



Welcome to the Village News, our first edition since the start of lockdown in March 2020.

I would like everyone to contribute items of news, snippets of information, quick recipes, gardening tips etc. as this is a community newsletter. Cut off date for contributions for July is Tuesday 15th June 2021.

We extend a very warm welcome to new residents who have moved into the Village since lockdown began



Thanks to the efforts of Evergreen Management and Health Care we will be receiving our first vaccine doses on Thursday 3rd June 2021

CHRISTINE'S FAREWELL DINNER

Christine we wish you well on your Diep River journey. Your compassion, enthusiasm and patience to residents during the last seven years has been from the heart and we wish you all the best for the future. We look forward to you popping in from time to time.



Christine Dempers and Felicity Walker



Garry Reed, Joan Misplon and Jill Dower

Photographs courtesy Donald Campbell



EVERGREEN
lifestyle
bergvliet

REMINISCING - SONNENHOF FARM

In 1952 the farm Sonnenhof was bought on auction by Mr. Karl Albrecht who lived there until his death in 2004. Amdec then purchased the property and several years later, Evergreen Lifestyle Village phase one came into being. Since then we have expanded to seventy eight units and twenty two apartments.



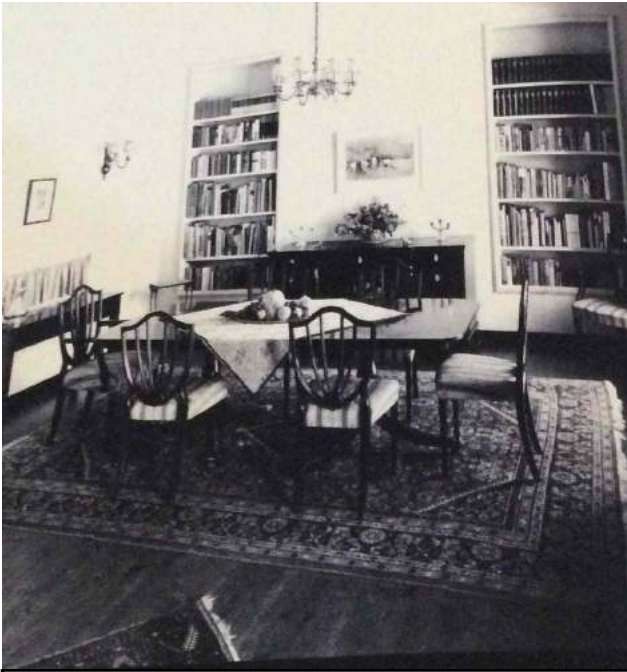
Prior to the construction of the Simon van der Stel Freeway, colloquially known as the Blue Route Freeway



Quicker than a lawn mower !



Koi Pond



**Present day dining room with
with original bookcases**



Beautiful gardens

**With many thanks to Maya Ingwersen neé Albrecht
for the loan of her family books**



**1971 - Brenda Stauch and her husband got
married in the Apostolic Church in Bergvliet
with their wedding reception being held at
Sonnenhof . Brenda # 37.**



**3rd - Jenny and Stewart Fisher
15th - Jacky and Dave Orton
18th - Glenda and Robert Welsh
28th - Sandra and Tony Farr
30th - Inez and David Gretton**

EVERGREEN BERGVLIET AGM – 12TH MAY 2021

On a bright sunny autumn afternoon the Evergreen Bergvliet AGM took place. A happy group of 60 residents lined up for temperature takes and sanitising before entering the marquee.

Garry Reed opened the meeting with a welcome and a Minute's silence was held for those residents who had passed away since the last AGM.

The pre listed questions and answers were listened to patiently by the residents whilst votes were being counted for the incoming Rescom Committee. The count completed the names of John Bester, Brian Dalton, Rene Esson, Joan Misplon, David Walker and Jean Van Rhyn were recorded as the new committee.

Joan closed the meeting by emphasizing how important it is for residents to make good use of the Rescom committee and to approach them at any time with their problems.

I would like to voice my recognition and thanks to Paddy Fordyce, Ton Weber and Dave Orton for their invaluable contribution during their term on Rescom.

Thanks must go to the Evergreen Team for putting together an excellent venue for the AGM including sound and video showing.

Joan Misplon
Chairman



COLLECT PLASTIC BOTTLE CAPS

Operation Smile has partnered with Fair Cape Dairies and shopping centres in the Western Cape to change the lives of children across South Africa who are born with a cleft lip or palate.

There aim is to encourage the public to collect plastic bottle caps from Fair Cape Dairies products as well as any other plastic bottle caps. Every kilogram collected will be recycled. Independent auditors will ensure that 100% of the money raised will go towards paying for the vital surgery.

Your bottle caps can be handed in at the office. Saving your plastic bottle caps is such an easy thing to do.



Fair Cape Dairies via Google



RESIDENTS SHARE THEIR RECIPES

ASPARAGUS SUPREME

1 large tin of asparagus

3 T butter

3 T flour

1/3 cup asparagus liquid

1/3 cup cream

1 large cup grated cheese

Cayenne pepper, salt and pepper

Drain asparagus reserving liquid. Place asparagus in buttered dish or small individual dishes. Melt butter in saucepan, when bubbling add flour. Remove from stove and gradually stir in asparagus liquid a little at a time until all has been used.

Return to stove and stir continuously until thickened. Add cream and seasoning. Pour mixture over asparagus and sprinkle on cheese.

Bake at 180 - 200 deg for approximately 15 minutes.

Serves 4 – 6 as a starter or side dish

Jean van Rhyn

CHILLI CON CARNE

Peel and chop 1 onion. Soften in a little olive oil then add 500g lean mince. Once the meat is brown, add 1/2 - 1 packet of Woolworths Spice It Chilli Con Carne Spice Mix plus 250ml. tomato puree or Passata. Simmer for 20 minutes. Then add 1 can whole corn kernels and 1 can red kidney beans which have been drained and rinsed. Cook for a further 15 minutes.

Season to taste, serve on carbs of your choice.

Felicity Walker

PLEASE NOTE REGARDING FUNCTION BOOKINGS - DUE TO COVID THERE IS LIMITED SEATING
SO KINDLY BOOK EARLY

MOVIE NIGHT

Saturday 5th June 2021 7.00pm



During a state funeral for the British Prime Minister, terrorists launch a massive attack and its up to Secret Agent Mike Banning to save the US President.

**Starring Gerard Butler, Aaron Eckhart and
Morgan Freeman**

You are welcome to bring your own refreshments.
Please contact Jean van Rhyn ext 3049 for any
additional information



SUNDAY ROAST

27th June 2021 at 12.30

You are welcome to
bring your own
liquid refreshments

R150 pp

**Please book at reception
by no later than the
21st June**

BINGO EVENING

FRIDAY 11th June 2021 at 7pm.

**It will be an evening of laughter
and meeting friends.**



- * **Kindly book at reception**
- * **By no later than Monday 7th June**
- * **Cost R30pp**
- * **Please bring your own liquid
refreshments**



Courtesy Adrian Fuller

**A beautiful view from an apartment
braai - lovely to meet a number of
new residents.**



4th Gill Cooper

5th Lyn Law

6th Julie Phillips

14th Liddy Cummins

15th Felicity Walker

18th Peta Noble

20th Margaret Baxter

21st Anne Lawton

27th Janine Fuller

28th Elnor Leach

29th Gavin Morrison

HERE'S TO A HEALTHY YEAR AHEAD



If you are in the Stellenbosch area, visit
Ludwig's Roses Winelands. R304
Stellenbosch/Klipheuwel: 021 884 4552.

Refer to page 13.



LUCKY DRAW

Our monthly Lucky Draw is a way to raise funds by the
Village Entertainment Committee to provide live
music, décor and a variety of items for the
benefit of residents' functions.

One ticket costs R20/three tickets R50.

The draw sheet is available at reception.

Buy your ticket for our next draw which will take
place on Tuesday 29th June 2021.





MUSIC EVENING

Wednesday JUNE 23rd

at 7.00pm

Kindly book at reception by

Monday 21st June

You are welcome to bring your
own refreshments

BOOK REVIEW THE GIRL FROM SIMON'S BAY

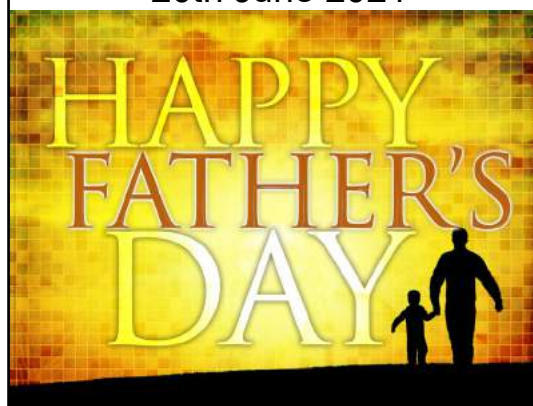
by Barbara Mutch

1937. Simon's Town is a vibrant and diverse community in a picturesque part of the Union of South Africa. At the heart of the town is the Royal Navy port and Louise Ahrendts, daughter of a shipbuilder, nurtures the idea that through hard work she could step beyond the destiny of domestic service. She dreams of becoming a nurse and she has the tenacity to make this dream a reality.

AN EXCELLENT READ IN
OUR LIBRARY



20th June 2021





SEA RESCUE EMERGENCY 112

RESCUE BUOY

DO NOT GO INTO THE WATER
THROW THE BUOY TO THE PERSON

Use a Pink Buoy to save a life.
A stolen buoy is a stolen life.

HELP US SAVE LIVES

WOULD YOU LIKE TO CONTRIBUTE TOWARDS THE EVERGREEN PINK RESCUE BUOY CAMPAIGN

LET'S HELP REDUCE DROWNINGS IN SOUTH AFRICA!

OVER 70 LIVES HAVE BEEN SAVED USING THE NSRI'S PINK RESCUE BUOY!

If you'd like to contribute, please either hand cash to your Village Manager or do an EFT directly into the NSRI's bank account.

ABSA Bank
National Sea Rescue Institute
Branch code: 506 009
Account # 1382480607
Reference: Evergreen + cell No

SEA RESCUE SOUTH AFRICA

HELP US SAVE MORE LIVES BY CONTRIBUTING TOWARDS THE PINK RESCUE BUOY CAMPAIGN!



RESCUE BUOY

CALL 112 OR 021 290 5555

DO NOT GO INTO THE WATER

THROW THE BUOY TO THE PERSON

SEA RESCUE SOUTH AFRICA

23-24

HAPPY FATHER'S DAY

GETTING TO KNOW YOU



Ronnie and Toetie met in 1975 when they were cast together in a stage play called “Conduct Unbecoming”. The attraction was instant & they married in 1978. They went on to perform in many plays together and later sang in the Free State Choir and Opera Chorus. They moved to Cape Town in 1984 where they sang in the Cape Town Philharmonic choir (oratorio) as well as the Cape Town Opera Chorus.

They have travelled extensively around South Africa and abroad. They spent 2 ½ years in Spain where Ronnie worked for a property firm in Nueve Andalucía on the Costa del Sol, not far from Marbella. For three months they went to night school to learn the language where Toetie achieved the highest mark that the school had ever had in its 20 year existence 95.7%) with Ronnie a distant 2nd with 75% ! and students in the class staring at her as if she was from outer space and the school owner, el Professor Julio Morales, kept repeating Noventa y cinco punto siete por ciento, muy bien (well done) Senora.

In 1948 Toetie, at age 18, was crowned “Miss South Africa” by the then Prime Minister, Jan Smuts, in the Johannesburg City Hall. Then she was known as Avelyn Macaskill. Sponsored by the S A Wool Board she was sent on a two month chaperoned tour of Holland, France and the UK where she met the Queen. She also travelled to the USA where she spent a week in Hollywood and met and dined with the film stars of the day. Two years after that she was accepted into the prestigious London Royal Academy of Dramatic Art, in a 2 year study of drama with special attention to William Shakespeare. A highlight of those 2 years was when she played the lead in Antony & Cleopatra. In the audience was Sir Laurence Olivier and his wife Vivien Leigh, whose daughter played a hand maiden. They came back stage to congratulate Toetie on her performance.

Ronnie spent 33 years of his life negotiating the sale of commercial and industrial property in Bloemfontein and Cape Town. In Bloem he negotiated the sale of a whole centre city block of shops, offices & flats, bought by the S A Reserve Bank. There were 17 owners situated in Bloem, USA, & Israel. In those days only telephone and telex and sellers not to know that it was the bank. A record sale at the time (R37 000 000, R3m less than what they wanted to pay).

Ronnie has a son, Robin and granddaughter Jade who live in Bellville and a daughter, Rene who lives on the Val de Vie Estate in Paarl/Franschhoek. Toetie has a son, Jannie who resides in Muizenberg.

Ronnie has played 1st league soccer, cricket, rugby, basketball and Free State Seniors squash.

Toetie is an accomplished artist.

They have been residents at Evergreen since 2012 being amongst the first residents to move in.

Toetie and Ronnie van Reenen # 4

GETTING TO KNOW YOU



Wenche Hovstad # 76



“ Having been surrounded by good people, a large group of family and friends in Kristiansand, Norway, I had the best of starts in my life. Our beautiful town has mountains at the back, facing the sea, and in a relatively small town, we all knew or

knew of each other.

Schools, studies, marriage and two daughters followed, we settled into our routines and had no plans of doing more exciting things than maybe some European holidays.

An offer of employment for my husband, Are, an economist, by the Norwegian Ministry of Foreign Affairs Foreign Aid Office changed our lives. Zambia needed assistance to rebuild their secondary school system after independence, and Norway offered technical and managerial assistance to see the project through, a challenging time, and so totally different from the quiet and secure life of a small coastal town in Norway. Slowly, but surely Africa got under our skin. We fell in love with the place, the rolling savannahs, the bush with the incredible wildlife, the extremes of the dry seasons and the joy of the first rains. New friendships were made, regardless of race or background. Lots of lessons learned, and again, we were surrounded by good people.

My background is in teaching, and I spent most of my years in Norway employed by a Teaching Training College, specializing in methodology. But Zambia had made a strong impression on us, and as our stay in Zambia lasted for 9 years, my teaching career came to an end. I was fortunate to work as a volunteer for Lusaka City Council, Women's Development Department, with jobs on grassroots level. My work included upgrading of 5 training institutions for school leaving girls, and building a factory for 16 handicapped tailors, all sponsored by Norwegian funds.. For 4 years I worked for the Danish Embassy in Lusaka, with new challenges and a totally new clientele.

Time for a new chapter in our history, and instead of returning to Norway, we decided to give South Africa a try in 1992. Very exciting times before the first democratic election, like living through a history book, and we were so privileged to be part of it all.

Norway had opened its embassy in Pretoria, but as all visitors, delegations, private tourist, business partners etc. wanted to come to Cape Town, I was employed to set up an Embassy Office here, which I ran for 16 years. Amazing years, intense challenges with several royal visits, murders, deaths, imprisonments, high level political delegations, and everything in between.

It was time for retirement, and to close the office door. Are, my husband, passed away in 2018, and decisions had to be made about what next.

Our two daughters, Cathrine in Zambia and Silje in England, both have their active lives, and with my extended family in Norway, I had lots of options. I decided to stay in Africa, Evergreen was my choice, and a very good choice indeed.

This is my background. I still live in a beautiful town with mountains at the back, facing the sea, surrounded by good people “.

“The more things change, the more they stay the same”



BOOK REVIEW
ON LEOPARD ROCK
By WILBUR SMITH

If you enjoy Wilbur Smith books, this particular one is about his experiences growing up in Central Africa (Northern Rhodesia) now Zambia and South Africa which is what influenced him to write about Africa and who he had met or heard about.

Now at the age of 88 his fascination continues with hunting and conservation in the bush and the deserts of Namibia and Egypt as well as the fishing in Alaska. All these different aspects come out in the various series and standalone books.

What an incredible life he has been able to have due to his story telling talent. Enjoy, this made me nostalgic for a different time and freedom

THIS BOOK IS IN OUR LIBRARY

Karen Reid # 44



NETFLIX SERIES/MOVIE EVERGREEN RATINGS

LIFE IN COLOUR

Sir David Attenborough



THE QUEEN'S GAMBIT



SOCIAL CALENDAR - JUNE

Thursday 3rd 9am	Men's breakfast Cancelled until further notice
Saturday 5th	Movie night
Friday 11th 7pm	Bingo
Friday 25th 6.30pm	Theme evening dependent on third wave
Sunday 27th 12.30	Sunday roast/ braai - weather dependent

WEEKLY ACTIVITIES

MONDAYS	Canasta 2.30pm Dance/keep fit 5.30pm
TUESDAYS	Scrabble 2.00pm Art class 2.30pm
WEDNESDAYS	Ageless Grace 11.00am
THURSDAYS	Art class 2.30pm

**Congratulations to Carol Dalton on winning the Ladies' Singles
Championship at Meadowridge Bowling Club**

COLOUR UP YOUR WINTER ROSE BEDS

Add colour to a winter rose garden by planting winter flowering annuals as a border or edging for rose beds and Iceland poppies in between the roses (allowing enough space for pruning).

Good choices for edgings are alyssum, diascia, dwarf snapdragons, lobelia, Namaqualand daisies, pansies, grandiflora petunias

The cooler months from May onwards are good for transplanting roses that are in the wrong position. Before transplanting, prepare the soil in the new position. Trim rose by a third. Cut the roots of the rose by pushing the spade blade into the ground in a full circle around the bush, about 20cm from the centre of the bush. Carefully remove the rose from the soil, and replant with the bud union just below the soil level. Firm down the soil and water well, followed by weekly watering.

Although roses grown in bags can be planted at any time of year, autumn is an excellent time to do so. With shorter days, plants concentrate first on root development and then only on new growth. By July they can be pruned lightly and will be ready to flower well from end October to November.



A rose called "Saints
Jubilee"



A beautiful pink rose called
"Thuli Modonsela"

Courtesy of VdV ELV

Overheard "does anyone need
the bucket"! Bronwyn Davies



David Godfrey top rhs, Liddy and Roger
Cummins, Carol and Brian Dalton.

Jenny and Buddy Mockford, Adrian Fuller.

Alan Baxter, Colin Osbourne, Charles Harrod
and Herman Poelmann.

A wonderful afternoon
was had by all.



SWIRL. SMELL. SIP. REPEAT!

CHAUTARA WINE TASTING



Photographs courtesy Donald Campbell





What better way to start the week



Wenche Hovstad, Jacky Orton, Ton Weber, Joan Mispion and Charles Harrod

The Petanque court is open at all times. A set of boule balls can be found at Sonnenhof's reception area.



And the good news is that Adrian Fuller apt 2 has offered to help me with the newsletter so thank you to everyone for their contributions - keep them coming to davidwal@iafrica.com

Articles not published in this newsletter will be used in the July edition

Cut off date for submissions is Tuesday 15th June 2021

FW