Sparrow*



*(Ltr): Speckled Pigeon (previously Rock Pigeon and the Hadedda Ibis*



*(Ltr): (Male) Pin-tailed Whydah and Karoo Prinia*



*(Ltr) Laughing Dove and Karoo Prinia. (Thank you to Peter and Ingrid Heynecke for assisting in identifying the birds)*

The indigenous Kniphofia (red hot pokers) and the Brown Salvia flowers are favoured by sunbirds. There are a number of Southern Double-breasted sunbirds and I have also seen Orange-breasted ones. The female double-breasted sunbirds are a rather drab grey, but the males are very showy with bright red and green collars. They also like the camphor tree and use the fluff around its seeds to line their neatly woven grass nests.



Another small species is the Cape Sparrow (Mossie.) They can be distinguished from the alien common sparrow because both male and female have a white C for Cape on their necks. It is more easily seen in the male sparrow, who has a conspicuous black collar. They are quite noisy, but I enjoy listening to their sweet chatter. They also like the camphor tree for nesting, but nest as well in the dense Brachylena bushes by the Board Walk (these are actually not indigenous to the Cape, but sparrows are not fussy.)

The Karoo Prinia is probably the smallest bird in the complex, but argueably the most vociferous. It likes to sit on the topmost barches of a tree and makes as much noise as it can. I call it 'the Jack Russell of the Bird World' for its feisty attitude.

Hopping about under the trees are Olive Thrushes (I am not sure if I have seen these myself) and Robin Chats. My friendly Robin Chat who used to visit regularly has not been here lately. I once found him enjoying a bit of bacon fat while sitting on a frying pan which I had left on my stove. I hope he hasn't been caught by a stray cat. Although I loved him, I used to chase him out because my dogs would have killed him. Other birds which are very friendly are the Cape Wagtails. We used to see a lot of them in the Apartment courtyard, but there were complaints and I think they were got rid of. Hiding in the bushes are two pretty species, the attractive Cape Bulbuls and the little White Eyes.

Larger birds I often see are the noisy Hadedahs, hated by my Lassie, but quite unperturbed by her barking, and the Egyptian Geese that live on the roof of the apartment block and wake me early in the morning. These birds are extremely good parents. I have seen a gander protect his offspring by getting between my dog and the goslings, attracting her attention by trailing a wing and then leading her away from them, to and fro, all over the vlel until she was far enough from them and he could be sure they were safe.

These are only some of the birds you can see here every day. There are a lot more, some fairly rare visitors, like the Dikkop (now called a Thick knee) which I have seen occasionally and the black shouldered kite (Blouvalkie) that sometimes sits on an apartment windowsill. The bright yellow Cape Weavers are common, but I haven't seen their nests so perhaps they are also only visitors.

**I dedicated a little poem to Starlings...here goes.**

#### **STARLINGS**

*The ugly European starling  
Isn't anybody's darling  
His manners are not very nice  
His speckled feathers harbour lice  
He blocks up every drainage  
gutter  
With messy and untidy clutter  
He wakes us early in the morning  
With unmelodious raucous cawing  
Our redwing is of different ilk  
His plumage shines like watered silk  
He has a piping song as sweet  
As any bird's that you might meet  
He is most elegant and slim  
You are allowed to favour him*

## Eiger North Wall – a killer mountain

by Mike Horn

This mountain in the Swiss alps has fascinated me ever since I visited the Grindelwald area in Switzerland in 1981. We spent the first night in a wooden chalet in Lauterbrunnen valley below the 4158m Jungfrau massif and caught the 5am ski train the following morning via Kleine Scheidegg up to the source of the Aletsch glacier at the summit of the Jungfrauoch, from where dozens of skiers were to launch their way down the 40 km glacier as Sunday entertainment.



The station is the highest in Europe and the sweeping views across the Alps truly rewarding. The railway tunnel opened in 1912 and took 16 years to blast through to the top of the Jungfrauoch. A side tunnel which exits halfway up the neighbouring Eiger, was built to enable debris removal during construction, and has a door with a glass window, providing one with a view out from the sheer face of the Eiger, and if the door is opened, one can exit into deep space or cling onto the sheer rockface!

Since 1935 at least 64 climbers have perished attempting the Eiger Northface earning it the German nick name 'Mordwand' or murderous wall, a play on the name 'Nordwand'. Climbers are increasingly challenging the Eiger Northface in



winter when the crumbling face is strengthened by ice. It is dangerous when dry, as there are frequent rockfalls.

Regardless of the route chosen, Eiger is a highly technical Alpine climb that involves rock, snow and ice climbing. Climbers will have to have had previous experience with 5,7 grade rock climbing and be experienced on steep snow and ice climbing. Weather on the face can be a serious challenge with snowstorms sweeping through at up to 120kph.



After a deadly and unsuccessful German attempt in 1935, 10 climbers from Germany and Austria travelled to the still unclimbed north face in 1936, but before serious climbing attempts could get underway, one climber was killed, and bad weather forced some of the group to give up. Only four remained – Andreas Hinterstoisser, Tony Kurz, Willy Angerer and Edi Rainer. The weather then improved, and they made preliminary explorations on the lowest part of the face. Hinterstoisser fell 37 metres but was not injured and they then began



ascending the north face. On the second day the weather changed and the party was bombarded by rockfall, injuring Angerer on the shoulder. The following day the party was observed descending and then became stuck on the face when they could not re-cross a difficult traverse from which they had pulled the rope during the ascent.

The weather got worse with falling rocks and snow seen by people watching from below through telescopes at the hotel. The group then decided to abseil from the first icefield down the vertical face. A ledge ran along the wall of rock, which, if they could get to it, would lead them to the Stollenhoch, an entrance to the train tunnel. As Hinterstoisser set up the last abseil, an avalanche came down the mountain taking him with it. Angerer was killed by the impact of his body against the rock face and Rainer was asphyxiated from the weight of the rope around his diaphragm. Only Kurz survived the avalanche, hanging on the rope with his dead comrades. Later, on the third day, Swiss guides started a rescue attempt from the Eigerwand Station. They failed to reach Kurz but came within shouting distance and learned what had happened. Kurz explained the fate of his companions – one had fallen down the face, another was frozen above him and the third had a fractured skull and was hanging on the rope below him. The following morning the three guides returned, traversing the face again from a hole near the Eigerwand station despite avalanche conditions. Kurz was still alive but almost helpless. After four nights exposed to the elements, his one hand and arm were frozen but after cutting Angerer loose, he managed to haul himself back to the face. The guides managed to get a two-joined rope to Kurz but, while abseiling again, Kurz could not get the knot to pass through his carabiner. He tried for hours to reach his rescuers who were just a few meters below him, desperately trying to get past the knot, but in vain. He then lost consciousness. One of the guides climbing on another's shoulders, was able to reach up and touch Kurz's crampons with his ice axe but could not reach any higher. His body was recovered later.

Another famous attempt on the Eiger was in 1966 when two teams, one American/British and the other German, happened to be on the mountain at the same time. The teams had spent four weeks on the attempt, climbing between storms at some of the highest technical levels achieved in the Alps. For Harlin's team, Layton Kor schooled in Colorado, had made crucial leads on rock and Chris Bonnington, alternating between climber and photographer, had led an 80ft ice pitch which he still considers the most desperate of his climbing career. The rival 8 – man German team, sometimes following parallel lines, sometimes sharing the same route as the Harlin team, had been equally stretched.

John Harlin died in March 1966 when a fixed rope snapped below the Spider, where it ran over an edge of rock. The climbers' initial stunned response was that they should give up the attempt. But other views emerged. However, the strongest voice for continuing was that of Doug Haston, who echoed the Germans in asserting that the best way to give Harlin's death meaning, was to continue to summit and name the route The John Harlin Climb.

The decision was made; Haston and four Germans, all of whom had been above the point where the rope broke, would go for the summit. The others would return to Kleinne Scheidegg, while Bonnington and Burke would climb the West Flank in the hope of greeting and photographing the climbers at the summit.

In 1966 climbers had to contend with totally inadequate clothing and equipment compared to what is available today. An equipment historian has likened them to 'bare knuckle fighters' as they prepared to do battle. Four of the five summit group suffered from frostbite with two Germans losing all their toes.

In 1992 Catherine Destivelle made a groundbreaking first ascent and in 2022 Laura Tiefenthaler made a solo ascent. Much has been written and films made about the infamous Eiger that acts as a challenge to brave-hearted climbers from around the world.



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## News from our library

by Lydia Hirshman

For those who have not read the Rescom minutes, just a reminder:

The Biographies, Autobiographies and Memoirs are now all together. They are shelved in alphabetical order according to the name of the person about whom the book has been written.

Myself and Janice Behr have written the reviews in the folder in the library which we trust you will find useful. Residents are invited to submit reviews. We would be delighted to include them in the file.

**Just a reminder:** Please ensure that ALL books are returned within a reasonable time for the enjoyment of others (not more than 3 weeks). Many titles are not returned to the library for a long period – sometimes for months. Please check if you have overlooked any of these books and return urgently.

Finally, a big thank you to all our readers. Do you know that we are presently shelving nearly 200 books a month! Great support!





## Book reviews

by Lydia Hirshman

### **Ginger and me** by Elissa Soave

An interesting topic and easy-to-read story set in a small town in Scotland. Wendy is a slightly under-average IQ, 17-year-old orphan who has a fulltime job as a bus driver on a single route every day. She befriends Ginger who gets onto the bus daily as a refuge from her poor and abusive home and they become inseparable friends. Wendy fancies herself as a writer and becomes fixated as a fan of Dianne who is a published author and who lives in the same town. She becomes almost fanatical about Diane, following her wherever she can. I was fascinated by the storyline of this first novel of this author.

### **One good thing** by Amanda Potter

Liv Brooks is recently divorced and heartbroken. She decides to go back to the Yorkshire Dales where she grew up and buys a cottage which is in need of renovation. She can now begin a new life. Liv is offered an old dog from an animal shelter and takes long walks with him meeting new people. She befriends her neighbour Valentine who is much older and whose wife has dementia and is living in a home where he goes to visit her daily. It is heartwarming and fun with honest insight and commentaries on life in general. If you want a 'feel good' and easy-to-read book, then this ticks all the boxes.

### **Amazing Grace Adams** by Fran Littlewood

A brilliantly written first book from this author. It's all about Grace and her family. Her emotions, her feelings, her guilt, and her reactions to the many circumstances in which she finds herself. It's about her love for her daughter Lotte who is a difficult adolescent, her husband Ben, and her interactions with her work. She is a linguist and speaks five languages which is how she meets Ben. The action of the entire novel takes place in one day but moves back and forth in different times and stages of her life, filling in all the pieces. I found it deep, sometimes disturbing as it cuts emotions close to the bone, but I could not put it down.

### **The little wartime library** by Kate Thomson

This is a book that draws you in to the lives of people living through the hell of the London's Blitz during World War II. These are the people trying to make the best of their lives during the difficult circumstances and who find the release of the tension and fear through reading the limited range of library books. A bit slow to start but as soon as the story started to get underway, I couldn't put it down. Life was simpler and slower then. The story is about Clara, a librarian whose library was bombed. She then undertook to create a library in an unfinished Underground Tube. Some of the assistants and readers were actually living in the Underground as they were homeless – that included both women and children. It is a wonderful account of their temporary lives waiting for the end of the war. Romance, death, laughter, and

understanding run through the pages. Highly recommended. The book is based on real facts.



### **Someone else's shoes** by Jojo Moyes

This is about Sam who has a good job and is supporting the family as her husband is suffering from depression after losing his job. And then there is Nisha living the life of the trophy wife whose husband she has to please at a cost to her freedom and emotional wellbeing. A simple accident made them cross paths, and as the story unfolds, we see that each feels lost and unhappy with their lives. They are forced to find solutions for their problems. This is a lively humorous, serious, loving and entertaining read – most enjoyable and recommended.

### **Lady in waiting** by Anne Glenconner (Non-fiction biography)

Such an interesting book about an almost unbelievable life as a wife, mother and friend. Anne was also a Lady in Waiting to Princess Margaret for over 25 years. In her marriage to Colin Glenconner, who was quite 'strange' in a number of ways, she needed to have endless patience, energy, and understanding. She remained married to him for 54 years and at the same time gave Princess Margaret those same qualities she gave her husband. I admire her courage and loyalty.

## **Three books on nearing life's end**

*by Janice Behr*

We know life is from birth to death. I accept death; many fear death, or is it the end that is feared? We do know not when. The following books written from authors' personal experiences about concerns and to help us and our families in these final years, are highly recommend. Rather be prepared, make your views known and discuss them with your family, and finally put it in writing so that your wishes can be honoured.

### **Being mortal, illness, medicine and what matters in the end** by Atul Gawande. (shelved under Religion)

The author is a surgeon in a Boston Hospital in America who realises how little he knows about the difficulties of old age. This book is his discovery of how life has changed as we live into our eighties and nineties. Through visits to facilities and discussions with older people, Atul documents how the lives of the aged and terminally ill could be improved. In the first five chapters, Atul explores older people's lives, whether they need assistance, and the development of retirement homes, which is most interesting to read. Chapter 6, 'Letting Go', discusses the end. When to

say enough and to consider the benefits of hospice care. If nothing else, this is a chapter you should read to think about for those end-of-time plans. Those with plans fare so much better.

Our Evergreen Muizenberg Manager, Christine Dempers, has a wealth of knowledge on this topic which she shared a couple of years ago at a poorly attended meeting in the lounge.

After reading *Being Mortal*, I discussed my views with my sons and wrote all my contact details and end of life wishes. A U3A Cape Town document by Arthur Clark has many useful tips and lists which helped me with this task. Link to the U3A document:

<https://drive.google.com/file/d/1AD0uD3lhFqnUB4Rf4myZh8LpR1ExdCz5/view>

**Dying, a practical guide for the journey** by Sue Wood and Peter Fox (shelved under Religion)

Dying is a guide for family, carers and friends and everyone caring for people in their final months. Reading this book of practical advice and emotional support will greatly benefit those coping with end-of-life events in family members. The authors include advice as well as supportive therapies to assist the patient. This is a very informative book and a great support for those nearing life's end.

**When breath becomes air** by Paul Kalanithi (a memoir)

The author was a 36-year-old neurosurgeon when he was diagnosed with inoperable lung cancer. He died before completing his book and his wife has completed his memoir. A profoundly moving book that compliments my other two reviews as it is the end-of-life story written by a person experiencing these emotions, fears and relationships with doctors.

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## A suggested reading list for 2024

by Viv T'Hart

**Footing with Sir Richard's Ghost** by Patricia Glyn

Patricia Glyn's book tells the story of a challenging trek through contemporary Africa, following in the footsteps of her illustrious Victorian ancestor, Sir Richard Glyn, walking from Durban to Victoria Falls, across what is now Botswana. Keeping strictly to the timetable set by Richard, she moved when his wagons moved, and stopped when they did – reaching Victoria Falls on exactly the same day as her ancestors had, 142 years before her. (Travel and Adventure).

**Slow trains to Venice: A 4000-mile adventure across Europe** by Tom Chesshyre

An enjoyable read, with one drawback, not one picture of any of the towns that he visited. I tried Google Maps, just impossible to look them all up. (Travel and Adventure)

**War Dog** by Lewis Damien

The no-man's-land puppy who took to the skies. In 1939, in the cold snow of no-man's-land, two loners met and began an extraordinary journey together, one that would bind them for the rest of their lives. One was an orphaned puppy, the other a Czech airman shot down over France but bound for Britain and the RAF. (Animals)

**Puppy Express** by David Rosenfelt

When David Rosenfelt and his family embark from California on a roadtrip across the USA to their new home in Maine, he is sure that they have prepared for every



eventuality. They have mapped out the route, bought three just-in-case SatNavs, and have enough snacks to feed an army. There is just one tiny complication – they are travelling with twenty-five rescue dogs – a sure-fire recipe for chaos. But having devoted their lives to fostering thousands of unwanted and unloved dogs, there is no way they can leave them behind. With nine volunteers, three motor-homes, and several contingency plans, David and his very large, very hairy family set off on a journey that will test his patience and his sense of humour to the limits. This is a hilarious and up-lifting tale of a canine cross-country adventure like no other; if David and his dogs make it to Maine in one piece, it will be nothing short of a miracle! (Travel and Adventure)

**Life and Laughing: My Story** by Michael McIntyre

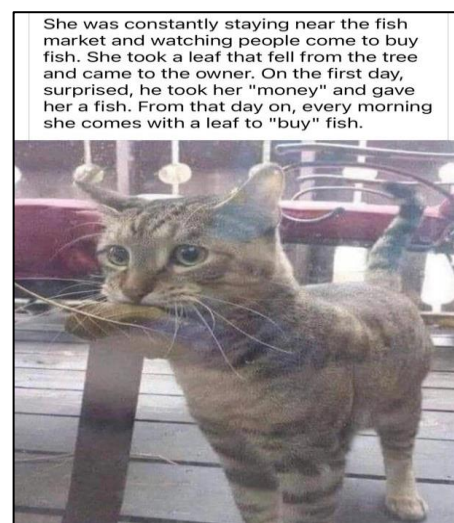
Michael McIntyre is Britain's biggest comedy star, and he reveals all in his remarkably honest and hilarious autobiography. His showbiz roots, his appalling attempts to attract the opposite sex, his fish-out-of-water move from public to state school, and his astonishing journey from selling just one ticket at the Edinburgh Festival, to selling half a million tickets on his last tour. Michael's story is riveting, sad, romantic, and above all, very, very funny.

**Thinking up a hurricane** by Martinique Stilwell

In the spring of 1977 Frank Stilwell launched Vingila, 17 tons of welded together 11 mm steel plates, in Durban harbour. An electrician by trade, Frank's experience of sailing didn't amount to much – a spell on a Scottish fishing trawler as a young man, and a brief holiday on a friend's yacht later. Never one to be daunted by a challenge, or to be resisted in any way, he took his 9-year-old twins Robert and Nicky out of school, persuaded his wife Maureen that they would all learn how to sail, and cope with life on the open seas as they went, prepared to follow his dream of circumnavigating the world. (Travel and Adventure)

**The Cat who went to Paris, A Cat Abroad, and The Cat who'll live forever** by Peter Gethers

The international adventures of Norton, a tiny grey Scottish Fold kitten, and his life with the author, encounters with all manner of humankind, and also his effect on them. In the course of this trilogy, Norton changes the lives of the owners of an abbey in Sicily, attends movie premieres, enjoys dinners in various top-class hotels, and steals the hearts of all who meet him. (Animals/Pets)



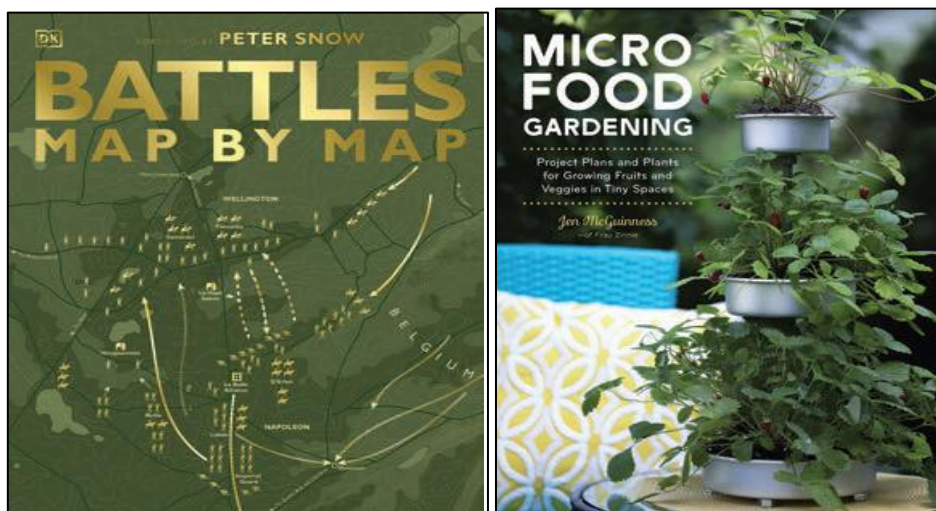
**Ella in Europe, an American dog's international adventures** by Michael Konik  
Part travelogue, part valentine to a beloved pet, **Ella in Europe** chronicles writer

Michael Konik's magical six-week journey through Europe with his dog, Ella. As homage to the friend who has 'licked away my tears when I'm sad, hopped on her hindlegs when I'm happy, and snuggled me when I'm lonely', here is the story of a bond unlike any other – and an extraordinary dog who stole her way into one man's heart. (Animals/Pets)

### **Will you take me home?** by Julie Tottman

Julie is a young animal trainer for the movies and is looking for a Yorkshire Terrier for a new film she's working on. By chance she hears of a puppy farm that has been raided by the authorities – the dogs were kept in appalling conditions, and among them was a poor Yorkie, which she subsequently named Pickles. Julie doesn't know whether Pickles will be the right dog for the film, but she doesn't care: Pickles needs a safe home with love and care, and Julie can give it. (Animals/Pets)

## **New books to order from your local library in Muizenberg**



Wars and the battles that punctuate them are a timeless feature of human experience. Fighting is our ultimate means of resolving conflict when all else fails. Bloody though battles are, history cannot ignore them. **Battles: map by map** by Peter Snow illuminates the stories of the most important of those battles with a clarity never seen before. Only a map, the bird's eye view of a battle, can explain and illustrate the twists and turns of each contest. All the battles in this meticulously designed book are in their own way decisive. Some change the shape of the world map by shifting frontiers or deciding the rise and fall of nations. Others erupt within frontiers, marking the transformative moments in civil wars, and revolutions. From the ancient world to the 21st century, step onto the battlefields of history with more than 100 specially commissioned and original historic maps. Layers of information and clear graphics show how the great battles such as Agincourt, Gettysburg and Stalingrad were won by skill, determination – and luck. Historic paintings, contemporary photographs, fascinating artefacts and groundbreaking weapons take you right to the heart of the action.

In **Micro food gardening**, author and small-space gardener, Jen McGuinness introduces you to a world of miniature edible plants and dozens of DIY projects for growing them. Imagine growing your own organic fruits and veggies on a tiny urban balcony, a petite front porch, a small patio container, or even on your kitchen counter. Thanks to Jen's creative flair and growing prowess, gardeners everywhere will discover how easy it is to grow delicious organic foods in tiny spaces – including favorites like dwarf tomatoes, cucumber, melons, and more. In just an itty-bitty

amount of space and with a little spare time, you'll be growing the best micro edibles in unique and inspired ways. Projects include bicycle basket lettuce garden, mini food fountain with herbs, veggies, and edible flowers, herb and spice garden in a wine box, mini stir fry garden for fresh greens, windowsill pea shoots, plus many, many more. (*Cape Librarian*)

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## Looking for an Evergreen Day?

Every year lists highlighting national and international days appear in the bi-monthly journal of the Cape Librarian. Many are well known but did you know that the 19<sup>th</sup> of December is **Look for an Evergreen Day**? How cool is that?

We share some of the weird and wonderful days that you might never have heard of...

### MAY

6 May International No-Diet Day  
13 May International Hummus Day  
14 May International Chihuahua Appreciation Day  
19 May World Baking Day  
21 May International Tea Day  
26 May World Redhead Day

### JUNE

3 June World Bicycle Day  
6 June World Green Roof Day  
24 June International Fairy Day

### JULY

4 July Alice in Wonderland Day  
5 July Comic Sans Day  
6 July International Kissing Day  
7 July World Chocolate Day  
8 July International Town Criers Day  
12 July World Kebab Day  
17 July World Emoji Day  
21 July Ice Cream Day

### AUGUST

2 August International Beer Day  
4 August International Clouded Leopard Day  
5 August Couscous Day

6 August International Sailor Moon Day  
13 August International Left-handers Day  
14 August World Lizard Day  
17 August World Honey Bee Day  
24 August International Bat Night  
25 August Banana Split Day

### SEPTEMBER

1 September World Letter Writing Day  
2 September World Coconut Day  
3 September Skyscraper Day  
12 September Day of Encouragement

### OCTOBER

3 October Mean Girls Day  
8 October World Octopus Day  
13 October World Egg Day  
21 October International Sloth Day  
25 October World Pasta Day  
26 October Worldwide Howl at the Moon Night  
30 October Treat Your Pet Day

### NOVEMBER

4 November World Numbat Day  
6 November Colour the World Orange Day  
13 November World Kindness Day  
19 November World Toilet Day  
26 November International Cake Day  
27 November Pins and Needles Day

### DECEMBER

6 December World Trick Shot Day  
8 December Worldwide Candle Lighting Day  
13 December Day of the Horse  
15 December Lemon Cupcake Day  
**19 December Look for an Evergreen Day**  
28 December Card Playing Day



## Meet our little Leopard Toad

Dedicated walkers in the village, Peter and Ingrid Heynecke, recently came across this tiny little leopard toad outside House number 13.




We live in an interesting village indeed...here an enterprising crab was about to go into the Heynecke's... They caught the busy fellow and took him down to the Boardwalk stream.



## Let's cook

Hildagonda Espe Duckitt (1840–1904) was a South African author, particularly renowned for her cookery books. She was an influential figure in the culinary world of South Africa during the late 19th century. Hildagonda authored several popular cookbooks, including **Hilda's 'Where is it?' of Recipes** and **Hilda's Diary of a Cape Housekeeper**. These books contained a wide range of recipes, including traditional South African dishes, as well as recipes influenced by British and European cuisine. Her works are considered significant, not only for their recipes, but also for their insights into the culinary practices and cultural heritage of the Cape region during her time.

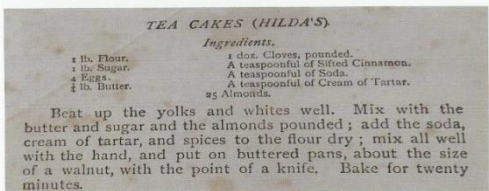


### An old cookery book

It's not often one holds in one's hand a really old book which was first printed in March 1891. Elinor le Riche, Cottage 154, showed me her copy which is the 14th edition 1901 which has been on her family's sheep and lucerne farm in the Karoo for many years and was first used by her mother-in-law, Girle le Riche. The book entitled *Hilda's 'Where is it?' of Recipes* by Hildagonda Duckitt contains not only recipes but also directions for household cleaning and home remedies for various ailments. There are many blank pages in the book where family and friends were able to write their favourite recipes.

In the introduction Hilda says, 'I trust that to some old friends in England my little book may bring back recollections of days spent at the Cape; and to my country cousins and far-off friends in South Africa --- who, in the rush of life, have not found leisure to copy their mothers' and grandmothers' old recipe books --- this collection may prove useful.'

Hilda was born on the farm, Groote Post near Darling, on 21 February 1839 and spent more than half her life on this historic farm. She is described as the dame



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of Cape cuisine, celebrated, hostess, homely spirit and matriarch of the Duckitt family. Hilda loved the little *Nemesia Strumosa* (Leeubekkie) flowers which grew in profusion on the farm. She collected seeds and in 1890 sent them to an English nursery where they were later marketed in various colours. This rather straggly flower developed into one of today's most popular bedding varieties. Hilda and her sister Bessie moved to Wynberg during the latter part of their lives and named their home *Nemesia Cottage*.

*Jessie Blackshaw*






(Thank you to Woodside Retirement Village for sharing 'An old cookery book'.)

It would be lovely to publish some of our residents' unusual cookbook collections or simply a cookbook that has a special meaning to you. Please share your collections with us so we can share it with our readers.

## EVERGREEN MUIZENBERG

**RAINFALL:                      APL                      2024**

DAY	RAINFALL in mm		DAY		RAINFALL in mm	
	Day	Month Cum			Day	Month Cum
1	NIL	NIL	20		NIL	50
2	NIL	NIL	21		NIL	50
3	NIL	NIL	22		NIL	50
4	1	1	23		NIL	50
5	NIL	1	24		1	51
6	NIL	1	25		NIL	51
7	22	23	26		NIL	51
8	26	49	27		1	52
9	1	50	28		NIL	52
10	NIL	50	29		NIL	52
11	NIL	50	30		NIL	52
12	NIL	50	31			
13	NIL	50	MAR	131	OCT	8
14	NIL	50	APL	99	NOV	18
15	NIL	50	MAY	154	DEC	8
16	NIL	50	JUN	290	JAN	3
17	NIL	50	JUL	146	FEB	18.5
18	NIL	50	AUG	86	MAR	22
19	NIL	50	SEP	189	APL	52