

the STANFORD *News*

NOVEMBER: 2021

FINAL

ISSUE NO : 12



SPLASHES OF RED

Poppies spell their special magic in Penny van den Berg's Spring image of Stanford.

STORY: TALKING POINT

The Orange Block - is it something we need to be aware of? **Page 2**

CANNABIS: THE FACTS

Rubbished forever the Cannabis plant is coming into its own **Page 3 & 4**

FESTIVE READING: BOOKS AND MORE BOOKS

Light and not so light, some that may surprise
Page 7 & 8



We craft real artisanal cheese, slowly and purposefully

Cheese & Wine Cellar at Walker Bay Estate & Birkenhead Brewery

Monday - Sunday | Route 326, Stanford

also
SEE PAGE 6



Use **STANFORDNEWS1** to receive a complimentary gift with your next purchase at kleinrivercheese.co.za/shop

THE ORANGE BLOCK PEOPLE ARE TALKING ABOUT . . .



Hot air maybe -
but the Stanford
leadership is
dealing with it

THE ORANGE BLOCK on this map - now in the public social media space - suggests that the 34h area opposite Birkenhead Breweries on the R326 could be the focus of a new development.

If so, it could have important implications for the Stanford greater community, in terms of security, service delivery and investor confidence and interest.

As yet there appears to have been no public debate on the matter, although one understands that a process of some kind is underway. It is also not known what type of envisaged development – if any and if sanctioned – is part of the process.

While some suggest the issue is “a lot of hot air and rumouring”, leadership within the Stanford community have taken it seriously convening an “urgent” meeting to discuss the matter - what is fact and what is mere speculation.

Louis Roodt newly elected ward committee member for the Stanford Ratepayers Association said that a lot of questions are being asked.

“There have been many emails flying around, with Stanford Conservation and Heritage asking questions.”

It is understood that Stanford’s Councillor Adl Dudley Cotzee has undertaken to research the background and investigate whether any development is on the cards. At a meeting due to take place he will discuss his findings.

It must be noted said Roodt that zoning/land use rights have NOT been determined and that a number of legal and administrative processes would have to be followed if any development was to take place.

“It’s still too early to make any definitive statements” he said. “But as soon as we have all the facts, these will be communicated to the Stanford community through the appropriate channels.

CANNABIS: a different view!



'CBD is rich in the versatile unsaturated hydrocarbons known as terpenes, found in the essential oils of plants and which are known to benefit health. Recent research shows that the human body has a number of cannabinoid receptors which enables the body to react to the potential benefits of terpenes'

A new chapter in the evolution of the hemp industry is opening right here on Stanford's doorstep, or to be more exact on the slopes of the mountains beyond the Village.

It is here that you will find Neil Bosch, a 20-year entrepreneur farmer whose cannabidiol (CBD) plants are growing - yes like weeds!

However, anyone fearing that marijuana is being grown on our doorstep can relax. Hemp is a specific variety of *C.sativa* (cannabis) containing very low levels of tetrahydrocannabinol (THC).

"THC is what causes the 'high' that people associate with cannabis use"

Says Neil. "The CBD sativa variant of full spectrum cannabis we grow contains a minimal amount of THC and is known to have significant health benefits including relieving pain and stress and reducing inflammation.

He says he became interested in growing the CBD variety of hemp after taking medication to help him cope with chronic depression.

"I have a history of chemical depression and anxiety. The CBD medication helped so much that I started to do research on how to grow the plants myself. I was offered land and today have enough *C.sativa* plants to support a small health care company in Stanford."

Other well-documented benefits, he adds, include treatment for skin conditions, asthma, gastric reflux and muscle spasms. It is also known to be an anti-inflammatory, antiseptic and antioxidant.

In his talk to the Stanford Garden Club last month, Neil set aside any doubts about legality, pointing out that CBD cultivation is part of a new movement in South Africa aimed at creating a lucrative "home grown" industry.

"At the moment there are restrictions on the growing of any kind of cannabis," Bosch explains. "Individuals are allowed to cultivate a maximum of eight cannabis plants for their own medicinal or leisure use. It is illegal to sell it unless you have a license as we do, to cultivate a certain amount of the health benefit variety."

WHAT THE MAYO CLINIC SAYS ABOUT CBD

CBD is being studied as a treatment for a wide range of conditions, including Parkinson's disease, schizophrenia, diabetes, multiple sclerosis and anxiety. Research supporting the drug's anecdotal benefits is currently at a primary stage.

Though it appears to be well-tolerated, CBD can cause side effects, such as dry mouth, diarrhea, reduced appetite, drowsiness and fatigue. There's a possibility that CBD could interact with other medications such as blood thinners.

Ensure that the dosage of CBD is at the correct levels and if you have health concerns best to consult your doctor first.

TURN TO NEXT PAGE



SO WHAT ARE THE BENEFITS OF CBD?



ABOVE: Cavy Kelley chats to Garden Club members about the complexities and benefits of CBD therapies
BELOW: Sonja-Lee Spandiel from Stanford South learning about the properties of CBD creams



After years of *umming and ahing* the Cannabis for Private Purposes Bill is only now being aired in Parliament, with a view to gazetting the Bill in the 2022/2023 financial year.

Observing what you can do and can't do, Stanford has made the bold move of introducing its own CBD health outlet producing a range of natural skin creams and CBD tinctures from laboratory approved plants cultivated especially for the health industry.

Cavy Kelley, a Stanfordian well-versed in plant therapies, explained that one of the main benefits of CBD was its anti inflammatory effect on skin cells that produce sebum, the body's natural skin protection coating.

"The good thing about these creams is that they contain no petroleum-based additives"

Ellie Nield, who hosted the Cannabis introductory talk at the recent Garden Club meeting said that in researching the subject she realised that there were many role players in the industry taking advantage of unclear legal boundaries and ignorance.

"The many years of prohibition have led to a vacuum of vital information and a very real stigma and negative association with the plant. Our Garden Club conversation this month touched on what you need when purchasing a CBD (Cannabidiol) product. Awareness and factual information is what is really needed."

WHERE DO WE START?

A simple guide to the **Endocannabinoid System** will be useful to understand the complexity of your ECS system. It will make sense that cannabis, THC, CBD or any of the compounds cannot be prescribed across the board, because everyone's body reacts differently. Believe or not the plant holds an intricate and complex combination of over 200 compounds.

FOR MORE INFO: [CLICK HERE](#)

WHAT'S HAPPENING IN STANFORD

NOV/DEC 2021

26 ||| FRIDAY

The Stanford Sunset Market on the village green. Starting at 6pm
Live music at The Stanford Kitchen at 6:30pm .

27 ||| SATURDAY

The Saturday Morning Market on the stoep of the Stanford Hotel. Starts at 9am
The Junktique Market in tourism courtyard from 9am. Call Stanford Tourism on 028 341 0340 to book a stall.
The Stanford Festival - Open Mic night at Jolly Rooster from 5pm
Panthera Africa Sunset Visit at 5pm

BIG EVENTS COMING UP ...

10 December Stanford Animal Welfare - SAWS Christmas for a Cause
Birkenhead Breweries 6 - 9 - see Page 11 for details
16 - 18 December 2021 The Stanford Festival - Howard 082 667 9232
19 December Summer Solstice Picnic Feast on Klein River Cheese Farm
23 December Jeremy Loops will be rocking the Overberg at Stanford Hills Estate on as part of his This Town Tour

28 ||| SUNDAY

The Overberg Toyrun at Birkenhead Brewery. See attached poster with starting times, etc. MORE INFO: Eddie Noble 082 765 5531



03 ||| FRIDAY

Robin Auld at Stanford Kitchen 6pm



04 ||| SATURDAY

Stanford Summer Vibe 2021 at Die Bron Primary from 11am
The Saturday Morning Market on the stoep of the Stanford Hotel. Starts at 9am
The Junktique Market in tourism courtyard from 9am. Call Stanford Tourism on 028 341 0340 to book a stall.
Panthera Africa Sunset Visit at 5pm

email your events and info to Le-Ann at book@stanfordinfo.co.za

DISCOVERY HEALTH Tests: Blood Pressure, Glucose, Cholesterol, Iron, Urine	GIFTS Perfume and Make-Up	Clinic Baby Immunisation Family Planning Basic Health Care Ear piercings
FREE DELIVERY STANFORD Monday to Friday Cut-off time 14h30 Saturdays Cut-off time 10h30		
ARRIE NEL PHARMACY GROUP GANSBAAI PHARMACY Family values, value for the whole family. 29 Main Rd, Gansbaai, Western Cape + gansbaai@arrienel.co.za Mondays to Friday 08h00 - 17h30 Saturdays 08h00 - 13h00 Sundays 10h00 - 12h00 Public Holidays 09h00 - 13h00		
Pharmacist Cobus Claassen 028 384 0637 Emergencies 0824964577		

COMPUTER HUT

Welcome to a new generation of fibre connectivity - now available in your area

email ben@tchwisp.co.za

FOR BEST PRICES

Parmesan cheese and earthy flavours



KLEIN RIVER CHEESE PARMESAN CRUSTED BOILED EGG & ASPARAGUS

*A decadent combination of creamy earthy flavours, enveloped in a crust of **Klein River Parmesan***

INGREDIENTS

350g medium asparagus spears
4 large eggs
3 tbsp seasoned flour
1 egg, beaten
½ cup fresh breadcrumbs and finely grated parmesan cheese (in equal quantities)
½ cup of melted salted butter
2 tbsp fresh chives
4 lemon cheeks
Salt
Freshly ground black pepper
Serves 4.

METHOD

Wash asparagus and trim to the same length. Boil the 4 large eggs in salted water for 5 minutes. Remove from the pot and immediately plunge into iced water. Leave to cool for 5 minutes then peel. Dip the boiled, peeled eggs gently into the seasoned flour, then into the beaten egg and finally into the breadcrumb & parmesan mixture. Deep fry the eggs over a medium heat until golden brown. Just before serving, quickly cook the asparagus in boiling salted water until tender. Lay the spears on a plate and gently spoon the melted butter over the asparagus and sprinkle with chives. Cut the boiled eggs in half and place on the asparagus. Serve with a lemon cheek on the side.

www.kleinrivercheese.co.za

The first record of Parmigiano-Reggiano (or what we know as Parmesan cheese) is from 1254. Legend has it, that around 900 years ago, Benedictine monks, living in the Parma-Reggio region of Italy, created this cheese when they needed to find a way to extend the shelf-life of the large quantity of milk they were producing.

According to historians and local legends, first production of Parmigiano-Reggiano cheese was closely connected with the commune of Bibbiano which is located in the province of Reggio Emilia. From there, this hard cheese spread to the neighboring provinces of Parma and Modena, and with popularity enabling it to reach fame across entire Italy by 13th and 14th centuries. Many historical records describe Parmesan cheese, with some of the earliest mentions being made in Giovanni Boccaccio's collection of novellas "The Decameron" and many other literary and government texts of that time. Its presence outside of Italy can be traced to the much smaller number of documents, most notably to the writings that covered Great Fire of London of 1666 that mentioned lost goods, among them Parmesan cheese wheels



WELCOME TO ...
RIVERLAND GARDEN CENTRE
STANFORD
OPENING TIMES:
MON - FRI - 8am - 5pm
SATURDAY - 8am - 2pm
SUNDAY - 9am - 1pm
CELL: 064 6871599
EMAIL: riverlandgarden@gmail.com



Fall in love with Stanford

Stanford Village Properties is the only independently owned Real Estate business in Stanford.

For the latest Stanford property news, visit our website and Facebook page. We look forward to being of assistance should you require a **Valuation**, **Advice on Selling** your home or **Buying** in our sought after Village.



Contact Natalie
082 893 2282



**4 JOINT MANDATES
SOLD BY US DURING
OCTOBER!**



Find us on
Facebook

natalie@stanfordvillage.co.za

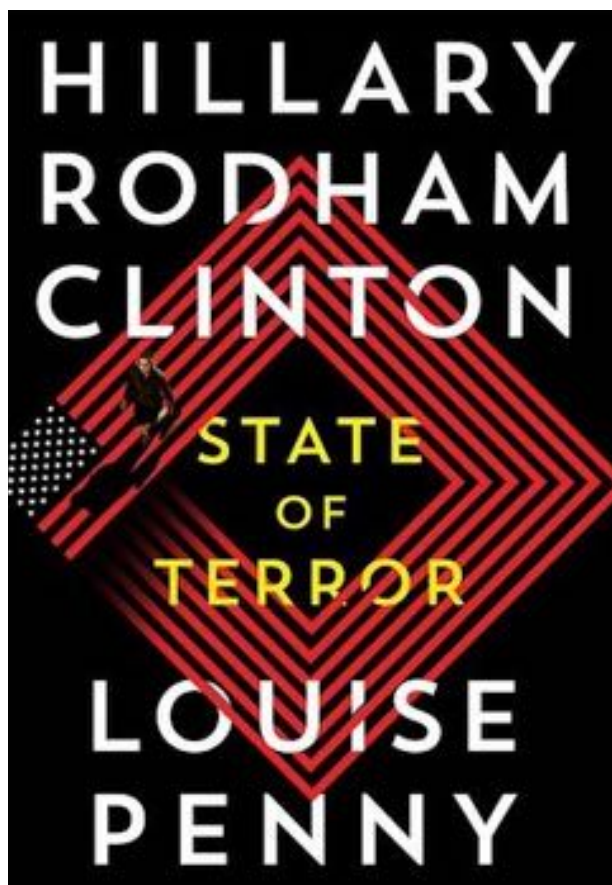
www.stanfordvillageproperties.com



CLICK



CLICK



Winding down? - then it's time to read

It's four weeks to Christmas. Time to wind down and think of the books we would like to read over the festive season. A lot of writing has gone on during the lockdown, so it's not surprising there's a wide choice on offer. To help with selection here's a look at some of the books that reached top status this year.

State of Terror Hillary Rodham Clinton & Louise Penny

The name of the co-author is certainly eye-catching. The story follows a novice Secretary of State who joins the administration of her rival, a president inaugurated after four years of American leadership that shrank from the world stage. A series of terrorist attacks throws the global order into disarray, and the secretary is tasked with assembling a team to unravel the deadly conspiracy, a scheme carefully designed to take advantage of an American government dangerously out of touch and out of power in the places where it counts the most.

This high-stakes thriller of international intrigue features behind-the-scenes global drama informed by details only an insider, like Hillary, could know.

The Judge's List – John Grisham

As an investigator for the Florida Board on Judicial Conduct, Lacy Stoltz sees plenty of corruption among the men and women elected to the bench. In THE WHISTLER, she took on a crime syndicate that was paying millions to a crooked judge. Now, in THE JUDGE'S LIST, the crimes are even worse.

Keeper of Lost Things – Ruth Hogan

Once a celebrated author of short stories now in his twilight years, Anthony Peardew has spent half his life collecting lost objects, trying to atone for a promise broken many years before. Realising he is running out of time, he leaves his house and all its lost treasures to his assistant Laura, the one person he can trust to fulfil his legacy and reunite the thousands of objects with their rightful owners. But the final wishes of the 'Keeper of Lost Things' have unforeseen repercussions which trigger a most serendipitous series of encounters... Daily Mail describes it as 'Touching, funny and romantic'

The Boy, the Mole, the Fox and the Horse - Charlie Mackesy

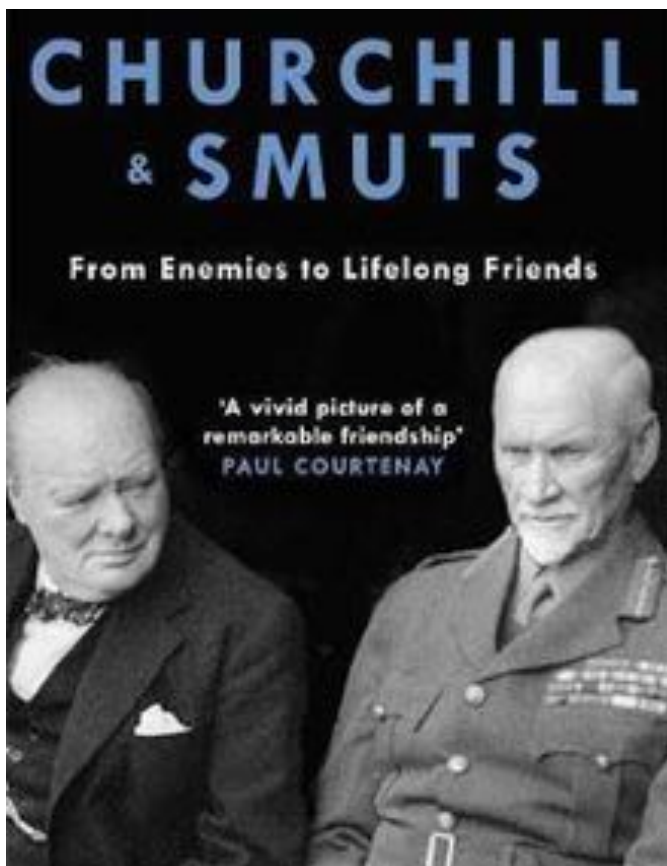
It's been out a while but so well worth putting on your reading list – if you haven't already. It is a beautiful, sensitive book alive with characters we can all relate to. What the Boy says to his friends as we journey with him are the fundamentals of life, being kind to ourselves, loving unconditionally and walking with the ones we love no matter what. The messages Charlie wants us to share is that we all matter and we're all in this together



WINE TASTING, SALES AND
CELLAR VISIT BY APPOINTMENT

TEL: 082 5725856





Churchill & Smuts: The Friendship – Richard Steyn

The remarkable, and often touching, friendship between Winston Churchill and Jan Smuts is a rich study in contrasts.

In youth they occupied very different worlds: Churchill, the rambunctious and thrusting young aristocrat; Smuts, the ascetic, philosophical Cape farm boy who would go on to Cambridge. Brought together first as enemies in the Anglo-Boer War, and later as allies in the First World War, the men forged a friendship which spanned the first half of the twentieth century and endured until Smuts's death in 1950.

Never – Ken Follett

Ken Follett is back with a compelling novel featuring a stolen army drone, a hidden stash of highly toxic chemicals, a genius Chinese spymaster and a US president with a populist rival hot on his heels. It's a terrifying look at how international and diplomatic peacetime is only a few missteps away from a chain reaction of catastrophic consequences.



Will She Do – Eileen Atkins

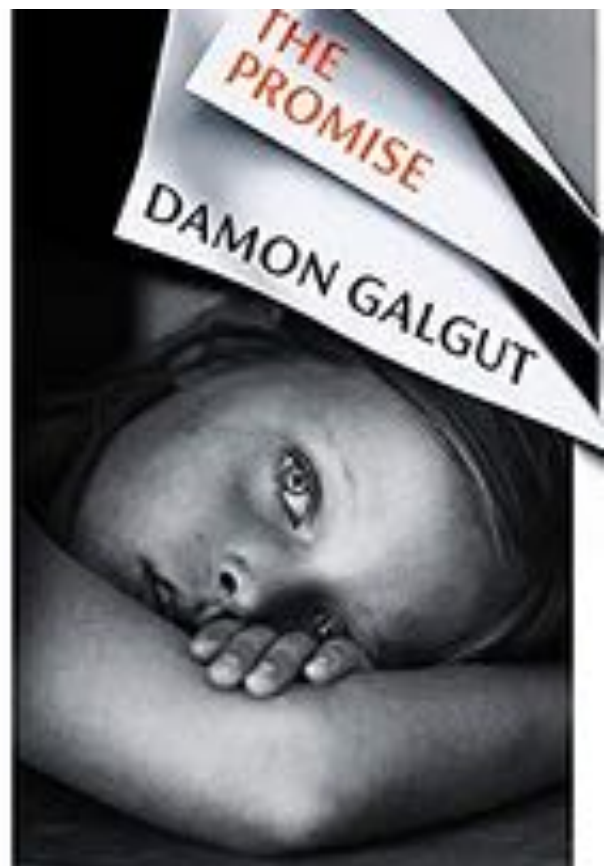
Atkins – remember her in *Upstairs, Downstairs* and *Cranford* - delivers one of this year's outstanding memoirs fearlessly representing herself as prickly, hot-tempered and still bitter about the way her mother made her dance in some of Britain's working men's pubs.

The Promise - Damon Galgut, this year's Booker Prize winner

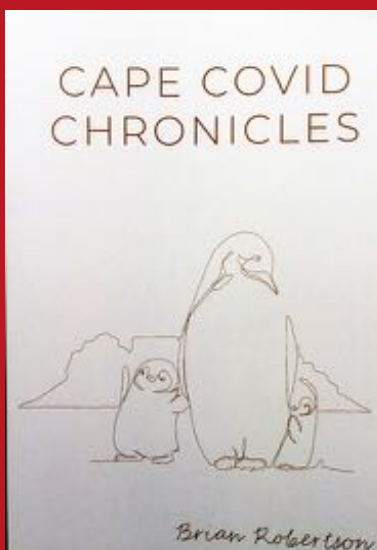
It doesn't promise to be an easy read but one that will nevertheless resonate in post-apartheid South Africa. A white South African family fail to fulfil a promise to their black servant – a failed promise that reverberates over many years. The judges called it a "penetrating and incredibly well-constructed" portrait of a white family navigating South Africa across four decades

The Little Shop of Found Things - Paula Brackston

An antique shop haunted by a ghost - what could be more intriguing than Brackston's new novel - a blend of magic and romance. Mother and daughter leave London behind for a fresh start, taking over an antique shop in the historic town of Marlborough. Xanthe has always had an affinity with some of the antiques she finds, but it is a beautiful silver chatelaine that captures her imagination transporting her back to the 17th century - need we say more



THAT'S IT WE'RE LOCKED DOWN!



AT THE BEGINNING of Covid, diaries were the thing to keep. One day someone will read what I wrote amazed at what we went through. I did it for three days – mostly about food – then got bored. Brian Robertson, business consultant, family man, farmer, thinker, philosopher, who gave me this book, never left out a day. His thoughts, mostly random, off the cuff observations mixed with poetry and ancient reflection have no logical structure – but rather mirror the weird world of a pandemic and all that it entails.

March 26: Somebody posted a picture of people queuing in the 1994 elections – turns out it was my fellow countrymen outside a bottle store in Ottery

March 30: People are starving losing their jobs dying and the headline – 'Why can't I buy a cooked chicken?' No. Can do better.

April 7: Millions of people are locked inside homes, flats, tin huts, and informal settlements. This is the biggest social experiment ever conducted.

June 12: Even the mask comes with a multitude of potential successes, no one sees you yawn, curse, or stick out your tongue.

June 14: Mr President please please please may I walk on the beach....

If you are ever in Paarl and come across a gorgeous restaurant called Faber, you will find his book there. It's worth googling

Time to move ahead with fresh ideas



Rishi Sundstrom, chair of the Stanford Association of Tourism and Business writes . . .

Members of the Stanford Association of Tourism and Business gathered this month for a casual Members Mingle at Madre's Restaurant. It was a lovely evening with a great turnout of passionate members and friends of the Association. The management committee gave an update on the Association's current situation as well as giving an insight into its re-aligned vision. It was heartening to sense the positivity and enthusiasm with which the new ideas were received. Most importantly however, were the opportunities it provided for both members, representatives of other local associations and stakeholders, to provide feedback and suggestions for how to move forward as an Association. There was an air of enthusiasm and willingness to share ideas and many valid points were raised. We in the management committee are deeply grateful for the insights given, and we are inspired and excited to include those in our plan for the near future



admin@topsealwesterncape.co.za

060 9529133

Interior & exterior painting
Roof painting & Repairs
Gutter/Downpipe Repairs & Painting
Wood Sprocket Repairs
And all related services



Ann Beachy Head sent us this tribute to her mother, Cherry Wyrley-Birch a fondly remembered member of the Stanford community who died this month, aged 84.



Goodbye to a mother in a million

In writing this I would also like to remember our Dad Jon Wyrley-Birch who died four years ago, as he was so much part of my mother's story. They had celebrated 58 years of married life.

Our parents were married on January 24, 1959. They had seven children. Susan, Jean, Bridget, Ann and David (twins) Ian and Michael. Susan, Ian and Michael live in the UK.

They arrived in Stanford in October 1996 and built their home in six weeks in Caledon Street.

Mum and Dad were always politically active with Dad being Chair of the DA in the area and together they ran the DA office. They were both passionate animal lovers and Mum served on the Stanford Animal Welfare committee.

As you can imagine our home was always filled with rescue kitties and dogs.

We were educated at boarding school in Grahamstown, girls at DSG and boys at St Andrews. They really were remarkable and sacrificed so much for us to have this education.

Our Mum was born Cherry Pargiter on September 19, 1937 and passed away on November 14 2021. Our Dad John Wyrley-Birch was born on December 22, 1932 and died on December 16, 2017. They shared an interest in leather crafting and traded for many years at the Hermanus market where they loved meeting new people.

We have received over two hundred messages of condolences and we thought we would share a few with you.

"Whenever I think of your folks, I think of the story my dad told of meeting them for the first time. By way of introduction your dad introduced himself and your mum and then waved a hand towards the kids and said "These are the people we work for". I always loved that story.

"I am so sorry to hear of your mom passing away. She was an incredible woman that I really admired.

"Still can't believe she is gone. Going to miss you Granny and your commenting on all things Sport. No Refs stood a chance against you. Will be forever grateful for the time spent with you and Grandpa whilst studying in Stellenbosch. Until we meet again.

"A Lady in a million. We shared a love of cats and children! She taught us that a pot of food can always feed one more friend. Sending big hugs.

"Sincere Condolences to you all she was one of the finest women I have ever known.

"Your mother had a heart of gold. How fortunate you were to have her as a mother and how fortunate we were to have been scooped up in the wake of her love.



WITH **THE MUSIC** AND CHRISTMAS CAROLS FROM

ANDREW HERRIOT & FRIENDS

ANDERSON TUNES

THE **Butterfly** CENTRE
10000 SALUDA BLVD
BIRMINGHAM, AL 35244



STANFORD ANIMAL WELFARE PRESENTS...

BEER AND WINE
FOOD STALLS
DOG TREATS
KIDS ENTERTAINMENT
AMAZING RAFFLES
TREE LIGHTING CEREMONY

SAWS CHRISTMAS FOR A CAUSE!



BIRKENHEAD BREWERY

WALKER BAY

**FRIDAY 10 DECEMBER
6PM - 9PM**

JOIN US FOR AN
EVENING OF
FUN!