



## SPRINGTIME CAPERS AT EVERGREEN: AN ODE TO YOUTHFUL HEARTS

In Bergvliet's heart, beneath the endless sky,  
Lies Evergreen, where the seasons gently fly.  
In this sweet Lifestyle Village, where dreams reside,  
Elderly residents live with dignity and pride.

In the clubhouse, lit with spring's delight,  
Bingo cards are filled with numbers, bold and bright.  
Walking sticks tap rhythmically along the floor,  
While wheelchairs turn, in dances evermore.

Riaan, our Manager, with his jovial cheer,  
Welcomes everyone, spreading springtime's dear.  
Pacemakers keep the beat of life's sweet song,  
And glasses gleam as conversations throng.

Art classes during the afternoon,  
Walking frames dance beneath the springtime moon.  
Hearing aids amplify the laughter's roar,  
In this sanctuary, where life's joys are stored.

Spring brings music evenings, filled with mirth,  
Melodies dancing on the winds of rebirth.  
And in the game of canasta, we find,  
The joy of companionship, uniquely kind.

Knee and hip replacements stride the village path,  
Guided by carers, sharing stories and a laugh.  
Gardens bloom with flowers, hues bold and fine,  
Mirroring faces in their radiant shine.

Then come the social dinners, tales unfold,  
As glasses filled with wine, memories they hold.  
Whispers of the past blend with the springtime breeze,  
A symphony of life among the trees.

So, let's celebrate spring in its vibrant hue,  
In Evergreen, where life's pleasures renew.  
In the heart of Bergvliet, where elderly hearts play,  
Spring brings joy in its own charming way.



*Credit: ChatGPT and FW*



Dear Resident's,

The 2023 AGM was held at Steenberg Golf Estate, 65 residents attended in person, representing just over half of the 100 Life Rights holders in Bergvliet Evergreen Lifestyle Village (ELV).

There were 4 valid nominations for Rescom being the residents named below, thus constituting a valid Rescom. These 4 held a brief meeting to ensure continuity, and were assigned the following portfolios, Brian Dalton - Deputy Chair; Yolanda Bond-Smith - Community, Events and Entertainment; Richard Eastwick - Infrastructure and Estate Development; and Alan Baxter - Chairperson. It was also agreed with Evergreen that Chris Hinde who had volunteered, be co-opted to fill the vacant Finance portfolio.

Riaan Gouws, Village Manager welcomed attendees and introduced the panel consisting of Evergreen senior management. The questions which resident's' had submitted in writing 7 days earlier were largely addressed in Garry Reed, ELV MD's opening address.

Dylan Pienaar, ELV Finance Director, explained the timing and content of the FY2024 budget and in doing so answered residents written financial questions. He explained ELV's reasons for the cost increases and the consequent levies, the result being a break-even budget. Resident's will already have received their levy increase letters.

Dylan confirmed that R636,415 of the prior year surplus belonged to the residents, was to be ring fenced in a call account earning interest from March 1<sup>st</sup> 2023, until Rescom and ELV in the coming weeks resolve how best to use this for the benefit of residents. He also announced that an additional amount of R138,940 in surplus from last year had already been allocated towards FY2024 expenses.

There were various follow up questions from the floor which were answered by Evergreen management, who advise that these will be documented in the minutes to be issued to all residents in the coming month. Any attendee who wants further clarification on these responses are invited to direct such questions to Riaan. Rescom will assist where needed.

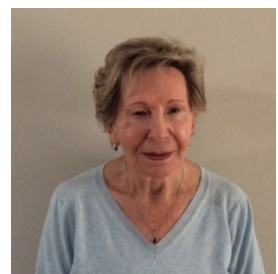
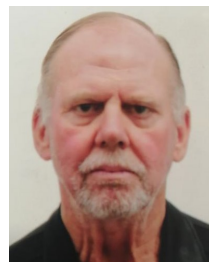
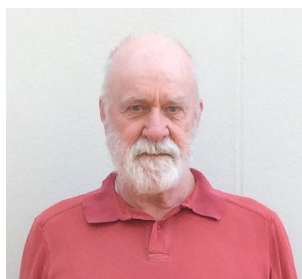
It was again made clear to Evergreen Management that Rescom did not agree with the need for extra staff costs, and their long-term effect on the levies. Rescom will keep this issue in focus.

The meeting was held in a convivial and vastly improved spirit of community and the attendees enjoyed the event and interaction with Evergreen Management.

The meeting closed at 11h30 and attendees enjoyed a splendid bar and buffet lunch.

Alan Baxter

Chair Bergvliet Rescom



**YOUR BIRTHDAY IS THE FIRST DAY OF ANOTHER 365-DAY JOURNEY.**

**ENJOY THE RIDE**

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



15th Jill Dower  
 18th Sandra Farr  
 18th Ian McDonald  
 22nd Helena Mitchell  
 22nd Jill Newton  
 23rd Merle Trimmingham  
 24th Sally Hojem  
 27th Penny Marek  
 28th Roy Siegfried  
 29th Gael Foster

**CELEBRATING THEIR WEDDING ANNIVERSARY THIS MONTH ARE**

1st Kate and Tony Woof  
 2nd Trish and Mike Smith  
 15th Rene and Ian Stewart



**LOGIC FROM AN UNCLUTTERED MIND**

A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied,  
 "they will in a minute."



# Spring Walk

To celebrate the arrival of Spring, the next Resident Walk will take place on **Friday, 1 September.**

All residents are welcome.

A 5km and 7km route map is available at Reception

Order your Boerie & Bubbles (R45) or Boerie Roll only (R25) at Reception ext. 3200 by Wednesday, 30 August

For more information contact Myrle on ext. 3053 by Wednesday, 30 August

## THE LANGUAGE NERDS -

### Which text is easier to read?

Reading  
As before

Bionic Reading is a new method facilitating the reading process by guiding the eyes through text with artificial fixation points. As a result, the reader is only focusing on the highlighted initial letters and lets the brain center complete the word. In a digital world dominated by shallow forms of reading, Bionic Reading aims to encourage a more in-depth reading and understanding of written content.

Reading mode  
Bionic Reading (variation)

**Bionic Reading is a new method facilitating the reading process by guiding the eyes through text with artificial fixation points. As a result, the reader is only focusing on the highlighted initial letters and lets the brain center complete the word. In a digital world dominated by shallow forms of reading, Bionic Reading aims to encourage a more in-depth reading and understanding of written content.**

*Facebook post*



At a certain age you just don't care



**The UN Environment Programme's (UNEP) Patron of the Oceans, Lewis Pugh, is on a quest to swim the length of the iconic Hudson River in New York state to draw attention to the critical importance of healthy river ecosystems to oceans and the overall environment.**

It will be one of his longest swims to date. The 507 km (315) unassisted swim down America's iconic river is expected to take four weeks to complete and Lewis will swim approximately 16 km (10 miles) per day. Commencing on the 13th August the swim is expected to take 4 weeks, ending on the 13th September.

From its source high in the wild Adirondack Mountains to its mouth at the Atlantic Ocean, he will take us on a journey from the stirring wilderness of upstate New York to one of the most legendary cities in the world. Coinciding with UN General Assembly Week, The Climate Ambition Summit and Climate Week NYC 2023, Lewis will finish the swim by taking his message to world leaders. **"If we want healthy oceans we also need healthy rivers - it's that simple."**

Healthy rivers are central to water and food security, tackling the climate and biodiversity crises, and protecting our oceans. Yet, they are one of the most degraded ecosystems in the world. Unlike disappearing rainforests, the degradation of rivers often goes unnoticed or receives minimal attention. Around one third of freshwater fish are now threatened with extinction, and over half of US rivers and lakes are too dirty to swim in.

And it isn't only freshwater ecosystems or aquatic species that the health of rivers affects. Our seas and oceans have no choice but to receive what rivers bring them, and this often includes toxins, heavy metals, raw sewage and plastic waste. To put that in perspective, just a thousand rivers account for nearly 80% of the river-born plastic in our oceans.

**"I specifically chose the Hudson for this swim because of the environmental progress that's been made on the iconic waterway in recent years. Much work is still required, but tangible improvements have been made, setting an example for cleaning rivers around the world."**

*With permission: Lewis Pugh Foundation*

<https://www.thegef.org/newsroom/news/un-patron-oceans-lewis-pugh>



“ Welcome to the **South African Cheese Festival**, celebrating over two decades of cheesy goodness since 2002!

Join us from September 22nd - 25th, 2023 at Sandringham Farm, Stellenbosch, for an unparalleled culinary journey. Experience the finest cheeses from across the country as we showcase a variety of flavours, textures, and aromas that will captivate your taste buds. Immerse yourself in the world of cheese-making with live demonstrations, interactive workshops, and a lively marketplace where you can sample and purchase wine, gourmet food, alcoholic beverages, and related products to complement your cheese selection.

Discover an exceptional assortment of cheeses crafted by local producers, artisans, and experts. Explore the art of cheese-making, indulge in delectable cheese platters, and expand your knowledge of wine pairings. Join us for a vibrant celebration of culinary craftsmanship accompanied by live music, entertainment, and a delightful kids' corner. The South African Cheese Festival is an unmissable event that you won't want to pass up! ”



<https://www.cheesefestival.co.za/about-us>



Heritage Day is a public holiday in South Africa that celebrates the roots and history of diverse cultures. Beginning in 1996, this day has been commemorated in South Africa, which is sometimes referred to as the “Rainbow Nation”. South Africa has a wide range of diverse cultures, beliefs and traditions, and Heritage Day is meant to celebrate the unique variety of contributions of so many different people and groups.

The significance of September 24 as a day of celebration goes back more than a century to the Zulu King Shaka who died in 1828. The date is believed to be the birthday of King Shaka and has been celebrated as “Shaka Day” for many years.

One way the day is often celebrated is by wearing traditional dress to various events that are held across the country. Another way that South Africans celebrate this day is with a *Braai*, which is a Zulu word for an informal barbecue that families often host. Different names for barbecue used by South Africans are *Shisha*, *Nyama* or *Ukosa*.





In its 32nd year, the annual Hermanus Whale Festival is a celebration of the return of the southern right whales to the coastal waters of Hermanus in South Africa. The Hermanus Whale Festival is the only ECO-MARINE Festival and this year's theme is connect the Blue & Green dots.

It is a tribute to the legacy left to the town by Wendy the Whale whose story is about man's ability to live in harmony with nature as well as people's ability to come together as communities valuing the environment. All events and activities during the whale festival are focused to create awareness on how to protect the whales and all our marine wildlife who share our coastal waters. The festival takes place at the end of September which is the peak of whale activity in the region.

The festival and its activities is growing each year. There's a spectacular street parade, vibrant markets showcasing and selling the work of local artisans, great food, educational marine displays, lots of children's entertainment, live music, and – of course – the best whale-watching experience in the world!!



- Environmental & Conservation is the main focus of the Interactive Eco-Marine Village with tents: where the next generation and their parents can Explore, Discover, Learn, and Protect nature
- The large eco-marine tent will house the foundations and institutions that provides the heart of environmental conservation and research in our areas
- Marine & Nature Talks on Saturday and Sunday in the big Eco-Marine tent
- Treasure hunt in the Eco-Marine Tent for the kiddies on Saturday and Sunday (12 pm-2pm)
- Kiddies Entertainment on Market Square
- The popular Street Parade on Saturday Morning including the Vintage Classic cars and floats, Hawston cadets and a brass band
- 3 Day Music marquee on Gearings point with a BEER FEST on Saturday
- 10km & 5km Fun Run Saturday Morning
- Strongman Competition on Sunday Morning – WP Challenge as well as crafters on Market Square and great food at the festival and restaurants in Hermanus.



<https://hermanuswhalefestival.co.za>

### A FURTHER TWO CRITIQUES

**“The Covenant of Water is by far the best novel I've read for ages (although my arms are aching from the weight)! Through this absorbing story of three generations of a South Indian Christian family, I became immersed in the culture and caste distinctions of the country in pre- and post-colonial days and gained a plethora of medical knowledge in the process. There are countless moving scenarios but also moments of marvellous hilarity. An astonishing tale of joy and triumph.”**

**Adrian Fuller**

**“In addition to Adrian’s review, I can only echo his sentiments on The Covenant of Water by Abraham Verghese. It has taken him 14 years since he wrote Cutting for Stone and this book was inspired by stories told to him by his mother. I moved between the written word on my Kindle to the auditory (read by Verghese himself) on audible, which was a delight. This exquisite “masterpiece” spans the years 1900 – 1977 and covers life in India for the Perambil family – their secrets, a mysterious medical condition, insight into the caste system, the origins of the St. Thomas Christians and romance. His writing is descriptive, sensual, sensory and poetic, with answers to all loose ends provided in the final chapter. It is quite simply one of the best books I have ever read – a classic of the future. I did not want it to end.”**

**Penny Marek**

## CLEFT PALATE ARTICLE 2023 by GAVIN MORRISON

In 1979 I was invited to form a cleft palate unit at Tygerberg Hospital. Having trained at Red Cross Hospital I was quite pleased to do so as I was dissatisfied with the fact that there was no maxillofacial unit at Red Cross. Although treatment of a cleft patient starts at birth the final result should not be assessed until full maxillary development has occurred. Tygerberg Hospital had an active Maxillofacial department. The incidence of clefts in white and coloured people was extremely high in South Africa at the time. The incidence among blacks was almost zero as it was normal policy to not try to feed cleft children. This was a perfectly acceptable policy as there was no access to conventional treatment for them in the past.



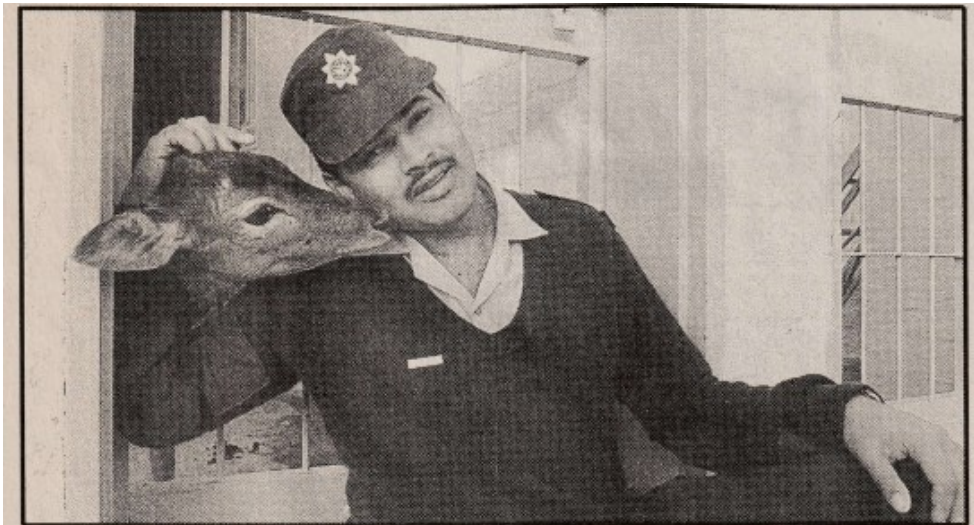
It was normal policy to give Folic acid supplementation to all pregnant women attending antenatal units. Unfortunately this did not help to decrease the incidence of clefts as a cleft has already developed by the time the mother realises that she is pregnant. It was not until, despite a public outcry, that it became government policy to fortify all bread products in South Africa with Folic acid. The incidence of clefts fell dramatically then. Treatment of a complete cleft starts at birth with the fitment of a dental plate to cover the gap in the hard palate. This sometimes makes breast feeding possible. The cleft lip is repaired at 3 months of age and the palate 3 months later. This is to allow the repaired muscles in the lip to mould the displaced maxillary segments before the next stage. I started cleft repairs at Tygerberg hospital in 1979. By 1994 we had completed over 1000 repairs. I had not yet published any results as the final outcome should ideally not be assessed until full maxillary growth has occurred. All the documentation from the cleft unit was duplicated at the Dept of Genetics in Pretoria as I was not entirely satisfied with the record keeping in the hospital.

The head of the department of genetics in Pretoria and I decided that it was time to publish and we agreed to go ahead, I became concerned as I did not hear from him until I received the terrible message that the Dept of Genetics had summarily been closed by the government and all the records destroyed. The race card had collapsed the whole pack, over 15 years of research was destroyed in an instant. A brilliant geneticist was reduced to promoting laser machines for an income.

South Africa never ceases to amaze me.



Sometime back, *Rod Price* gave me a pile of old newspapers and I thought this article was amusing and worth repeating, dates from May 9th 1994 *The Argus*



Picture: JOHAN SCHRÖNEN, The Argus.

**"DEER" PRISONER:** Sergeant Fulton Cloete on cell rounds gets a kiss from his buck prisoner who was found loitering in the streets.

## In Bothasig, the buck stops here

**JOHAN SCHRÖNEN**  
Crime Staff

BOTHASIG police early today arrested a suspicious-looking character lurking in the streets.

But when Fulton Cloete and Anthony Kuhn, who were on night patrol, pulled their suspect out of a dark corner to get a better look at him under a street light they discovered a case of mistaken identity.

The suspect was a buck.

"We had a bit of a communication problem but we read him his rights and marched him to the charge office," said Sergeant Cloete.

"Everything went well in the charge office where we warned him about the trespassing charge and booked him into the cell. The trouble started when it was breakfast time for the prisoners.

"Our latest inmate turned up his nose at the regular menu so we had to go on our hands and

knees outside to pick flowers and pull out grass."

Sergeant Cloete said the evidence they had was not enough to hold the arrested buck as a suspect for a spate of house-breakings in the area but that "hoofprints" would have to be taken to clear him.

Sergeant Cloete added that it was not a case of "passing the buck" but said he had to call officials of the Department of Nature Conservation to fetch the inmate.

**1923** - starring Helen Mirren and Harrison Ford 8 episodes - Channel 101

The Duttons face a new set of challenges in the early 20th century, including the rise of Western expansion, Prohibition, and the Great Depression. *Myrle Mawman*

**MAN vs BEE** - starring Rowan Atkinson - a Netflix production

Bumbling dad Trevor tries to get the best of a cunning bee while house-sitting a posh mansion — but only unleashes more chaos in this comedy series. A good laugh. *FW*



## EUROPEAN HISTORY - we need to be reminded sometimes

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That's an exceedingly odd number.

Why was that gauge used? Well, because that's the way they built them in England, and English engineers designed the first US railroads.

Why did the English build them like that? Because the first rail lines were built by the same people who built the wagon tramways, and that's the gauge they used.

So, why did 'they' use that gauge then? Because the people who built the tramways used the same jigs and tools that they had used for building wagons, which used that same wheel spacing.

Why did the wagons have that particular odd wheel spacing? Well, if they tried to use any other spacing, the wagon wheels would break more often on some of the old, long distance roads in England . You see, that's the spacing of the wheel ruts.

So who built those old rutted roads? Imperial Rome built the first long distance roads in Europe (including England ) for their legions. Those roads have been used ever since.

And what about the ruts in the roads? Roman war chariots formed the initial ruts, which everyone else had to match or run the risk of destroying their wagon wheels. Since the chariots were made for Imperial Rome , they were all alike in the matter of wheel spacing. Therefore the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot. Bureaucracies live forever.

So the next time you are handed a specification/procedure/process and wonder 'What horse's ass came up with this?', you may be exactly right. Imperial Roman army chariots were made just wide enough to accommodate the rear ends of two war horses. (Two horses' asses.)

Now, the twist to the story:

When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs. The SRBs are made by Thiokol at their factory in Utah. The engineers who designed the SRBs would have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains, and the SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds.

So, a major Space Shuttle design feature, of what is arguably the world's most advanced transportation system, was determined over two thousand years ago by the width of a horse's ass. And you thought being a horse's ass wasn't important? Ancient horse's asses control almost everything and....

CURRENT Horses Asses are controlling everything else.



## WORLD HEART DAY

World Heart Day is celebrated on *29th September of every year*. It is aimed at drawing people's attention to heart illness and the range of associated health issues—1-30 September

September is Heart Awareness Month— an entire month dedicated to raising awareness about cardiovascular disease in South Africa, culminating with World Heart Day on 29 September.

Much has changed in the world of health in the last few decades, from a time when doctors would recommend smoking certain brands of cigarettes, to today when preventative care is fast becoming a way of life for many people. Yet despite this, the rate of cardiovascular disease in South Africa continues to rise and is a leading cause of death in the country.

You can do much to keep your heart healthy. Eat a healthy diet, exercise regularly and be aware of the risk factors such as smoking, drinking, taking drugs, high blood pressure, high cholesterol, obesity and stress.

<https://www.gov.za/HeartAwarenessMonth2023>

## Nutrition myths BUSTED by science!

The internet is awash with mis-information on what we should and shouldn't eat, and often it is in relation to heart health. This can be very difficult to navigate and can lead to unhealthy eating, so we take a look at the most common offenders and separate the fact from fiction.

**A low-fat diet is needed to lower cholesterol ... Incorrect**

We actually need fat in our diet for several important roles including a healthy immune system and good brain function. In fact, what is important is the type of fat we eat rather than the total fat. Dietary fats are not all metabolised in the body in the same way.

Saturated fats, found in red and processed meats, full fat dairy products, coconut milk and palm oil, as well as foods made from these such as cakes, biscuits and pastries, raise the amount of bad cholesterol (LDL) in the blood. This in turn raises the risk of cardiovascular diseases including chronic heart disease, stroke and vascular dementia.

**Nuts are high in fat so should be avoided ... Incorrect**

Nuts certainly should not be avoided in your diet. In fact, the opposite is true, with the UK guidelines stating that you should eat nuts as part of a healthy diet. This is based on many observational studies that show an association between eating nuts with a lower risk of cardiovascular disease, and also some intervention studies that show eating nuts actually lowers LDL cholesterol.



### Chocolate is a healthy option ... Incorrect (sorry!)

There is certainly a lot of noise on the internet about this one, possibly because we all want chocolate to be a healthy 'superfood', but sadly this is not the case. It is true that cocoa beans used to manufacture chocolate are high in antioxidants and there is some evidence that consuming high levels of these antioxidants is linked to heart health. However, most of the antioxidant content is removed during processing and very little remains in the chocolate we eat (you would get far more antioxidants from eating an apple).

Chocolate is high in sugar and fat, making it very calorific and far from being a healthy option. This does not mean chocolate should be excluded from a healthy diet but it is sensible to eat it in moderation. One interesting study showed that chocolate is more likely to improve your mood if you eat it mindfully, so the best advice for chocoholics is to have a couple of squares of your favourite chocolate and REALLY enjoy it.

### Eggs should be avoided ... Incorrect

There is a lot of confusion around whether eggs can be part of a healthy diet, which stems from the fact that egg yolks contain cholesterol. Dietary cholesterol is found in animal sources such as whole milk dairy products, egg yolk, meats, poultry and some shellfish. While it does raise blood cholesterol levels, its effect is usually modest.

Foods high in saturated fat have a more significant effect on blood cholesterol so it is much more important to limit the amount of saturated fat in the diet. Eggs are low in saturated fat and have many other nutritional benefits so, for the general healthy population, they can be included as part of a heart-healthy diet.

### Butter is better for you than margarine ... Incorrect

Margarine, also known as fat spread, is recommended as a heart-healthy alternative to butter because it is made from vegetable oils such as rapeseed, olive and sunflower oil containing the healthier unsaturated fat.

Coconut oil is healthy ... Incorrect Coconut oil is made up almost entirely of the unhealthy saturated fat. To be precise, it contains a whopping 92% saturated fat which is more than any other edible fat, including butter which contains 52% saturated fat. This means it is likely to cause similar heart health issues to any other high saturated fat food. Coconut oil does have a lovely flavour and is excellent in Thai style curries but it is best to use it sparingly.

For more myth busting go to <https://www.heartuk.org.uk/healthy-diets/healthy-food-facts>



**“THESE SHOTS ARE FROM THE NEW BOULES GROUP WHICH IS DOING SO WELL AND SEEM TO GET BETTER EVERY WEEK. LOTS OF CHEERING, LAUGHTER AND GOOD BANTER” *Wenche Hovstad***



**Serious measuring**



**Sylvia in fine form**



**Yolanda concentrates**



**Where did the boule go to?**



**“Just to be fair ... some of us from the ‘old’ Sunday boules group”**



Open Air Cinemas have become synonymous with the start of summer in the Western Cape and this summer will certainly be no exception with promises of unique movie-magic entertainment on the backdrop of some dreamy locations:



CAPETOWNETC.COM

Open Air Cinemas in Cape Town: Savour the smell fresh air and popcorn

<https://www.capetownetc.com/cape-town/open-air-cinemas-in-cape-town>



#### CLEVER WORD PLAY

##### BEAUTY PARLOUR

A place where women curl up and dye

##### CHICKENS

The only animal you eat before they are born and after they are dead

##### COMMITTEE

A body that keeps minutes and wastes hours

##### EGOTIST

Someone who is usually me-deep in conversation

##### INFLATION

Cutting money in half without damaging the paper

##### MOSQUITO

An insect that makes you like flies better

##### POLITICAL CORRECTNESS

A doctrine fostered by a delusional, illogical minority

##### RAISIN

A grape with sunburn

*Contributor: Mike Smith*



**YOU'VE SEEN US ON SOCIAL MEDIA.  
PERHAPS YOU'VE SEEN  
BKM SRT OFFICERS IN ACTION.**

In the last seven months, nearly 500 calls were made to our Control Room, CVIC, but our officers didn't just leave it there. They checked over 2000 walkers in the area, did over 700 hours of green belt patrols, rang the doorbells of nearly 200 homes telling residents their gates were open, made nearly two dozen arrests, and so much more. The stats show that our boots on the ground initiative is invaluable for our collective safety.

**Thanks to the residents who contribute financially to  
this initiative, our Volunteer Patrollers, our partner  
Control Room, CVIC, those SSP's who voluntarily assist  
us, SAPS, LE and Medics**

*Submitted by Dave Orton*



## DAFFODILS

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
and twinkle on the Milky Way,  
They stretched in never-ending line  
along the margin of a bay:  
Ten thousand saw I at a glance,  
tossing their heads in sprightly dance.

The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
in such a jocund company:  
I gazed—and gazed—but little thought  
what wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.



*William Wordsworth*

**Thank you to everyone for your contributions**

**Deadline for the October issue is Friday 15th September**

**FW**