



JANUARY 2023

Gentle Goals for a New Year

Give more hugs.
Seek the good in others and yourself.
Make something beautiful.
Read for pleasure.
Tell yourself the truth, always.
Listen more, argue less.
Practice gratitude every day.
Drink more water.
Be delighted by the ordinary.
Remember the humanity of those who disagree with you.
Try new things.
Embrace opportunities.
Value yourself. Enforce boundaries.
Spend time outdoors. Breathe deep.
Fall in love with the person you are now.
Most of all, be kind
because that's who you are.

Nancy Hoffman





WE'RE STILL ON

" I have stood on beautiful beaches around the world, and breathed in deeply, and never smelled the sea like our sea air.

We have Stage 6 loadshedding but our mountains and valleys are still on. The fynbos still rustles in the wind and the butterflies and bees still visit their flowers. Still on.

Our walks along the beachfront are still on and the sea is still on. Even the salty smell mingled with kelp, is still on.

Our multi-cultural tapestry of people, the warmth, smiles, laughter, hugs, handshakes (in their various forms) are all still on.

Our mountain hikes are still on. The most mesmerising views and vistas you will ever see on planet earth. Nothing compares to even a simple walk above the city of Cape Town, let alone Oudekraal, the Winelands or the dramatic Drakensburg. They are all still on.

Our restaurants, coffee shops and food vending trucks are still on. When they can be. Trying to keep going. Trying to deliver their best, not just to us, but for the tens of thousands of visitors who arrive here weekly from around the country and the 192 planes arriving weekly at Cape Town International.

People from around the world who have chosen us for their holidays, memories and experiences.

Receiving pressies, still on. Lighting Hanukkah candles, still on. Braais, boerie rolls and bunny chows, all still on. Even koeksisters. Still on.

Our parks and reserves are still on. From Kirstenbosch to Kruger. From our unique proteas to leopards dragging their prey up a tree. Things you'll never see elsewhere. Or experiences you'll ever feel, on your skin, in your ears, on your neck, elsewhere.

Stuff that truly feeds your soul, as our elephants trample the grasslands and lions, cheetah, giraffe and rhino survey the wide open plains. These are still always on.

Our resilience, determination, hope and spirit, as South Africans, although challenged, disappointed, concerned and frustrated, is still on. We push forward. We persevere.

Yes, we have enormous challenges. No hiding or getting away from that, as we encounter the effects on our economy, employment and manufacturing from crippling power outages and supply. We can only hope, pray, apply relentless pressure, and vote for these things to be fixed.

But that doesn't mean that what is still on, is now off. It isn't. It's on.

So this festive season, allow yourself the permission to choose the always on versus the mostly off. For your sanity, your mind and soul. Because so much magic still surrounds us, that if you lean into the On versus the Off, you'll still be able to find joy.

And for the people on those 192 planes, who arrive here weekly, let's ensure it's the best holiday of their lives."

Contribution: Penny Marek via Facebook

Article: Mike Abel

Mountain image credit: Unknown





Clubhouse

Unfortunately, there are no new updates on the alterations to the resident's areas of the Clubhouse. However, there has been discussion and resolution around the serving bar and passageway concerns of the Events and Entertainment sub-committee.

EPI is still anticipating receipt of planning permission early in the New Year.

Below are pictures of the staff area modifications on the first floor.



The finishes look good, a significant improvement, which should lift staff morale as we go into 2023.

Staff Christmas Fund

On the topic of staff morale, resident's dug deep and collected approximately R57,000 for the staff Christmas fund. Each staff member received R2,650 with an extra R100 to security staff, and in all cases the sum was adjusted prorata for those who worked in Bergvliet for less than 12 months.

Congratulations and a big thank you to all contributors.

Interestingly, more than 80% of residents used the Bergvliet Resident's Association bank account to make their contribution, and the staff were unanimously pleased to receive their gift directly into their bank accounts.

Events

A big shout for all involved in organising the events that have been held in the "old Clubhouse" this year. Your Events and Entertainment Committee has one more planned this New Year's Eve, hopefully the new events in 2023 will be in the "new and upgraded Clubhouse". Thank you Yolanda, Jean, Jacky, Paddy, Marion, Wenche, Bronwyn, Jane and Christina.

The Year End Dinner was attended by more than 80 residents, a record number, and not too much of a squeeze. It was a very successful event thanks to all involved in setting out and decorating the tables and spaces, preparing and serving the dinner, and attending to resident's needs.

Next year we look forward to an even bigger attendance in our new Clubhouse?

Finance

Those residents who have access to the Management Accounts may have noticed doubtful entries in the October edition totalling more than R500,000.

If you did, or heard rumours to this effect, you can relax because Fincom spotted these entries immediately and Evergreen Management has conceded that these entries were not correct.

However, the November accounts had already been issued, and so the correction will only occur in the December Management Accounts due in January. Rescom and Fincom are working with Evergreen Management to ensure this is done.

As we reported last month, Fincom believes Evergreen Bergvliet village is heading for a healthy year end surplus, and which year to date is more than R400,000.

Rescom will in future keep residents informed of the accumulated surplus value each month.

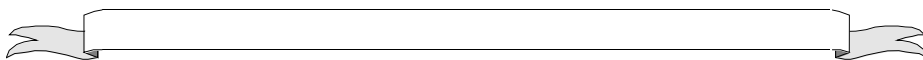
**HAPPY
NEW YEAR**

As we say goodbye to 2022, Rescom thanks all residents for their support and in many cases patience, as we strive to make our unique Bergvliet Village the best place to spend our twilight years. By the same token we thank Evergreen Management, both those in the village, and those at head office who go the extra mile for residents.

From all in the wider Rescom and our committees, we hope 2023 will bring you health, happiness and prosperity.

Alan Baxter

Chair Bergvliet Rescom



Three residents here at Bergvliet won the 2022 Photographic Competition

In first place : Liddy Cummins in the theme
Textures/Vintage - entitled
"Fire, Water, Earth and Air"



Runner up: Jill Dower in the theme
Textures/Vintage - entitled
" An old basket of treasures "



Runner up: Donald Campbell in the theme
Waterfalls/Hikes - entitled " Soft Fall "



1st Jeff Hawthorne

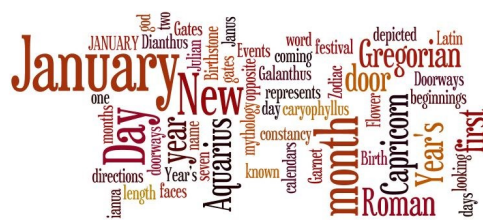
2nd Dave Orton

11th Jenjen Mockford

13th Adrian Fuller

19th Jenni Uys

21st Carol Dalton



23rd Marion Thompson

24th Brian Mawman

27th Haydn Jones

28th Penelope Prideaux

28th Jacky Orton

28th Patricia Baylis

9th Kate and Tony Woof

9th Amanda and John Bester

13th Liddy and Roger Cummins



CAROLS ON THE LAWN

“ The turnout was better than expected given the windy conditions.

Thanks to Charles who saved the day, he arranged for his nephew Matthew, who is a concert pianist to play as the Muizenberg Choir were not available.

The Christmas story was narrated by Roger who also led the singing extremely well.

Stewart closed the evening with a few words about the meaning of Christmas.

Thanks to Gael, Rene, Yolanda and team for their help.”



Jenny Fisher

Another successful pub evening



Image credit: Don Campbell



A BINGO EVENING TO BE HELD ON FRIDAY 6TH JANUARY 2023 AT 6PM

A LIGHT MEAL WILL BE SERVED - R70 pp

BOOK AT RECEPTION BY TUESDAY 3RD JANUARY



**Our next Evergreen Music Evening will be held on
Tuesday January 10th at 7pm - the programme is**

Mendelsohn Violin Concerto in E minor

Soloist : Ray Chen

Kent Nagano conducting the Goeteburg Orchestra

and

Brahms Symphony No.3

Claudio Abbado conducting the Mozart Orchestra



BO-KAAP - a brief history

The Bo-Kaap (lit. "above the Cape" in Afrikaans) is an area of Cape Town, South Africa formerly known as the Malay Quarter. It is a former racially segregated area, situated on the slopes of Signal Hill above the city centre and is a historical centre of Cape Malay culture in Cape Town. The Nurul Islam Mosque, established in 1844, is located in the area.

Bo-Kaap is known for its brightly coloured homes and cobble stoned streets. The area is traditionally a multi-cultural neighbourhood, and 56.9% of its population identify as Muslim. According to the South African Heritage Resources Agency, the area contains the largest concentration of pre-1850 architecture in South Africa, and is the oldest surviving residential neighbourhood in Cape Town.

In 1760 Jan de Waal bought a block of land at the foot of Signal Hill, between Dorp and Wale Streets. A year later he obtained an adjacent parcel, extending his holding to Rose/Chiappini/Shortmarket Streets. Starting in 1763, de Waal built several small "huurhuisjes" (rental houses) on this land, which he leased to his slaves. The first three are at 71 Wale Street (now the Bo-Kaap Museum), above Buitengracht Street, and 42 Leeuwen Street respectively.

Skilled Muslim labourers called *Mardijkers* moved to the Cape from Southeast Asia and lived in the Bo-Kaap because the aboriginal tribes in the Cape Colony area resisted the Dutch. Slaves were initially imported from Malaysia, Indonesia and different parts of Africa, hence the name "Malay". Most of the new residents were Muslim, and several mosques were built in the area. The first one was Auwal Mosque in Dorp Street in 1794. Between 1790 and 1825 more housing in both the Cape Dutch and Cape Georgian styles was built for the expanding population of tradesmen, craftsmen, and artisans. More Muslims continued to move into the area, including a wave of political exiles from Java and Ceylon circa 1820. After the emancipation in 1834 and the arrival of liberated slaves, developers constructed numerous rows of narrow, deep huurhuisjes.

The brightly coloured facades are attributed to an expression of freedom by the new homeowners, as all the houses were painted white while on lease, although it appears that the tradition of brightly coloured homes began in the late 20th century, rather than earlier.

During Apartheid, the area was not bulldozed, unlike nearby District Six, however non-Malay residents were forcibly removed in accordance with the Group Areas Act, in an effort by a sympathetic apartheid government official (I. D. du Plessis) to preserve the Malay character of the area.

Preservation of the area began in 1943 when 15 houses were restored by a group of prominent citizens, with the support of the Historical Monuments Commission. In 1966 a portion of the area was designated as a National Monument. From 1971 the City Council began restoring houses and streetscapes, with 48 units completed by 1975.

As a result of Cape Town's economic development and expansion, and after the demise of forced racial segregation under apartheid, property in the Bo-Kaap has become very sought after, not only for its location but also for its picturesque cobble-streets and unique architecture. Increasingly, this close-knit community is "facing a slow dissolution of its distinctive character as wealthy outsiders move into the suburb to snap up homes in the City Bowl at cut-rate prices." Inter-community conflict has also arisen as some residents object to the sale of buildings and the resultant eviction of long-term residents.

In May 2019, 19 sites in the Bo-Kaap area were declared National Heritage sites by the South African Minister of Arts and Culture. The announcement followed the City of Cape Town council's March 2019 approving of the inclusion of the Bo-Kaap area in a Heritage Protection Overlay Zone (HPOZ), which will incorporate around 600 privately owned homes.

The 19 sites became official National Heritage sites through a declaration by the South African Heritage Resources Agency, under the National Heritage Resources Act (No 25 of 1999) objectives of the Heritage Zone include conserving the Bo-Kaap heritage by encouraging owners to retain and rehabilitate the existing residential buildings; ensuring new developments in the area complement existing landscape; and promoting social and cultural traditions in the area.

The museum whose building dates back to the 1760s, is the oldest house in the area still in its original form. It highlights the cultural contribution made by early Muslim settlers, many of whom were skilled tailors, carpenters, shoe makers and builders. It contains 19th century furnishings which include a fine Cape drop-leaf dining table, Cape Regency-style chairs and a bridal chamber decorated to match the bride's dress.

The museum is distinguishable by its voorstoep, a type of front terrace with a bench at each end emphasizing the polarizing aspect of Cape Muslim culture. The museum exhibits the lifestyle of a prosperous 19th-century Cape Muslim family along with black-and-white photographs of daily life in the area.

My favourite spice shop is Atlas Trading Company, Purveyor of fine spices, rice and rare products from across the world, offering Ground Spice, Whole Spices, Masala, Fruits, Nuts, Beans and Lentils and much more! Established in 1946, you will find them at 104, Wale Street. It is the oldest spice store in South Africa.



GETTING TO KNOW YOU - A PICTORIAL SUMMARY

Who is Ernest Mitchell?



Not sure, but I'll try to give some insight

I live in house 25 with my hooligans

Foxi and Vixi



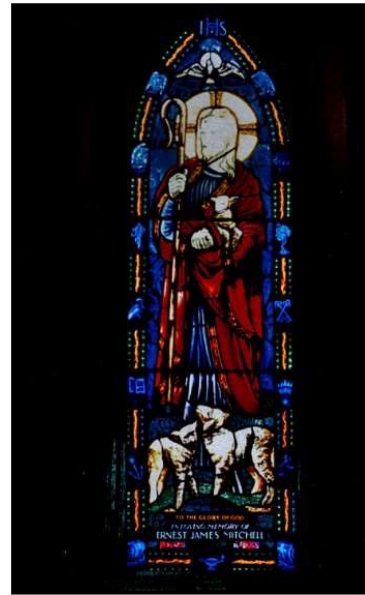
**Keen photographer,
still looking for the double
breasted beauty!**



**Born in Ficksburg (Methodist Church
window commemorating
Ernest Mitchell 1)**



Schooled at Grey College



Married to Daphne for 39 years

**Tech dabbler (PC, Pics & Video, Family tree, YouTube & Facebook)
Qualified as an accountant, varied career in HR, IT, Finance and business
systems**

**Enjoyed a two year contract in Rhodesia and Zimbabwe (mother
attended Rhodes with Ian Smith)**



THE LAND BETWEEN HEAVEN AND EARTH

Hemel-en-Aarde means Heaven and Earth in old Dutch and Afrikaans and according to a visiting Moravian missionary in 1899, "Rightly has it got its name because so high are the hills which closely embrace the valley all round, that they seem to touch the sky and you cannot see anything but heaven and earth."

The beautiful valley - rolling hills of vineyards, orchards and wheat lands hemmed in by a rim of mountains and the tall and alluring Babylon's Tower. A romantic dust road winds it's way through the valley to join Caledon to the sea.

The valley, however, has not always been known for its picturesque and natural beauty. In the early 1800's this marvellous corner of the world was a home for lepers. It was first reported in South Africa in 1756 in the district of Stellenbosch. A commission was duly appointed and as a result of its recommendations the Council of Policy passed a resolution in that year that lepers should not be allowed to mix with healthy people. Hottentots, slaves and Freebacks afflicted with the disease were kept in quarantine in a detached place and supplied with funds raised in Swellendam. In the early 1800's the problem was brought to the attention of Lord Charles Henry Somerset, Governor of the Cape Colony.

Dr. James Barry was the principal medical officer and one of the most controversial figures in S.A. history. After his death, many missionaries administered to the leper community. One of the missionaries, a Rev. R. Schmidt kept a diary which reads "*Hermanuspietersfontein, a pretty little village close to the beach, affords a nice rest for many people from all parts during the summer months. A great ocean sweeps from immediately below the houses. Early morning boats are seen putting out to sea, until finally a small flotilla is under sail to catch the much-prized fish. What excitement there was when they returned to the romantic haven. Many hands are busy to receive the day's haul and prepare it for sale.*"

Extract - Genadendal Mission Museum

<https://www.sahistory.org.za/article/general-south-african-history-timeline-1800s>

Hemel-en-Aarde is widely regarded as one of the most exciting wine areas in South Africa and one of the most beautiful. To many, it is the place for fine, restrained, classically styled South African Pinot Noir and Chardonnay. Falling within the Walker Bay "District" it is comprised of three contiguous "Wine Wards" located behind the historic seaside resort town, surrounded by nature reserves, overlooking the cool South Atlantic Walker Bay.

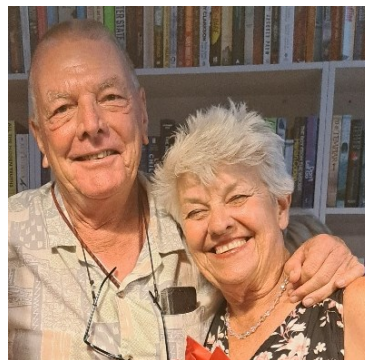
There are many hiking trails as well as MBTs - 15 fabulous wine farms to visit with spectacular views.



Our End of Year Christmas function was held on Friday 9th December where 81 residents enjoyed a delicious meal and good camaraderie



Bronwyn and her hardworking team





MEET THE CAMARGUE HORSES

If you ever have the opportunity to visit Southern France, be sure to take in the Camargue Natural Park. Located by the Mediterranean Sea, the park is full of wetlands and marshes. However, what draws the horse enthusiasts and photographers to the park are the Camargue horse herds. Visitors from all over the world go to view and photograph these beautiful, intelligent, graceful horses. The Camargue horse is an ancient breed of horse indigenous to the Camargue area in southern France. Its origins remain relatively unknown, although it is generally considered one of the oldest breed of horses in the world. For centuries, possibly thousands of years, these small horses have lived wild in the harsh environment of the marshes and wetlands of the Rhône delta, which covers part of the départements of Gard and Bouches-du-Rhône. There they developed the stamina, hardiness and agility for which they are known today. Traditionally, they live in semi-feral conditions in the marshy land of the region. The Camargue horse is the traditional mount of the *gardians*, the Camargue "cowboys" who herd the black Camargue bulls used for "courses camarguaises" in southern France. Camargue horses galloping through water is a popular and romantic image of the region.



https://en.wikipedia.org/wiki/Camargue_horse

SCARBOROUGH FAIR

Dean Martin, the crooner and actor, once famously remarked: “The world belongs to Sinatra. The rest of us just live in it.” The world once belonged to the fishes whose teeming billions once provided sustenance for millions of people for more than one thousand years. Its coming to an end. Even the traditional English meal of fish and chips is on its way out. The portions of fish sold by some vendors are down to a size that makes eating neat ketchup possible. People have over-fished the seas, almost everywhere.

There used to be a guest-house at the southern extremity of the Cape Peninsula’s village of Scarborough. The building was destroyed by a veld fire during January 2008. The name of the guest-house was Scarborough Fair. I wonder how many Scarborites, let alone other people in the Cape Peninsula, know about the once real Scarborough Fair. You might conjure up mental images of colourfully dressed children dancing gaily around an English maypole, but the reality was quite different from this twee scenario.

The original Scarborough is a seaside town on the coast of Yorkshire. It takes its name from a Scandinavian invader in the 10th century. He was known as “Skarði” (*haire-lipped*) in the Norse language. There is evidence of Roman occupation in the fourth century. The origin of the modern town stems from the discovery in 1620 of a medicinal spring. Scarborough became a popular health resort. Today, catering for tourists is the town’s principal industry. It was fishing however, that made Scarborough prosperous for hundreds of years.

The original Scarborough Fair was held annually in the autumn when the weather wasn't great and it lasted for several months at a time. The mainspring of the Fair was fishes, and more particularly herrings. Herrings were a staple item in the diets of English soldiers and sailors, never mind the ordinary folk in times of peace. The herrings were preserved by curing through drying, salting and smoking and usually packed tightly in barrels for transporting. The Dutch originally perfected a process of brining, particularly of young, fat, virgin (not yet spawning) herrings. These fish were called moggels. I include this seemingly irrelevant information only because in parts of South Africa today, a moggel is not only a dried, fat bakkem, but also, very locally, a young, plump and comely, supposedly virginal woman.

The glory years of several professional and recreational fisheries of the Cape Peninsula have come and gone as well presumably as a result of changing environmental factors or overfishing or both. Harbours formerly dedicated to sheltering fishing boats now depend as much, if not more, on tourists for their revenues. Commercial shore-netting is dying out, and recreational anglers no longer compete for prime casting positions on the ledges at Rooikrantz. The use of these once famous ledges by anglers goes back at least to the beginning of the twentieth century, when groups of rugby players kept fit in the off-season by walking some twenty kilometres from Simonstown to Rooikrantz during long weekends. The Cape Peninsula's local fish markets are nowhere as vibrant as they were some fifty years ago nor are the upmarket big-game angling competitions.

One wall of the fire-gutted, now levelled, building that was the Scarborough Fair guest-house featured a multi-coloured mural of a rainbow. Four things are necessary for a real rainbow: sky, water, sunlight and people. Take away any of these components and the rainbow fades and disappears. South Africans call their country the Rainbow Nation, based not only on differences in their colour, shape and size, but most importantly, their cultural diversity. Take away its cultural diversity and the nation fades. The pressures favouring a common, dull, cultural homogeneity are immense. In the face of this relentless assault, it will be a sad day, for many of us, if the Cape Peninsula's recreational anglers disappear, and the region's former fishing harbours become little more than entrepôts for the kind of yobbish tourism that now afflicts Yorkshire's Scarborough.

Abridged article - Roy Siegfried

THOUGHT THIS MIGHT MAKE YOU SMILE!!!!

I am a Seenager (senior teenager)

I have everything that I wanted as a teenager, only 50 years later

I don't have to go to school or work

I get an allowance every month

I have my own pad

I don't have a curfew.

I have a driver's licence and my own car

I have ID that gets me into bars and the wine store

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared

And I don't have acne

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains; scientists believe this also makes you hard of hearing as it puts pressure on your inner ear

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.



CLEVER ENGLISH BUSINESS NAMES





KyleinCpt
Landscape photographer
Sunset 6th December from Chapmans Peak

Thanks to all for your contributions. Keep them coming to davidwal@iafrica.com

Submission date for the February edition is Monday 16th January

FW