



MAGNIFICENT

MAMMOTHS

MARCH 2022



I have a friend who lives in the Magaliesburg and her husband is an internationally renowned knifemaker. He uses amongst other things, mammoth ivory for the knife handles. A couple of years ago I was sent a piece and it got me thinking about these magnificent animals, where they lived and that tusks thousands of years old are now appearing due to the permafrost melting, particularly in the Arctic and Siberia revealing millions of buried mammoth skeletons. As we all know, international trade in elephant ivory is illegal, since I think, 1999. Trade of mammoth ivory is legal and it is an enticing profession for the daring or desperate residents local to the area. Tusk hunters use fire hoses to blast away the mud surrounding mammoth skeletons. It is dangerous but lucrative work where a lucky few could strike it rich. It is known as the mammoth tusk gold rush.

Once a tusk(s) have been dug out, they are cleaned with dry grass and quickly wrapped in cling film to keep them moist and preserve valuable weight that would push up its price when it came to selling. Tusk hunters' villages have been formed and in as little as eight days, 100,000 US dollars can be made selling to the Chinese who fuel the demand for 'ice ivory'. An estimated 80 % of Siberian tusks end up in mainland China where they are carved and turned into elaborate sculptures and trinkets. Russia exported 72 tonnes of mammoth tusk in 2017 but exports have dropped off as a growing underground (pardon the pun) trade in tusks appears to be eating into the official trade. These underhand deals not only make it impossible for the authorities to keep the trade in check; there is one other beneficiary that misses out on the ancient treasures: science. The largest tusk found so far belonged to a Columbian mammoth and it was 16 feet long !

<https://www.cdm.org>; <https://en.wikipedia.org>; <https://www.wired.co.uk>



In 1965, a Ukrainian farmer unearthed the lower jawbone of a mammoth when trying to expand his cellar. Further excavations revealed four huts constructed of a total of 149 mammoth bones. These dwellings dated back approximately 15,000 years and were determined to have been the oldest shelters built by prehistoric man.

Earliest architecture ?

<https://www.reddit.com>

Several years ago, the remains of at least five Ice Age mammoths were discovered at a quarry near Swindon alongside stone tools made by Neanderthals, in what experts are calling Britain's most significant discovery in recent years. A site like this is rarely so well preserved and helps archaeologists, palaeontologists and environmental scientists address big questions about the era and the impact of a rapidly changing climate on life in Ice Age Britain.

The excavations which were led by archaeologists from DigVentures unearthed well preserved evidence at the site including delicate beetle wings and fragile freshwater snail shells as well as stone tools and of course, mammoth bones. Dating evidence has revealed that the site was in use around 210,000-220,000 years ago, when Britain was still occupied by Neanderthals, before they were forced away by the increasingly cold temperatures that followed.

<http://digventures.com>

DigVentures is a platform that enables civic participation in archaeology and heritage projects in the UK.

1st Laubi Walters

2nd Vivienne Docherty

3rd Carmen Garizio

4th Roger Scheibe

10th Myrle Mawman

10th Buddy Mockford



11th Trevor Honeysett

11th Leslie Mortimer

15th Paddy Fordyce

21st Paddy Ball

23rd Colin Osborne

27th Melanie de Smidt

30th Inez Gretton

PUB EVENING

Friday 25th March

Purchase your book of tickets from
reception - cost

R100 per book

Book at reception by Friday 18th March



2nd - Penny and Roger Prideaux

13th - Wanda and John Patten

21st - Pat and Martin Bayliss

29th - Jenjen and Buddy Mockford

30th - Peta and Colin Noble

“Angels exist but sometimes they don’t have wings - we call them FRIENDS

Joan Misplon

THE IMPORTANCE OF MULCHING

Does the mention of "mulching" leave you scratching your head in confusion? Don't worry, we've got your back. Read all about mulching (it's easier than you think!) and other ways to keep your garden cool .



WHAT IS MULCH?

In a nutshell, mulch is a layer of material (organic or inorganic) that is spread on the surface of the soil around plants to enrich and/or insulate the soil. There are two main types of mulch: organic mulch includes compost, pine needles, grass clippings, bark chips and leaves, while inorganic mulch includes stones, gravel and plastic/landscape sheeting.

HOW DO YOU CHOOSE THE RIGHT MULCH FOR YOUR GARDEN?

Both types of mulch come with their own pros and cons. In the case of organic mulch, while it does decompose and needs to be replaced, it does improve your soil's structure and add important nutrients and minerals to the soil.

In the case of synthetic mulch, while it doesn't add any nutrients to the soil, it's longer lasting as it doesn't decompose or need to be replaced frequently.

HOW MUCH MULCH DO YOU ADD TO YOUR GARDEN?

Not too thick and not too thin, the perfect, Goldilocks layer of mulch is 5cm to 7cm thick.

Inside tip: If you're using mulch to try and get a handle on weeds, make sure the area is thoroughly weeded before applying mulch.

If your mulch is too thick, it can stop water from reaching your soil and consequently your plants' roots. But if it's too thin, water will evaporate from the soil, effectively rendering one of the main purposes of mulching useless.

Inside tip: If you are mulching around trees and shrubs, don't be tempted to add an extra-thick layer of mulch around the trunk, as this can encourage pests and diseases.

3 BENEFITS OF MULCHING IN SUMMER

Need an extra nudge, or three, to start mulching this season? Here are three reasons why your garden will benefit from mulching this summer.

HELPS RETAIN MOISTURE IN THE SOIL

Mulch prevents evaporation by protecting soil from the direct rays of the sun, which reduces the amount of water needed to irrigate your plants and also helps the soil retain moisture for longer, and also keeps the moisture already in the soil, for longer.

IT MAKES A GREAT INSULATOR

If your garden has to survive hot summers or frosty winters, mulch acts as a great insulator by regulating the soil temperature. This helps keep roots cool in summer and warm in winter, and generally makes for a less-stressed and happier plant.

IT HELPS PROTECT SEEDLINGS

Mulch can act like a mini umbrella, shielding little seedlings from the harsh summer sun. And, well, is there any cuter image you need to encourage you to mulch than the thought of a little seedling umbrella? We thought not.

[bit.ly/StodelsGuideToMulching](https://www.bhg.com) via FB post

INDOOR FERNS - <https://www.bhg.com>

All ferns love moisture and should be given humid conditions. In living rooms and family rooms, stand their pots on trays of damp pebbles or clay granules. Ferns also love being misted at regular intervals with tepid, soft water unless the humidity of the whole room is kept high through the use of a humidifier.

HOW TO CARE FOR FERN PLANTS IN THE HOME

To keep your ferns happy, water them thoroughly whenever it feels like the top of the soil is starting to dry out. However, avoid overwatering—while moist soil is ideal, constantly soggy soil can injure the plant and encourage a bacterial or fungal infection. Mist on occasion.

Ferns require indirect sunlight, moist soil, and a humid atmosphere. Ferns prefer potting soil with good drainage and high organic content. A potting mix should have peat moss or sphagnum for moisture retention, sand or gravel for drainage, and sterilized bagged garden loam or potting soil.

Ferns are relatively easy to prune. You can prune them in early spring before the new growth begins. If you want to create a shape, you can trim around the edges of the plant. When growing ferns indoors, just be sure to cut off dead or dried fronds when they appear.



Image credit: Pottery Barn



Sometime in 2005, Dave Orton and two friends from the Cape Town Mountain Club decided to visit Antarctica. With the help of Unlimited Adventures in Woodstock, they got onto Quark Expeditions who operated with an ice reinforced Russian Ship out of Ushuaia with 40 passengers. They also helped with a contact in Buenos Aires through whom they arranged the journey from BA to Ushuaia. This is Dave's story. " We flew to El Calafate in the far south, via Baraloche. Here the objective was the incredible Puerto Merino Glacier, one of the largest in the world and one which is not retreating. From there we took a guide to go trekking through the foothills of Mount Fitzroy (after the Captain of the Beagle) and doing the four day hike to Laguna dos Tres, crossing glaciers and glacial rivers en route. Thence back to El Calafate and then by bus across the Andes to Puerto Natales and the "Torres de Paine" (Towers of Pain) Chilean National

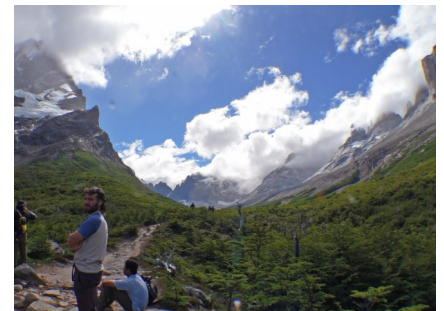
Park, a spectacular region of glaciers, rivers and lakes. We joined a small group here with a guide, to do the four day "W" hike and boat route ending at the famous three granite peaks - the Towers (the main tower was first climbed by Mike Scott of CTM in the 1970's, which made us feel quite proud! Then by mini bus and boat via Punta Arenas to Ushuaia where we spent three days exploring the Terra Del Fuego National Park.



Colourful shops in El Calafate
near to Puerto Marino Glacier



Puerto Marino Glacier



Hiking in Torres del Paine Park



Dave and the glacier



Learning to ice climb



Glacial run off

From there we boarded the Orlova to leave Cape Horn for the Antarctic Peninsula. The two day (rough) crossing of the Straits took us to a derelict whaling station and a 20 second Antarctic swim! There we spent seven days cruising the Peninsula, saw where Shackleton and his men spent a year under an upturned boat and visited abandoned old pioneer country expedition stations (mostly oversized garden sheds!), still complete with provisions etc. as the incumbents had left them. We visited a modern Ukranian Station in contrast with all the latest gear and mod cons.

We went ashore at least twice a day in "Ribs" after sanitising our boots on and off the ship. We were allowed to wander about as we saw fit and no one got lost! The wildlife was amazing and completely unconcerned about human presence except the day when I was off on my own and was attacked by a flock of Skuas. These are turkey sized birds which probably mistook me for a large penguin (their main food) in all my black gear! As it was the end of the season, we were the last trip and winter and ice were coming fast so most of the penguins, having fledged, departed for South Georgia and the Falklands with their young.

The Russian crew kept us well entertained and the cruise master's lectures kept us very well informed about all aspects of life in the region.

Another crossing of the Straits and a flight to BA and that was it. A fabulous, spectacular trip!"



Chinstrap penguins



The three CT Mountain Club men



Our Russian ice reinforced ship



Berg



Signpost at Ukranian Cabin



Shore party



Contented baby



MOVIE EVENING

SATURDAY 5th March - 7pm



A romantic comedy starring Hugh Grant and Sandra Bullock - Lucy, a lawyer works for the handsome and rich George Wade. However, she grows tired and decides to quit as he treats her like a nanny instead of using her professional skills.

Feel free to bring your own refreshments

Book at reception by no later than Thursday

3rd March

You're Invited!!

TO A LADIES BRUNCH

come and enjoy good food and each other's company

FRIDAY 11th March at 11am

Cost R90 pp

Kindly book at reception by no later than the 4th March

INTERESTING ARCHITECTURE

I'd like to see the inside of some of these and some I'd be nervous going into !





These pictures are not photoshopped - they are all real houses
designed by architect, Michael Jantzen



Join us for

SUMMER SUNSET SUNDOWNERS

A casual get together on the Bistro Terrace. Bring your own drinks, mingle and just enjoy each other's company and tasty snacks. At R90pp the SSS will alternate each month with the pub evening.

The theme evening dinners have for the time being been put on hold until winter.

MUSIC EVENINGS GOING FORWARD

I think that everyone who attended the Music Evenings with Herman Poelmann will agree that it is unlikely that we would be able to find a replacement for him, his musical knowledge and technical know how was quite extraordinary. That said I am sure we will find a way to keep enjoying "Music Evenings" at Evergreen.

There has been some conversation between a couple of residents that the event should be a little less formal with more input from anyone who is interested.

So we are asking you the residents for suggestions of well known and lesser known music and perhaps have a group of volunteers to look at and listen to possible choices for a few months ahead.

Another possibility might be for different folk to volunteer to compile just one program a year; another to find one or two people with the necessary know-how to find and 'play' the recordings on the big screen in the games room. I would be willing to 'compile' a possible program occasionally, but am daunted by the technical side.

Another crowd puller would just once in a while, be an evening of Andre Rieux.

Please give it some thought and send suggestions/ideas through to davidwal@iafrica.com as we would like to get the ball rolling.

Jill Dower





BIRD FEEDERS provide an uninterrupted reliable source of year round supply of food and water to keep birds well fed and thriving

You'd like to attract sunbirds and other nectarivores into your garden, but don't know what kind of sugar solution - if any - to use? There is a lot of confusing information out there, some based on 'tried and tested' recipes, some on scientific research into which sugars the birds prefer. But where to begin?

Firstly forget about 'recipes' that contain strange additives: beetroot and Bovril have no place in a bird's diet and would probably do more harm than good. Consider instead what birds feed on in nature and try to emulate that. Birds that visit garden nectar feeders fall into two groups: the specialist nectarivores such as sunbirds and sugar birds and the occasionals that include bulbuls, starlings, white-eyes, weavers and orioles. In simple terms, plant nectars contain mostly sugar in different forms. At plant level, the distinction between the two groups of nectar-feeding birds appears to lie in the volume of nectar, its concentration and the sugar type in it. Research has been conducted on the specialists for decades, but very little work on the preference of the generalists because they were not considered important pollinators.

So what should go into the feeders in your garden? The best option is a 15-25% solution of plain table sugar (sucrose) which is easy to prepare and does not ferment quickly in the sun. Birds that feed on nectar obtain the rest of their nutrient requirements from other sources, notably insects in the case of specialists—just observe sunbirds and you will see them catch and eat many insects. It is therefore not necessary to add anything to the sugar solution. *With permission: Africa Geographic 2009/www.birdlife.org.za*

Suet left out in hot weather can soften and foul birds' plumage or it can become rancid. It's a good idea to take down suet feeders in warm weather. If the level of seed in your feeder is not changing, it may be a sign that it has spoiled and birds are avoiding it.

There are many reasons why bird feeders may not be for everyone, no matter how welcome the birds might be. Feeders can be messy. Birds don't have good table manners and a feeding station can be a mess of spilled seed, discarded hulks, shed feathers, faeces and more.

<https://tenbenefits.com>

'It's not the mountain we conquer, but ourselves.' Edmund Hillary



Sir Edmund Percival Hillary KG ONZ KBE (20 July 1919 – 11 January 2008) was a New Zealand mountaineer, explorer, and philanthropist. On 29 May 1953, Hillary and Sherpa mountaineer Tenzing Norgay became the first climbers confirmed to have reached the summit of Mount Everest. They were part of the ninth British expedition to Everest, led by John Hunt. From 1985 to 1988 he served as New Zealand's High Commissioner to India and Bangladesh and concurrently as Ambassador to Nepal.

Hillary became interested in mountaineering while in secondary school. He made his first major climb in 1939, reaching the summit of Mount Olivier. He served in the World War II and was wounded in an accident. Prior to the Everest expedition, Hillary had been part of the British reconnaissance expedition to the mountain in 1951 as well as an unsuccessful attempt to climb Cho Oyu in 1952. As part of the of Commonwealth Trans-Antarctic Expedition he reached the South Pole overland in 1958. He subsequently reached the North Pole, making him the first person to reach both poles and summit Everest. *Time* named him one of the 100 most influential people of the 20th century.

Following his ascent of Everest, Hillary devoted himself to assisting the Sherpa people of Nepal through the Himalayan Trust, which he established. His efforts are credited with the construction of many schools and hospitals in Nepal. Hillary had numerous honours conferred upon him, including the Order of the Garter in 1995.



Hillary and Tenzing on return from the summit

<https://en.wikipedia.org>

RESIDENTS SHARE THEIR RECIPES

QUICK AND EASY CHORIZO AND CHICKPEA DISH

1 x 220g packet smoked Spanish chorizo (Woolworths) cut into slices

1 large red onion sliced

2 garlic cloves - sliced

1 T cumin seeds

1/2 T smoked paprika

1 t sugar

1 x 400g tinned diced tomatoes

Juice of 1 lemon and more if needed

400g tin drained and rinsed chickpeas

Handful flat leaf parsley chopped *

Toasted French loaf/ciabatta to serve *

Fry chorizo lightly on both sides, place on Carlton towel to drain. Add onion and garlic to the pan and cook for about 3-4 minutes. Place chorizo back in the pan with all other ingredients except those with asterisk and cook for a further 20-25 minutes on a low heat. Thicken if necessary.

Sprinkle with chopped parsley and serve with toasted French loaf; alternatively it can be served on a bed of rice with a side salad.

Serves two.

FW

CHICKEN AND MUSHROOM PIE

1 cooked Woolworths chicken

1 oz butter

2 large leeks sliced

110g mushrooms sliced (I usually put in the whole punnet)

1 t flour

1 tub Mascarpone cream cheese (250ml)

2 T chopped parsley

Salt to taste

Topping :

450gm potatoes

225g carrots

1 oz butter

Nutmeg (couple of shakes, don't overdo it)

1 egg, beaten

Place cooked chicken meat in dish

Melt butter and fry leeks and mushrooms until soft

Stir in flour, cheese and parsley. Simmer for three minutes. Spread over chicken

Boil potatoes and carrots (same pot), then mash, add egg, butter and nutmeg. Spread over chicken etc. and bake at 190 degrees, 20-25 minutes.

Jo Nixon

GETTING TO KNOW YOU -

The life and times of Rene Esson



Born in Benoni, the birthplace of Glenda Kemp with her snakes and Charlize Theron the movie star, I started life as the second child of an Italian mother and South African father. He had met my mother during the war when he had escaped from a prisoner of war camp and she helped to hide him from the Germans until the end of the war. They married in 1945 and she, with a number of war brides, sailed down to Africa to start a new life.

After a brief stay in Krugersdorp, Port Elizabeth and Ndola in Zambia the family eventually settled in Johannesburg where I completed my schooling at St Theresa's Convent in Rosebank. In those days there was not much choice for a girl in the matter of a career so I chose teaching, having disregarded nursing and secretarial work. My initiation into working life began at Rosettenville High in the southern suburbs of Johannesburg. A baptism of fire for a young convent girl. The pupils' main aim seemed to try to get rid of the teachers and see how far they could go to break them. Fortunately, I got my class on my side by beating the main troublemaker at a game of tennis. Tensions were high with the boys shouting "Get him Miss" and cheering with every win. It was a tough game but I was determined to win. Having survived a year there, I moved to Parktown Girls High.

However teaching was not really my thing. I got a job as a clerk in a touring company. There I met my husband John, an Australian, who had stopped by in South Africa on his way to do the usual camping year in Europe. He fell in love with Africa and decided to move here permanently. We settled in Cape Town and eventually bought out the touring company, Grosvenor Tours. We dealt with the high-end tourists from the USA and Europe organising their whole trip from the moment they arrived in Southern Africa until their departure. This meant that we needed to be up to date with all the offerings in South Africa, Botswana, Namibia, Zambia and Zimbabwe. A lovely way to visit these places and try them out. If we had particularly important clients John would accompany them to make sure that everything went smoothly and I would join him on occasion. Sadly, John passed away in 2009.

For the last 15 years I have spent 4 months a year in Italy where I have a house in a little village called Candiana. It is near the city of Padua where a number of my cousins live. I spend my time working in the garden, visiting friends and relations, drinking the local prosecco and helping harvest the grapes and olives in due season. Covid has put paid to that for the last two years but I intend to resume my travels this year.

Moving to Evergreen has been an excellent choice. We, here in the apartments, have bonded as a family having all arrived more or less at the same time. I have found everyone to be so friendly in the village and being able to dispense with alarm systems and house maintenance has been a blessing. However, being on the Rescom Committee I find myself still involved in maintenance. Some people never learn!!

Another successful braai





Many thanks to Don Campbell for the photographs

USEFUL GADGETS IN THE KITCHEN

The original simmer mat

No more burnt food - can be used on any
cooking surface



LID SIDS

Saucepan Lid Holder/Lifter, lets steam
release

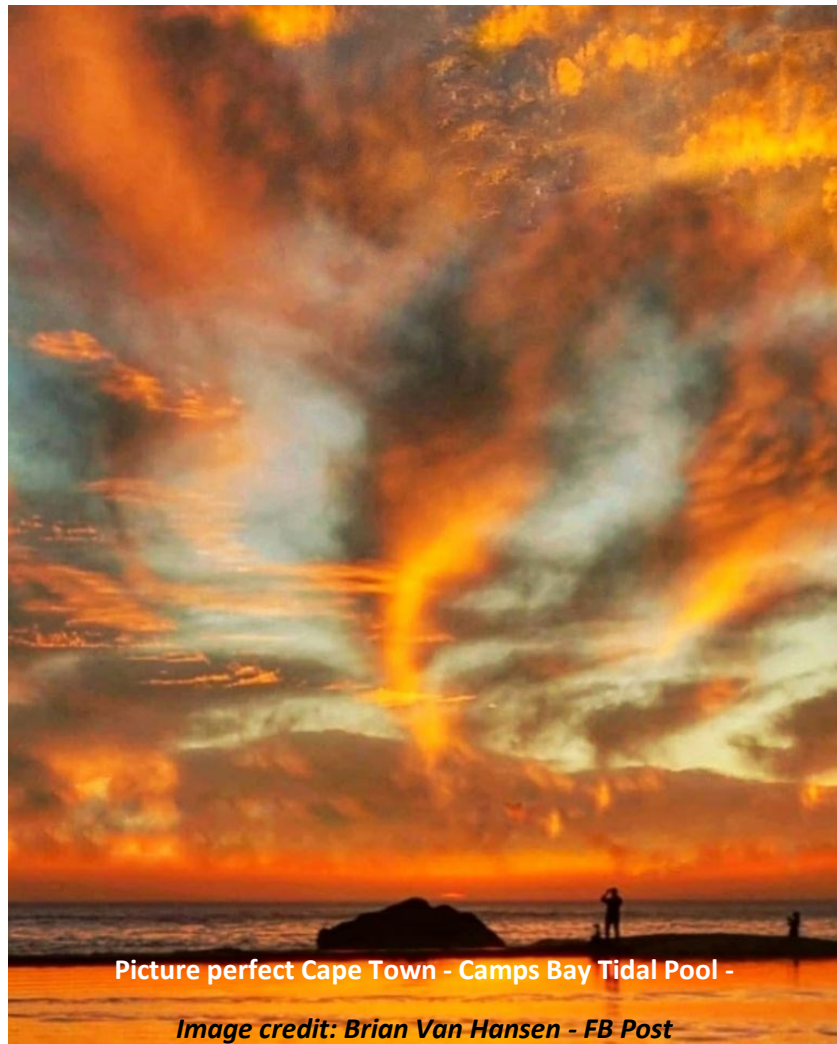




Erratum

This photograph was inadvertently referred to as Schoenstatt. It is of course Constantia Christ Church. Thanks to Wenche for pointing it out.





Thank you to everyone for their contributions - keep your ideas coming to davidwal@iafrica.com

Articles not published in this issue will be held over for April the deadline being Monday 14th March.

FW



PS

overleaf



EDITOR'S POSTSCRIPT these things 'go the rounds' via email.
 You probably have seen these 'definitions' before, possibly you have forgotten them and will be able to enjoy another chuckle.

Abdicate (v.) - to give up all hope of ever having a flat stomach

Esplanade (v.) - to attempt an explanation while drunk

Flabbergasted (adj.) - appalled over how much weight you have gained

Negligent (adj.) - describes a condition in which you absentmindedly answer the door in your nightie

Lymph (v.) - to walk with a lisp

Gargoyle (n.) - an olive-flavoured mouthwash

Coffee (n.) - a person who is coughed upon

Fiatuience (n.) - the emergency vehicle that picks you up after you are run over by a steamroller

Balderdash (n.) - a rapidly receding hairline

Testicle (n.) - a humorous question on an exam paper

Semantics (n.) - pranks conducted by young men studying for the priesthood, including such things as gluing the pages of the priest's prayer book together just before vespers

Rectitude (n.) - the formal, dignified demeanour assumed by a proctologist immediately before he examines you

Oyster (n.) - a person who sprinkles his conversation with Yiddish expressions

Each year the Washington Post's Style Invitational asks readers to take any word from the dictionary, alter it by adding, subtracting or changing only one letter and supply a new definition. Here are some of the 2002 winners:

Frisbatarianism: The belief that, when you die, your soul goes up on the roof and gets stuck there.

Sarchasm: The gulf between the author of sarcastic wit and the reader who doesn't get it.

Reintarnation: Coming back to life as a hillbilly.

Hipatitis: Terminal coolness.

Giraffiti: Vandalism painted very high.

Inoculatte: To take coffee intravenously when you are running late.

Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.