

Newsletter



GROTTO BAY PRIVATE NATURE RESERVE

Beautiful One Day - Perfect The Next



Photo By Sioux Bulloch

July 2022 Newsletter

COMMUNITY PROJECTS

It's wonderful that the members of our Grotto Community are taking an interest in our Nature Reserve, we are so grateful for this. Some actively working with the board with their ideas in conservation, security and engaging with our children in some of these projects. We encourage members to join these sub-committees. Let's work together to make our beautiful Grotto Bay Private Nature Reserve to be the absolute best that it can be!

To date beach clean ups have been arranged by Bianca Roffler and friends.



Beach Clean-Ups

Beach clean-ups are a simple activity to do on your own or as a communal endeavour. They're also a wonderful way to get our children to make a meaningful difference by caring for our environment. All you need is a black bag, gloves, a pocket knife might come in handy and possibly some 'fellow trash grabbers' which makes the experience a lot more exciting. Be sure to stay safe with sunscreen and hats, and avoid touching anything sharp or hazardous.

Our community has so many social groups with good intentions wanting to engage in a positive way and one of these active groups arranged 2 beach clean-ups in the past two months.

This is just absolutely inspiring! Albeit, the volunteers were only a handful, we had a fulfilling morning and substantial evidence of collected trash was collected.

Our ocean is filled with so much life and beauty, it is critical that it stays pristine and garbage-free. Let's all start to participate in our beach clean-ups and add our little contribution, alternatively make this part of your routine when you reach for your walking stick or dog leash and fill a small packet at the time. You'll see it tickles your soul to know that you have played a small part in a cleaner ocean and environment.

We're looking forward to having you join us next time.

How do outlying areas approach Security - Is Grotto Bay on track?

We would like to thank Cathy and Julian Raubenheimer for arranging a Cheese & Wine at the Conservation Centre with an interesting and eye-opening talk about security, intitled, "How do outlying areas approach Security - Is Grotto Bay on track?". This was very well attended.

Should you like to make a voluntary donation to the "Security Fund" for the purchase of a Drone, please make a deposit with the REF: Security and your ERF No. into the following account: **Grotto Bay HOA / Investec Bank / Acc No. 50018773971 / Branch No. 580105**

Please read the attached document giving the background and details about the Security Initiative.(PDF156Kb)

Pesticide Awareness Fire and Prevention/Risk Recycling Project

Driekie Collins-Odendal is heading up 3 wonderful campaigns, Pesticide Awareness, Fire Prevention/Risk Campaign, and a Recycling Project.



The Pesticide Awareness will be on the 15th July, 10:30 am at the CC. This campaign is aimed at children and teenagers. She has invited members of West Coast National Parks to create some excitement amongst our youth to instill a deeper passion for our environment and our animals – to grow little environmental stewards. There will also be games, story telling, light snacks and a Youth Market for your little ones to showcase their entrepreneurial skills. We ask our RSVP's to bring pocket money to support the stands.

Driekie and her team are also putting renewed energy into Fire Prevention and Risk and will be erecting better visuals at the start of our hiking routes and pathways.



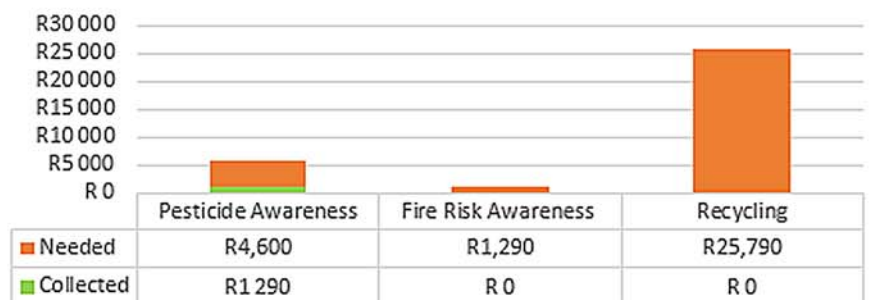
And lastly her Recycling Centre Project. The cost driver for the Recycling Project, are the funds needed to purchase 3 cages which will house our recyclables.

They have done all the groundwork and compiled all the resources they would need to realize these campaigns.

Driekie says, "We are requesting donations from those willing to contribute. If your personal budget is too tight, we ask that you, at the very least, make a pledge to actively recycle your house-hold garbage once the Recycling Centre is in place. Hand on heart – we can make a difference".

Should you like to make a voluntary donation to the "Awareness Fund", (All moneys collected will go towards all 3 Awareness Campaigns for 2022/2023), please make a deposit with the REF: Awareness and your ERF No. into the following account:
Grotto Bay HOA / Investec Bank /
Acc No. 50018773971 / Branch No. 580105

Awareness Campaigns 2022/23



The account is managed by our Managing Agents, Pam Golding, and is appropriately audited.

Please help us reach the targets.

LOOKING AFTER OUR PLANET, ONE SCRUB AT A TIME.

Does your personal beauty regime include exfoliating? Here's some food for thought. The plastic microbeads in your face scrub or soap should not go down the drain. Microbeads are small plastic (polyethylene or polypropylene) beads that are designed to be flushed down the drain when rinsing your face — but once in the water, microbeads act like tiny sponges, absorbing toxins, such as poly-aromatic hydrocarbons (PAHs), flame retardants (e.g., PCBs), and bisphenol-A (BPA). Microbeads are not captured by most wastewater treatment systems. If washed down the drain after use, they can end up in our rivers, lakes, and oceans. These tiny plastics persist in the environment and have a damaging effect on marine life, the environment and human health. The microbeads are often mistaken for fish eggs and eaten by small fish and aquatic wildlife.

Do microbeads dissolve?

Microbeads **do not degrade or dissolve in water.** They may be added to a range of products, including rinse-off cosmetic, personal care and cleaning products.

How are microbeads bad?

In recent years, scientists have found them in deep oceanic waters, remote lakes, ground water and even drinking water. They are dangerous as **the tiny particles take up harmful chemicals from the environment and, when ingested, act as carriers for pollutants into our bodies.**

Read your label

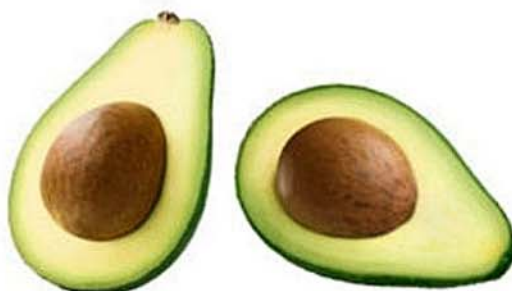
The next time you're at the store looking for a new body wash, face scrub, toothpaste or sunscreen, check the list of ingredients for polyethylene (PE), polypropylene (PP), polylactic acid (PLA), nylon, and polyethylene terephthalate (PET). If one or more of them are listed, leave the product on the shelf.

So, what is the alternative?

There are so many great natural exfoliants, like oatmeal, walnut, and apricot shells, and even sugar. It won't take long to find one that works for your skin type. There are so many organic self-care hair products out there as well – dare to find it.

DIY options

When it comes to skin care, look no further than your kitchen for lots of DIY remedies that can be as effective as the chemical versions. Honey, avocado, coconut oil, sugar, salt granules and fresh fruit can all be concocted into a face mask or hair mask treatment. Whole oats are one of the gentlest natural exfoliants, perfect for those with sensitive skin. Not only are these ingredients free of the toxic chemicals and preservatives lurking in many commercial products, but they're eco-friendly from a waste-reduction standpoint.



SOURCES: Dr. Sherri Mason, SUNY Fredonia, Environmental Science & Technology Office of the Press Secretary

FYNBOS GARDENS

South Africa's famous fynbos is a defining feature of the mountainous Cape and Cederberg regions. With over 9,000 species in existence, from the beloved protea to vibrant heathers, daisies, orchids, irises and the cape reed, those who wish to try their hand at growing it are spoiled for choice

These shrub-like plants are hardy and drought-tolerant and although endemic to the Cape, can be grown in other parts of the country too. establish fynbos plants during the cooler, wetter autumn and early-winter months to prepare them for the dry summer.

Fynbos growing tips

- Here are a few tips to help you grow these indigenous beauties and make them the focus of your garden.
- Fynbos enjoys full sun and won't grow well in damp or humid areas.
- While fynbos plants are fairly drought-tolerant, they need to be well established before they can tolerate long, dry periods.
- Take care to keep the soil of just-planted fynbos moist but not waterlogged by watering two to three times a week. Once the plants are established, watering can be reduced to once a week.
- Mulch around the plants with straw, bark or leaves to keep the soil cool and to discourage weeds from taking over.
- Once your fynbos garden is well established, prune every year after it has completed flowering.
- If you're planting a fynbos plant from a pot into the ground, avoid disturbing its roots, as their root systems are sensitive.

Soil

Fynbos enjoys soil that is slightly acidic (a PH of 5 to 6 is ideal) and has good drainage. The good news for busy gardeners is that fynbos has adapted its root systems to thrive in relatively nutrient-poor soil.

Fertiliser

Chemical fertilisers containing phosphorus will damage your fynbos plants, so use a slow-release organic fertiliser instead. Potassium and phosphorus hinder the growth of fynbos plants, so avoid feeding them with mushroom compost, bonemeal, or any kind of manure.



BIRDS AT GROOTE POST WINE FARM

Did you know that located on the Klawervlei dam, the Groote Post Bird Hide offers a unique experience to bird and nature lovers? Here visitors can witness the incredible birdlife. Groote Post, with over 30 different bird species is a bird lover's paradise. The bird hide is accessible by reporting at the tasting room and is available for use, free of charge.

PATTERSON'S CURSE

Please be on the lookout for this very invasive plant and pull it out.



Did you know?

Patterson's curse

Echium plantagineum

Where does this species come from?
Europe and Asia.

What is its invasive status in South Africa?
NEMBA 2020 - Category 1b

Where in South Africa is it a problem?
Western Cape, Eastern Cape and parts of KwaZulu-Natal and Gauteng.

Why is it a problem?
Rapidly colonises agricultural fields, roadsides as well as natural grassland and fynbos. Habitat transformer and poisonous to horses.

www.dffe.gov.za | www.invasives.org.za



25-28 AUGUST 2022

 Hopefield Fynbos Show
 Since 1989
WWW.HOPEFIELDFYNBOS.CO.ZA

The Darling Wildflower Show and Plant Fair

at the Darling Museum

16 - 18 SEPTEMBER 2022

- FLOWER ARRANGEMENTS & SPECIES DISPLAY
- BRAAI & FOOD STALLS
- DARLING BREW
- WINE & BEER TASTING
- PLANT FAIR
- RADIO HOUTSTOK
- MUSEUM EXHIBITS
- VINTAGE TRACTORS
- WILDFLOWER RESERVES

*** GUIDED WILDFLOWER WALKS FROM AUGUST TO OCTOBER ***

DARLING FLOWER LINE: 084 916 1111
www.darlingwildflowers.co.za

DARLING INFO: 022 492 3361

Kid's Corner

GARDEN PROJECT: KIDS' EGGSHELL SUCCULENT GARDEN



Try this project after a hearty, eggy breakfast when you're left with a pile of eggshells. It's affordable and fun idea to get your tots into gardening.

You will need:

- Empty eggshells
 - Cacti/succulent soil mix
 - Small cacti or succulents (4–8cm)
1. Rinse and dry eggshells. Pierce a small hole at the bottom of each to allow for drainage.
 2. Fill with soil mix and then carefully plant the succulents in the shells.
 3. Keep on a windowsill in egg boxes and plant in a bigger pot once succulents have grown.

Succulents are perfect starter gardening plants for kids. Here's why:

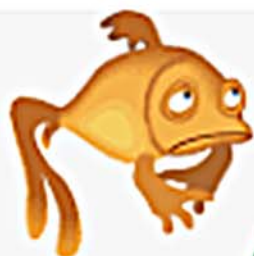
- They're low maintenance and are happy in a spot that receives plenty of sun.
- They're water-wise and need to be watered sparingly.
- They're available in a variety of shapes, textures, and colours, so kids can pick their favourites.

Bet you didn't know.....

- A crocodile cannot stick out its tongue.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.
- Like fingerprints, everyone's tongue print is different.
- A shark is the only known fish that can blink with both eyes.
- Tigers have striped skin, not just striped fur.
- The giant squid has the largest eyes in the world.
- An ostrich's eye is bigger than its brain.
- A cat has 32 muscles in each ear.



Please help Gerald the goldfish get to the pond



Riddles

What do you get when you cross a snake and a kangaroo?
A skipping rope.

What do pigs put on sore toes?
Oinkment

How does the ocean say hello to the sand?
It waves.

How do trees get on the internet?
They log in.


THINGS TO DO IN JULY AND AUGUST

Tired of Netflix and loadshedding? Time to put on your winter woollies and go out and support our local artists.

Coming up in Darling, "local is lekka"

TRIBUTE TO
 CREEDENCE CLEARWATER REVIVAL, THE BEATLES
 CAT STEVENS AND MANY MORE

One Night Only!



DOORS OPEN
18:00

DESMOND WELLS

SHOW STARTS 20:30 PM 13 JULY

EVITA SE PERRON


BOOKINGS@EVITA.CO.ZA / 022 492 3930
 TICKETS R100

Kat en Wolf™

chris chameleon daniella deysel

"...n salige musikale vervoering"
 - Die Scene
 ★★★★★

"vyf sterre!!"
 - Die ander mense
 ★★★



20 Julie om 19h00

Kaartjies R130pp
 022 492 3930
 bookings@evita.co.za

WHACKED PRESENTS

MARK BANKS

STARK RAVING MARK




27 & 28 JULY | 19:00
TICKETS R165
SHOW MENU R70

FOR BOOKINGS CONTACT
 BOOKINGS@EVITA.CO.ZA
 022 492 3930

16+

PRESENTED BY EVITA SE PERRON

PHILLIP MOOLMAN



18 August @19h00 - R120 p/p

BOOKINGS@EVITA.CO.ZA / 022 492 3930

WHACKED SPECIAL PROJECT PRESENTS

DEEP FRIED MAN



IN GOOD TASTE

THE FINEST
 MUSICAL COMEDY EXTRAVAGANZA

24 & 25 AUG
 19:00 | Tickets R165 | R70 Dinner Menu

FOR BOOKINGS CONTACT
 BOOKINGS@EVITA.CO.ZA OR 022 492 3930