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Page two ELV BGV

2nd Ernest Mitchell

3rd Peter Sampson

5th Nadia Jones

8th David Erskine

8th Michael Pitt

9th Claudia Burchell

9th Amanda Bester

11th Jill Hinde

13th David Gretton



14th Rodney Bryant

14th Lindsay Cohen

15th Robert Welsh

16th Brenda Stauch

16th Estelle Twiggs

16th Anneke Weber

18th Colin Levine

23rd Gill Blackman

25th Tony Farr





# 

#### **DAUGHTER'S TEXT TO DAD:**

Daddy, I'm coming home to get married soon, so get your checkbook ready. LOL! As you know, I'm in Australia and he's in the US. We met on a dating site, became friends on Facebook, and had long chats on Whatsapp. He proposed to me on Skype and now we've had a two month relationship through Viber. Dad, I need your blessing, good wishes, and a really big wedding. Lots of love, Lilly

### **DAD'S REPLY**

My dear Lilly, like Wow! Really? Cool!, Whatever ... I suggest you two get married on Twitter, have fun on Tango, register for your stuff on Amazon, and pay for it all through Paypal. And when you get fed up with this new husband, sell him on Ebay. Lots of love, Dad

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ELV BGV Page three





Page four ELV BGV





ELV BGV Page five



### **THE SHEPHERD'S HUT by TIM WINTON** - Penny Marek

The Australian author, Tim Winton, is a master at combining narrative, plot and characterisation. This, coupled with his ability to paint pictures with words, makes him an author deserving of all his accolades. His use of the vernacular for Jaxie Clackton, his teenage protagonist, gives us a good understanding of this troubled Australian teenager.

Fintan MacGillas, a priest who has been made an outcast by the church, uses 'ordinary' speech. Jaxie escapes the scene of his brute of a father's violent and accidental death and finds himself on the run and in the wilds of the saltlands of Western Australia. It is in this raw, barren terrain that Jaxie meets Fintan and where the initial undercurrent of mistrust between them develops into a relationship. Winton's superb writing captures beauty and brutality very successfully. The following lines resonated with me: "There's a sad feeling in a place people have just walked out of and left behind! And you could probably say there's plenty houses feel just as sad with people still in them. God knows our place was one of them for sure!" Another great read from my favourite author.

### **GETTING TO KNOW ANGELINE ROMAN**

"I started off in retail and went onto become an Assistant Store Manager but I always felt that it wasn't my true calling. After completing my Electrical Engineering studies, I was excited but also very nervous. Mauritz Electrical at the V&A Waterfront provided me with the perfect platform to hone my skills and develop myself further by giving me an internship which I completed in 2019.



A year later I was employed as a Handyman for Evergreen Muizenberg, then moved to Evergreen Bergvliet and eventually became a Maintenance Technician. I love growing, both in my job and also as a person. The village allows me to do things, such as listening to residents' needs and putting smiles on their faces.

I enjoy my role immensely and going forward I want to improve so that I can be the best version of myself. I'm involved in my community and church where I am tasked to serve as a motivational speaker, assisting those in need via feeding schemes and hosting workshops for abused women & children as well as youth development."



Page six ELV BGV



How many days in a week? 6 Saturdays, 1 Sunday

When is a retiree's bedtime? Two hours after falling asleep on the couch

How many retirees does it take to change a light bulb? Only one, but it might take all day

What's the biggest gripe of retirees? There is not enough time to get everything done

Why don't retirees mind being called Seniors? The term comes with a 10% discount

Among retirees, what is considered formal attire? Tied shoes

Why do retirees count pennies? They are the only ones who have the time

What is the common term for someone who enjoys work and refuses to retire? NUTS

Why are retirees so slow to clean out the basement, attic or garage? They know that as soon as they do,

one of their adult offspring will want to store stuff there

What do retirees call a long lunch? Normal

What is the best way to describe retirement? The never-ending Coffee Break

This was sent to me by Grizéll Azar-Luxton, editor of the newsletter at Evergreen, Muizenberg - just a fun bit of reading





ELV BGV Page seven

### THE HEART OF AN ARTICHOKE

The Story of the World's Most Intriguing Thistle

On the 19<sup>th</sup> of June 1575, while attending a wedding, Catherine de' Medici, who was one of the most influential figures in French history, suddenly fell ill. The prognosis? Indigestion. The culprit? artichokes. In the artichoke's defense, too much of anything will make you sick, and Catherine was obsessed with this thistle, which was the base ingredient of an artichoke and rooster offal pie she could not get enough of. For just over four decades, as she passed from queen of France to queen mother, she and her Italian chefs introduced France to a slew of vegetables, like spinach and broccoli, but the artichoke remained the most mesmerizing, even giving birth to the French phrase, *Avoir un coeur d'artichaut*, meaning when you have the heart of an artichoke, you fall in love too easily. The real question remains, though, what could account for the artichoke's mystifying air?

In Ancient Greece and Rome, the artichoke was commonly considered an aphrodisiac – and effective at securing the birth of a son. Wealthy Romans enjoyed them prepared in honey and vinegar. In modern times, there are many ways to prepare an artichoke, including steamed, dipped in melted butter or cooked in Dijon vinaigrette.

At the fall of Rome, artichokes fell out of fashion along with other urbane practices like reading and having a bath!

Apart from its amorous reputation, the artichoke has been linked to an array of skin-healing benefits. Its extract is used in the treatment of acne, eczema, rosacea, and dry skin. The nourishing properties in its extract also protects the skin, as it is rich in polyphenols – known to reduce inflammation – as well as antioxidants. Added to that, when ingested, the dietary fibres in artichokes help keep the skin hydrated and moisturized, while its vitamin C content stimulates collagen production.



Go to - www.nomoyaartichokeroadshow.com



Page eight ELV BGV

# **VICTORIA** - the *grand* mother of Europe

Her father was Edward Augustus, Duke of Kent and Strathern, the fourth son of George III and youngest brother of George IV and Wiilliam IV, kings of Great Britain. Because William IV had no legitimate children, his niece Victoria became heir apparent to the British throne. On June 20th 1837, she became queen at the age of 18.

In 1840 Victoria was married to her first cousin, Albert, prince of Saxe-Coburg-Gotha, whom she had known for about four years. Although this was a marriage of state, it was a highly romantic and successful one, and Victoria was devoted to her domestic responsibilities. The first of their nine children was Victoria Adelaide Mary Louise, later Empress of Germany. Their first son, Albert Edward, Prince of Wales and later king of Great Britain as Edward VII, was born in 1841. In 1856, shortly before the end of the Crimean War, the queen instituted the Victoria Cross, the highest British award for wartime valour. Several prime ministers served during the latter part of Victoria's reign, but only the Conservative party leader Benjamin Disraeli who held office in 1868 and from 1874-1880, gained her confidence. He ingratiated himself with the queen by his cultivated personal approach and his gift for flattery. He also allowed her a free hand in the awarding of church, military and some political appointments. She fully endorsed his policy of strengthening and extending the British Empire and in 1876 secured for her, the title of Empress of India. Victoria's popularity among all classes in British society reached its height in the last two decades of her reign.

Her golden jubilee in 1887 and her diamond jubilee in 1897 were occasions for great public rejoicing. Her subjects were then enjoying an unprecedented period of prosperous complacency, and her enthusiastic execution of the Boer War increased her appeal at home and abroad. She died on January 22, 1901. Her 63-year reign was the longest in the history of England. Her descendants, including 40 grandchildren, married into almost every royal family in Europe. With her personal example of honesty, patriotism and devotion to family life, Victoria became a living symbol of the solidity of the British Empire. The many years of her reign, often referred to as the Victorian age, witnessed the rise of the middle class and were marked by a deeply conversative morality and intense nationalism.

With permission: Cape Odyssey magazine

Queen Victoria by Franz Xaver Winterhalter, 1847.
This portrait was painted for the Queen as a present to Prince Albert on their wedding anniversary; the Queen is shown wearing her wedding dress.



bergvliet

ELV BGV Page nine

### AGAPANTHUS by JILL DOWER

This remarkably variable and versatile garden favourite is one of the many plants indigenous to South Africa that have been bred and hybridised to become known in almost every country of the world. (And while we battle here with Port Jackson Wattle and other Australian native plants, there are some parts of Australia where the beautiful Agapanthus is regarded as an "invasive alien!")

AGAPANTHUS – the name comes from the Greek, Agape meaning Love, and Anthos meaning Flower, and the flower that is now so well known by that name went through an extraordinary list of names when it first came on the scene in Europe and Britain. The seventeenth and eighteenth centuries saw explorers, naturalists, botanists, returning from their adventures in North and South America, Australia, Madagascar, the East, and, of course, South Africa; and they brought with them untold treasures of hitherto unknown plants and animals. Inevitably, names were somewhat random, and the serious business of taxonomy took some time; so Agapanthus were variously named Hyacinth, Lily of the Nile, African Lily, Crinum, Tuberosa, Tulbaghia, and Polianthus. The Frenchman L'Hertier suggested Agapanthus umbellatus, but in 1687 a plant in the Botanical Garden in Leiden was called *Hyacintho affinis Africana Tuberosa redice umbella caerulea inodora -* a pretty comprehensive handle!

Early explorers probably discovered that the indigenous people in South Africa were using Agapanthus plants in various ways for medical purposes; a necklace made from dried roots of A. was worn by a young mother who had just given birth, and the roots were sometimes ground and given to a mother before and during birth. Newborns were sometimes washed in an extract made from the flowers; the roots of the plants were used to help skin complaints and alleviate menstrual pains. The roots were only harvested in the winter, when the plant had set seeds; so there was a form of nature conservancy.

In 1682 the Hortus Medicus (Physic Garden) was set up in Amsterdam, with a view to assisting with the training of doctors and pharmacists, and as a source of plants for pharmacists to purchase. The commissioners, Jan Commelin and Johan Huydecoper, like many of their countrymen, were extremely interested in all the plants, made extensive use of all the estate owners and plant collectors, and so received many exotic plants. Most important, however, were their contacts with the Dutch East India Company, and the West Indian Company, who regularly brought new and wonderful specimens from South Africa. And so the Agapanthus came to be in the Hortus Medicus in Amsterdam.

A flowering Agapanthus plant was first depicted at Hampton Court Palace in 1692, and it was thought that the Dutch King Willem III, married to the English Princess Mary, had brought the plant from the Netherlands. There are various references to these flowers being seen in England and Europe, and the interest in exotic plants was constantly growing; Jacob Breyne, a German botanist, described seeing a flowering Agapanthus in 1679: "this African Hyacinth, which was flowering last year in the month of September in the garden of the most renowned and honoured gentleman Hieronymus Beverningk, is a remarkable wonder amongst the rare plants of Europe, and it is crowned with flowers, each of which is beautiful."



Page ten ELV BGV

There were a number of artists, both men and women, Dutch and English, who used their considerable talents to depict the ever-increasing variety of plants making their appearance in Europe in the eighteenth century; one of them was Alida Withoos, who was commissioned by The Botanical Garden in Amsterdam, to draw foreign plants. And in the nineteenth century Marianne North, a wealthy spinster, travelled the world painting flowers. In 1879 she donated her entire collection to the Royal Botanical Gardens at Kew, and then provided a suitable building to house it! The Marianne North Gallery was opened in 1882 - a remarkable building with over 800 paintings, covering the walls, pretty well "floor to ceiling." She subsequently visited South Africa, mentioning the "Blue Hyacinth", she had seen and painted there.

By the beginning of the twentieth century Agapanthus was described as "a variable megagenus"; an extremely variable species, occurring as both deciduous and evergreen, and indigenous to different climatic areas in South Africa. At about that time people realised that it might be grown not just as a tub plant, but in the garden — provided it was protected from severe cold and frost conditions. Plants that were considered suitable for this use were called *Agapanthus Mooreanus*, or *A.umbellatus Mooreanus*. Under this (inappropriate) name the plant received the Royal Horticultural Society's Award of Garden Merit in 1928. The name Mooreanus hails from the Moore family who were well known horticulturists in Ireland.

Miss Frances Leighton (later Mrs. Isaac) first became interested in Agapanthus in the 1930's, and in 1953 began an in-depth study, finally resulting in the publication of an article in the Journal of South African Botany in 1965. Leighton established that the evergreen species originated in the southern and south-western areas of South Africa, where the winter months brought the rain; the deciduous species came from the more northerly regions. Graham Duncan, well known for his knowledge of the genus Agapanthus, published a booklet at the National Botanical Institute at Kirstenbosch in 1998, and in 2004 Wim Snoeier at the Leiden University published a book in the English language, with descriptions of all six species and 600 cultivars, and giving clarity to the previous confusion about naming.

The extraordinary range of sizes and colours has made the Agapanthus a wonderful garden specimen; the smallest varieties, for example Lilliput, have flower stalks of a mere 20 cm., while the Blue Giant may be 150 cms. tall. Colours go from pure white through every imaginable shade of blue and purple to almost black; and the flower heads may be full and round, each floret standing out from the centre, or they may have a drooping form, the florets hanging down. An Agapanthus (bred in South Africa!) named Black Jack was named Plant of the Year at the Chelsea Flower Show this year. Its buds are very dark, almost black, and they open to a deep purplish-blue shade.

Agapanthus are not very demanding; they require plenty of sunlight, well-drained soil (no wet feet!), with some compost. Mature plants should be taken up, divided and replanted every two or three years, and the new young plants will be identical to the parent plant. Growing from seed is not difficult, but there is no guarantee that the new plants will be the same as the parent plant, since the flowers may have been pollinated from other varieties growing nearby. Most nurseries have at least a few varieties of Agapanthus on offer, and can usually give you advice on choosing and planting these marvellous blue treasures!



ELV BGV Page eleven











Page twelve ELV BGV

# THE GIRDLERS' COMPANY 'Give thanks to God'

One of the 110 Livery Companies of the City of London

Long before they received formal recognition, the Girdlers were a fraternity of craftsmen, associating for religious observance and mutual assistance as well as guarding the secrets, standards and conditions of their craft (or "mystery").

The Company, which was involved with the making of girdles (or belts), received its Letters Patent from Edward III in 1327. While it no longer practices its craft – although it has the honour of presenting the girdle and stole worn by the Sovereign at each coronation – it remains a Company closely connected with the government and Livery Companies of the City of London, the fellowship of its members and various charitable works.

In 1431, Andrew Hunte left to the Wardens, tenements and land on the site of the present Hall. Hunte's buildings became the Company's Hall, which was developed and improved over the years. However, in common with many other livery halls, this building was destroyed in the Great Fire of 1666. The Hall was rebuilt in 1681 at a cost of some £1,500, but once again it was destroyed, this time by enemy action in December 1940. Post-war austerity meant that it was not until 1957 that planning permission for its replacement was sought; the new building, in the form in which it, happily, still stands, was completed in 1961.



The Hall contains a number of items precious to the Company, principal among which is the magnificent Indian carpet known as The Girdlers Carpet, one of the most sumptuous textiles surviving from a period when the East was especially famed for the luxury and splendour of its decorative arts.

The carpet was presented to the Company in 1634 by Robert Bell, his position as a prominent member of the East India Company allowed him easy access to "rarities" and "curiosities" (of which carpets were especially coveted examples) which could be brought home in the Company's ships, and its records show that he ordered the carpet in the spring of 1630. Their history is long and varied.

Merle Trimingham's husband Peter was a Girdler from the age of 21 and proactive in the Company. His father was Vicar of St. Lawrence Jewry next Guildhall



ELV BGV Page thirteen

# With summer around the corner what better way to enjoy the day than with this Steamed Summer Salmon with Thai Corn Puree dish

4 portions 200g each salmon fillet

If you have a bamboo steamer it works really well, only takes about 5 minutes, depending on the thickness of the fish. If not, steam in your microwave, or on a large plate over a simmering saucepan of water and cover. The trick is to ensure the fish is only just cooked through and still nice and firm. Allow to cool to room temperature if serving right away, otherwise pop into the fridge until you are ready to eat.

4 cobs blanched mealies or a drained tin of whole kernels

- 1/4 cup coconut milk
- 1 x 5cm peeled and freshly grated ginger
- 2 cloves crushed garlic
- 1 small chopped chilli
- 1/4 cup chopped coriander

Combine all these ingredients in a blender and process until just combined and not too runny. Season to taste. Now divide puree between 4 small plates or bowls and top each with a whole salmon portion, garnished with a spring of coriander or basil.

JUST THE BEST SALMON EVER - Bon Appetit

Courtesy: VdV ELV





Page fourteen ELV BGV

# **GLOBAL EDUCATION CITY – JEJU, SOUTH KOREA**

## Part 1 of 2 articles - Brian and Jackie Marquis

In the 2000s, many students in elementary, junior and high schools in South Korea started to leave the country to study abroad, predominantly to schools where the language of instruction would be English.

However, after their schooling was completed and the students returned to Korea, many of them had difficulties in assimilating into the Korean way of life and also the country had growing trade deficits owing to students studying overseas and money being sent overseas for education costs. To address these issues, the government established the Global Education City (GEC) project as a key national project. In 2001 there were 27 000 students studying abroad and this figure had risen to 45 000 by 2006.

The GEC covering an area of approximately 4 sq km, was established on Jeju, an island off the south coast of mainland South Korea, and which has been a self-governing province of the country since 2006. The goal was not only to absorb, at least partially, the demand for studying abroad, but also to establish an international education hub in Northeast Asia.

As a first step to attract educational institutions to Jeju, the GEC sent letters to 173 schools around the world inviting them to invest in the project by establishing schools there. Eventually 3 prestigious international schools accepted the invitations – those being North London Collegiate School (NLCS) from the UK, Branksome Hall Asia (BHA) from Canada and St Johnsbury Academy (SJA) from the USA. Locally, the Korean International School (KIA) was also established. The language of instruction at all 4 schools is English.

They were established over a period of 6 years from 2011 (NLCS and KIA), 2012 (BHA) to 2017 (SJA). The 4 schools stretch down the hill along a two km long "Pathway of Learning", a beautiful walkway linking the upper school, NLCS, with the business and shopping district.

As the pupil numbers grew, so did the housing surrounding the schools, as many parents decided to purchase a second property so mom could be with her children during term time whilst dad stayed on the mainland to conduct his business. It is not uncommon for a child to start preprimary without any English skills. The schools have translators for communication with the parents. Teachers are sourced from around the world with a passion for education being the first criterion. It is required that pupils speak English only on campus.

In 2013 when the schools had their first graduates, 92.9% of them received early admission to prestigious global universities including Oxford and Cambridge in the UK, and the schools achieved the highest acceptance rate to global universities in Korea. Today, most alumni get admitted to leading universities around the world, continuing the great track record. At present there are about 4 500 students at the 4 schools, with NLCS being the largest with about 1 500 students.

There are plans to have a further 6 international schools established in the GEC which will accommodate about 15 000 students. A university is also indicated in the long-term plans.

Jeju is a volcanic island approximately the size of Mauritius. It is typically Asian with haphazard development. It is known as the Hawaii of the East and is very popular with locals as well as visitors from Japan, China and Singapore flocking there to enjoy the beaches and outdoor activities that are offered. There is a popular trail that can be walked or cycled right round the island and forest trails to the top of the volcano. Jeju City has both the old city area and the new modern business and shopping district that includes some very exclusive hotels.



ELV BGV Page fifteen

Even though the schools are expensive, there is a waiting list for admission. An English education is highly sought after and parents expect their children to excel and are prepared to do whatever it takes for them to succeed. Most students really want to learn and do excel.

As well as the 4 international schools there are many learning academies near the schools within the GEC. These are attended by many students until late in the evenings – all after a long day at school. Subjects such as computer programming, mathematics, languages and sciences are available. It is not uncommon for students to attend school from 8am and not return home until after 9pm and then still sit down with homework.

Unlike international schools in other Asian countries where many students will be children of ex-pat. parents, most of the students in the GEC are Korean or Chinese with the balance made up of teachers' children.

Within the GEC there is a large supermarket that sells all fresh and non-perishable goods that one would require and several other small shops including late night shops and restaurants, plus a Starbucks, church, dentist and doctor. Language on the island is a problem (thank goodness for the Google translate app on our phones) but within the GEC English is widely understood.

We recently spent a month with our daughter in the GEC and will write some more of our experience there in a future submission.



**Pathway of learning** 





Page sixteen ELV BGV





I googled the pronunciation of Jeju: 'Jay-Joo' - addressing issues head-on, what a brilliant concept - I look forward to article 2 - FW



ELV BGV Page seventeen



### **CAPE TOWN INTERNATIONAL KITE FESTIVAL**

### in support of Cape Mental Health

Zandvlei Lookout on Promenade Road in Muizenberg on Saturday, 21 October 2023 from 10:00 to 13:30

"We look forward to seeing you there!"

https://capementalhealth.co.za/flydreams

#### The Tree

How he hates it - the tree, of course.

That twisted trunk and withered arms that gesture obscenely to the sky. After all the years, it still stands proud.

He swings the axe high, the blade showering stars in the early morning rays. Driving hard into the gnarled trunk, he hears a faint scream. Determined to end it, he chops and chops and chops.

"You stood meekly by while I was beaten, again and again. Not a single word in my defence."

He pants from the heavy work. "At last – you're gone for good. I'm free!"

Buried deep in the pile of shattered wood, a knotted eye winks.

"I wrote this some years ago as an entry into a 100-word short story competition. I do not hate trees. In fact, I love them. My thinking was that some people might abhor them due to an unfortunate life experience."

**Adrian Fuller** 



Page eighteen ELV BGV

### BOATICA CAPE TOWN 2023 - 27TH - 29TH OCTOBER



Boatica Cape Town is South Africa's premier boating and luxury lifestyle event. It brings together manufacturers and buyers of luxury boats, accessories and marine equipment to gather, share and explore the many facets of the boating and related industries, and brings folk to have a look-see

Profiles for exhibits include boat & yacht accessories, boat building material, repair & maintenance, trailers & hoists, Coast guard & emergency equipment, deck fittings, diving & fishing, jet skis & accessories, Marina Developers, motor boats, nautical gift items, sailing boats & yachts, ship management, small boats, super yachts, water skiing equipment, water sports clothing, water tourism, cruise liners & charters, wind surfing & equipment.

Enjoy a day out at the North Wharf Marine Victoria and Albert Waterfront

https://expotobi.com/cape-town-international-boat-show

# OUR MONTHLY VILLAGE WALK WILL TAKE PLACE ON FRIDAY 27TH OCTOBER AT 9.30am DETAILS TBA





ELV BGV Page nineteen





Many thanks to all who have contributed to this issue.

Cut off date for November is Monday 18th October.

FW

