



We would like to extend a very warm welcome to Penelope and Roger Prideaux in apt 104 and Richard Eastwick in apt 110

**Pfizer** **Thanks Evergreen**



Jo Nixon



Joan Misplon



Sheila Kirkwood



Marion Thompson



Cedric Reid



Jacky Marquis

**All done and dusted**

GOING FORWARD TO THE 'NEW NORMAL'

## THE CLIVIA STORY

Lady Charlotte Florentia Clive, was born in 1787 in Florence, the grand-daughter of Robert Clive, (“Clive of India”), and grew up to become a highly regarded woman of her time; she was for some years a governess to the young Princess Victoria! She married Hugh, third Duke of Northumberland, who became Chancellor of Cambridge University, and they were a prestigious and influential couple of their time.

The eighteenth and nineteenth centuries in South Africa, and elsewhere in the world, saw many explorer scientists and naturalists busy making discoveries and sending back collections of specimens of plants, animals, birds and insects. Among these men was one William Burchell, (who had several plants and animals named after him) and among the specimens he sent back to England, was an interesting new plant which he found near the mouth of the Great Fish River in what was then known as Caffraria. This was named in 1828 by John Lindley of Kew Gardens *Clivia nobilis*, in honour of Lady Clive, who was interested in plants, and had a magnificent garden. Some thirty years later the stunning flower we now know as *Clivia miniata* was discovered and so started the interesting saga of its development, improvement, and distribution around the world. Being fairly easy to grow in pots, indoors or in shady frost-free spots in gardens, with handsome evergreen leaves, a spectacular head of bright orange flowers, followed by beautiful red seeds, it soon became much sought-after, and was popular for some years. But by the end of the nineteenth century its popularity had waned somewhat. Then in the 1980’s gardeners and botanists “rediscovered” it, and began breeding new colour variations.

*Clivia miniata* is indigenous to South Africa, its habitat ranging from the coastal forests of the Eastern Cape to the northern Kwazulu Natal, very often growing in leaf-mould in shallow ground, with little direct sunlight. Although it appears no populations of yellow Clivias have ever been discovered, yellow mutations have appeared spontaneously in both wild and garden populations, and careful specialised breeding from these has resulted in the many varieties of yellow plants now available. Not only yellow, but an amazing range of new colours are being produced – from almost white, through every shade of pinks apricots and pastels, and even deep red/orange. *Clivia nobilis*, *Clivia gardenii*, *Clivia mirabilis* and *Clivia robustus*, while not as spectacular as the *Miniata*, have been used to produce some stunning “interspecifics”.

There are now many serious Clivia growers around the world, and especially in the USA, Australia, New Zealand, Belgium, Japan and China. There are active Clivia-growers’ societies, and international conferences that take place regularly. Because they are relatively easy to propagate, grow readily from seeds that are easily harvested, produce strong off-shoots, and can even be pollinated by hand to produce required crosses, enthusiasts buy and sell – sometimes at eye-watering prices – seeds, off-shoots and even pollen. Clivia plants are also extraordinarily resilient, and can survive quite a lot of neglect and poor conditions.



Some years ago my husband packed and posted off to a grower in the United states, a couple of adult plants; the parcel never arrived, and six weeks later a message informed him that it had been sent back and was awaiting collection at the Customs office in Cape Town. A few days with their roots soaking in water, and the plants all survived! In Japan Clivia breeders produce small plants with short wide leaves, some with light stripes and patterns; the flowers are not regarded as important, and the plants are often grown in beautiful ceramic pots.

**Imperial****Cameron****Jill Dower # 32**

**“More about Clivias “ will feature in our September edition**

## Entertaining Noon Gun Tales



*Photo: Adrian Fuller*

**We're sure that you will find some of these stories amusing. They all centre around the firing of the Signal Gun at noon each day:**

**In October 1908, the firing of the gun was suspended due to the Governor's ill health.**

**On occasion, a drunken signaller overslept and gave Cape Town a late lunch hour.**

**Often horses bolted at the sound of the gun, throwing their riders into the mud.**

**Once an absent-minded signaller forgot to remove the ramrod from the barrel after loading the gun. On firing, the ramrod speared through the air all the way to Greenmarket Square where it knocked a horse unconscious.**

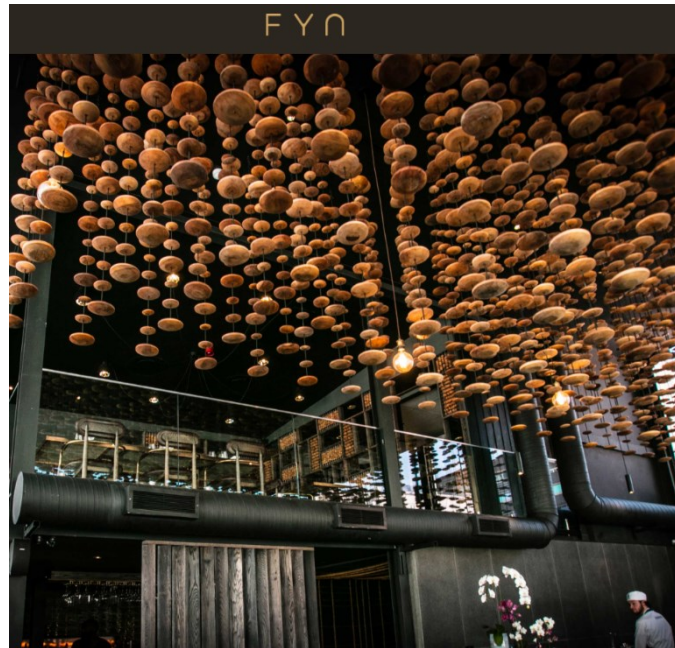
**Another time, a cat crept into the barrel after the gun had been loaded. Sadly, on firing, the gun blew the poor animal into oblivion.**

**One day, a signaller was asked how he knew when to fire the gun. He replied that he looked at the clock on Greenmarket Square. When asked the same question, the gentleman in charge of the clock replied that he set the clock according to the noon gun.**



AF

## FYN PREMIUM MENU

MENU  
— 1075WINE  
— 650**Canapés***Daikon maki | danja blatjang | shu shu**Takoyaki: Octopus ball**Tempura dune spinach | chiri-zu sauce**Yakitori | tare | shichimi**Hokkaido milk bun & mushroom**Tuna sashimi | kochi yuzu & aged shoyu | wasabi oil |  
onigiri | pickles**(African baeri caviar - R100/2gr Supplement)**Iberico pork den miso | aubergine | grilled lime |  
fresh shaved katsuobushi | toasted walnuts**'Fish-n-chips'**Black cod | green radish | samphire**Pastured duck breast | sancho pepper | quince |  
forest mushrooms | buntan shoyu sauce  
(Wagyu G8 - R300 Supplement)**Apple sorbet | sake | yoghurt espuma**Japanese cheesecake | burnt orange ice cream | yuzu curd |  
almond florentine**A discretionary service charge of 12.5% will be added***A Fyn dining experience**

Recently, we were fortunate enough to join friends visiting from White River for dinner at Fyn in Parliament Street.

With 22 years of restaurant experience, Peter Tempelhoff is the visionary behind Fyn, turning his dream into reality. The design allows the kitchen and dining room to each become part of the other, creating a warm and relaxed ambience.

And the food! What a delicious journey, discovering unusual new flavour combinations and textures. The service of our waiter, Grant, was outstanding too. Overall, Fyn is an experience not to be missed - provided that your pockets are deep enough.

AF

**Editor's note**

**The wedding anniversary dates as reflected in the July newsletter were actually August dates.**

**The July birthdays that were omitted were Lorna Collender (7th); Ursula Athiros (21st) and Gordon Collender (25th).**

**Note to self: do not work on two newsletters simultaneously**

**SINCERE APOLOGIES**

FW



**Congratulations to Margaret and Alan Baxter on the birth  
of their second great grandchild**



2nd Alida Oldroyd  
3rd David Walker  
3rd Roger Cummins  
8th Trula Human  
9th Hans Hammel  
11th Paddy Hawthorne  
16th Stewart Fisher  
16th Jean Hargreaves  
19th Jacky Marquis  
26th Joan Misplon  
30th Tertia Harrod

#### **NETFLIX SERIES/MOVIE EVERGREEN RATING**

##### **PENGUIN TOWN**

In a picturesque South African town, an eclectic group of endangered penguins flock together to find mates, raise families and mix with the locals - the narration is brilliant - eight part series



##### **HINTERLAND**

The stories are complex; the locations and settings beautiful and the acting is good.

**Mystery and Suspense**



**Your feedback is needed**

**bonesfuller@gmail.com invites you to comment on  
Evergreen Bergvliet Survey**

Please let us have your feedback on our Village Times newsletter. This will help us immensely when it comes to planning future issues. You may answer the questionnaire incognito if you so wish. If you do not wish to answer online, please print out a copy, complete it in handwriting and hand it in at the office.

An email with the link required will be sent to residents - noting that for those residents who do not have access to email, the survey will be printed and attached to the hard copy of the newsletter.

AF

## GETTING TO KNOW YOU



### JACKY AND BRIAN MARQUIS # 66

Our journey to Evergreen Bergvliet took a circular route via Port Elizabeth but we are both so happy that we made the decision to settle here for our retirement.



Both Brian and I are British by birth. Brian was born in Newcastle and I was born in London. I arrived in S.A. aged 7 and grew up in Pinelands. On leaving Pinelands High I did a secretarial course and then worked for U.B.S. on the foreshore until the birth of my first child. Brian graduated in civil engineering from Sheffield University and after 4 years of working in U.K. arrived in S.A. in 1972 to start work for a company of consulting engineers.

Brian and I met in 1976 having been introduced by mutual friends. Brian was living and working as a resident engineer on a roads contract in Piketberg. I was newly divorced with 3 young children, Michelle, Cherri and Stephen, living in Kreupelbosch. Brave man actually started visiting on a regular basis after our first date and in 1978 we married and our family grew with the addition of Graham and Kerry.

A few months after we married Brian returned to C.T. and 20 Homestead Avenue became our first home together, conveniently situated for schools, shops and grandparents down the road. We spent 5 happy years there before being transferred to Port Elizabeth. It took a while to settle but on looking back we had 35 very happy years in the friendly city.

Brian took over the management of the P.E. office until he retired from his directorship in 2008. He then spent the next few years on various contracts as resident engineer – the side of engineering he had always loved, the wind farm at Blue Horizon Bay being his favourite. Apart from work he was happily involved with both Toastmasters and P.E. Rotary Club.

My time was filled with raising a large family but I found time to become involved in rewarding voluntary work with Hospice, Lifeline and School Feeding Trust, meeting wonderful people and cementing friendships in joint ventures.

Our eldest son, Stephen, left S.A. after he graduated and now lives with his wife and 3 children in beautiful Cornwall. Graham followed in his footsteps and lives in Maidenhead.

Our decision to return to C.T. was a difficult one as we left good friends and two daughters and their families behind in P.E. However, our youngest, Kerryn, had settled in Bergvliet and when we heard about Evergreen our decision to move was made easier.

With hindsight we definitely made the right decision as within a year of us leaving P.E. both Michelle and Cherri decided to leave S.A. Cherri followed her brothers to U.K. living near Maidenhead and Michelle accepted a teaching post at an international school on Jeju Island, South Korea. We also have a grandson in the United States so cannot wait for international travel to open up so we can see all our family again.

When we left C.T. 38 years ago we never dreamt that life's journey would bring us back to Homestead Avenue. We live in a lovely environment surrounded by wonderful people with the added benefit of having our youngest grandson a very short walk away.

---

## NETSUKES

Netsukes (pronounced net-ski) are small Japanese sculptures made for a very specific use. Traditional Japanese kimonos have no pockets, so it was necessary for men to find a way of carrying belongings such as pipes, tobacco and medicine. The solution was to hang small containers like pouches, woven baskets or carved wooded boxes (called *inro*) on a cord from the belt or sash, called an *obi*.

In order to keep the container secure, a netsuke was attached to the other end of the cord and hooked onto the sash like a toggle or a counter weight.

The production of netsuke was the most popular during the Edo Period 1615-1668, but they're still being made today. Netsukes are beautifully hand carved so no two are alike. They are usually made from ivory or wood, but can also be made of horn, tortoiseshell or ceramics. They often depict aspects of Japanese history and culture.



via Wiki and Google



## SUCCULENT SPLENDOUR

Succulents are one of the hottest trends in indigenous gardening - ERNST VAN JAARSVELD takes us around Babylonstoren's succulent showcases and gives tips on how to care for these fascinating plants



Fan aloe (Kumara plicatilis)

### 5 REASONS TO GROW SUCCULENTS

1. Mostly grow well in gardens and have attractive shapes and flowers, making them popular worldwide.
2. Ideal for waterwise gardens because they tolerate drought and grow in semi-arid habitats that regularly dry out.
3. Very effective at sequestering carbon.
4. Some succulents are edible, others have medicinal properties, and are attractive to bees or other wildlife such as sun-birds and lizards.
5. Variety of streamlined growth shapes and sizes reflects different harsh habitats.

All 4,500 succulents in the Succulent House - an open wood lath structure 50mx10m that allows free air movement - all watered by hand



Cycad Garden includes *Cotyledon barbeyi*, *Portulacaria afra* 'Green Carpet', *Curio ficoides* and *C. crassulaefolius*





## 5 SUCCULENT SMARTS FROM BABYLONSTOREN

1. **Grow local:** succulents are plants with fleshy leaves, stems or roots to cope with their natural dry habitats. Many are grown because their resilience makes them self sustaining once they are established. For best results, use local succulents and grow them with their companion plants and geology.
2. **Soil mix:** two parts sand, one part clay-loam and one part well broken-down manure. To assist drainage and soil aeration, we add leca - an artificial heated clay very similar to pumice which also makes the succulent mix lighter.
3. **Water by need:** summer rainfall succulents are kept dry during winter and visa versa. With very hot weather and lots of south-easter winds, watering is twice a week for the summer rainfall succulents. Winter rainfall succulents are usually watered once a week. The more highly succulent stone plants from very dry parts are watered much less frequently.
4. **Biological control:** we are relatively free from pests and diseases and use biological control where we can. The gecko shelters allow protection for the two species of gecko naturally inhabiting the house. The Cape marbled leaf-toed gecko controls nocturnal moths and the Cape dwarf gecko is excellent for controlling Argentinian ants and other dwarf insects.
5. **Keep watching:** the secret to the success of any succulent collection is regular attention.



During spring, Namaqualand annuals blaze with colour among the quiver trees in the Garden of the San

With permission : Ernst van Jaarsveld

*First published in Veld & Flora, the magazine of the  
Botanical Society of South Africa*

## It's just paper

made by paper artist CALVIN NICHOLLS

One has to admire the creativity - I cannot even fathom the time it must have taken to create these masterpieces of art.

There is nothing simple or ordinary about his paper art. Where we would simply use a piece of paper and a pair of scissors, Calvin uses everything you could possibly think of to carve, cut and rip perfect details in his creations. The motifs are all wildlife, and that must be one of the hardest categories of things to make since there are sometimes impossible details on animals.



Splash dance



Greater bird of paradise



“ Beau's Elle ”

<https://calvinnicholls.com>

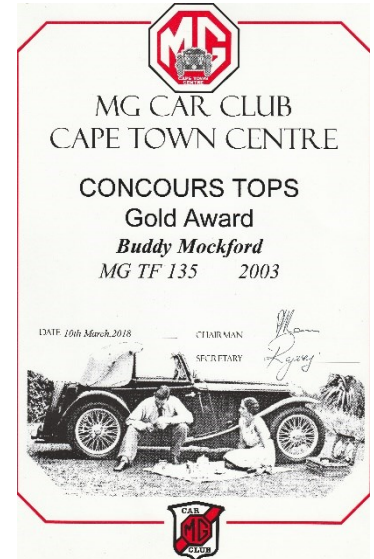


## Buddy's Magnificent MGs

Harold Mockford (widely known as "Buddy") is the proud owner of this MG TF 2002 model in pearlescent racing green. It has a mid-mounted 1.8 cc engine, a 5-speed manual gearbox and a detachable hard-top which makes it perfect for a run into the countryside in summer.



Daughter Caroline and granddaughter Maya



Buddy previously owned a red MG C 1968 model which he rebuilt from scratch after acquiring it as scrap for R1 500. Needless to say, it cost him an arm and a leg to refurbish



Another favourite of Buddy's was his 1980 MGB LE Roadster which he imported from the UK

Buddy Mockford apt # 7

AF

EVERGREEN  
lifestyle  
bergvliet

## SAVE YOUR AVOS IN THE FREEZER

"Thought this recipe might be useful in the monthly newsletter now that avocados are getting a bit cheaper. We had three avo trees in the garden at our last house and this was a good way to use some of them".

Blitz 2 ripe avocados in a food processor until smooth or mash using a fork. Add 125 grams of creme fraiche (or sour cream which is just as good) and mash till well mixed. Season with salt, pepper and 30mls (2 Tblsp) white wine vinegar. Put into containers and freeze.



COURTESY VdV ELV

---

**This is my guacamole recipe - mash two avocados sprinkle with lime juice; add 1 crushed garlic clove; half a chopped tomato; chopped coriander; half a small red onion chopped, dash of chilli flakes, salt and pepper. Serve with chips of your choice - particularly good with Mexicorn authentic corn nachos chips Mexican salsa flavour.**

## LIMERICKS COMPETITION

John Bester very kindly did the draw. The prize has been won by John Patten.  
This entitles John to dinner for two on a Tuesday evening at Sonnenhof.

### CONGRATULATIONS

There was an old man from Bergvliet  
Who thought of himself as replete  
"I'm handsome and dapper," said he  
"That selfie can't possibly be me."  
But his wife braved her husband's retort,  
Saying: "Admit you're not what you thought."



John Patten # 9

There was a young lady from Ladies Mile  
Whose selfie was full of poise and style  
She fell in the Emporium  
Went to a Sanatorium  
And ended up staying awhile

Paddy Fordyce # 52

I fed the geese throughout midday  
As they were playing in the hay  
When they were full they took a run  
In case they found I had a gun  
Although they know I'm not that way

Donald Campbell # 41

There was a man from Tokai  
Who took his selfie, why oh why  
His face was too red  
And too big was his head  
So he photo'd his dog instead

David Walker # 42

Was once a wily old Evergreen lad  
Who turned out to be an awful cad  
He sent the ladies pics of handsome Tim  
In the hope that they'd think it was him  
But the ladies soon got wise to his prank  
And with them all, he drew a blank

Adrian Fuller # A2

All the residents of Evergreen  
Are older now than they've ever been  
They're a jolly old lot who enjoy their 'spot'  
They'll always be there, whatever the fare  
As long as they're offered a tot  
They can often be found strolling around  
And dinner dates will not be forgot

Jean van Rhyn # 49

An Evergreen dear old Miss Bean  
Is always terribly keen  
She says "do have a look  
At the selfies I took  
With Mandela, the Pope and the Queen"

Jill Dower # 32



## GROOT CONSTANTIA - BORN OF ONE MAN'S PASSION FOR WINE



Although we acknowledge that Steenberg is the oldest private wine farm in the Constantia Valley (1682), the farm that put the Valley on the international wine map is Groot Constantia.

Due to their remarkable quality, the wines produced sparked the interest of many important people all over the world. Aristocrats made sure that they kept good stocks of Constantia's sought-after wines. Frederick the Great of Prussia and King Louis Phillipe of France bought "Constantia Wyn" at auctions across Europe. The wine even appears in Jane Austen's novel "Sense and Sensibility" as a cure for a broken heart, while it lifts a character's spirit in Charles Dickens' story, "The Mystery of Edwin Drood".

In 1679, the Dutch East India Company (VOC) appointed Simon Van der Stel to govern the Cape of Good Hope. He was born to a Dutch father and a Batavian woman from Indonesia. While in the Netherlands, he gained invaluable viticultural experience in his own Muiderbergh vineyards. He arrived in the Cape without his estranged wife but with six children and his sister-in-law, Cornelia Six. He would soon put into practice in the Cape the art of wine and brandy making.

While recovering from an illness, Commissioner Rijckloff Van Goens, a former governor of Ceylon, visited the Cape. He recommended to the Dutch East India Company that Simon van der Stel should be allowed to farm some land for himself.

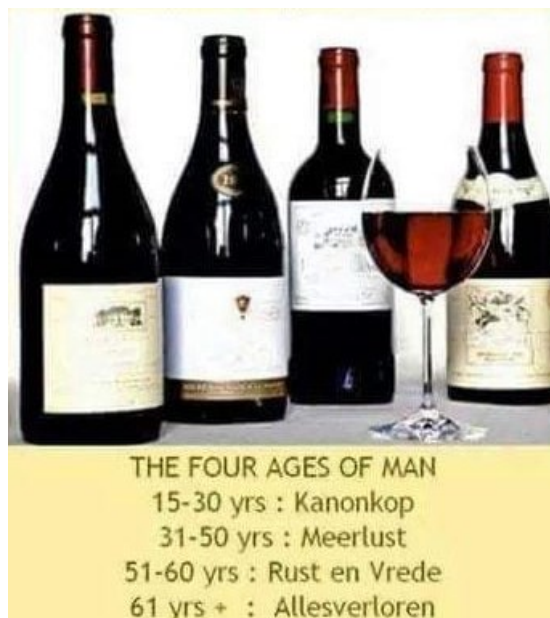
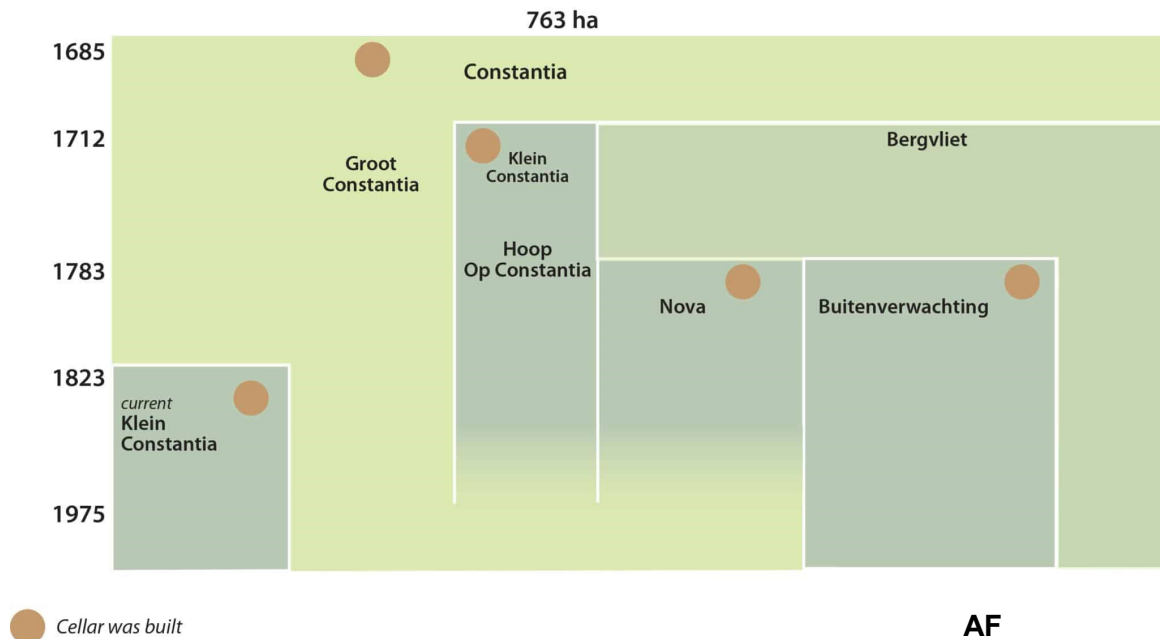


In 1685, High Commissioner Hendrik Adriaan van Rheede tot Drakenstein allocated 891 morgen (about 763 hectares) of land to Simon van der Stel. This prime land stretched southwards to the neighbouring free burgher farms of Steenberg and Zwaanswyk and northwards to a wooded area known as "The Hell". In return, he was to turn the

virgin land over to viticulture which was lacking in the Cape.

There are several theories as to why Van der Stel called his farm “Constantia”. One is that he named it after Van Goens’ daughter in recognition of his support in obtaining the land. Another is that he named the farm after the VOC ship “Constantia”. But it’s more likely that he named it after the Latin word for “steadfastness”, an attribute he valued greatly.

On Van der Stel’s death in 1712, Groot Constantia was sold and divided into three farms – Groot Constantia, Klein Constantia, and Bergvliet.



## Knit and Chat

Perhaps we should have called it the chat and knit group. The idea is to socialise and get to know each other whilst keeping our hands busy. Whether you knit, crochet, embroider, cross stitch or weave tapestry or just like to chat, discuss or explore topics, (but no gossip) you are most welcome. Many of you knit or do handwork in the safety of your own homes. Do come and show us what you are doing.

So far, we have done knitting for charity, for our grand children and for ourselves but any handwork is encouraged. If you would like to learn there are willing teachers to help. There is always a need for blanket squares which are then crocheted together. If you have a skill that you are willing to share, please come and show us.

We meet every Thursday afternoon in the lounge at 2:30 pm. Stay for as long or as short as you like. We would love to spend some time with you and get to know you.

Rene Esson # A103



Lorna Collender's lovely knitting

These items go to the Thula Baba project which distributes them to all the hospitals

"The greatness of a community is most accurately measured by the compassionate actions of its members."

*Corette Scott King*



## GETTING TO KNOW YOU



Yvonne Jackman # A8

Sometime in October 1968 my sister, who was later to marry Peter Lear, captain of the 1<sup>st</sup> team at Cape Town Cricket Club, suggested that I spend a day with her at cricket. As I was doing my nursing training at Victoria Hospital at the time, we only got one weekend off a month and this was my weekend off and I was certainly not going to spend it at boring cricket. "Fair enough" she said, "but please join me for a drink in the evening". Well that sounded like a good idea so I went down to the club and that is where I met Robin. He was a charmer even at the tender age of 23. Brenda and I were sitting on the couch in the clubhouse and he came over and edged his way between the two of us and put an arm around us both. He didn't stay too long because he soon discovered that the spring in the middle of the couch was broken and could have caused him a nasty injury!! So, I owe Cape Town Cricket Club a huge debt of gratitude for taking him on as a young professional and giving him an opportunity to improve his cricket. But more, on a personal note, for introducing me to this amazing man.

After we were married on 2<sup>nd</sup> November 1970 the idea was that I would leave my country and my family and we would settle in England. We sailed out of Cape Town on the Windsor Castle with streamers having been thrown down from the deck to loved ones on the dockside. As the ship moved and the streamers broke, I cried as I waved goodbye to my mother and sister not knowing when I would see them again. Fortunately, Robin had fallen in love with South Africa and after a couple of hours at sea he bought me a gin and tonic and asked if I thought it a good idea if we came back for one more year. The rest is history. We came back to Cape Town for two more seasons before he was offered a contract to play for Rhodesia (as it was then) under Mike Proctor. We spent eight cricket seasons in that beautiful country and loved every minute of it. Travelling between England and Southern Africa with two small children every six months was a bit of a challenge especially when our eldest started school but we all survived.

Robin was passionate about cricket and always said that he was the luckiest man in the world because he achieved greatness as a player, was successful as Manager/Coach of Western Province for six years then travelled the world talking about the game that he loved so much. He became "The Voice of South African Cricket" and in 1996 he was awarded Sports Journalist of the Year with this citation:

*"His knowledge of his sport, derived from his experience as an international player and coach of foremost teams and players, is vast. His fund of anecdotes, drawn from hours of conversations with fellow players is extensive. His skills as a raconteur are legion. All these he combines in his commentaries, which are delivered in a warm, friendly, chatty and fluent style. He talks with his viewers: he does not broadcast to them. His language is informal, his descriptions imaginative. These attributes have won him the respect and acclaim of players, administrators, broadcasting authorities both at home in South Africa and abroad".eH*

Robin loved life and lived it to the full. He loved parties and parties loved him because he made people laugh, embellishing stories and jokes and the older he got, the longer the stories became!! Having been married for as long as we were, I obviously heard many of these stories time and again but he never failed to make me laugh no matter how often I had heard them. Life was always fun around Robin.

His heart was made of solid gold and he never said no to anyone who needed help. He worked tirelessly for several charities and never charged for his service. We organised cricket breakfasts during Test matches annually for several years to raise funds for St Luke's Hospice. Robin would organise and interview cricketers such as Ian Botham, Jacques Kallis, Graham Smith and many more and his best friend, Trevor Quirk, was always available to help with the auctions.

He was also involved with Grace Vision, an eyecare programme situated in the poorest of poor areas in the Eastern Cape. The Grace Vision team would travel through this rural area testing children in schools and adults in the clinics. Cataract surgery is done in a mobile home which has been kitted out with state of the art ophthalmic equipment and parked in the grounds of Zithulele Hospital, about 20 kms from Coffee Bay.

Lords Taveners South Africa is another organisation that Robin dedicated time to, raising funds to provide cricket tables for disabled children to play this modified game from their wheelchairs. He would always come home from one of these presentations humbled by the children's bravery.

The Sports Legion Trust cares for sportsmen and women who have fallen on hard times by assisting with equipment such as wheelchairs or paying for a prosthesis for hip or knee replacements. They do amazing work too and Robin and Trevor always teamed up to raise desperately needed funds.

Robin hated confrontation but had the most amazing way of dealing with it calmly and gently and always concluding a dispute with humour. He wore his heart on his sleeve and was never afraid of showing emotion. He was a man full of surprises and on special occasions went out of his way to celebrate a milestone birthday or anniversary in style. I mention all this because his legend as a cricketer is well documented and those who knew him saw him as a fun-loving man which he certainly was but beneath all that was a man of great integrity with strong moral principles, kind, humble, loyal and generous in every way. I was the lucky one to share 50 years of marriage filled with love, laughter and happiness with him and I miss him terribly, but I draw comfort and strength from wonderful memories and lots of laughs that we shared. I loved him for a thousand reasons but, as his wife, I loved his masculinity that was yet so gentle in his touch.



Fun loving karaoke man performing an Elvis number!!



50th wedding anniversary with family

**RESIDENTS SHARE THEIR RECIPES****HOT MILK SPONGE CAKE**

4 x eggs

4 oz butter (125 ml)

1 x cup milk

½ teaspoon salt

2 x cups flour

4 x teaspoons baking powder

4 x teaspoons cocoa

2 x cups sugar

Beat eggs and sugar

Heat milk & butter until melted

Add flour and baking powder to egg & sugar above

Then add melt mixture

Bake at 180 degrees centigrade for 30 to 40 minutes

Cupcakes : I bake for 10 minutes.

**ICING SUGAR:**

2 x cups icing sugar + 1 x tablespoon soft butter, whipped together.

To this mixture cocoa.

I make different flavors. Lemon and orange zest can also be used.

Myrle Mawman # 53

-----

**JACKY ORTON'S SCONES**

4 t. baking powder

2 cups flour

1/4 cup oil

Pinch of salt

1 egg

3/4 cup milk

2 T. sugar (optional)

Sift dry ingredients. Mix egg, oil and milk and add to dry ingredients.  
Bake at 220 degrees for approx. 10 minutes. Scones will split more easily for  
buttering if dough is folded double before baking

# 31



## Polar Bears In Hudson Bay – 2007

Alan Baxter # 14



Margaret and I became concerned about Polar Bears, because of the publicity around the adverse effect habitat loss, aka climate change, was having on these creatures.

The closest we had ever been to a Polar Bear was Johannesburg zoo where a friend of mine had funded GBS and Wang. To be honest I recall these two to have been uninspiring, quite out of place in the heat of Africa.

We realised in 2007 that time was perhaps running out for wild Polar Bears and indeed for us to get close to these amazing creatures in their natural environment. We have spoiled ourselves by getting almost within touching distance of the big 5, and more, in South Africa's world class game reserves, therefore we wanted a similar experience with Polar Bears.

Travel experience and research eliminated arctic cruise ships, which do at least almost guarantee that you see bears but through binoculars. We settled on a camp north of Churchill Canada, on the edge of Hudson Bay in early winter, that is Oct to Nov. Churchill is a remote and most difficult place to reach, with then temperatures at mid-day around minus 13 degrees Celsius.



The brochure for our camp, Churchill Wild in the pic above, led us to believe Polar Bears would be strolling around the camp. Alas it was not so, the temperature was still higher than normal and the bears were in their dens. They go through an annual fasting time where they live off of their fat reserves during their summer hibernation on land. We luckily experienced the aurora borealis on our first night, it's almost impossible to photograph.

However we had travelled almost half way round the world, endured much discomfort and huge expense, and were determined to see some Polar Bears. Therefore we called in a helicopter, and went off in search of Polar Bears, and were rewarded with our first look at them in their natural environment.

On landing the helicopter in the safety of a fenced enclosure we saw how inquisitive these creatures are, of course they may have seen us as prey, but I prefer to think otherwise. I sensed a dog like playful nature in the younger ones. They are not just big, they are huge, and evolved to survive as carnivores in only one small area on Earth. In the northern arctic circle, in a harsh frozen environment, but especially out on the frozen sea ice, which was only now forming, a full month later than expected.

The female Polar Bear below was encountered on foot after a 30 minute flight north of our camp, she was inquisitive but not aggressive, and you can see the sea ice forming behind her. This beautiful Caribou, with a Polar Bear coming our way was on the same trek. The grey wolf had his eye on me for a full 10 mins.



One of the effortless ways to view Polar Bears is via Tundra Buggy, they are big special purpose buses, with outsized tyres, a wood stove in the interior, and a viewing platform at the rear, where only the hardy lasted more than 10 minutes before retreating to the heated interior.



Polar Bear size can be attributed to their high fat diet of ringed seals, harbour and hooded seals and young walrus. Large males have also been known to capture beluga whales. Polar Bears depend on sea ice to hunt these marine mammals. They spend time onshore in the summer ice free season when they may eat seabirds, ptarmigan (the white grouse like birds in the pic at the top of p1) eggs, and carcasses of stranded marine mammals, fish, mussels, crabs, grasses, seaweed, mosses and sedges if they come upon them. We saw some bears feeding on the carcass of a Caribou which we suspect the Churchill Lodge people had killed to provide us with a viewing opportunity.

From our own difficulty in locating bears we realised how the reduction in sea ice was impacting the life pattern and therefore the survival of Polar Bears. In Early November no sea ice meant bears were not yet hunting and storing fat for the next hibernation.

In 1987 the Churchill area was home to 1,200 bears, in 1997 the number was down to 950.

However hunting is also a factor, and while it is regulated by the Canadian authorities, and their USA neighbours to the South and West, there is a loophole.

Inuit people, and that definition might cover someone with even 1/36th parts of Inuit blood, can apply for traditional hunting licences. They can and mostly do bring a non-Inuit, non-Canadian into their hunt for around \$35,000 (this was the going rate in 2007 ). The paying guest demands a large male for his money, thereby taking dominant males out of the gene pool.

Moreover they don't use traditional hunting methods, but fast snow mobiles and powerful hunting rifles. The paying guest take the head and hide home as his trophy to be stuffed and mounted. The Inuit family gets the meat and the money, to feed and fund the year ahead. The Canadian authorities are comfortable and a cynic might say they enjoy not having to give aid to their Inuit people!


Facts speak for themselves: in addition to the decline in numbers, the size of Polar Bears is also on the decline. Over the same period average bear size is down 20%, and you might ask how do the authorities know this?

Hungry, usually teenage, bears attempt to get at the Churchill residents garbage, even though it's stored in a massive sealed warehouse, from where it's taken away by rail. The authorities dart these miscreant teenagers, roll them into a net which is then lifted by helicopter and taken far away to keep them out of trouble. Therefore the authorities get to weigh a lot of Polar Bears.

.....

#### [For all Bergvliet Residents using Facebook](#)

We have started a private Facebook Group exclusively for the residents of our village.

To join, log in to your own Facebook profile and enter **ELV Bergvliet Residents Only** in the Facebook  search box.

Alternatively enter this <https://www.facebook.com/groups/600504390915054> in your favourite Internet browser search bar. You will be directed to this group page banner.



ELV Bergvliet Residents Only

The request membership icon is on this page, click on it and follow the steps, especially noting the privacy & POPI rules. To keep outsiders from joining, we will vet all applications, and Residents will get a Facebook acceptance notification from Admin.

If you need any help or further details email [alan@ajbaxter.com](mailto:alan@ajbaxter.com) or call Alan on internal 3014 or WhatsApp 0824428690



## DAILY AND WEEKLY ACTIVITIES WILL CONTINUE

### MEALS WILL BE SERVED FOR BREAKFASTS AND LUNCHES

<b>MONDAYS</b>	Canasta 2.30pm Dance/keep fit 5.30pm
<b>TUESDAYS</b>	Scrabble 2.00pm Art Class 2.30pm
<b>WEDNESDAYS</b>	Ageless Grace 11.00am
<b>THURSDAYS</b>	Art Class 2.30pm Stitch in Time

### SLABBERT - MAN ON A MISSION BY ALBERT GRUNDLINGH

From an early childhood, Frederik van Zyl Slabbert was on a mission.

He initially studied at Stellenbosch University to become a dominee in the Dutch Reformed Church but changed his mind and switched to Social Sciences. Despite his liberal views, he went on to play a pivotal role in conservative, at the time, student politics at the university.

Slabbert, good looking, charismatic and an accomplished sportsman was highly respected for his incisive intellect, honesty and integrity. He was also blessed with a keen sense of humour and enjoyed rigorous discussions long into the night accompanied by a steady supply of red wine.

His introduction to politics was meteoric but frustration with the slow pace of political reform in SA and, perhaps, a naïve idealism resulted in his “premature” resignation from parliament in 1986 to follow other pursuits in search of fundamental change in the country. Many South Africans as well as the large financial backers of his party felt let down by his decision as it isolated him from main-stream politics.

Grundlingh’s biography provides a balanced and insightful study into a man who ultimately, did not meet the high expectations so many of us had of him; an enigma.

I had the privilege of spending a morning with Slabbert in his business consulting role and was left with an abiding impression of his ability to articulate a variety of scenarios.

**THIS BOOK IS AVAILABLE IN OUR LIBRARY.**

**David Walker #42**

**DUE TO A SPIKE IN COVID CASES IN THE WESTERN CAPE IT HAS BEEN DECIDED THAT MOST FUNCTIONS WILL BE PUT ON HOLD FOR THIS MONTH WITH THE EXCEPTION OF THE SUNDAY ROAST AND A THEME EVENING, SEE DETAILS BELOW.**

**AS EVERYONE IS AWARE SEATING IS LIMITED SO BOOK EARLY.**



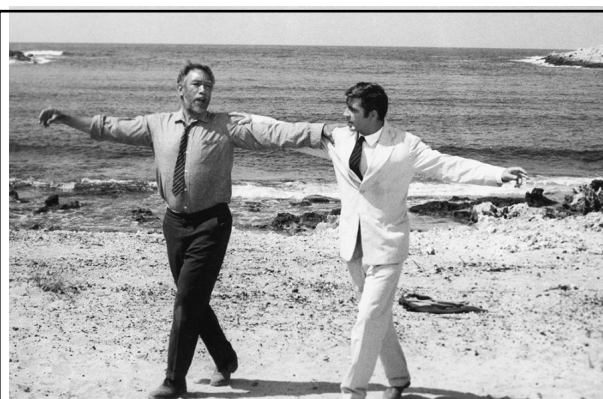
### **SUNDAY ROAST**

**15th August 2021 at 12.30**

**You are welcome to  
bring your own  
liquid refreshments**

**R150 pp**

**Please book at reception  
by no later than the  
8th August**



### **ZORBA THE GREEK THEME EVENING**

**Friday 27th August at 6.30pm**

**Please feel free to provide your own drinks**

**Book at reception by no later than the  
21st August**

**R165 pp**

**Kindly note that the Christmas cake raffle  
will be drawn on this evening**

**Dressing up is not obligatory**

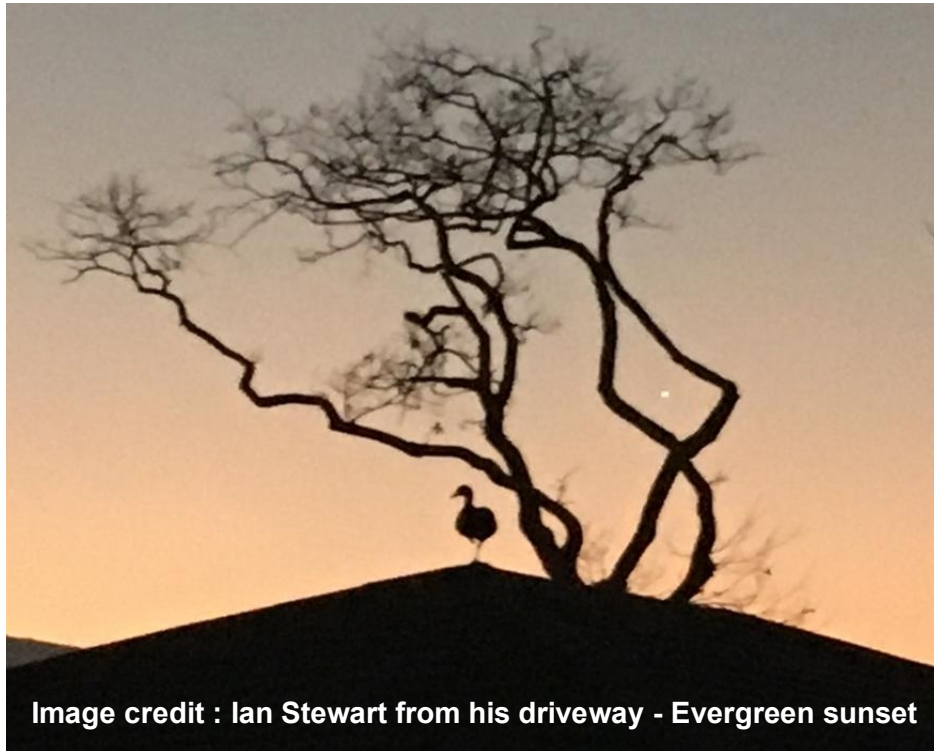
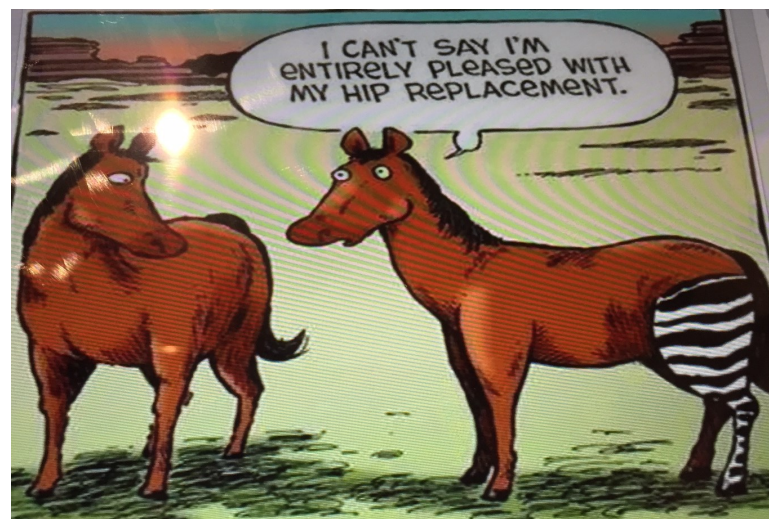


Image credit : Ian Stewart from his driveway - Evergreen sunset



Thank you to everyone for their contributions - keep them coming to

[davidwal@iafrica.com](mailto:davidwal@iafrica.com)

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

Cut off date for submissions is Monday 16th August 2021

FW