



ANTWERP BRITISH COMMUNITY ASSOCIATION vzw

Maandelijkse Newsletter – mei 2020

Verschijnt niet in juli

Verantwoordelijk uitgever:

Mary Ann Marinus, Frankrijklei 94/b14-15, 2000 Antwerpen

Afgiftekantoor 2000 Antwerpen 1

POO8284

CONTENTS

<i>Dates for your diary</i>	2	<i>Antwerp's Green Streets</i>	9
<i>From our Chairman</i>	3	<i>Cook's corner</i>	10
<i>Membership Matters</i>	4	<i>Blueberry Mojito</i>	11
<i>Change of Address</i>	4	<i>Buzzy Bee</i>	12
<i>R.I.P.</i>	4	<i>Sudokus</i>	13
<i>Subscription paid</i>	4	<i>May Quiz</i>	14
<i>A Honey History : 31.05.2020</i>	5	<i>May Crossword</i>	15
<i>Advance Notice : 7th June !</i>	6	<i>Useful Information</i>	16
<i>Annual General Meeting</i>	7		
<i>Spring Bun Festival</i>	8		

Dates for your diary



ABCA events in BOLD type

27th May	ABCA Open Evening at the Highlander
31st May	ABCA Beekeeping museum Kalmthout

Advance Notice:

7th June	ABCA Visit asparagus cultivation
24th June	ABCA AGM and open evening
21st July	ABCA annual BBQ and garden party
30th August	ABCA annual mussels lunch
27th September	ABCA annual Challenge Quiz
September ?	ABCA Centenary reception

ABCA Antwerp British Community Association:
For payments, call Margaret du Maine on 03 651 32 24
Open Evenings: The Highlander, Stadswaag 21, 03 226 91 80

Printed by:



Lange Vlierstraat 35, 2000 Antwerpen

From our Chairman

Dear Members,

We are all experiencing uneasy times and having to adapt to changes in our routines which is not easy, but thankfully modern technology allows us to stay in touch with our loved ones.

The outings organised for the end of May and beginning of June will be going ahead unless further COVID 19 instructions mean we have to postpone them. However, as both activities are outdoors, let's hope for the best!

As said last month, anyone needing assistance with shopping or if you are feeling lonely in these difficult weeks, do get in touch. Telephone numbers on the back page. We are here for you.

Stay safe, keep healthy,

Mary Ann Marinus
Chairman

Thought for the month

“The purpose of life is to be happy”, Gérard Blitz

Membership Matters

Change of Address

Shirley Fletcher has moved to:

Nottebohm Woonzorgcentrum,
Biartstraat 2, 2018 Antwerpen

R.I.P.



It is with sadness that we learned of the death of David van Riel. To his family and friends we extend our deepest sympathy.

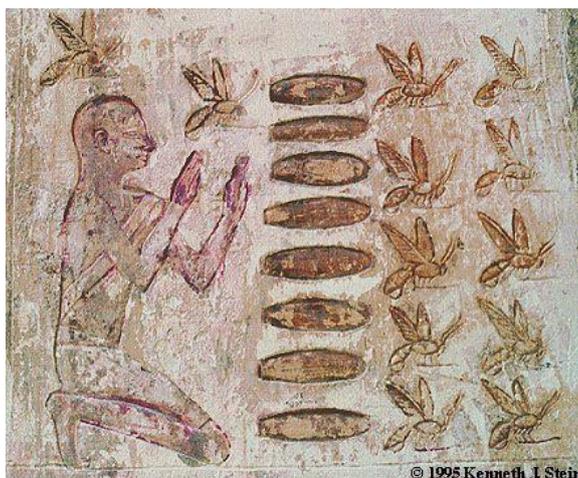
Our deepest sympathy also goes to Shirley and family for the death of Peter Fletcher. He will be remembered with affection by many of our members.

Subscription paid

21 March – 18 April

Annie De Boel-Hopwood

A Honey History : 31.05.2020



(Egyptian Stele showing Beekeeping)

When next you buy a jar of honey you will be following a very ancient tradition. Humans were collecting honey from wild bees 10,000 years ago. Domestication of bees is shown in Egyptian art from around 4,500 years ago. Simple hives and smoke were used and honey was stored in jars, some of which were found in the tombs of pharaohs such as Tutankhamun. On the walls of the sun temple of Nyuserre Ini from the Fifth Dynasty, before 2422 BC, workers are depicted blowing smoke into hives as they are removing honeycombs. Inscriptions detailing the production of honey are found on a tomb from the Twenty-sixth Dynasty (c. 650 BCE), depicting pouring honey in jars and cylindrical hives while traces of beeswax have been found in potsherds throughout the Middle East from 7000 BC. In prehistoric Greece (Crete and Mycenae), there existed a system of high-status apiculture, as can be seen from finds of hives, smoking pots, honey extractors and other beekeeping paraphernalia in Knossos. Beekeeping was considered a highly valued industry controlled by beekeeping overseers.

Archaeological finds in the Jordan Valley revealed thirty intact hives, made of straw and unbaked clay dating from circa 900 BC. The hives were found in orderly rows, three high, in a manner that could have accommodated around 100 hives; they held more than 1 million bees and had a potential annual yield of 500 kilograms of honey and 70 kilograms of beeswax. Beekeeping was also practiced in ancient China. In the book "Golden Rules of Business Success" there are sections describing the art of beekeeping, stressing the importance of the quality of the wooden box used and how this can affect the quality of the honey.

You will be able to find out more about these fascinating and indispensable busy bees during ABCA's guided tour of the Bee Museum, Putsesteenweg 131, 2920 Kalmthout starting at 14.30hrs on **Sunday, May 31st**. The cost is **€7 pp** and payment should be made to ABCA, Bank acc: BE11 220-0324380-48 and the **cut-off date is May 25th**. **If you want/need transport, please contact Mary Ann.**

Advance Notice : 7th June !

On June 7th, ABCA will be organizing a trip to Lier to an asparagus farm to see how the vegetable is grown. You will also have the possibility of buying some after the guided tour. The cost is **€10 pp** and payment should be made to ABCA, Bank acc: BE11 220-0324380-48 and the **cut-off date is May 29th**. We meet at 13hrs at “Lierse Asperges”, Spreet 11, 2500 Lier. **If you want/need transport, please contact Mary Ann.**

A distant cousin of the onion, the asparagus has been consumed for over 2000 years. This garden plant originated in eastern Mediterranean countries and traces of wild varieties have been discovered in Africa. Archaeologists believe it was also cultivated in Egypt. In ancient Greece asparagus was considered to be a plant with sacred and aphrodisiac properties and the Greeks were interested in its biological and pharmaceutical qualities.

Hippocrates, the famous doctor in ancient Greece, used asparagus to treat diarrhea and pains of the urethra. This plant, in fact, contains asparagines which is known for its diuretic properties. . Caesar’s legions, returning from the Orient, brought the asparagus back to Europe. The Romans appreciated the plant’s gastronomic qualities. They ate it as an entrée or as a vegetable accompanying fish. Asparagus was largely forgotten during the Middle Ages but continued to be cultivated in the Arab world. Starting in the 16th century, asparagus was served in the royal courts of Europe and in the 17th century it was cultivated in France for Louis XIV who was, apparently, very fond of it. At that time, according to the records, it was the size of a swan’s feather and was grown solely for the requirements of the nobility. Only in the 18th century did the asparagus make its appearance in local marketplaces and in numerous culinary works.

Today green asparagus is found in America and China while the white variety is cultivated mainly in Europe.



(Glazed salmon with asparagus and cherry tomatoes)

Annual General Meeting

of the

ANTWERP BRITISH COMMUNITY ASSOCIATION VZW

See note below

Reminder

This year's AGM will take place on **June 24th, 2020** at the Highlander on the Stadswaag. The AGM starts at 8.30 pm, but the evening will begin at our usual Open Evening time of 7.30 pm.

Remember: unless your membership for the current year is fully paid, you cannot vote at the AGM, stand for Committee or nominate anyone else to stand; and following the AGM, your membership will cease. For your information, Committee members are elected for a term of two years, after which they have to be re-elected. The following Committee member is willing to stand for election having served a two-year term:

Mary Ann Marinus

The following have served one year of a two-year term on the Committee and therefore can remain on the Committee without having to be re-elected:

Mabel Baker

Jill Barnard

Margaret du Maine

Suzanne Van Eersel

Spring Bun Festival



In the light of recent events, the origins of the **Cheung Chau Bun Festival** are very topical. Each year, the people of Cheung Chau get busy making papier-mâché effigies of deities, preparing costumes, baking buns and building a bamboo tower. They're preparing for the thousands of people that will soon descend upon their tiny island for what Time.com deemed one of the world's 'Top 10 Quirky Local Festivals'.

It all started with a **plague** that devastated Cheung Chau in the late Qing dynasty (1644–1911). The islanders built an altar in front of the Pak Tai Temple and petitioned the god Pak Tai to drive off the evil spirits besieging the island, while parading statues of deities through the narrow lanes of their village. The plague ended after the performance of these Taoist rituals and 100 years later the rituals are still performed in a festival that is listed as an intangible part of China's cultural heritage.

For the locals, this is the continuation of their customs. The islanders have a strong sense of community and those who have left to work elsewhere return for the celebrations. For the thousands who crowd the ferry boats to the former pirate haven, this is the spectacular Cheung Chau Bun Festival. The weeklong event includes Taoist ceremonies and music, a parade, lion dances, drum beating and an exciting Bun Scrambling Competition involving a tower of buns.

The Piu Sik (Floating Colours) Parade

The highlight of the festival is the Piu Sik (Floating Colours) Parade. This dramatic reenactment of the ceremonial parade held to drive away a plague a century ago, sees young children, dressed in the guises of traditional deities and modern celebrities, balance on poles and accompanied by gongs and lion dancers, appear to float above the crowds in a carnival-like procession.

At a quarter to midnight a paper effigy of the King of Ghosts is set ablaze,

Antwerp's Green Streets



A new pilot project for garden streets.

A new project for “garden streets” is being rolled out. Five districts in Antwerp will select certain streets in order to permanently make them “green and blue”. The blue indicates the promotion of water infiltration.

A permanent garden street means maximizing greenery in the street through getting rid of concrete and replacing it with more planting boxes, trees, herb and kitchen gardens, grass verges and climbing plants.

These green streets are being created as an important measure for the city to adapt to the effects of climate change such as flooding and heat stress. They also increase the quality of life in the street because they create a more peaceful, greener and more beautiful street image. The green streets also promote greater social cohesion and living outside when the weather permits.

The city wants to explore pilot projects and to experiment with the way of tackling them, the manner of working with the inhabitants of the streets, the application of new techniques and the maintenance of the project after it has been implemented. The intention is to optimize it and to ensure a broad and lasting support for the inhabitants, so that in the future, the green streets can be more easily adapted in the city centre.

The following districts and streets have volunteered to set up a green street.

- District Antwerpen: Lange Riddersstraat
- District Berchem: Wasstraat, Woeringenstraat, Brouwerstraat en Berthoutstraat
- District Borgerhout: Bloemstraat
- District Deurne: Jan Olieslagersstraat
- District Wilrijk: Aziëlaan

Cook's corner

Poppy Seed and Honey Cake



Honey makes wonderful cakes. Here is a treat to eat in the garden on a warm summer evening or to take on a picnic.

Ingredients

- 140g self-raising flour, plus extra for dusting
- 100g golden caster sugar, plus extra for dusting
- 175g butter, softened
- 85g clear honey - try acacia for a delicate flavour
- 3 medium eggs
- 25g cornflour
- 2tbsp poppy seeds

For the icing

- 100g icing sugar
- 1½-2 tbsp sieved strawberry purée (made by crushing and sieving a handful of strawberries)

Method

- Heat the oven to 160C/fan 140C/gas 3. Butter a 1.3 litre capacity ring tin (approx 20cm diameter) and dust the buttered surface with 1 tbsp each plain flour and caster sugar, then tap out the excess.
- Beat the butter, sugar and honey with a hand-held electric whisk, until pale and fluffy with a dropping consistency. Beat in the eggs one at a time. Mix the flour, cornflour and poppyseeds and fold into the creamed mixture.
- Spoon into the prepared tin and level the surface. Bake for about 35 mins until risen and firm to the touch. Leave to cool slightly in the tin then carefully remove, easing the sides with a palette knife. Cool on a wire rack.
- For the icing, mix both ingredients together then drizzle over the cake while it's still on the rack and leave to set. Transfer to a plate to serve. Will keep in an airtight container in a cool place for up to 5 days.

Blueberry Mojito



Blueberries are one of nature's super foods. They can help the heart, promote bone strength, skin health, help to keep blood pressure normal and manage diabetes. One cup of blueberries provides 24 percent of a person's recommended daily allowance of vitamin C.

They also make a mean mojito.

Ingredients

100 g. blueberries
3 chopped lemons
2 tbsp granulated sugar
2 mint sprigs (fresh)
350 ml white rum
600 ml sparkling water

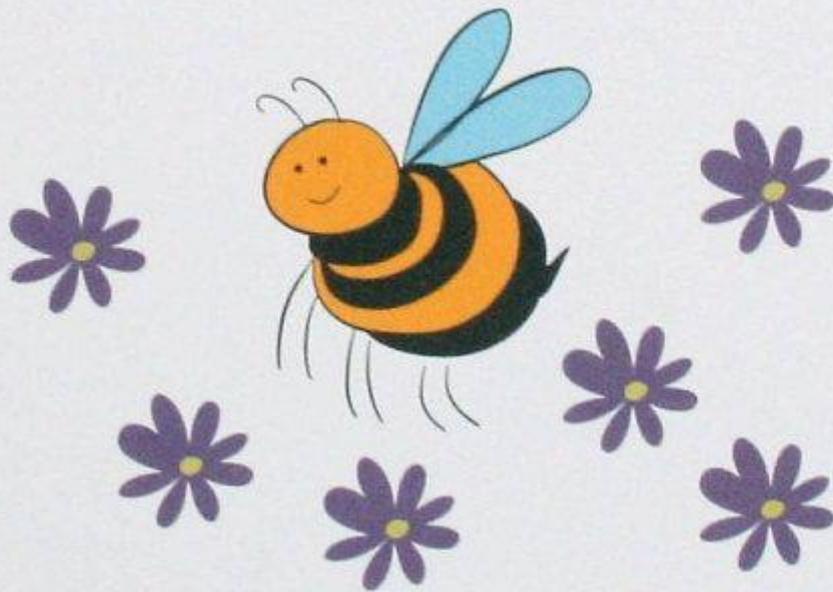
Put the blueberries, lemons and sugar in a jug and mix. Bruise the mint leaves and add them to the jug with lots of ice. Pour over the rum and sparkling water and stir together.

Blueberries are also delicious to eat. Try a bowl with a dollop of cream or ice-cream.



Buzzy Bee

TODAY I SAW A HONEY BEE
AND WE HAD A FRANK DISCUSSION
HE SAID HE'D JOINED AN ORCHESTRA
AND THAT HE PLAYED PERCUSSION.
I ASKED HIM 'WHAT'S YOUR FAVOURITE PIECE?'
HE GAVE A LITTLE COUGH
AND SAID 'FLIGHT OF THE BUMBLEBEE
BY RIMSKY-KORSAKOV'.



Sudokus

May puzzles

9	1	4		2	5		3	6
		6	9		8		4	
3	7					5		2
	4				2		6	8
					1			
8			4		7			
1	5		8		6	4		
2			1			6		
		7			3	1		

7		2					5	
			5		1		9	
9				2		4		
4	9	5				3	7	
	3	1				2		
			9		4		6	
	7	3	2			5		
2			1		8	7		
	4							

8				9	3		1	
	4			6				
		6			8	7		9
		4		7		8		
	6				2			
1	2		6			4		
	8	9				5		
							3	
	3		1					7

April solutions

3	9	1	5	6	2	4	7	8
2	7	5	8	1	4	9	6	3
4	6	8	7	3	9	5	1	2
6	2	7	9	4	8	1	3	5
8	1	3	6	2	5	7	9	4
5	4	9	3	7	1	8	2	6
7	5	6	4	9	3	2	8	1
1	3	4	2	8	7	6	5	9
9	8	2	1	5	6	3	4	7

2	4	7	3	9	1	6	5	8
9	1	8	6	5	7	4	2	3
3	6	5	2	4	8	7	9	1
4	7	6	5	1	9	8	3	2
8	3	1	7	6	2	9	4	5
5	9	2	8	3	4	1	6	7
1	5	3	4	7	6	2	8	9
7	8	4	9	2	3	5	1	6
6	2	9	1	8	5	3	7	4

3	9	2	7	5	4	8	1	6
5	4	1	9	8	6	7	2	3
7	8	6	1	2	3	4	9	5
8	3	5	2	7	1	6	4	9
1	6	4	3	9	5	2	7	8
9	2	7	4	6	8	3	5	1
6	5	9	8	4	2	1	3	7
2	1	8	5	3	7	9	6	4
4	7	3	6	1	9	5	8	2

May Quiz

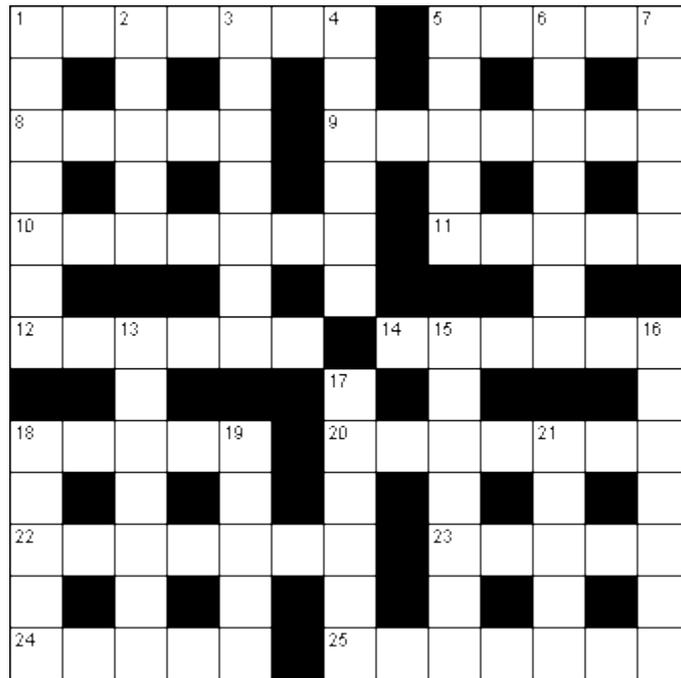


1. Which American/Russian tennis player won her second French Open in 2014?
2. Prospero is the main protagonist in which Shakespearean play?
3. In the Stars Wars film franchise, which character famously declares 'I am your father'?
4. The medical condition CHD stands for Coronary Heart ... what?
5. Eric Carle wrote a series of children's books about A Very Hungry ... what?
6. The Weetabix cereal company has manufactured which brand of the muesli for the UK market since the late 1960s?
7. Angel Falls, the world's highest uninterrupted waterfall is in which country?
8. What word 'petroleum' is made up of two Latin words - petra meaning 'rock' and oleum meaning?
9. Mary McAleese served as President of which country between November 1997 and November 2011?
10. What is the name of Wordsworth poem which begins: "I wandered lonely as a cloud"?
11. In animals, mimesis and crypsis are forms of what?
12. What is the main difference in the reasons for awarding a George Cross and a Victoria Cross?
13. What type of clothing is a Glengarry?
14. The wood of a cricket bat is traditionally made from which type of tree?
15. Which potter famous for his 'jasperware' opened his first pottery business in Burslem in 1759

April's answers

1. Open; 2. Diamond; 3. April Fish; 4. Daisy; 5. False; 6. Earth Day; 7. Namibia;
8. St George; 9. Robert Browning; 10. Cruellest; 11. 1861; 12. 1961 Yuri Gagarin

May Crossword



Across

1. Theft (7); 5. Ambit (5); 8. Relating to a city (5); 9. Closest (7); 10. Foster (7);
 11. Public square (5); 12. Floor covering (6); 14. Soldiers (6); 18. Percussion
 instruments (5); 20. Burrowing rodent (7); 22. View (7); 23. Stroll (5); 24. Choose (5)
 25. Pull out (7)

Down

1. Curt (7); 2. Watercourse (5); 3. Leave out (7); 4. Distant but visible (6); 5. Acute (5);
 6. Aromatic herb (7); 7. Additional (5); 13. Habitual method (7); 15. Oddment (7);
 16. Excess (7); 17. Opportunity (6); 18. Stingless male bee (5); 19. Change position (5)
 21. Shinbone (5)

April solution

Across:

1. Youth; 4. Needles; 8. Caterpillar; 9. Exhilarated; 10. Cede; 12; Modest; 13. Futile;
 16. Gate; 18. Shepherd; 21. Magnificent; 22. Ladders; 23. Edges.

Down:

1. Yacht; 2. Uttered; 3. Harmless; 4. Noises; 5. Eels; 6; Large; 7. Sincere;
 11. Surprise; 12. Magical; 14. Iceberg; 15. Chairs; 17. Timid; 19. Dates; 20. Ogre

Useful Information

Patron: Mr Martin Shearman CVO, HM Ambassador to Belgium
Committee for 2019/2020:

Chairman Mary Ann Marinus Frankrijklei 94/b14 2000 Antwerpen tel: 0486 646 941 (pm only) maryann.marinus@hotmail.com om	Hon. Treasurer Margaret du Maine Miksebeekstraat 104 2930 Brasschaat tel: 03 651 32 24 mdumaine@scarlet.be	Secretary Mabel Baker Bakkerstraat 45 2140 Borgherhout tel: 03 271 09 71 mabel1baker@gmail.com
Committee Member Jill Barnard Baggenstraat 14 2140 Borgherhout tel: 0474 432191 jillbarnard2000@yahoo.com	Committee Member Suzanne van Eersel Dambruggestraat 85 2000 Antwerpen tel :03 233 42 51 steveandsuzy@skynet.be	Newsletter Editor Madeleine Richardson Prins Boudewijnlaan 84/3 2610 Wilrijk tel: 03 230 49 47 madeleine.richardson@telenet.be
Committee Member vacant	Benevolent Matters Dora Jolly Hollandstraat 38 2060 Antwerpen tel: 03 232 71 15 aljolly@busmail.net	Anglican Church St Boniface Church Grétrystraat 39 2018 Antwerpen tel: 03 239 33 39 chaplain@boniface.be
Webmaster: brian.paul.edwards@gmail.com om ABCA Website: www.abca-antwerp.be e-mail address: ABCA_Antwerp@yahoo.co	ABCA recognizes the diversity of belief in contemporary British society and accordingly directs members wanting to contact other faith groups to the “Gids Levensbeschouwingen Antwerpen”/Multifaith Antwerp guide, published by the Stad Antwerpen. Information on www.antwerpen.be - tel 03 338 3115.	

ABCA Bank Account number is BE11 2200 3243 8048.

Annual subscription: Single: € 20, Double: € 34. Donations towards our benevolent work are welcome.

Please feel free to submit items for inclusion in the newsletter, such as poems you particularly like, anecdotes, stories about Antwerp, hints, suggestions. **Items must be submitted to the editor by the 20th of the month for inclusion in the next edition.**

Advertising rates:

1/8 page: € 6.50 per issue ¼ page: € 11 per issue

½ page: € 16.50 per issue 1 page: € 30 per issue

12 months advertising, pay for only 10! Contact the Newsletter Editor

ABCA takes no responsibility for the consequences of reacting to advertisements placed by third parties.