



Spring !

the coiled tendril unfurls
wind billowed
hope is green
and tender,
bends and shakes
through the eye
of a late winter storm.

soaked, saturated,
life wells up, endlessly renewed
cynicism subsides
crackling underfoot.

a blossom surges past a withered tip to
unleash its fragrance
disarming the senses.

a million green butterflies
land on stark trees
crystallizing into leaves

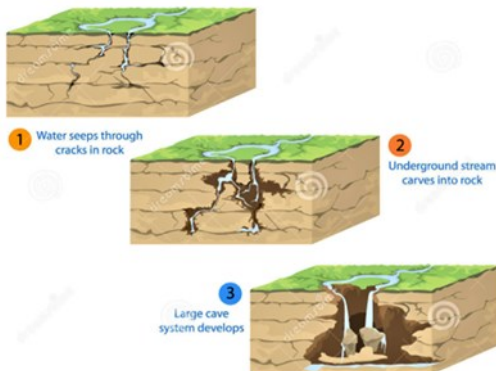
A poem for September in South Africa

Marguerite MacRobert 2014

“ We can sit back, do nothing, and watch our planet destroyed, or we can take action,
become advocates and start making lifestyle choices which are kinder to people and the planet “

David Attenborough

Exploring the Kalk Bay Caves



In the Table Mountain National Park there are more than 150 documented caves. The Kalk Bay caves are part of this system, formed over millions of years along fault lines in the Table Mountain Sandstone. Their depths vary from a few metres below the surface to around 80 metres below.

Sandstone caves have passages and tunnels veering off at different levels, in different directions, and it's easy to lose your way amongst the myriad of tunnels. For this reason, you should not attempt caving on your own without a guide.

The caves are home to various fauna and flora, including the Cape Bat and the White Peripatus (Velvet Worm), endemic to the Western Cape.

High above Kalk Bay lies the Boomslang Cave, which is relatively easy to access. If you have not done any caving before, it's an interesting cave to explore, as it tunnels right through the mountain. What's more, this cave also acts as an entrance to White Dome Grotto, just another part of the same cave. A very narrow, not easily navigated passage links the two.

There are two 'entrances' to the cave. Cavers regard the one that faces Fish Hoek as the entrance and the southern one that faces Echo Valley as the exit. But it doesn't matter which side you enter from.

To reach Boomslang Cave, take the train to Kalk Bay Station and climb up to Boyes Drive to the sign 'Echo Valley'. This is where the trail starts, and it's not difficult to follow it all the way to Boomslang Cave.

Parts of the cave get about 30 cm of water during winter, so your exploring is best done during the summer months. The main passage of the cave boasts a rock formation known as The Pulpit, which shares the cave with a colony of bats.

They need their beauty sleep and can actually come to harm if you make too much noise or shine your lights on them. If you can manage to switch off all torches and keep silent, you will hear the squeaking of the bats.



AF

NETFLIX SERIES/MOVIE EVERGREEN RATING

1996 movie PRIMAL FEAR

Excellent cast: Richard Gere, Edward Norton
and Laura Linney

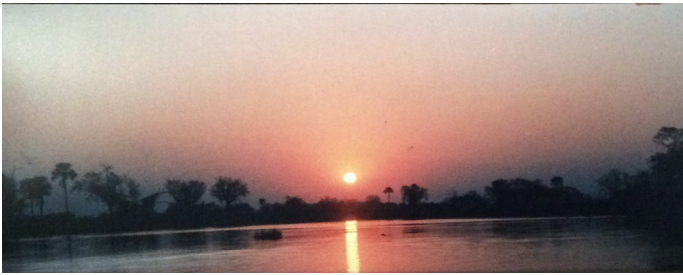


FANTASTIC FUNGI

Delve into the magical world of fungi, from mushrooms that clear oil spills to underground fungal networks that help trees communicate



DEBUT ARTISTS



Photograph



Painting

I first started sketching many years ago when I was doing icing for wedding and Christmas cakes, as well as cake orders for friends and the public. I had to have drawings so I could make the icing flowers look realistic. I was also doing a bit of pastel drawing at this time, mainly fruits and flowers.

After coming into the village 8 years ago, I met Annmarie, an artist who also taught Japanese painting. However after a time due to her ill health, she stopped teaching. A new teacher was found for the village through Paddy Ball. Anastasia is now teaching me acrylic which I am trying for the first time.

Yolanda Bond-Smith # 46

Having done art to 'O' level whilst schooling in England, I have always had an interest in the subject, but never got round to joining art classes.

With retirement and moving to Evergreen, I was given that opportunity.

When we were introduced to Anastasia and she started her art classes in the village, it couldn't have been easier!

Anastasia is of course an amazing professionally trained artist – with lots of patience and commitment to her students.

There is so much to learn about painting from techniques, colour mixing, blending, perspective, subject choice, drawing etc. Our teacher is so encouraging and we have lots of fun!

I absolutely love my new hobby and find it quite challenging at times but very therapeutic and relaxing.



This is my first real attempt at a painting. The subject is my youngest grandchild. The photograph I used as a reference.

This is not meant to be a portrait as such, but hopefully I got the essence of the child.

I have since done English landscapes, beach scenes, trees and flowers.

Painting can be quite frustrating at times when things don't go as they should. I think one has to have an eye for detail and be able to see 'colour'.

We also use quite a bit of artistic license!

Jo Nixon # 36



I have always been interested in arts and crafts, but never had the time until I retired to explore whether I had any talent for painting. After settling at Evergreen, when I heard Art Classes were being offered on our doorstep, I jumped at the chance to see if my talent outweighed my interest.

Sadly, I've never been able to draw a straight line, which was the first thing I mentioned to Anastasia when I stepped into class, and although she told me this was no criteria, my first few efforts were definitely questionable to say the least.



Anyway, lockdown happened a couple of months later and, of course, classes were suspended and I was on my own. I found a picture of a pair of Bateleur Eagles in a magazine, and with nothing to lose, I used a piece of sheet canvas (which was all I had as the art suppliers were closed), and stretched this over an old picture frame to make a canvas.

With the help of the "grid" system, which Anastasia had taught me, I sketched the outline of the Eagles, and through trial and error, using the only 6 paint colours I had, I spent the next two weeks painting the birds on a very rough canvas (not yet having the experience to know that I should have painted several base coats on the canvas at the outset), so I had great difficulty with the fine detail. Nevertheless, I persevered and I must confess, I am very proud of the finished product. Whether or not it passes expert scrutiny is another matter.

Although still not sure about having any actual "talent", I enjoy my art classes with Anastasia, and hopefully with some more tutoring and a lot more practice, I just may produce another "hit".

Lynne Perry # 77



Sophie



My personal art interest has always been photography, so having had only short lessons in painting at prep school, I joined the new Evergreen art classes as a complete ignoramus, but with a keen interest in studying something new.

We are privileged in having an art teacher, Anastasia Sarantinou, who is most knowledgeable and an experienced person, encouraging us with such wonderful patient advice.

The class has eight other residents, and we attend classes on Tuesdays and Thursdays, but seldom all together, and those eight have displayed great natural talent - as far as I can tell!

We use acrylic paint which can be deleted with water if the painting is unacceptable, and a variety of large and small brushes.

Although I am not able to attend all of Anastasia's classes, I greatly enjoy them and highly recommend her excellent teaching, the challenging standards and the warm friendly atmosphere.

Donald Campbell # 41

Anastasia says " I have been teaching art class at Evergreen Bergvliet since October 2019.

With the help from Patrick Ball, who has been coming to art class at my studio in Muizenberg for some years now, I was able to get some art classes going at Evergreen Bergvliet. Never did I think we would become such a tight knit group.

Then came 2020 and we were in Covid.

With many stops and starts we are still going strong. I'm extremely proud of each and every one of the artists at Bergvliet. Right from the beginning I was impressed with their willingness to learn and focus in seeing through sometimes difficult pieces.

What makes it easy to teach at Evergreen is that everyone who is there chose to be there and do the extra trouble to work at home even if not expected.

In the short time I've been there, I have seen immense growth in their ability.

I'm really looking forward to seeing where we'll go from here.

I'm hoping in the not too far future we can organize a small exhibition for these talented and creative individuals to show their works of art to other residents."



Bonbon



Trula Human



Ton Weber hard at work



Image credits: Anastasia Sarantinou

DRIVE LEFT, PASS RIGHT

There is an old saying that the English drive on the left, the French on the right and the Belgians in the middle of the road. Here, in South Africa, many of our drivers of taxis qualify for all three categories. More carrots than sticks are required for making them change their ways. The sticks, more like holey, limp flyswatters, haven't worked all that well in improving the courtesy, responsibility and compliance of our taxi drivers. The relatively few offenders who have been dressed in orange overalls haven't made any real difference. Regular, significant cash rewards for good drivers might do more to help than just a whisper in the wind.

Why do we drive on the left side of the road? What's the genealogy of the behaviour?

Fee, fi, fo, fum, you smell an Englishman? Wrong. But only partially so. Turn it around. Why does much of the rest of the world drive on the right? Here's the name-and-shame story. It's all down to the "Little Corporal". The man who remade Europe in so many ways like no one before him. He was, of course, Napoleon Bonaparte. You might not care to know about this, but you are likely to remember it nevertheless.

It was "Boney" who introduced the rule of "keep to the right" in Europe in 1794. The exceptions at the time were those countries that had stood against Napoleon's imperial ambitions: mainly Britain, Finland, Russia, Sweden and Prussia. Apart from Britain, as a convenient island, all Europeans today drive on the right. Sweden was the last to change, reforming its road rule from left to right in 1967.

What was it that prompted Napoleon into changing what had been a drive-on-left tradition for centuries in continental Europe? There is a snowstorm of speculation attending the question, but the reason is not known for sure. Such explanations as passing on the left frees the right hand of a horse rider or a driver of a cart to make a hand-shake greeting or wield a weapon are not fully convincing. Napoleon was left-handed. How did he mount his horse? Whatever the real reason for Napoleon's reforms, however, I would be more interested in knowing why driving on the left and passing on the right was the norm across Europe for centuries.

Roy Siegfried # 50



I have been asked to write an article about the birds that we have and one is likely to see at Evergreen. Given the fact that we have an internationally acclaimed ornithologist in our ranks I need to be careful that I get the facts correct!

Firstly, it is worth appreciating that species occurring in an area can change over time. The habitat may have changed, droughts in other areas, seasonal movements and species ranges do alter. For example, it is only in relatively recent times that Blacksmith Plovers, no sorry Lapwings, (that is another aspect we need to keep in mind, as they keep changing the names!) and Hadedda Ibis have become permanent features in Cape Town.

Birds in the garden are a delight but the Cape Robin that keeps appearing in our kitchen is not so popular. What is planted in one's garden and indeed the complex do affect the bird species that are attracted. It will be interesting to see what new species appear if more proteas and fynbos are planted. Maybe we could see a few Sugarbirds or Malachite Sunbirds appearing?

Of course in our particular local area the species have changed dramatically. Prior to Evergreen being built this site was well wooded. When we first arrived we had Spotted Eagle Owls and Rufous-Breasted Sparrowhawks nesting at Evergreen. With the removal of most of the trees they soon disappeared and to my knowledge have never been seen in the vicinity since. However, if we did install a few owl boxes we could well see Spotted and maybe Barn Owls moving in but then we would need to be careful with the use of rat poisons.

The list of species includes those seen flying overhead as well as birds that we have heard if not seen. The magnificent Fish Eagle falls into the former category and Diederik and Klaas's Cuckoo the latter. I have often heard Klaas's Cuckoo calling in the vicinity of the pine trees at the entrance but have yet to get a really decent sighting.

I have included a few species on the list that should occur at Evergreen, even if I have not seen them. For example, surprisingly, I have yet to see a House Sparrow. The Cape Sparrow is however common. My list is by no means definite and I am sure that other residents can add to the list below.

I am not too good on tracking the Swifts when they arrive to feast on insect hatches in summer. I have included the species of Swift that I assume are amongst the bird parties.

The African Goshawk with its distinctive "quick, quick" call sometimes perches in the pine trees at the entrance but also use other large trees as well as doing its early morning "beating of the bounds" flight. Another raptor species that has been seen at Evergreen is the African Harrier-Hawk (Gymnogene). A species to look out for that occurs in Constantia and Bergvliet is the Black Sparrowhawk but I have yet to see it at Evergreen. We regularly saw Peregrine Falcons in Wynberg but not so far in Bergvliet but that is another special species to keep look out for. I have included the Common Buzzard on the list but it is probably the mystery Cape Peninsula species.

A recent arrival to us has been the pretty Swee Waxbill. Some books state that it makes seasonal movements and leaves this part of the world in spring. We are interested to see if this does indeed happen.

There is no reason why Nightjars and Thick-Knees (Dikkops) should not visit the vicinity but I have yet to learn of anyone having heard or seen them at Evergreen.

So here is my list of bird species that occur at Evergreen.

Karoo Prinia
Cape White-eye
Southern Fiscal
Red Winged Starling
Common Starling
Cape Sparrow
Cape Weaver
Common Waxbill
Swee Waxbill
Cape Canary
Common Chaffinch
Cape Bulbul

African Fish Eagle
Yellow-Billed Kite
Common Buzzard
African Goshawk
African Harrier-Hawk
Red-Eyed Dove
Cape Turtle Dove
Laughing Dove
Common Swift
Alpine Swift
African Black Swift
Little Swift

Speckled Mousebird
Barn Swallow
Greater Striped Swallow
White-Necked Raven
Pied Crow
Olive Thrush
Cape Robin-Chat
Amethyst Sunbird
Southern Double-Collared Sunbird
Klaas's Cuckoo
Diederik Cuckoo
Cape Wagtail
Rock Martin

Dave Gretton # 3



Klaas's Cuckoo



Swee Waxbill



Cape Robin-Chat

Image credits : Roberts

Petrolhead Podium – 1953 Buick Wildcat



For the 1953 Motorama travelling motor show in the USA, Buick debuted the captivating Wildcat. This low-slung, two-seat convertible had a raked-back wraparound windshield and a hydraulically operated top that disappeared beneath a rear panel. It also featured a body made from fibreglass.

The Wildcat was a driveable car powered by Buick's 322 cid V-8 engine and a Dynaflow automatic transmission. It had a unique look when in motion, with its Roto-Static hubcaps remaining stationary while the wheels turned. Other luxury features included hydraulically operated windows and seats.

Win a meal for 2!

Correctly identify the car model on the right and describe its features briefly. To enter, email your entry to:

bonesfuller@gmail.com

All correct entries will qualify for the prize draw.



MORE ON CLIVIAS

Growing clivias successfully does not require a great deal of time, expertise and dedication, though you will need all those, plus patience if you are trying to produce new and exciting colours. Generally clivias are pollinated by moths, or even by wind, but pollinating by hand is not difficult; with a tiny paint-brush – or even a fingertip – one can take pollen off the stamens and brush it off onto the pistil of the same or a different plant. One can even store pollen in little capsules, keep it in the freezer, and sell or swop with other enthusiasts. At clivia shows “pollen thieves” have been seen, casually touching a flower, gently wiping a finger on a tissue and keeping it safe to take home and use on their own flowers!

The beautiful heads of seed, bright red from orange flowers, tending to greeny/yellow from yellow flowers, look stunning and last well in a vase. Inside each fat red pod are the round pea-sized seeds, and these are easy to grow - (remember children growing beans in damp cotton-wool?); place them on a damp tissue or cotton-wool in a shallow dish, maybe cover with clear plastic or glass, and leave them in a warmish place, making sure they don't dry out. Soon tiny root shoots appear, and after a while, the green leaf tips will follow. When they are looking fairly strong, they can be planted (very shallow) in a coarse sand and fine milled bark or compost mix, where they should continue to grow until they are moved into a bigger pot or tray.

Though the *Clivia Miniata* are the big showy flowers we know well, there are other varieties, *C.Nobilis*, and *C. Gardenii* among them, which have a charm of their own – and flower at a different time of the year. Truly beautiful “Interspecifics” haven been bred by crossing these with *C.Miniata* and some growers have specialised in these.

Whether in pots or in the garden, clivias like to have their roots in an “airy” medium; for example, in pots a mixture of fine bark chips, compost, and sand with very good drainage. They really are not very demanding – no full sun, not too much water, and moderate feeding with some general plant-food, like Biogrow. Plants that are getting too big for their pots can be taken out (sometimes requires a sharp knock or two on the side of the pot!); if there are nice healthy suckers, you can break those off (or cut with a sharp knife). Repot the parent in a larger pot, and start the youngster off in its own smaller pot. Remember clivias are pretty tough and can put up with some quite rough handling. Suckers, or off-shoots, will exactly resemble the parent plant, but if you have a wonderful yellow clivia, there is no guarantee that seeds from that plant will produce the same colour, even if it is pollinated by another yellow.



A beautiful interspecific



An interspecific



One big yellow !



Colourful seed heads

Jill Dower # 32

The Cape Town Pier - Landmark of Bygone Days



The Pier was built in 1910, demolished in 1939, and is now part of the reclaimed foreshore complex.

It was a highlight of Cape Town's community life, open to all races, extremely popular on weekends and public holidays. Open-air pop concerts were held on a small pavilion-type stage. Ballet and pop concerts were the favourites, together with light classical music. Now and then, a brass band performed and was loved by many.

For the sporting, during the day, swimming, boating and fishing had many devotees. Many folk, particularly the elderly, used the Pier as a Promenade or sat on seats in alcoves to watch the passing parade of contented people. All for one penny!

It extended some 300 metres out into the bay and incorporated a tower, concert pavilion, restaurant, and swimming and boating facilities. It brought the townspeople to the sea and was a very popular outing for many Capetonians.

It was, however, never a financial success despite its popularity, and the demands of harbour expansion saw the last concert held on the Pier on 27 March 1938, after which it was demolished to just above the high-water mark and the remains were buried in the fill.

The beginning of the Pier stood where the Adderley Street fountain stands today with its Tower located on the site of what is now the Coen Steytler Roundabout.

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AF

Zorba the Greek Theme Evening



Having fun Zorba's dance



Nomfundo



Bronwyn



Shawn



Estelle, Rod and Lynne



Jill and Lyn

Zorba the Greek Theme Evening



Paddy aka Jackie O and Jo



Marion



Gavin and Stewart



Yolanda and Felicity



Herman and David



Joan and Jean



John



Photographs
courtesy of Donald
Campbell



Richard, JenJen, Myrle and Jenni





Winning an Olympic medal is a huge moment for any athlete, but there is special significance to the bouquets of flowers that were being handed out at Tokyo 2020

More than 5,000 bouquets were handed to athletes at the Olympic and Paralympic Games.

The ceremonial blooms were mainly grown in three districts of north-east Japan that were devastated by a 2011 earthquake and tsunami, and the subsequent meltdown of three reactors at the Fukushima nuclear plant.

Almost 20,000 people died in the catastrophe that hit the prefectures of Iwate, Fukushima and Miyagi. And the bouquets of yellow, green and blue flowers being presented to medallists were grown almost entirely in those three districts.

Bright yellow sunflowers, which dominate the bouquets, were grown in Miyagi, having been planted by parents whose children died in the disaster. The parents chose a hillside where their children had sought refuge from the effects of the tsunami.

Delicate white and purple eustomas and Solomon's seals were grown in Fukushima - under a non-profit initiative set up to try to revive the local economy in the wake of the disaster, which had severely damaged agriculture production. The gentians, a small bright blue flower, are grown in Iwate, a coastal area that was devastated by giant waves in the 2011 disaster.

To complete the bouquet, there are strong green aspidistras, grown in Tokyo, and chosen to represent the host city.

BBC.CO.UK

Home grown talent: Tatjana Schoenmaker brought home a gold medal breaking Olympic and world records for breaststroke

Bianca Buitendag won a silver in the women's shortboard competition

私たちはあなたに敬礼します

(We salute you both)

1st Vicky Fox
 2nd John Coetzee
 4th Christina Walters
 5th Ian Stewart
 6th Trevor Earl
 7th Karen Reid
 8th Lynne Perry
 11th Brian Dalton
 14th Rene Stewart
 14th Rene Esson

BIRTHDAYS



15th Jill Dower
 18th Sandra Farr
 18th Ian McDonald
 20th Tony de Smidt
 22nd Jill Newton
 23rd Merle Trimmingham
 25th Bill Kirkwood
 28th Roy Siegfried
 29th Gael Foster



2nd Trish and Mike Smith
 7th Rona and Roy Siegfried
 10th Mary and John Drake
 15th Rene and Ian Stewart



If you enjoy reading crime fiction, then Elly Griffiths books come highly recommended, particularly the Dr. Ruth Galloway Mysteries.

Val McDermid books are another source of crime fiction that are excellent.

There are many of their books in our library

GROWING HERBS

Herbs such as basil, oregano, chives and rosemary are easy to grow providing you with fresh tasty leaves to use in soups, stews, casseroles and salads, as well as desserts and cocktails. Most herbs thrive in full sun in a sheltered position with well draining soil. You can grow herbs indoors on the windowsill, in pots outdoors or straight in the ground.



MINT is really easy to grow but best on its own in a pot, as it can take over other herbs growing alongside it. Add fresh chopped leaves to boiled new potatoes, to make a mint sauce or add to homemade mojito cocktails



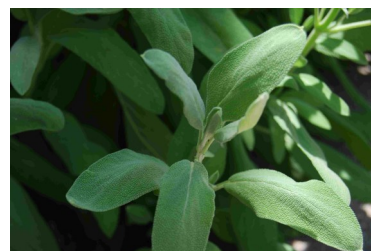
CHIVES, another easy-to-grow herb, have a mild, onion-like flavour and edible purple flowers which bees also love. Add fresh chopped leaves to salads and soups, flowers to salads



THYME is small in stature but big on flavour. It's delicious paired with roasted veg, soups and roasts. It makes a fine addition to gin, too. Lemon thyme is excellent with fish



SAGE, a Mediterranean herb, makes a wonderful addition to pork, risotto, pasta and gnocchi recipes



DILL is easy to grow, tastes great, looks good and is very beneficial to pollinating insects when in flower. It's perfect for using in fish dishes, and can be added to herby salads



French tarragon is considered the best to grow. It has a strong aniseed flavour, making it an essential ingredient in sauces. Mash tarragon with butter and spread over chicken before oven roasting



SORREL has a citrus flavour and adds a distinctive tang to potatoes, soups and risottos. Use the youngest leaves as culinary herbs and the older ones as you would spinach



CHERVIL is an attractive relative of parsley, has a delicate aniseed flavour, and is useful for using in soups, salads and omelettes, best grown in a shady location



Gardenersworld.com

**PLEASE NOTE REGARDING FUNCTION BOOKINGS - DUE TO COVID THERE IS LIMITED SEATING
SO KINDLY BOOK EARLY - MASK MANDATE STILL TO BE ADHERED TO**

MOVIE NIGHT

Saturday 4th September 2021 7.00pm



During a state funeral for the British Prime Minister, terrorists launch a massive attack and it's 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



MEN'S BREAKFAST

THURSDAY 2ND SEPTEMBER 2021

9.00am

Guest Speaker NSRI

R100 pp

We are welcoming spring with a
LADIES BRUNCH to be held on
Thursday 23rd September 2021

at 12.30

R80 pp

Kindly book at reception
Prize for the best hat with a
pink theme

Book at reception by the
16th September



BINGO EVENING

FRIDAY 10th September 2021

at 6pm.

A light supper will be served

- * **Kindly book at reception**
- * **By no later than Wednesday 8th September**
- * **Cost R60pp**
- * **Please bring your own liquid refreshments**



Join Herman Poelmann for an evening of
classical music Wednesday 15th
September at 7pm

You are welcome to
bring your own



liquid refreshments

Book by no later than the 8th September

Congratulations to Jordon Harrod, grandson of Charles and Tertia Harrod who has been selected for the SA U20 Waterpolo Team.

What makes this achievement even more special is the fact that he is still in the U18 age group. Jordon is in matric at Reddam House Constantia.

The team will be travelling to Prague to participate in the FINA World Junior Championships from 28th August to 5th September 2021.

In order to protect all the participants, the tournament will be organised in a "bubble" and Covid tests will be done daily.

We wish Jordon and the team every success.



Clementine, Sir Winston's wife, was talking to a street sweeper for a while. "What did you talk about for so long?" asked Sir Winston.

She smiled, "Many years ago he was madly in love with me."

Churchill smiled ironically, "So you could have been the wife of a street sweeper today. "

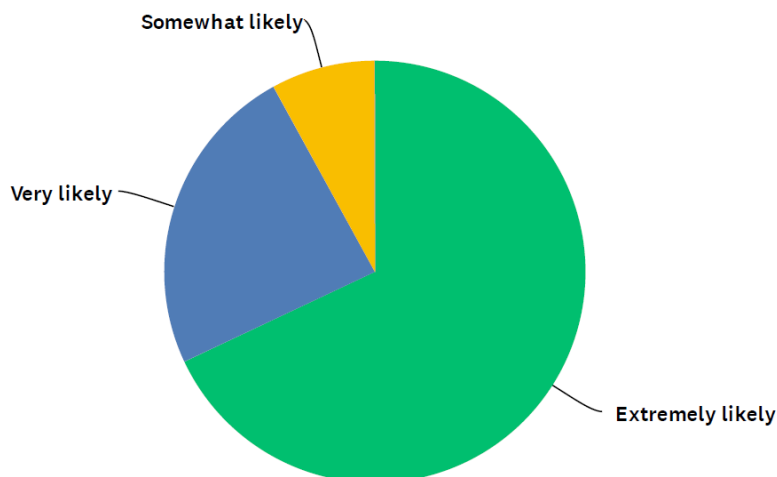
"Oh no, my love ", Clementine replied, "If I had married him, he would have been the prime minister today."

Village Times Survey results positive

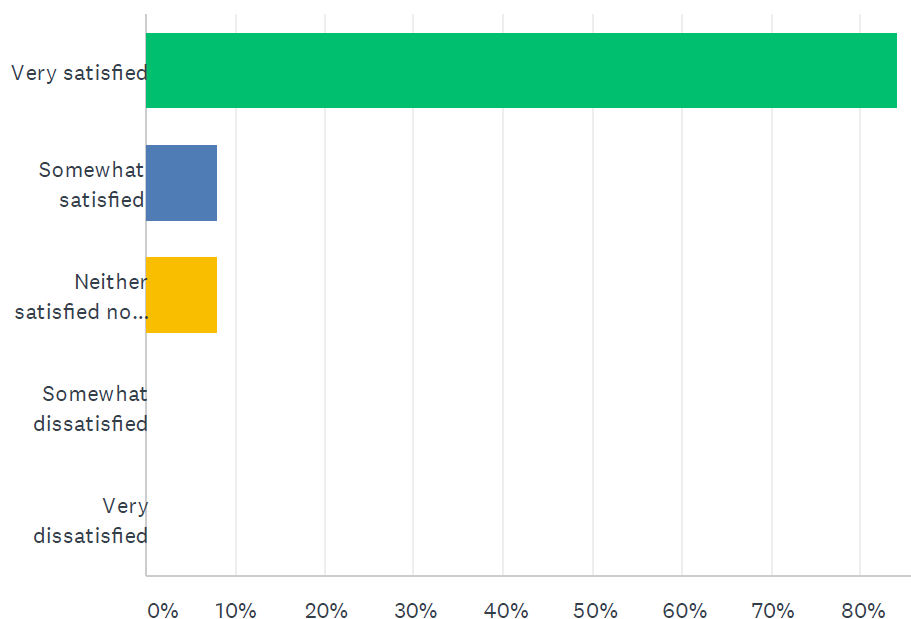
A huge thank you to those 25 of you who took the time to respond to our questionnaire. It is much appreciated. We needed to know that we are on the right track, and the results show this. Here are some of the highlights of the survey:

How likely are you to continue reading our Village Times newsletter?

Answered: 25 Skipped: 0



When asked how happy you are with the newsletter, you answered as follows:



88% of respondents said that the Village Times is a good read, with 80% agreeing that it meets their needs. But, of course, there are areas of concern - we will do our utmost to improve these. For example, one point of debate is the length of both articles and the newsletter itself.

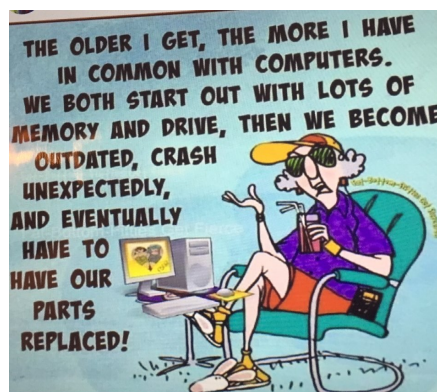
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A Heritage Day Spit Braai will be held on 24th September at 12.30. R165 pp

We will be holding a pub evening on Friday the 1st October at 6.30pm. Kindly book at reception. Books of tickets can be purchased from the office for R100.



Image credit: Jenny & Stewart Fisher - apartment view



Wishing all grandparents a wonderful day on the 12th September

Thank you to everyone for their contributions - keep your ideas coming to

davidwal@iafrica.com

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

Cut off date for submissions is Wednesday 15th September 2021

FW