

# NEWSLETTER

ALOE ALOE

*"Those we love can never be more than a thought away... for as long as there is a memory, they live in our hearts to stay"*

Unknown

Dear Residents,

I hope you have all had a great week and are looking forward to a relaxing weekend.

I am sure all the rugby supporters cant wait for the international season to kick off tomorrow with all the top teams playing. The 7's are also back on and if that is not for you the T20 cricket world cup has been very unpredictable offering loads of excitement.

Next week we have a few additional resident activities, starting on Tuesday morning with a talk hosted by Harbour Bay Day Hospital which is located just over the hill. On Wednesday the Bird Watching group hosts Joel Radue of the Cape Bird Club who will give a talk entitled "An appreciation of birds of the Southern Peninsula".

On Friday, 11 November we celebrate Remembrance Day - not only the fallen veterans but all the loved ones we have lost.

We begin that morning with an appreciation of antique treasures, and it is also a chance to get free valuations on your very own pieces and heirlooms.

This week we also take a closer look at the Flanders Poppy in the Green Fingers page. In Health matters you can read up on everything you need to know about Diabetes and in Good Reads, with the holidays (and Christmas shopping!) fast approaching, we highlight another selection of books that will make great gifts!

last but not least, please be reminded of this evenings wine tasting with Andre Badenhorst from around 5pm.

Wishing you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

7 - 13 NOVEMBER

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Your weekly guide to sport & recreational activities

### What's On The Menu

Delicious meals on offer this week!

### It's A Celebration

Birthday's, Anniversaries & New Residents

### Resident Activities

Harbour Bay Hospital Discussion - 8 Nov

Bird Watching Talk - 9 Nov

Antiques Roadshow - 11 Nov

### Green Fingers

The Flanders Poppy

### Health Matters

Diabetes

### Good Reads

FAF - Through Fire by Faf Du Plessis and Marco Botha

ONE by Jamie Oliver

THE TEA LADIES OF ST JUDE'S HOSPITAL by Joanna Nell



# WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



<b>MONDAY</b> 7 NOV	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 443		<b>GAMES</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b> 8 NOV	09h00 <b>CALLNETICS</b> ACTIVITY ROOM 1 Louise ext. 2143	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2 Cecile ext. 2011	10h00 <b>HARBOUR BAY PRESENTATION</b> 1ST FLOOR LOUNGE	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>WEDNESDAY</b> 9 NOV	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	From 09h00 <b>MOBEEWASH</b> BASEMENT Reception ext 2400	5 & 19 OCT 10h00 <b>CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE John ext. 2018	15h00 <b>BIRD TALK</b> 1ST FLOOR LOUNGE	<b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>
<b>THURSDAY</b> 10 NOV	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1 Louise ext. 2143	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE Jen ext. 2026	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2 Cecile ext. 2011	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>FRIDAY</b> 11 NOV	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1 Clair 083 453 5539	09h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 1873	10h00 <b>ANTIQUÉ ROADSHOW</b> LIFESTYLE CENTRE	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 <b>RESIDENT SOCIAL</b> From 18h00 <b>WEEKLY DINNER</b> BISTRO ext. 2404
<b>SATURDAY</b> 12 NOV					
<b>SUNDAY</b> 13 NOV			From 12h00 <b>SUNDAY LUNCH</b> BISTRO ext. 2404		

# IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

**7 NOVEMBER**

MANDY HARRIS - Lake Michelle

**8 NOVEMBER**

PETER INSKIP - Noordhoek

JOHN WYLLIE - Noordhoek

**13 NOVEMBER**

MARION GUEFFROY - Noordhoek

## ANNIVERSARIES

**8 NOVEMBER**

TONY & SUSAN GRAVE - Lake Michelle

**11 NOVEMBER**

GREG & GAEL CULHANE - Lake Michelle

## NEW RESIDENTS

NORA HOEY

Noordhoek Apartment 29



# WHAT'S ON THE MENU?

## Bistro

### WEEKLY MENU

#### OPTION 1

#### OPTION 2

<b>MONDAY</b> 7 NOV	Hake Mornay with Mashed Potatoes & Seasonal Vegetables	Tuscan Chicken With Savoury Rice & Stir-Fried Vegetables
<b>TUESDAY</b> 8 NOV	Beef Bobotie with Yellow Rice, Sambals & Oven Roasted Vegetables	Roasted Vegetable & Feta Lasagne with Garden Salad
<b>WEDNESDAY</b> 9 NOV	Butter Chicken With Basmati Rice & Roasted Vegetables	Sweet & Sour Pork With Stir-Fried Vegetables & Egg Noodle
<b>THURSDAY</b> 10 NOV	Beef Meatballs in Creamy Mushroom & Pepper Sauce, Basmati Rice, Green Beans & Roasted Pumpkin	Crumbed Chicken Strips With Mushroom Sauce, Mashed Potatoes & Pan-Fried Greens
<b>FRIDAY</b> 11 NOV	Fried/Grilled Hake with Chips, Fresh Lemon, Tartar Sauce & Coleslaw	BBQ Pulled Pork Pita With Chips & Coleslaw <small>See Page 5 for Dinner Menu</small>
<b>SATURDAY</b> 12 NOV	Chicken Kebabs With Sweet & Sour Sauce, Mashed Potatoes & Roasted Beetroot with Feta	Beef Lasagne with Garden Salad
<b>SUNDAY</b> 13 NOV	See Full Menu	Chicken, Feta & Pepperdew Tart, Savoury Rice & Roasted Vegetables <small>Heat &amp; Eat Only</small>

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

DAILY MEAL

ORDERS BY 10H00

#### BREAKFAST R65

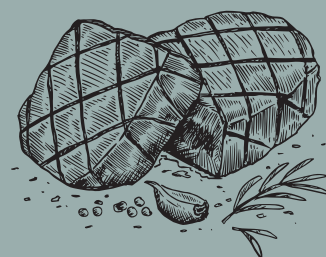
SERVED FROM  
08H00 - 11H00

##### BACON BENEDICT

English Muffin Topped with Rocket, 2 Poached Eggs, Hollandaise Sauce

##### ENGLISH BREAKFAST

2 Eggs, Bacon, Beef Sausage, Grilled Tomato, Toast & Preserves



#### SUNDAY LUNCH - R120

1ST SEATING 12H00  
2ND SEATING 12H30

##### MAIN COURSE

Roast Beef with Gravy, Roasted Potatoes & Roasted Vegetables

##### DESSERT

Chocolate Genache Brownies with Vanilla Ice cream

ORDERS CLOSE  
FRIDAY AT 14H00

# WHAT'S ON THE MENU?



## BISTRO LUNCH PROMOTION

Following our very successful wine promotion in September we have decided to have another amazing wine Estate featured for the month of November.

All can enjoy a glass of Secateurs Sauvignon Blanc or Shiraz at R20 per glass during lunch [only].

*Profiter Du Vin!*

All Terms and Conditions stipulated in package agreement apply.



## FRIDAY DINNER MENU R95

1ST SEATING 18H00  
2ND SEATING 18H30

**Steak (200g sirloin) & Chips**  
with side veg (butternut & creamed spinach) or side salad

**Chicken Schnitzel & Chips**  
with side veg (butternut & creamed spinach) or side salad

**Barbeque Pork Ribs (400g) & Chips**  
with side veg (butternut & creamed spinach) or side salad

**Honey Mustard Kassler (200g)**  
with mashed potato, sauerkraut & fine beans or side salad

**Hake & Chips / Calamari & Chips / Hake & Calamari Combo & Chips**  
with Coleslaw

Table Salad (R45)  
Add chicken – R30  
Add beef – R30  
Add falafel balls (V) – R20

Book at Bistro on ext. 2404

# RESIDENT ACTIVITY



## AN APPRECIATION OF BIRDS OF THE SOUTHERN PENINSULA – JOEL RADUE

On Wednesday, 09 November at 15h00 Joel Radue of the Cape Bird Club will host a talk entitled "An appreciation of birds of the Southern Peninsula".

**Date:** Wednesday, 09 November  
**Time:** 15h00  
**Venue:** First Floor Lounge  
**RSVP:** At reception or on ext. 2400

For more details contact Ian Alexander on ext. 2094



## A TALK ON BEEKEEPING IN SOUTH AFRICA – NICHOLAS HITGE

On Tuesday, 15 November at 10h00 Nicholas Hitge will be hosting a talk on beekeeping in South Africa.

Nicholas will briefly touch on the history of beekeeping, challenges faced locally and abroad, many fun and interesting facts about bees, honey and beekeeping. You can also enjoy a honey tasting after the talk.

**Date:** Tuesday, 15 November 2022  
**Time:** 10h00  
**Venue:** First Floor Lounge  
**RSVP:** At reception or on ext. 2400



# RESIDENT ACTIVITY



## Advanced Harbour Bay Surgical Centre

This Day Hospital offers 2 theatres, 3 wards with a total of 20 beds and currently employs 16 full time staff.

Elective surgeries can now be done cost effectively and safer at Advanced Harbour Bay Surgical Centre at the Harbour Bay Village.

It is stunningly positioned on the coastal access route to Simon's Town, making it convenient for our surgeons, doctors and patients.

Ask your GP or Dentist about having your elective surgery at Advanced Harbour Bay Surgical Centre.

### WHY ADVANCED HEALTH DAY HOSPITALS ARE THE FIRST CHOICE FOR SURGERY?

- Competitive rates
- Quality care
- Modern and technologically advanced facilities
- Decreased admission time
- Reduced risk of infection

The Advanced Harbour Bay Surgical Centre team will be visiting on  
Tuesday, 8 November 2022 at 10h00 in the 1st Floor Lounge

Join us for some cake, coffee/tea and let's chat about this great service on your door step.  
RSVP at reception or on ext. 2400

# RESIDENT ACTIVITY

## Valuation and buying day.

We will be in the Lifestyle Centre  
Friday The 11th of November  
10.am until 2.pm No appointment needed  
Bring along your hidden treasures



## Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

## On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email [antiquewarehouse@live.co.za](mailto:antiquewarehouse@live.co.za).



# HEALTH MATTERS



DIABETES BASICS EVERYONE, INCLUDING YOU, SHOULD KNOW

You might think that if you don't have diabetes you don't need to worry about it. Everyone in South Africa should know a few facts about diabetes. Most of us know someone who has diabetes – either Type 1 or Type 2. But that's often as far as our knowledge about this chronic condition goes. As South Africans, though, it is our duty to understand a few basics about diabetes – here's why. Diabetes is the number one killer of women in South Africa. Isn't that a frightening statistic? According to Statistics SA, diabetes is the number one killer of women in South Africa – and the second leading cause of death in men. This is insane. Diabetes is not a lethal condition and shouldn't be killing anyone! We're talking predominantly about Type 2 diabetes here, as that affects 90% of people with diabetes. Type 2 diabetes is a manageable condition, with the right medication and lifestyle changes – even preventable if you're diagnosed early enough.

## WHAT ARE TYPE 2 DIABETES RISK FACTORS?

You are at greater risk of developing Type 2 diabetes if you are:

- Over 45 years old
- Overweight or obese
- Inactive (don't do much exercise)
- High blood pressure
- Family history of diabetes
- High cholesterol
- Heart disease history
- High-risk ethnic group (Asian, Indian, Coloured)
- Diabetes during pregnancy (or a baby over 4kg)
- PCOS (Polycystic Ovarian Syndrome)

## #1 DIABETES IS THE KILLER OF WOMEN IN SOUTH AFRICA.

### 1 IN 2 PEOPLE WITH DIABETES IN SOUTH AFRICA IS UNDIAGNOSED

According to the International Diabetes Federation, half of all South Africans with diabetes are undiagnosed. That is a scary statistic because, as we've just seen, uncontrolled diabetes can have severe complications.

Knowing your diabetes status is as simple as having an annual fingerstick blood test. You can get it at your nearest clinic, it takes less than five minutes, and you'll immediately know if your blood glucose is in the normal range, or if you need to make some changes.

It's also helpful to know the five common symptoms of diabetes:

- Extreme hunger
- Extreme thirst
- Needing to pee a lot
- Exhaustion
- Blurry vision

As you can see, many of these symptoms are easy to explain away, which is why it can be so easy to miss a diabetes diagnosis. The safest bet is to have an annual test.

# HEALTH MATTERS

## 2 IN 3 SOUTH AFRICANS ARE IN THE PREDIABETES RANGE

The SA Demographic and Health Survey reported that 2 in 3 South Africans are in the prediabetes range – which means they're at greater risk of developing Type 2 diabetes if they don't make lifestyle changes (lose weight, change their diet or start exercising more).

Think about that for a second – the next time you're in a queue with 2 other people, odds are that 2 of the 3 of you will develop Type 2 diabetes if you don't find out your diabetes status and make some changes... Wouldn't you rather know now, when you can more easily manage it, than later on when it may have developed into a chronic condition? Knowledge is power – particularly when it comes to our health.

## 50% PEOPLE WITH DIABETES IN SOUTH AFRICA UNDIAGNOSED

### SO HOW DO YOU MANAGE DIABETES?

These statistics may seem overwhelming if you're reading them for the first time. It's important to remember that diabetes is a manageable condition – it's possible to live a healthy, happy life with diabetes. In fact, to be healthier because of a diabetes diagnosis! There's nothing like a wake-up call to make you look after yourself.

When it comes to managing diabetes, all you have to remember is TEEL:

**T is for Take your medication, as prescribed**

**E is for Eat healthy food**

**E is for Exercise, a little every day, and**

**L is for Lose weight if you need to.**

None of these is easy or quick, we know, but they can become part of your everyday life. There's just one tip to remember for each letter.

### **T: Take your medication**

Let's start with T: Take your medication. If you're living with Type 2 diabetes, you might not be taking medication – in that case you only have to remember EEL (Eat healthy, Exercise a little every day, and Lose weight if you need to).

Other people with Type 2 will be taking tablets, and/or insulin injections. Each one of us is different and our bodies need different things. It's really important to take your medication exactly as your doctor prescribes it, every day.

### **E: Eat healthy food**

Eating healthy food is simple, although not necessarily easy. All you have to do is eat half a plate of green, leafy vegetables with lunch and dinner.

### **E: Exercise, a little every day**

Any exercise is better than none, which is why we recommend going for a 30 minute walk each day. Just a walk around the block. Either wake up earlier or have a walking meeting instead of sitting down or meeting for coffee. You can do it!

### **L: Lose weight if you need to**

This is a hard one, we know. But small changes can make a big difference over time. If you're eating half a plate of green vegetables for lunch and dinner and exercising a little every day, we just have one more tip: cut out all fizzy drinks and juices and try to drink eight glasses of water a day.

And that's it! Four basic diabetes education tips, and three important stats. If we can share this information with all South Africans, we can start to turn these statistics around. Each one of us has the power to spread diabetes education and awareness in our communities – and beyond.

# GREEN FINGERS



In anticipation of this year's Remembrance Day, MayFord Seeds have launched a new livery seed packet, filled with Flanders poppy (*Papaver rhoeas*) seeds. War is unfortunately still a reality in our modern world, whether it be conflict between countries or the fight against Covid 19. Initially instituted to commemorate those that fell in World War 1, Remembrance Day on the 11th of November now symbolises all those that have lost their lives in the line of duty. The Flanders poppy, which carpeted the battlefields of the Western Front, is worn or laid as wreaths to mark the day. Time is of the essence though. If you want your very own crop of striking poppies in bloom for Remembrance Day, simply visit a GCA Garden Centre soon and purchase your seed packet to sow. These delightful flowers are really easy to grow. Choose a bed that gets loads of sun, dig it over, sprinkle the seed, pat down and water. If they can grow on a bombed-out battlefield, they will just love your garden!

## TOP TIPS

- The seed needs cool soil conditions to germinate, so plant them from late autumn into early spring.
- Germination should occur within 2 to 3 weeks.
- Plant in a sunny position in beds or pots.
- You can either sow them in drifts around the garden or do a massed planting in one bed.
- Dig over the bed before planting and plant the seed where you want them to mature as they prefer not to be moved.
- Once sown, pat down the soil firmly and water well.
- Keep the soil damp until the seedlings are established, after which the plants are surprisingly water-wise.
- They do respond well to liquid fertilisers.
- Deadhead any spent flowers to extend their flowering time.
- The blooms can be used as cut flowers. Pick them as soon as you see the red of the petals begin to show.
- Poppy seeds have a nutty taste and are used extensively as a flavouring in cakes and bread. Oil made from the seed is highly regarded in France.
- The fresh young leaves can be eaten raw or cooked like spinach, as well as used to flavour soups and salads. They are best used when tender and before the plant has produced flower buds.

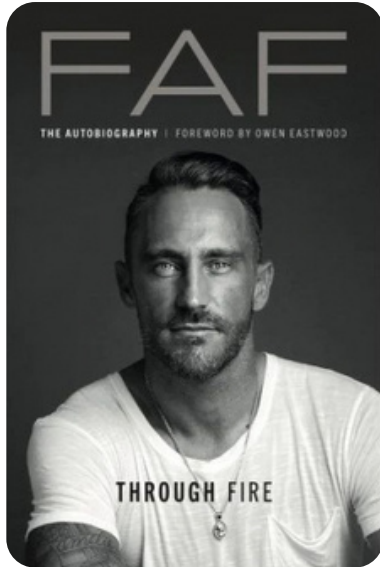
## DID YOU KNOW?

The seeds of the Flanders poppy (*Papaver rhoeas*) had laid dormant on the front lines of Belgium until 1915 when they were disturbed by the artillery bombardments in World War 1. Coincidentally, the weather provided the perfect conditions for them to germinate. They were fertilised by nitrogen in the explosives and lime from the shattered rubble of the buildings. Every year for the next four, the poppies grew and their flowers lay like a red blanket across the fields on which the soldiers fought. They also flowered in Turkey when the ANZAC's landed at Gallipoli.

Flanders Fields was a major battle theatre on the Western Front during the war where one million soldiers from more than 50 different countries were wounded, or killed in action. It is located in Waregem, West Flanders, Belgium, however experts have said the poppy is fast disappearing there due to dramatic changes in the plant life of northern France and Belgian Flanders over the past 100 years.

# GOOD READS

## FAF - Through Fire by Faf Du Plessis and Marco Botha



This is not a book about cricket. It is the story of a man who just happened to play cricket at the highest level. 'Through Fire' is at times a brutally honest and always fascinating work of introspection and critique that provides readers with unrestricted insight into the mind and heart of one of South Africa's most interesting and charismatic national captains. There is the public persona of the tattooed, fashionable, mentally tough, immensely popular and yet at times, misunderstood Du Plessis. And then there is the authentic Faf.

Du Plessis reflects on his growth, from being a youth with a questionable moral compass outside of cricket to becoming a leader known for his integrity, values, honesty, and empathy for his teammates and country. He reflects on how influential leaders such as Gary Kirsten, Stephen Fleming, Mohammed Moosa, Russell Domingo, Ottis Gibson, and MS Dhoni moulded him as a man who leads with grit, purpose, and a love of people. But he also explores destructive relationships, providing his perspective, in devastating detail, on his final years of international cricket. Neither the changing room nor the boardroom is off limits. 'Through Fire' is a no-holds-barred autobiography offering exceptional insight into the core being of an elite sports personality.

## ONE by Jamie Oliver

Jamie's back to basics with over 120 simple, delicious, ONE pan recipes.

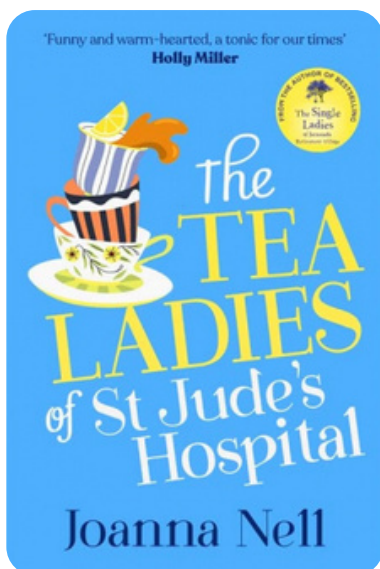
Here he will guide you through tasty, fuss-free and satisfying dishes cooked in just one pan. What's better: each recipe has just eight ingredients or fewer, meaning minimal prep (and washing up) and offering maximum convenience. Packed with budget-friendly dishes you can rustle up any time, ONE has everything from delicious work from home lunches to quick dinners the whole family will love; from meat-free options to meals that will get novice cooks started. With chapters including . . . \* Veggie Delights \* Celebrating Chicken \* Frying Pan Pasta \* Batch Cooking \* Puds & Cakes Simple dishes like Juicy Tahini Chicken, Hassleback Aubergine Pie and Squodgy Croissant Loaf will soon become your firm new favourites. There are plenty more no-fuss, tasty recipes that make ONE sit alongside '5 Ingredients' and '15-Minute Meals' as your go-to kitchen companions.



## THE TEA LADIES OF ST JUDE'S HOSPITAL by Joanna Nell

This heart-warming and hilarious new novel is from the bestselling author of THE SINGLE LADIES OF JACARANDA RETIREMENT VILLAGE.

Three unlikely friends. A lot of scones. One chance to save the community... The Marjorie Marshall Memorial Cafeteria is the heart of St Jude's Hospital. For over fifty years the beloved Cafeteria has been serving refreshments and raising money, staffed by successive generations of dedicated volunteers who serve up a kind word and sympathetic ear along with tea and scones. This summer, the St Jude's Tea Ladies include Hilary, the stalwart Manageress who has worked her way up through the ranks; Jo, the latest recruit, who drives Hilary mad by arriving late every day; and seventeen-year-old Chloe, the daughter of two successful surgeons, who is volunteering during the holidays. But when they discover the cafeteria is under threat of closure, the unlikely trio must put aside their differences. As they the secrets and sorrows they have in common, the women grow closer - but can they bring the community together and save the day? Full of wisdom and warmth, The Tea Ladies of St Jude's Hospital is a gorgeously poignant, hilarious story about unlikely friendships, growing old disgracefully, and coming together to save the things they love...



# KNOW YOUR NEIGHBOUR

**The Story of Milton Kirsten & the history relating to Pollsmoor Farm now Kirstenhof – written by Jenny Wyllie with information received from Lorna and Milton Kirsten.**

Milton Ferdinand Kirsten was born on Pollsmoor Farm, Steenberg, Cape Town on the 10th of December 1934. His father, Hendrik van der Poll, grandfather Nannie and, uncle Boykie farmed vegetables on Pollsmoor, as the farm had since inception in the 1800, been a vegetable farm. Milton being an only child spent many happy days on the farm playing with his cousins.

Milton attended the Retreat Secondary School and later became a border at Jan Van Riebeeck High School in Cape Town where he matriculated in 1951. At the age of 17 he went to Stellenbosch University to study BA in Physical Education. Throughout his schooling and University career he showed talent as a sportsman to such a degree that during his time at Stellenbosch University he was earmarked as a potential Springbok fullback by the renowned Dr Danie Craven. Sadly in 1953 a serious rugby injury put paid to his rugby career. Because of Milton's great interest in sport, and as he also had shown potential and enjoyed tennis while at school, he started to take his tennis seriously and reached Provincial level for both Free State and Western Province. Milton left Cape Town for Johannesburg in 1958 where he was employed by the I.G.I Insurance Company. In 1960 he was sent to Bloemfontein as Manager to open an office which became the Provincial Free State and Northern Cape office. It was during this time that he met Lorna Wessels, and in 1965 they were married. After their wedding in Bloemfontein they then returned to Cape Town.

Lorna and Milton have 3 children, Kim born in 1966, Carol born in 1967 and Lynne born in 1975. Milton has 2 children from a previous marriage, his son carrying the family name of Hendrik Van der Poll Kirsten, and a daughter Milné. Milton and Lorna have 9 Grandchildren and 2 Great Grandchildren.

In 1964 Milton's father approached him and asked that he return to Cape Town to take over running the family businesses as he felt he was ageing and wanted to retire,



This Milton did for 36 years. It was upon his father's death that Milton was bequeathed the Pollsmoor Farm, Pollsmoor Bottle Store, Kirstenhof Motors, as well as the Kirstenhof Police Station. Milton still owns the Kirstenhof Police Station but has untold problems with the government paying their rental. Unfortunately, Public Works also do not fulfil their lease obligations with regarding the maintenance of the buildings, and as a result the condition of the building is sadly becoming an area of concern. Milton at one time also owned the Kirstenhof Butcher shop situated at the top of Pollsmoor Road bordering onto the now M3 Freeway in Kirstenhof.

The original buildings that housed the businesses on Main Road Steenberg were demolished in 1990 and rebuilt. A.W. Kirsten General Dealer also part of the business complex, and owned by AW Kirsten, one of the 3 bachelor cousins, was sold at the same time. The building comprised of the Pollsmoor bottle store, now Liquor City, the garage Kirstenhof Motors, earlier Eagle Racing Stable Garage, and A.W. Kirsten General Dealer that has now become a small Superette.

It is believed that the original owners, Hendrik van der Poll and his wife Johanna Jacomina, nee Kirsten, may have lived in the small cottage on the farm in the mid-1800. In 1996 Milton sold the cottage to an antique dealer who named it 'The Cottage'. It has been demolished and now houses a building "Hire It". The original cottage and new business premises are on the Main road on the site of the old Pollsmoor Farm opposite the business complex.

7 - 13 Nov

# KNOW YOUR NEIGHBOUR

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AND SO, THE STORY AND HISTORY OF KIRSTENHOF UNFOLDS:

During the early 1950's Milton's father and his brother sold a portion of the farm to the Citizen Housing League. The area extended from Pollsmoor Road through to Tokai Road and from below the now M3 through to almost the Main Road. This new suburb became known as Kirstenhof. The two Kirsten brothers however donated the ground to the Provincial Government for the Kirstenhof Primary school, and Cle du Cap was earlier the site of the Sea Breeze Drive-In.

Kirstenhof has become a popular residential suburb, especially with families with school-going children and its closeness to all the needed amenities. Today Kirstenhof has approximately 1,200 houses.

There is a large under-ground spring in Kirstenhof and part of those wetland areas make up the lovely green belt areas offering free-from-traffic walks for families. With Kim's family growing they relocated to Harmony Road, an area next to the wetland and where their boys could go fishing and frog hunting.

Silverwater Street was named because a water diviner found a few underground streams in the area. The first few streets were named after the Kirsten families, Alfred, Frederick, Ferdinand and Milton Road. Dam road indicates that one of the farm dams was once near that spot and of course Pollsmoor road takes its' name from the farm itself.

A celebration was held at 11 Alfred Street Kirstenhof to commemorate the Citizens Housing League, building their 10,000th house. A bronze plaque to this effect can be seen on the front of the garage door of No 11 Alfred Street.

In 1993 Milton sold a portion of the farm, and the remaining two Kirsten bachelor cousins who had lived on the farm, and Kim, the eldest daughter of Milton and Lorna, moved next door to one another in the newly developed housing complex, Milton Manor, named after Milton. It was quite ironic that Kim Kirsten lived in Kirsten Crescent, Milton Manor, Kirstenhof.

With this development, Katie Martin, a Coloured lady who was born on Pollsmoor farm and who worked for Milton's grandfather and his wife in the old farmhouse, and who lived on the farm all her life, had to be moved. Milton relocated her to a different area on the farm and built a home with an inside flush toilet, running water and electricity for her and her old husband, John, as their previous abode did not have these modern facilities. Milton asked the developer that a street be named after Katie Martin, and today Katie Martin Way is near where she originally lived. She died on the farm a short while before her 100th birthday.

In 1996 Milton sold off the last portion of the old Pollsmoor farm to LW Homes CC as a result of a problem with squatters and the old homestead was demolished, but it is here on the site beside the Main Road that a lasting living monument remains to the memory of the old farm. As you drive down the main road a group of Palm trees stand out, giving the name to the "Palm Tree Village" Complex where the palm trees once graced the front garden, and still stand tall and stately. As a condition of sale Milton stipulated that all the Palm trees were to be conserved.

Vegetables were cultivated which became the mainstay of Pollsmoor farm through the succeeding generations, and horses' and mules were used to cultivate the farmland with the ploughing. As the farm was handed to the families, so the successful vegetable farming operations continued. Milton recalls how the produce would be taken to the early morning market in Sir Lowry Road by horse drawn cart and later by a four-ton Chev truck. There was a small vineyard on the farm, but grapes were for domestic use only and no wine was ever produced.

Later cottages were built on the land for both farm labourers and tenants who rented the cottages for 2 shillings and 6 pence (25c) per month. These cottages were known as the "Kirsten Cottages" and were situated between Pollsmoor and Tokai Roads.

# KNOW YOUR NEIGHBOUR

The original Police station that was situated on the Main Road where the Pfizers Pharmaceutical building is today, near the Melomed Hospital, served the Steenberg and Retreat areas for many years, but as it had become too small the Police Department asked Milton's father if he could assist by building a new facility for them.

The new Police Station built in 1947 was a semi-detached building and was built on the property bordering Pollsmoor Road. On the left-hand side was a large charge office, other offices for staff, and cells where prisoners were kept. The Station Commander resided on the right-hand side of the building. For 74 years the police Station, has served a vital function for the local community.

The Kirsten family graveyard was situated on the old family farm behind the Police Station but had to be exhumed in 2006 due to rezoning as there was a possibility that the ground would be used to build flats as a result of the problem with Public Works and their rental payment. Special permits had to be obtained from the South African Heritage Resource Agency (SAHRA) and an accredited archaeologist had to be present with the exhumation that was done by Doves Funeral Services. There were 37 graves, 17 unmarked of which some were children. All the remains were cremated, and the re-memorialization took place at the Plumstead Cemetery where a large marble headstone was erected with the Kirsten Family crest engraved on it. A marble slab covers the grave with the dates of birth and deaths of each recorded person buried in the family cemetery on the old farm.

In 1936 the Kirsten family sold a large tract of the Pollsmoor farm bordering Steenberg farm and at the same time, Louw the owner of Steenberg Farm sold a tract of his land on the Eastern side. Together these two pieces of land formed the site for the Pollsmoor Racing track. The Kirsten family was asked by the Italian Racing team for use of the filling station for the racing cars. The request came from Dr Mario Massacuratti of the Maseratti team as the cars also needed to be serviced, maintained, and tuned. Petrol pumps were hand operated, and petrol supplied by Atlantic Petrol Company which would later become known as B.P. British Petroleum.

In January 1937 the Grosvenor Grand Prix was staged on the Pollsmoor circuit. There was great excitement as South Africans attention was focused on the circuit, now the site of a Pollsmoor prison. Eight British continental drivers were to put their skills against our local stars. It came about that the former City Council roads engineer was given the task of designing the circuit and liaising with the contractor and so began the hectic race against time to build a circuit, but first the ground had to be found and the site at Pollsmoor farm fitted the criteria. It was built in less than 6 months. At least 100,000 spectators could be accommodated, and car parks could accommodate as many cars as were registered in Cape Town at the time.

Two further Grand Prix's were staged at Pollsmoor in 1938 and 1939 before the area was turned into a transit camp during World War 2 and then eventually into Cape Town's main prison, Pollsmoor, named after the old family farm, and where Nelson Mandela was held after his release from Robben Island before being transferred to Victor Vester Prison.

The Nederduits Gereformeerde Missionary Church in Retreat was founded in 1905 and was the first sister Church to be established by the large N.G. Church in Wynberg. The Kirsten family donated the first 50 pounds towards the building fund for this church. By 1925 a new church building had been completed and was inaugurated on the 18th of March 1925.



January 1937 the Grosvenor Grand Prix

# KNOW YOUR NEIGHBOUR

The extensive lands planted with vegetables are gone and little remains in comparison to the old Pollsmoor Farm, but the family still laugh at incidents that took place during 1973 when living on the farm at the time when their Bergvliet home was being built. Incidents such as when the Guinea fowl scratched up the newly sown seeds. With the family enjoying a game bird meal, Milton would on occasion shoot a few for the pot. Carol, their daughter being an animal lover, would get very upset with her father, until one day he explained that he didn't shoot the guinea fowl but merely shot past them and they then died of a heart attack from fright. This strangely made Carol less upset, and it was only years later when as an adult, one day in conversation, she was told the true story. The innocence of a 6 year old!!!! This year was also of their happiest memories on Pollsmoor farm where the children learnt to ride their bicycles, enjoying carefree days being close to nature, and experiencing the freedom of living on the farm, and in the evenings would sit at the kitchen sink looking through the window to watch the film being shown at the then Seabreeze Drive-In Cinema, which was built on a piece of the original farm which was sold to Ster-Kinekor. Today Cle du Cap Retirement village is situated on this site.

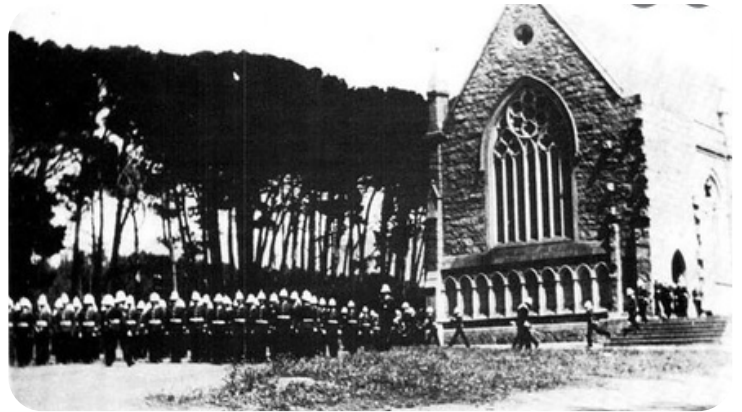
After so many years, and as the story of the Kirsten family and their lifestyle unfolds, their time and involvement with Pollsmoor farm over the last 185 years comes to an end and we think back on this journey when the extensive lands were planted with vegetables, and farm animals roamed around and Pollsmoor was a hive of activity. Sadly, the old farmhouse that stood behind the old myrtle hedge on the Main Road in Steenberg has been demolished and little if anything but memories of the old farm remains, but these memories will be cherished and will live on forever.

The Kirsten name will live on in the history of Cape Town with the suburb of Kirstenhof that proudly carries the family name. Milton no longer has any business interests in Kirstenhof other than a house that he still owns and the Police Station.

Lorna Kirsten has done much research into the history of the Kirsten family dating back 282 years to 1740 when Johann Frederik Kirsten from Bavaria came to the Cape as a soldier in the VOC and will give more detail on Pollsmoor farm and Kirstenhof in her book which Lorna is busy writing. We hope to share this story with Lorna when she finishes writing her book on the Kirsten family history and look forward to some good reading.



January 1937 the Grosvenor Grand Prix



N.G. Church in Wynberg



Kirsten farmhouse