

Newsletter



GROTTO BAY PRIVATE NATURE RESERVE



Beautiful One Day - Perfect The Next

September 2022 Newsletter

MESSAGE FROM THE EDITOR

My fellow board members and I have been blown away by all the community spirit that has arisen of late. Members have arranged spontaneous beach clean ups, awareness campaigns with Cape Nature for the children with more to come, fund raising competitions, (Congratulations to Suzette Vorster for winning the Game Drive), the very informative security evening with AfriForum and our neighbours and a follow up meeting. The fundraisers for the purchase of a drone and recycling bins, another community driven project.

Jacqui Miller



Recycling - BREAKING NEWS!

We have aligned ourselves with a new service provider who has undertaken to sort our Recyclables for us.



This arrangement was entered into after a lot of commitment was received from residents pledging to participate, if the process was less time and space consuming. Please read the info at the end of the newsletter.

PICNIC AT THE VLEI ANYONE?

Have you seen the 5 new picnic benches up at the Conservation Centre donated by a member? Next time when you go for a stroll, take a cooler and a snack and just exhale....and chill a bit. Or when you are on duty while the kids are spending their energy on the jungle gym – sit in style and read a book.



Get Clicking



Remember to get your entries in by the closing date. 18th of September!

2 members have arranged a photographic competition and even took it upon themselves to wash the walls and the curtains of the CC in preparation for the display of the winning photos. Get your entries in, you may be 1 of the famous 4!

Wow, what a wonderful community we have! We would like to thank you all and hope that more members will get involved with the sub-committees.

Pyjama Bush

Sipping The Pyjama Bush blend of Sauvignon Blanc and Grenache at our favourite Artisan Beer Pub in Yzer...yes I know, I know, I glanced over the label. Probably just have a sneak preview of what I was meant to taste. It had such a quirky name ... we all giggled and after a glass or two, tried saying it fast, three times over...Pyjama Bush, Pyjama Bush, Pyjam Bush.... you know, just the usual Friday night kind of thing one does. ...And so, an intimate affair fired up. One Google led to another, and I soon realized that this Pyjama Bush grows right here on the West Coast. But she is more than just a pretty face. Known to most rural folk in the Western Province, she is used especially for treating wounds, blood poisoning, ringworms, skin diseases and syphilis. The remedies all require an infusion of the leaves, or a paste is made by either pounding the leaves or chewing them-the slimy paste is then topically applied to the affected area. Now I know that is a little gross, but there are so many other roots and leaves and bushes in our Reserve that should be treasured and explored and celebrated and locked into our heritage.

Oh, how I would love to have an au natural fynbos garden. Boasting with Kukumakranka, Num-Nums, Dune Cabbage and Spekboom. So that I can concoct my very own brews, stews, teas, and jams. Wouldn't it be great to forage and feast on our very own doorstep? The West Coast is located within the Cape Floristic Region, a special area with the highest diversity of plant species on earth. Fynbos is the common name of this region. Fynbos is a completely unique habitat, most plant species that grow here, grow nowhere else on earth.... isn't it special to live right in the middle of it all? Let's take special care of this absolute gem we have the privilege of living in. Let's be mindful to protect this!

References

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- Roberts, M. 1990. Indigenous healing plants. Southern Book Publishers, Pretoria.
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- Van Wyk, B-E., Van Oudtshoorn, B. & Gericke, N. 1997. Medicinal plants of South Africa. Briza Publications, Pretoria.
- !Kwa ttu – Gathering Fybos – Ethnobotany of the San



TICK REPELLENT

20 drops eucalyptus oil
20 drops lemongrass oil
4 oz water in a spray bottle

SHAKE WELL BEFORE EACH USE.
APPLY ON PANT CUFFS, SOCKS,
SHOES AND ANY EXPOSED SKIN



Soon it will be that time of the year when those pesty ticks rear their ugly heads again.

Here is an eco-friendly recipe for a repellent to spray on yourself and your clothes before you go on a walk in the nature reserve or the estate. You can even use it on your dogs.

4oz of water equals 120mls

WELCOME & FAREWELL

There has been quite a lot of movement in Grotto of late.

We would like to give a warm welcome to all the new members of our community. We trust that you will be very happy here and bid a fond farewell to those who are leaving us.

There are many WhatsApp Groups that may be of interest to you like The Services & Advertising Group, The GB Birding Group, The Biker's, The Gamer's, The Conservation Group and more that I'm sure you will get to hear about.



IN THE KITCHEN

Talking about Spekboom, I looked for a recipe using them as I did not know one could eat them until I read the article about the Pyjama Bush.

Spekboom (Portulacaria Afra Plant) is a succulent plant with amazing properties. Carbon dioxide is captured and prevented from entering the atmosphere by Spekboom, making less pollution for us. It grows well in dry, barren ground but also grows very well in watered flower beds. It can switch its photosynthetic mechanism, meaning it can be like a rain forest plant in wet conditions or a desert cactus in dry conditions. Spekboom leaves are also edible, tasting a bit sour, like lemons. Sucking a leaf is used to treat exhaustion, dehydration, and heat stroke. Crushed leaves can be rubbed on blisters. The leaves can be chewed as a treatment for sore throats and mouth infections too.

Try this delicious recipe.



Spekboom Salad

Ingredients:

1 pack speciality tomatoes
Small handful of Spekboom leaves
150g farm style feta cheese
½ cucumber, sliced
Small handful of basil leaves
½ red onion, finely sliced
2 teaspoons red wine vinegar
4 teaspoon olive oil
Salt and pepper to taste

Instructions

Roughly chop the tomatoes and scatter on the plate.
Sprinkle baby cucumber slices and red onion over the tomato.
Season with salt.
Add the Spekboom and basil leaves and then crumble over the feta cheese.
Drizzle with red wine vinegar, olive oil and freshly ground black pepper.

Kid's Corner

Meet South Africa's Small Five, also known as the Little Five



Ant Lion



Buffalo Weaver



Elephant Shrew



Leopard Tortoise



Rhino Beetle

Each of which shares its name with a Big Five animal.
I didn't know that South Africa also had The Small 5.

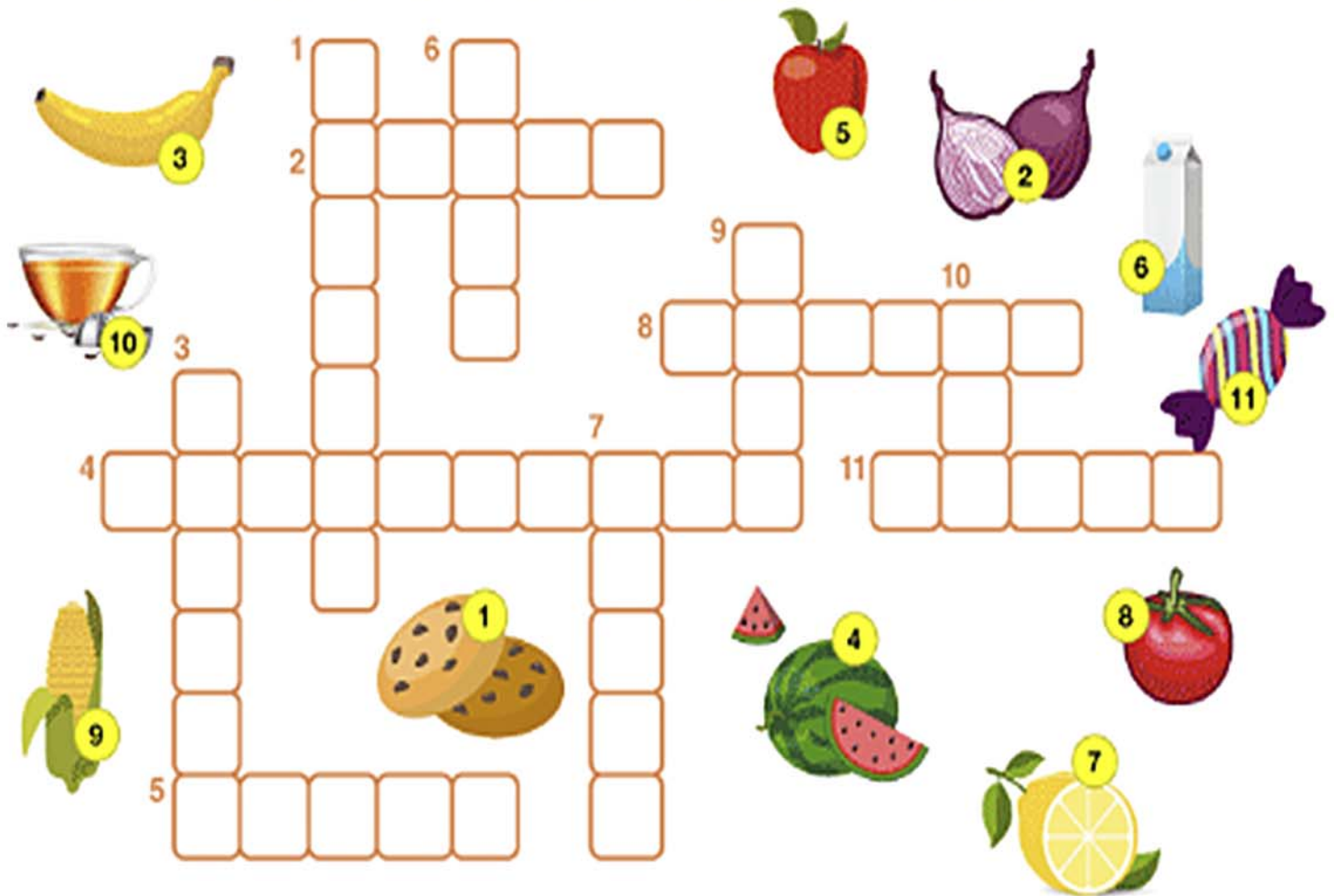
That's something to tell your teacher about in News Time
at School!

Colour in the picture and find out what season is upon us!



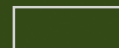
Food & Drink

Look at the pictures and write their names in the puzzle.



Did you know?

- Number four is the only one with the same number of letters.
- Tomatoes and avocados are fruits, not vegetables.
- A jar of Nutella sells every 2.5 seconds.
- Slugs have four noses.
- A hippopotamus can run faster than a man.
- A pet hamster can run over 12 kms a night on a wheel.
- Owls can't move their eyeballs
- Octopuses have blue blood and nine brains.



THINGS TO DO IN SEPTEMBER



West Coast National Park Free Week

West Coast National Park's Free Week is from the 11th to the 16th of September 2022. The week grants free access to most of the day visitors with their "South African identity document".

Please note that day visitors may download indemnity forms to speed up the process at our entrance gates: download

www.sanparks.org/gate-registration.pdf

Family Day out in the Country?

There is this quirky gem of a place called Desert Rose Farm Stall, Situated between Moorreesburg and Piketberg, on the N7 at the turn off to Koringberg about 100kms from Grotto. They have an indoor and outdoor restaurant and plenty to keep the kids entertained. There is a shop and gift shop, fully stocked with unique, carefully selected produce and gifts. Open 7 Days a week 8:30am to 4:00pm and once a month, usually on the 2nd Saturday, they have a Farm-stall Market. www.desertrosefarmstall.co.za

Why not take a walk to whet your appetite for lunch beforehand with Renosterveld Guided Hikes. One of the most diverse and critically endangered flora kingdoms in the Western Cape. To join a guided hike in Koringberg, contact Oswald Kurten 083 266 4855. 1 hour – R80, 2 hours – R150, 3 hours – R200



THE GROTTTO BAY BIRDING GROUP

The GB Birding Group's recent event follows on the next pages.

"Live as if you were to die tomorrow. Learn as if you were to live forever." Mahatma Gandhi

Contact - theboard@grottobay.org

www.grottobay.org

GROTTO BAY BIRDING GROUP

The Grotto Bay Birding Group, with Chris Lamprecht as convenor, was established to ensure that a comprehensive list of birds in Grotto is updated and eventually made available to all residents and visitors to Grotto Bay. The birding group meet on the last Friday of each month and consists of 24 active birders. The group is very fortunate to have expert birders to assist in compiling and identifying our local birds.

To date a list of 106 kinds of birds in Grotto have been compiled. Out of this list a total number of 71 birds have been positively identified. The purpose is to run the project over a period of at least 12 months to ensure that all birds, including the migrants, are identified, and recorded.

To build/compliment the great work already done/started by the birding group, Michelle van Acker is spearheading the drive to fulfil a further requirement of our EMP (Environmental Management Programme), by bringing in a bird ringing specialist, Loutjie (JP) Steenberg along with his right-hand man, Leon from Safring (South African Bird Ringing Unit).

The first bird-ringing took place on the 16th of July in Kingfisher close. The bird ringers were joined by Ilana Engelbrecht, who is completing her Master's degree in Ornithology. The data recorded on the day is shared with UCT and will in turn, be available on a worldwide data base.

Measurements recorded include that of the bill, tail, total head, and wing lengths.



Caption: Always more to learn



Caption: Let me go!

63 birds in total, covering 11 different bird species were ringed, amongst others:

Southern Double-collared Sunbird. Listen to its beautiful song at this link: [Southern Double-collared Sunbird CALL from C. c. chalybeus - YouTube](#)



White-backed Mousebird. Listen here - [White backed Mousebird CALL - YouTube](#)



Long-billed Crombec [Long-billed Crombec song - YouTube](#)



Bar-throated Apalis [Bar-throated Apalis CALL - YouTube](#)



The ringers were very impressed with the overall good health of the birds. Their intention is to visit Grotto regularly to ring birds in various parts of the Estate to record as large an area as possible. This will enable us to create an accurate count and mapping of the areas used for breeding.

A big thank you to our Estate Manager for his assistance the entire day. His passion for our Estate and its fauna is evident. Also to Suzette Vorster for allowing the use of her photographs.



BREAKING NEWS!

We have aligned ourselves with a new service provider who has undertaken to sort our Recyclables for us. This arrangement was entered into after a lot of commitment was received from residents pledging to participate, if the process was less time and space consuming. What does this mean?

ALL YOUR RECYCLING IN ONE CLEAR BAG. Yes, you heard right! All your plastics, tins, paper and glass in one bag. Please still be mindful – this DOES NOT mean gooey, bloody meat packets. This DOES NOT mean personal wipes, tissues or nappies. Most of the same rules apply – with the only difference that **HE CAN'T** recycle styrofoam. This means polystyrene packaging and the styrofoam trays in which your fruit, veg and meat is packed. **HE ALSO CAN'T** recycle the compound aluminium material – this means the foil chip and snack packets and your tablet blister packs and so on.

We appreciate everybody's efforts thus far, for changing your routine and your household to take part in the Recycling Drive and we hope we can, with this new arrangement, get the whole Community on board.

If you are not sure what can be recycled – please WhatsApp Driekie on 084 585 6005.

When? – Recyclables are still collected on Thursdays in a **CLEAR BAG**

Normal house-hold trash still on Mondays.

What must I do? – Collect all your recyclables, mixed in one clear bag, and put it out for collection on a Thursday. If you prefer to split your recyclables as you have done, please continue.

What Can I Recycle?

Plastic (hard plastic and soft plastic). This means bread packets, shopping bags, any packaging really. Meat packaging and fish packaging will not work. Please place bloody and gooey packaging with your normal trash. Packaging with a paper label on, will also work. Chips and snacks packets. Tablet Blister Packs. Pool Chemical floaties, empty household chemical tubs, yogurt tubs, butter tubs, cold drink bottles and hard or soft plumbing type pipes and DIY off cuts. No Styrofoam trays please.

Cans & Metal. Beer cans, cold drink cans, food tin cans (even those with paper labels on), paint cans IF THEY ARE CLEAN AND COMPLETELY EMPTY, oil cans IF THEY ARE CLEAN AND COMPLETELY EMPTY, metal pipes (like old chimney twirleys and flue extensions) or DIY off-cuts.

Paper. Cardboard boxes (flattened), office paper, magazines, books, milk cartons (even with the plastic lid on and the foil inner). **Please no personal wipes of any kind (toilet paper, tissues, sanitary pads or cotton wipes).**

Glass. Whole glass tubs (even those with labels and lids). Glass bottles, broken glasses, bulbs. Please consider the safety of the workers when you dump broken glass and take care that the pieces will not protrude the bag and cut our workers when handling.