



THE ISLAND OF ST HELENA

“ An island holiday is a must for lovers of history, fishing, fresh seafood and excellent coffee - and the local Saints (residents) will gladly introduce you to them all.

It was in 1732, if records have it right, when a ship belonging to the East India Company dropped anchor in James Bay on the north coast of St Helena. The island which lies halfway between modern-day Angola and Brazil, had only been discovered some 200 years earlier, but was already proving a useful stop for ships plying trade routes to the East.

On board, along with sacks of rice and spices that would go on to shape the island’s kitchens - turning Indian pilau into the popular plo (a mix of curry and Spanish paella in a single pot) -were seedlings of green-tipped Bourbon Arabica coffee plants from Yemen. Nearly three centuries later, St. Helena produces some of the world’s most sought-after and expensive coffee produced from the direct descendants of those first cuttings.

From commercial plantations to family-owned farms - Fantom farm which is situated in the area of Sandy Bay, is a spectacular corner of the island, on which lush hillsides of flax and pasture climb towards precipitous spires of volcanic rock. When the Fantoms were renovating their 18-century manor house, they discovered dozens of old unkempt coffee trees. They pruned, cleared the land and created a burgeoning grove of more than 400 trees.

Jamestown is the island’s main settlement. Along twisting roads, the landscape runs up to a ridgeline of cloud forest filled with endemic species. The Norfolk pines standing on the high peaks are believed to have been planted by Captain Cook in 1770 to help ships’ navigators.

This is an island where the history is written on the landscape. There’s Deadwood Plain, where thousands of Boer prisoners were banished during the South African War. In the Castle Gardens is a memorial to the HMS Waterwitch, which sailed out of Jamestown to shut down the trans-Atlantic slave trade. There’s Two Gun Saddle, one of the countless battlements that surround the island. They, together with the discarded cannons that litter the side alleys of town, are quiet reminders of years this little island was fortified to hold perhaps the world’s most famous prisoner.

Napoleon Bonaparte, with his Gallic nose firmly out of joint, was exiled here in 1815 after defeat at the Battle of Waterloo. He spent most of his six years on the island at Longwood House before his death in 1821.

But today Longwood offers an interesting glimpse into the final years of a man who shaped so much of European history, from the books in his library to the billiard table with its balls of ivory. He lay entombed for nearly 20 years in the Sane Valley before being exhumed and interred at Les Invalides in Paris.

And yet Napoleon is perhaps the island's second-most famous resident. In pole position - in reputation, if not speed - is Jonathan the Aldabra giant tortoise. He arrived on St Helena in 1882, when he was already estimated to be past the age of 50 and today Jonathan is regarded as the world's oldest living land animal at the ripe old age of 192. He's the highlight of any visit to Plantation House, the Georgian pile built in 1792 by the East India Company as a summer escape from the heat of the capital, and today the official residence of the island's governor."

With permission: Richard Holmes/Woolworths Taste Magazine

So if you are looking for a different holiday Airlink offers weekly flights.



Bean-to-cup



Jonathan

The Senility Prayer



Grant me the
senility to forget
the people I never
liked anyway, the
good fortune to run
into the ones I do,
and the eyesight
to tell the
difference.

Lynne Perry

3rd Marie Sampson

5th Trish Smith

7th Dawn Osborne

9th Yolanda Bond-Smith

10th Glenda Cooke

11th Anna Dell'Erba

13th Elaine Doyle

14th Judith Walsh

15th Wenche Hovstad



16th Jean van Rhyn

16th Sally Kinross

21st Ursula Athiros

21st Edward Twiggs

22nd Shirley Hossack

25th Kevin Hojem

25th Gordon Collender

30th Heather Honeysett

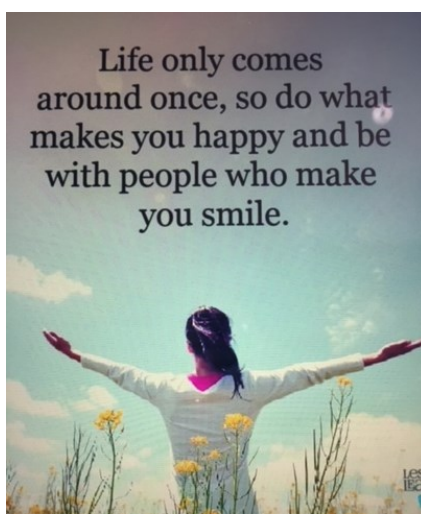
31st Roger Prideaux



4th Myrle and Brian Mawman

10th Julie and Dave Phillips

23rd Mary Ann and Jim Doyle



**A WONDERFUL SWIGS WINE AND FOOD PAIRING DINNER WAS ENJOYED BY ALL
HELD ON THURSDAY 13TH JUNE**



'Pathway to heaven'



'Yellow brick road'



Precious Panna Cotta Pudding (aka dessert)

With many thanks again to John, Wenche and Riaan for selecting the wines and discussion thereafter as well as Joan Misplon for donating bottles of Vilafonte' Serious Old Dirt - a highly successful evening, hopefully the first of more to come - thanks too to Riaan for all the effort which goes into an evening such as it was. Also Mishka and her team in the kitchen



Images: Riaan



JOIN US FOR ANOTHER
MEMORABLE EVENING OF FINE
SPIRITS!

ON JULY 10TH, IN CELEBRATION OF
BASTILLE DAY, WE'LL TAKE A DELIGHTFUL
JOURNEY THROUGH FRANCE WHILE
SIPPING ON COGNAC AND COMPARING IT
TO TOP-NOTCH SOUTH AFRICAN BRANDIES
- ALL PAIRED WITH SOME DELECTABLE
"FROMAGE."

À TA SANTÉ | CHEERS

10 JULY 2024 AT 18H00 | TICKETS: R150PP
TASTING INCLUDES A SELECTION OF COGNAC, BRANDY
AND CHEESE
BOOK AT EVERGREEN BERGVLIET RECEPTION - 021 137 2690

JOIN US FOR A VERY
MERRY

Christmas in July

— AT —

THE BRASSERIE
TOKAI

24 JULY 2024

Main Course

**SLOW-ROASTED LEG OF LAMB &
OVEN-ROASTED CHICKEN**

*served with cauliflower gratin, honey-roasted carrots,
roast potatoes, mint sauce, Yorkshire pudding
& homemade gravy*

Dessert

BRASSERIE CHEESEBOARD

or

CHRISTMAS PUDDING

served with brandy butter & homemade vanilla ice cream

R300pp

PRICE INCLUDES SHUTTLE SERVICE | SHUTTLES WILL DEPART FROM THE VILLAGE AT 17H30 FOR 18H00
| PLEASE BOOK AT RECEPTION OR CALL EXT. 3200 | A FULL PRE-PAYMENT IS REQUIRED TO CONFIRM
YOUR BOOKING | ONLY 80 SEATS ARE AVAILABLE ON A "FIRST-PAY-FIRST-SERVED BASIS" | HOUSE
WINE WILL BE AVAILABLE AT A DISCOUNTED PRICE OF R150 PER BOTTLE | ALL BEVERAGES ARE TO
BE SETTLED ON THE EVENING PER TABLE AND WILL INCLUDE A 15% SERVICE FEE. |
BOOKINGS CLOSE 7 JULY

Music Evening

17 JULY | 19H00

PROGRAMME

RACHMANINOV

RHAPSODY ON A THEME OF PAGANINI

TCHAIKOVSKY

SYMPHONY NO. 5 IN E MINOR

RSVP AT RECEPTION OR ON EXT. 3200

Remembering Jan Christiaan Smuts: A Visionary Leader - born 24 May 1870.

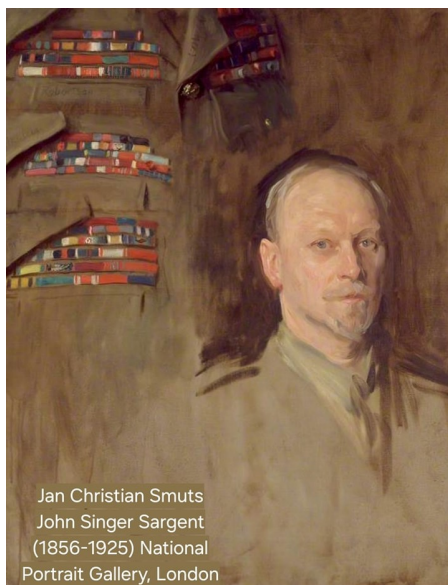
"History writes the word 'Reconciliation' over all her quarrels." Jan Smuts

Field Marshal Jan Christiaan Smuts was more than a statesman; he was a visionary who shaped the destiny of South Africa and left an enduring impact on the world. His journey from the dusty plains of the Cape Colony to the global stage is a testament to courage, resilience, and unwavering commitment.

Jan Christiaan Smuts was more than a leader; he was a beacon of hope, a bridge-builder, and a philosopher who believed in the inherent goodness of humanity. As we commemorate his birthday, let us draw inspiration from his wisdom and continue working toward a brighter, more harmonious world.

Enjoy the photos of General Smuts, his portrait painted by some of the 20th century's top portrait painters.

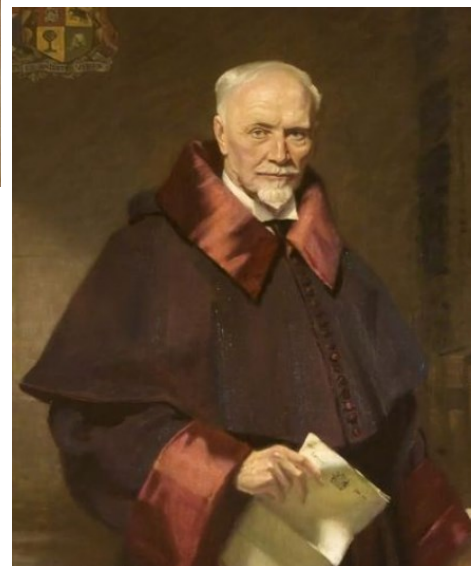
[#jansmuts](#) [#reconciliation](#) [#southafrica](#) [#philosophy](#) [#environment](#) [#statesmen](#)



Jan Christian Smuts
John Singer Sargent
(1856-1925) National
Portrait Gallery, London



Portrait at Vergelegen
Wine Estate



Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time.

When I was a child I thought "nap time" was a punishment. Now it feels like a small vacation.

The biggest lie I tell myself is... "I don't have to write that down, I'll remember it."

I don't have gray hair... I have "wisdom highlights" ! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting Lucky" means walking into a room and remembering what I came in there for.

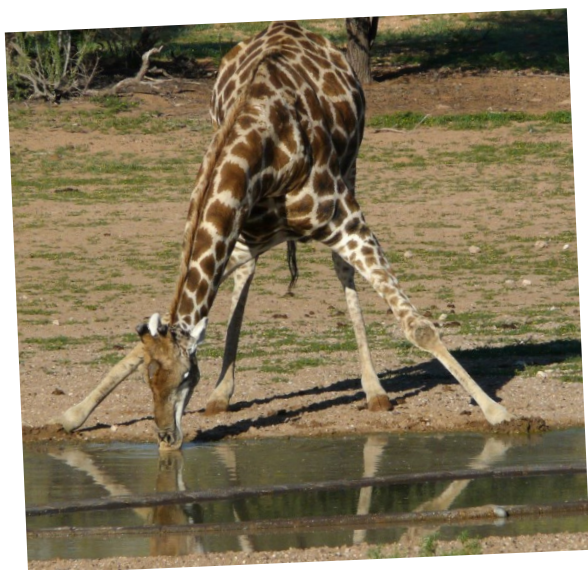
I have more friends I should send this to, but right now I can't remember their names.

Now, I'm wondering... did I steal this message from you, or did you steal it from me?

Mike Smith



Stalwart residents - 11 degrees

RECENT TRAVELLERS TO THE KGALAGADI - MARION, BRIAN, YVONNE AND JOHN



Where the red dunes and scrub fade into infinity and herds of gemsbok, springbok, eland and blue wildebeest follow the seasons, where imposing camel thorn trees provide shade for huge black-mane lions and vantage points for leopard and many raptors... this is the Kgalagadi Transfrontier Park.

Images: Marion and John

<https://www.sanparks.org/parks/kgalagadi>

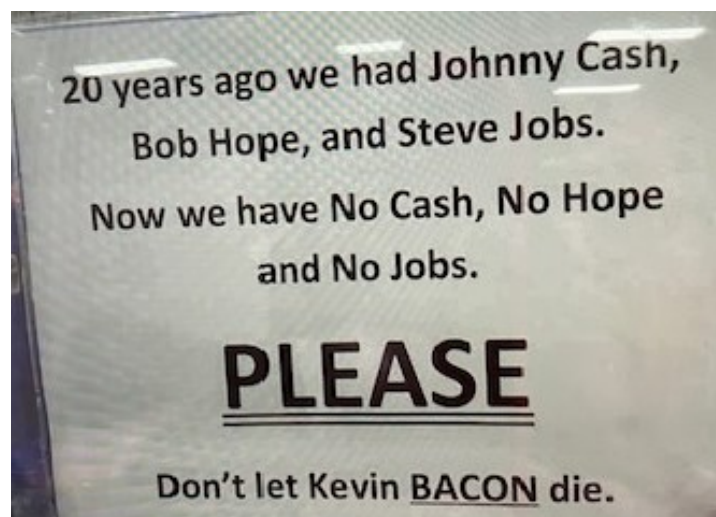
ORDINARY GRACE BY WILLIAM KENT KRUEGER

Ordinary Grace is the first book I have read by the author William Kent Krueger and I am not really quite sure why it has sat on my Kindle for such a long time. This quote from the book intrigued me:

“The dead are never far from us. They’re in our hearts and on our minds and in the end all that separates us from them is a single breath, one final puff of air.”

This is a coming-of-age story set in a small town in the USA in 1961. The story is narrated by Frank Drum looking back 40 years to when he was a 14 year old boy and affected by the death of a young schoolmate of his. It has a strong sense of time, place and family and how the Drums - Nathan a Methodist clergyman, his boys Frank and Jake and wife Ruth react to a lot of tragic events that take place. It is a story about faith, grief, anger and forgiveness. The writing gripped me and I found myself immersed in the lives of the Drums and the townsfolk in the village. I am keen to read more of Krueger’s books.

Penny Marek



As many of you will know, Wenche has just returned from a trip to England to visit her daughter. This is an article Wenche sent to me of English idioms

“ Having spent some time in parts of old fashioned England, we giggled at these useless pieces of information.

A family member of William Shakespeare, a medical doctor from Cambridge, became quite famous for his treatments. He let his patients swallow a frog, insisting this would cure a sore throat as well as a cold. There was never any proof of what kind of education he had been exposed to, and some must surely have been laughing at his methods. But his practice waws used by lots of famous people.

This happened about 300 years ago, and experts have now discovered that the saliva from the frog actually contains some important anti inflammatory substances.

Having a croaky voice? Having a frog in your throat? Now you know why.

The old beds in Shakespeare’s time usually had a piece of fabric stuffed with hay to be used as a mattress. Before you went to bed, you used a long stick to hit the hay to make it even flatter and more soft. Do you want to “hit the hay”?

The base of the bed was attached to ropes on all sides along a frame. The more the bed was used, the slacker the ropes. To make sure you had a good sleep on well tightened ropes, these were tightened with the use of sticks and you had used for hitting the hay. The expression “sleep tight” comes from this practice.

More on the beds: the rooms normally had a thatched roof, home to all sorts of creatures which could easily fall down upon the beds. Ceilings under the thatch were not the norm. The sticks used to tighten the ropes were put into holes at each corner of the bed, and some crafty people started to stretch some material across the bed, fastened to the four sticks to prevent things falling down into the bed. This was the beginning of canopy beds.

Mice and cats and all other creatures might live in the thatch, even dogs “its raining cats and dogs” is supposed to be linked to this problem.

Thank goodness for our beds and ceilings!”



The year 46 BCE was the longest year in history – 445 days

In the first century BCE, Rome's calendar was a mess, The timekeeping system was first instituted around 700 BCE (back when Rome had kings), and from the start the calendar had some issues.

The year was 355 days long with an extra month added at the discretion of the pontifices, high ranking priests who were in charge of the calendar.

As the system was imprecise and subject to mismanagement, over time the calendar became misaligned with the seasons. What's more, pontifices often abused their power by lengthening the terms of their allies and curtailing them for adversaries.

When Julius Caesar became dictator of Rome in 49 BCE, he decided a change was in order, both to limit the pontifices' power and to create a more effective calendar for administering a growing empire.

With the help of Greek astronomer Sosigenes of Alexandria, Caesar instituted the eponymous Julian calendar on 1 January, 45 BCE. But to make the switch to the new calendar, Romans had to withstand what's now known as the "last year of confusion".

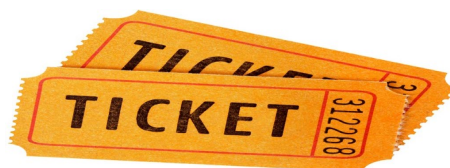
At this point, Rome's calendar was roughly three months out of whack with the seasonal harvest festivals, so Caesar inserted three extra months into the year 46 BCE, known as "intercalary months", to get his 365-day calendar realigned with the solar year.

For those living within Rome's borders, 46 BCE – at 445 days long – became the longest year in history.

Source – History Facts

Brian Dalton

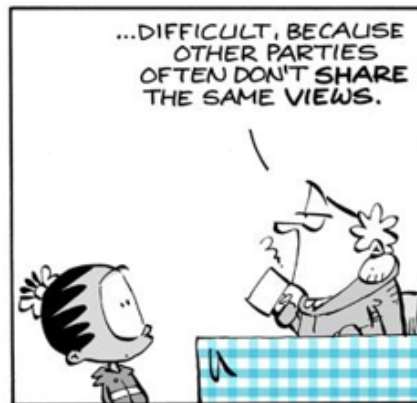
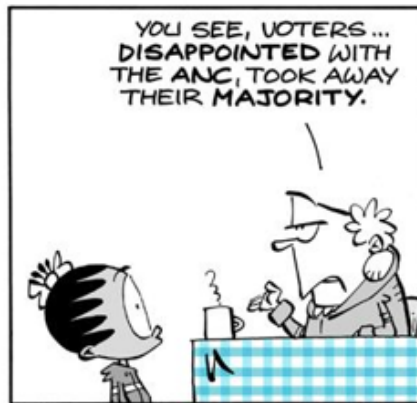
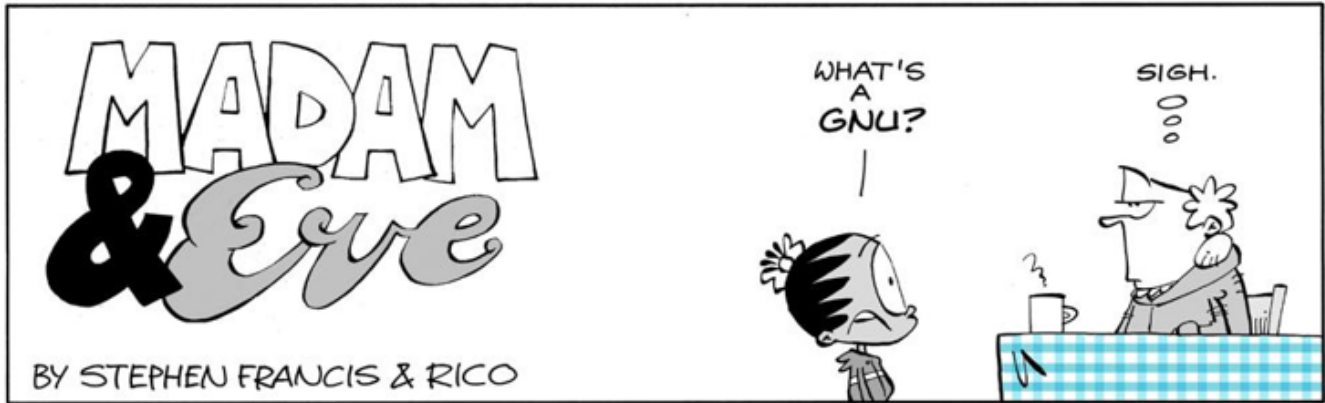
LUCKY DRAW WINNER FOR MAY WAS MARION THOMPSON



OUR MONTHLY WALK WILL TAKE PLACE ON

FRIDAY 26TH JULY AT 9.00am





Karen Reid



Green Point Lighthouse 1824 in Mouille Point Cape Town
Exceptional views from the two hundred year old lighthouse, the oldest in the Southern Hemisphere on its birthday.

Climbing to the top is quite an experience, but walking around the narrow balcony around the "light", rather exhilarating.

Agi Orfanos



Thanks to everyone for their contributions - flickiwal@gmail.com

Cut off date for August edition is 15th July

FW