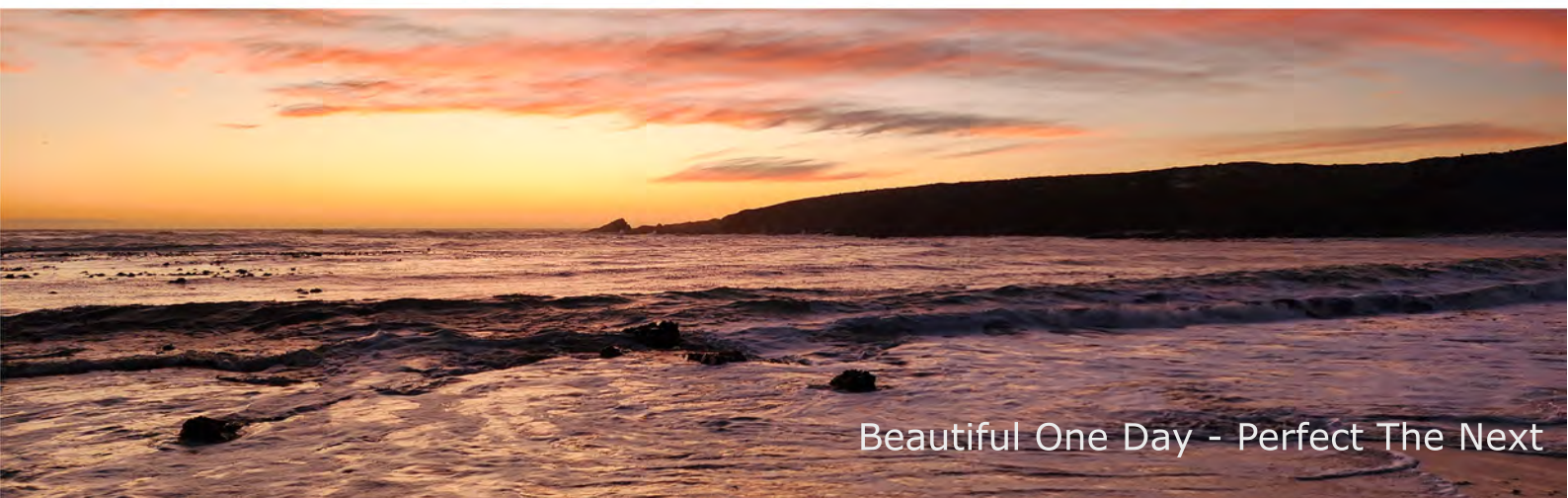


NewsLetter



GROTTO BAY PRIVATE NATURE RESERVE



Beautiful One Day - Perfect The Next

July 2023 Bulletin

Thank You

We ask you all to join us in thanking the outgoing Board for their immense effort and dedication in maintaining and improving Grotto Bay for all residents, some over many years. Karien, Alistair, Jacques, Jacqui, Jenna and Michelle, we appreciate that you have given up so many hours of your own personal and family time, sometimes under difficult circumstances. Adriaan, Richard and Jo, we include you too. At times thankless, your individual contributions have not gone unnoticed.

We would like to make special mention of our past chairman, the late Rob Bailey, a man of reason. who chaired the board with dedication, honesty and integrity. You will be greatly missed.

NOTE FROM THE EDITOR – Jacqui Miller

Winter is really upon us; hope you are all keeping warm despite all the power cuts. If you haven't already done so, check your gutters for blockages and your roofs for leaks.

Thank you to everyone involved in organizing the Potjiekos Competition. It was a very successful event; it would be great to have more of these community functions at the CC.

Thank you to the people who take a bag to fill with litter when they go down to the beach. It's heartening to see the full bags left at the bottom of the paths. I would love to see more people joining the monthly beach clean ups. These clean ups make a huge difference, last time we went down, there was very little litter on the beach.

Bird ringing at Grotto Bay, 27 May 2023 posted by Dieter Oschadleus

The Biodiversity and Development Institute (BDI) hosted a Citizen Science Day, Saturday, 27 May 2023, with a focus on bird ringing at Grotto Bay Private Nature Reserve. The reserve has an area of 385 ha, and the vegetation consists of Strandveld and Sandveld.

Ringers had their nets up on a very cold morning, and it took a short while to start catching birds. Eventually we had a really good catch of 41 birds of 15 species. There were 3 recaptures from our previous session here (1 October 2022) – two White-backed Mousebirds and a Karoo Prinia.

A male Cape Spurfowl flew into one of the mistnets – he had very sharp spurs, measured at 19.9 mm long (read more about Cape Spurfowl spurs here). There was a good mix of fynbos species, including Karoo Scrub Robin, Long-billed Crombec, Bar-throated Apalis, Grey-backed Cisticola, Chestnut-vented Tit-babbler, and with seven White-backed Mousebirds topping the list.

It was interesting to see the slight difference in width of breast band in a pair of Bar-throated Apalis. Wing, tail and tarsus were also slightly longer in the male than female, while mass was more or less the same.



Residents of Grotto Bay came to watch the ringing, learn about birds in the hand, and listen to two talks at the Grotto Bay Conservation Centre. Dieter Oschadleus gave some examples to demonstrate the value of ringing, starting with the 2000 Treasure oil spill and how valuable it was for conservation to ring over 20,000 African Penguins. Les Underhill spoke about citizen science, highlighting three projects that people can become involved in – SABAP2, the Virtual Museum, and bird ringing.

Thanks very much to Michelle and Roy for catering and hosting us at the Grotto Bay Private Nature Reserve! Thanks to the many ringers and helpers! We look forward to the next time we go bird ringing at Grotto Bay.



Special feathers make up the eye ring on the Cape White Eye

Birding on the Cape West Coast

The Cape West Coast offers a variety of top birding destinations, with no less than seven Important Bird Areas (IBA's) registered with BirdLife International. The registration of two wetland systems as RAMSAR sites emphasizes the importance of the region for waterfowl and the region has the reputation for producing sightings of rare and vagrant migratory waders during summer. South African birders have encountered near mythical species such as Dunlin, Black-tailed and Hudsonian Godwits, Red-necked and Wilson's Phalaropes.

Darling Bird Route

The wide diversity of vegetation in the Darling area offers birders a large variety of birds; from larks and pipits to lesser flamingos and great white pelicans. The area stretches from the strandveld of the Darling Hills Rd and Groote Post to the renosterveld of Waylands and Oudepost wildflower reserves. The beauty of the flowering bulbs and the diversity of the wildflowers offer the birder a unique springtime experience and, in the summer, large numbers of blue cranes may be seen in the wheat fields along the Darling / Malmesbury and Moorreesburg roads. The Tienie Versfeld Wildflower Reserve and !Kwa ttu San Culture & Education Centre enable the visitor to further enjoy the ornithological diversity of Darling.

Contact: +27 (0)22 492 3361 | www.darlingtourism.co.za

The Swartland Birding Route

The Swartland Birding Route consists of the regions between the towns of Malmesbury in the south, Darling and Yzerfontein in the west, Moorreesburg and Koringberg in the north and Riebeek West and Riebeek Kasteel in the east.

The area has a varied landscape from sea, coastal plains, wildflowers and Fynbos to wheat fields, vineyards, olive farms and mountains and it is said that you can find at least 250 bird species in this vast differentiated landscape.

The diversity of vegetation in the Darling area presents birders with a wide range of different birds from larks and pipits to lesser flamingos and great white pelicans. The rare Black Harrier and the endangered South African National bird, the Blue Crane, can also both be seen on the Swartland Birding Route.

Contact: Swartland Tourism + (0)27 22 487 2989 | www.swartlandtourism.co.za

Lamberts Bay to Langebaan Coastal Route

A popular birding route, start at Lamberts Bay and then work southwards, following the network of roads that run parallel to the coastline and pass through a wide range of habitats.

The Cape Gannet colony at Lambert's Bay is a spectacle not to be missed and must rank as one of the birding highlights of the West Coast. Nearly 14 000 pairs breed on the bay's Bird Island as well as small numbers of African Penguin and all four marine cormorants breed on the island. A host of gulls and terns, including Swift Tern, are also present.

The Langebaan Quarry is also a must to view the resident pair of Black Eagles, which usually breed between May and November, although they are seen in the general vicinity throughout the year. Rock Kestrel and African Black Swift also breed on the cliff faces and the alien thicket at the quarry edges is a reliable site for Southern Grey Tit and Acacia Pied Barbet.

Contact: birding@overberg.co.za

The West Coast National Park

The West Coast National Park is an Important Bird Area (SA 105) and a RAMSAR site. The Park includes the beach and dune land between the towns of Yzerfontein and Langebaan, the beautiful lagoon and the Saldanha Bay Islands. More than 300 bird species have been identified here, and the Park is probably best known for the thousands of migratory waders in summer.

Terrestrial birding should, however, not be underestimated. The Rhenosterveld (a type of fynbos) of the Park represents of the last large remnants of this habitat type, and hosts good numbers of the vulnerable Black Harrier. Other sought-after species include White-throated Canary, Grey-winged Francolin, Karoo Lark, White-backed Mousebird, Karoo Prinia, Karoo Scrub-Robin, Grey Tit and many more.

Birding around the Geelbek area of the park is superb and there are two well-placed hides which overlook salt marshes and mudflats and are the best spots to view waders. Do not underestimate the boardwalks to these hides, as these offer very good birding and photographic opportunities.

The area at and around the trees leading to the Geelbek homestead brings another suite of species into play: look out for Cape Batis, African Hoopoe, Rock Kestrel, Black-shouldered Kite, Southern Black Koraan, Cape Longclaw, Cape Penduline Tit and Cardinal Woodpecker.

Contact: +27 (0)22 772 2144 | www.sanparks.co.za

Piekenierskloof Mountain Resort - Where: N7 Piekenierskloof Pass, Citrusdal, 7340

Contact: +27 (0)22 921 3574 | pkloof@dreamresorts.co.za | www.piekenierskloof.co.za

The Garden in July – from Starke Ayres Nurseries



Sharing is Caring

Bring a friend or loved one and plant up a colourful pot of flowers to take home EVERY WEEKEND this July, ABSOLUTELY FREE

Birds in your gardens will welcome extra food to help tide them over the inhospitable months. They will bring endless entertainment as they chirp and preen over the bird table. Keep bird baths filled with clean water because they still enjoy a brisk bath!

Lawns will benefit from the addition of Talborne Vita 2.3.2 with the higher level of phosphate to boost root development before spring.



Mandela Day -18 JULY

We're excited to announce that we'll be collecting donations at both our Garden Centres. Please consider donating:

- Blankets, pillows, bedding linen, towels
- Crockery and cutlery
- Any old kitchen appliances
- Clothes (any size)
- Any groceries (tea, coffee, sugar etc)
- Table cloths
- PPE Overalls and/or gumboots

In this Newsletter we feature Honey.

12 Benefits of Honey - Advantages & Uses of Honey

Deemed as a top health food across the globe, Honey is a wonderful creation. Honey is among the most popular and widely used sweetener with enormous health benefits. It is used by several cultures around the world serving as a base for many traditional medicines. The health benefits and advantages of honey have been valued since ages.

Did you know you can use Honey for Weight management? According to the famous author and nutritionist Mike McInnes, honey burns body fat even while when you are sleeping. It is one of the best foods for losing weight. Doctors recommend having a spoonful of honey before going to bed. You can also consume a little honey with warm water on empty stomach early in the morning. Having it first thing in the morning, helps increase the metabolism, which in turn helps reduce weight faster. Honey is also good for improving your overall health.

Honey has countless medicinal properties that naturally help in curing a sore throat. Its antioxidants and bacteria-fighting assets also help against fighting infections that are caused by viruses, bacteria, and fungi. According to doctors and scientists, buckwheat honey has the highest number of antioxidants and when consumed daily can be beneficial for boosting immunity in the long run and this is why honey has known to be one of the best immunity boosting foods. It is always advisable to consume honey every morning before breakfast or even a workout to get an extra kick of energy for the whole day. It also works as a cleansing toner which improves immunity in children.

Using Honey for skin is very useful because of its moisturizing and nourishing properties. Honey is the best natural moisturizer, especially for your dry skin and it is also very easy to apply. Raw honey not only unclogs pores, but it also helps moisturize parched skin. It also helps curing cracked lips during winters. Many people also use honey masks for skin tone correction. Also being a natural antiseptic, it is useful for treatment of wounds, bruises, cuts, burns and other infections.

We are what we eat and hence it is very important to consume foods that help make our mental health strong to sustain us in old age. Honey, the eternal sweetener has numerous health benefits, one of which includes boosting memory and concentration. Honey not only increases brain power and memory but also makes you a healthier person altogether. Consumption of honey prevents metabolic stress and helps calm and soothe the brain, which helps in augmenting memory in the long run. The natural antioxidants and therapeutic properties in honey help in boosting brains' cholinergic system and circulation and receding cells that cause memory loss.

Honey is known to be one of the best home remedies for dry coughs as well as a wet cough. Research has also shown that drinking a tablespoon of honey can reduce irritation in the throat. Honey is the preferred natural remedy for coughs, especially for kids, as it helps to relieve nocturnal coughs, allowing proper sleep.

Do you know how beneficial honey for hair can be? Honey is one of the best natural home remedies for dandruff. It not only provides nourishment to dry hair, but it also gives you smooth and soft hair. You can also use honey and lavender with green tea to prevent hair fall. All you need to do is mix 2 tablespoons of raw, unprocessed, and unpasteurized honey with equal amount of vegetable oil and apply it on your hair. Keep this hair mask on for 15 minutes, and then rinse it off before you shampoo.

Honey has antibacterial, antifungal, and antioxidant properties, which is why honey is used for healing wounds. After any skin injury, bacteria that live on your skin can infect and penetrate the wound site. Honey has been found to destroy these bacteria.

Having trouble falling asleep? You should try drinking this beverage made of warm milk and honey just before you sleep. All you need to do is add a teaspoon of raw honey into a glass of hot milk or add 1 or 2 teaspoons to a cup of chamomile tea and sip to induce sleep.

With increasing pollution and dust, many people these days suffer from sinus related issues. When we suffer from infections the viruses block the sinuses and trap the air and mucus which causes distress. Honey on the other hand is a natural anti-bacterium and anti-septic that helps to clear the infections and reduce inflammations. Honey also soothes throat and reduces coughs and strengthens the immune system thereby causing less sinus attacks.

Honey's anti-bacterial and infection healing properties help in treating teeth and gum diseases like gingivitis, bleeding and plaque can be treated to a great extent with the regular use of honey. Honey is known to release antiseptic hydrogen peroxide which acts as anti-microbial agent that prevents the growth of bacteria. Experts' advise the use of raw honey mixed with water to be used as mouthwash. Also rubbing honey directly on affected gums gives instant relief from pain and inflammation and other periodontal diseases.

Honey is known as an excellent source of natural energy as the natural unprocessed sugar present in it enters the bloodstream directly and this in turn can give a quick boost of energy. This quick boost works wonders for your workout, especially in longer endurance exercises.

Eczema is a skin condition that causes red, itchy, flaky skin that causes discomfort. Those suffering, can make a mixture of raw honey and cold-pressed olive oil and apply to the skin to get rid of the problem. Honey acts as a natural cleanser by removing dirt and making the skin soft and smooth. It can also be used for exfoliation mixing it with oats to remove dead cells. Regular use of honey may prevent eczema from re-occurring.



Kid's Corner

Did you know?

- The diving depth of an elephant seal is 2,133 meters.
- The average worker bee will only make around 1/12 of a teaspoon of honey in its lifetime.
- It would take 1,100 bees to make 1kg of Honey, and they would have to visit 4 million flowers!
- Cats can't taste anything that is sweet.
- Like humans, koalas actually have unique individual fingerprints.
- Australia is wider than the moon — 600km wider, to be exact.
- Elephants are also the only mammal that cannot jump.
- All clownfish are born male. They have the ability to change their gender later on.
- Bananas are curved because of how they grow — toward the sun.
- The oldest living animal is reportedly a Seychelles giant tortoise named Jonathan. He is 190.
- Seagulls can live to 50 years.

Stared till my eyes bugged out and have not found it yet!!
Is there really a car in this????



Find the Car

More painted rocks coming soon.
Look out for them.

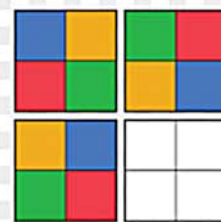


Say the Color of each Word!

(Don't read the word)

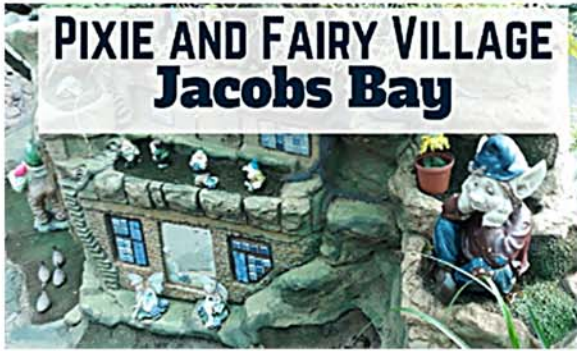
How Fast can you say it?

black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green



a b c d

PIXIE AND FAIRY VILLAGE Jacobs Bay



Do you Believe?

Well... They are residing in the Pixie & Fairy Village, situated on the West Coast in Jacobs Bay. This unique village was created on the whimsical imagination of Pixie Maritz who grew up on a family farm in KwaZulu-Natal. Spend time with the pixies & fairies amongst their natural forest environment and revel in the ongoing work of the innovative artists & artisans.

They're open seven days a week, from 9am to 5pm. There is a small entrance fee. Stay as long as you like and enjoy this peaceful garden with all sorts – from fairies to gnomes, plants to water features, castles, and much more. Even Gulliver has travelled to this gem in the heart of the West Coast. So if you're looking for something different – whether you're a family, a couple or friends – visit Pixie & Fairy Village. You'll find them at Plot 307, Main Road, Jacob's Bay, West Coast, South Africa, and you won't be disappointed. They also do children's parties.

Things to do on the West Coast.

I know I have posted this map before, but there are so many new residents in Grotto, so I thought I would add it to the newsletter again.

Find a 101+ things to see and do on the West Coast Way: Enjoy wine, craft beer, olives and Rooibos tea tastings, Weskus cuisine and braaivleis (barbecue), swing into Citrusdal with a zipline, go Cederberg bouldering, jump into natural (warm) pools, step onto cruises of lagoons and rivers, trek through nature reserves and a National Park, hop onto game drives, try the skill of archery and angling, get your adrenaline pumping with sand-boarding and quad-biking, go horse riding, learn about the San culture and Riel-dancing, do kite- and windsurfing, chill in your flip flops and do surfing, book a kayaking trip, go beach hopping, learn about bees, whales and listen to our birds in a twitcher's paradise – all in South Africa's wildflower reserve. For more information on the **West Coast's top places to go, road tripping, hikes, tours and trails**, explore westcoastway.co.za or call West Coast Way on 0861 321 777.

Follow us on @WestCoastWaySA on Instagram, Facebook and Twitter.



Tip...store your sheet sets inside its pillowcase .

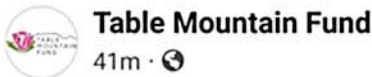
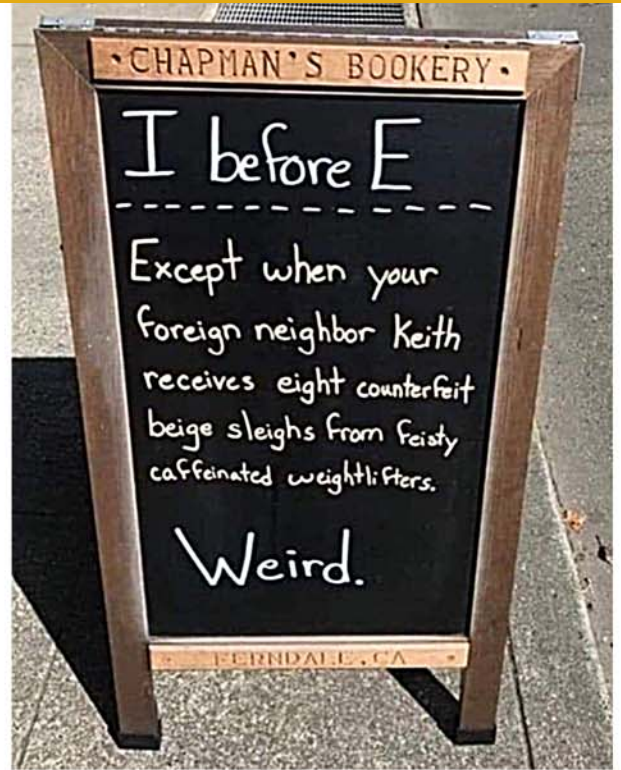


Household Tip

never search your linen cupboard for the correct pillow slips again.

English is a funny language.

<p>ENGLISH IS THE ONLY LANGUAGE WHERE YOU DRIVE IN PARKWAYS AND PARK IN DRIVEWAYS.</p>	<p>THE WORD QUEUE IS JUST A Q FOLLOWED BY FOUR SILENT LETTERS.</p>
<p>IT'S ALSO THE ONLY LANGUAGE WHERE YOU RECITE IN A PLAY AND PLAY IN A RECITAL.</p>	<p>JAIL AND PRISON ARE SYNONYMS. BUT JAILER AND PRISONER ARE ANTONYMS.</p>
<p>YOUR FINGERS HAVE FINGERTIPS BUT YOUR TOES DON'T HAVE TOETIPS.</p> <p>YET, YOU CAN TIPTOE BUT NOT TIPFINGER.</p>	<p>WHEN YOU TRANSPORT SOMETHING BY CAR, IT'S CALLED A SHIPMENT. BUT WHEN YOU TRANSPORT SOMETHING BY SHIP, IT'S CALLED CARGO.</p>



...

Cape Town takes 2nd place in the City Nature Challenge

Congratulations to all of the Cape Town residents who participated in the [iNaturalist.org](https://www.inaturalist.org) City Nature Challenge, your hard work earned Cape Town 2nd place, out of 482 cities, with 52 518 observations. For the second year running La Paz in Bolivia took the top spot with 126 435 observations.

Globally 1 870 763 observations were made and 66 394 people participated. The total number of species documented was 57 227, including more than 2 570 rare, endangered, or threatened species.

