

# THE MUIZE NEWS

Dear Resident,

I am privileged to have the very first word in print of our new very own Evergreen Muizenberg Village newsletter, *The Muize News*. You will agree, a fantastic effort and something we can all be proud of. A special and huge thanks to Grizéll-Azar Luxton and her team who put the content together, Denise Elkin for her helping hand and to Kim for formatting.

Only just two months of the year has passed and so much has already happened!

Unfortunately, most of the news generated is negative, let us look for the positives, as the old cliché says, 'every dark cloud has a silver lining'.

I would just like to briefly mention what is at present 'top of mind' for all / most of us. A breakout of a serious virus strangely named after a Mexican beer 'Coronavirus' (Covid-19) is now all over the world, with several cases in South Africa confirmed. At the time of writing (19 March) it has already claimed the lives of nearly 10 000 people worldwide with some 240 000 persons infected of which 150 are in South Africa. What is kept quiet is that of the thousands infected, 88 000 persons have fully recovered – some 'silver lining'.

I know you have been bombarded with messages about Covid-19, here are again some BASIC simple and protective hygiene tips that you should follow:

- Wash your hands frequently, regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain social distancing, and maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth - hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and make you sick.
- Practice respiratory hygiene, make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- If you have fever, cough and difficulty breathing, seek medical care early. Stay home if you feel unwell, seek medical attention and call in advance.
- Stay informed and follow advice given by your healthcare provider. Stay informed on the latest developments about the virus. Follow advice given by your healthcare provider, your national and local public health authority on how to protect yourself and others from the virus.

Enjoy the fabulous read, until next time.

Derek



## WHAT IS THE MUIZE NEWS?

After some talk in the Village during the past few months it seemed that the lovely old Tendril newsletter is sorely missed by many. After much going backwards and forwards it's been decided that it's time to resurrect the newsletter and Grizéll Azar-Luxton has offered to start the ball rolling. We thus bring you our first issue of the **Muize News** which will be published on a bi-monthly basis. Bear in mind, however, that it is still in the toddler stage and needs to find its feet as we go along. The Village having expanded exponentially, our main aim is to create an awareness amongst residents of the wonderful possibilities our Village has to offer – one never needs to be alone or bored! Remember, The **Muize News** is everybody's newsletter and each and every one of you is welcome to send in contributions, comments and hopefully not too many complaints...

Happy reading!

P.S. Contributions can be emailed to [grizell@iafrica.com](mailto:grizell@iafrica.com) or dropped in post box no. 84 in the main building.

## WHEN DID IT ALL BEGIN?

*Lesley de Wet, one of our longstanding residents mentioned that Evergreen residents are very privileged and appreciative of the many recreational activities on offer. What clubs exist and where did it all start, one wonders? We are thus going on a quest to introduce our readers to various clubs and what prompted the start up.*

### Shoot for the stars

We start off by putting Jim Raubenheimer in the hot seat telling you about the Photography Club and its origins.



Indications are that the club originated late in 2010, starting with seven members. Meetings were held in house 1, the Law residence, and printed photos were displayed in the old Bistro situated in houses 59 and 60. Printing was done by Orms in the city, but when leadership of the group changed, it was decided that making two trips to the city to drop the material and then return to collect the photos was definitely not cost effective. Since then all the photos are printed on site.

In the early days, the group travelled in several vehicles to various places on 'shoots', such as Simon's Town, Stellenbosch, Kirstenbosch, Hout Bay, Cape Town Castle or wine farms. Escalating fuel prices brought an end to these outings. It was agreed, however, that an outing once or twice a year would be a good idea. Transport is always a problem, as some people need wheelchairs or other aids.

We currently have 19 members, 17 of whom are regulars, including a member each from Evergreen Bergvliet and Diep River villages.

The club's aims are not competitive, in that no monthly winner of any photos selected for the set projects are chosen. Photos are, however, submitted to Evergreen's head office for their monthly competitions set up from time to time, judged at the end of the year, for which prizes are awarded. The club aims to support members with constructive criticism, hints and tips. It is up to each member to produce their best photos through the many courses offered on the Internet.

The theme for March is *Portraits* and entries must be on a flash drive for viewing with Jim on 30 March 2020. Any type of image-capturing device, be it a camera or cell-phone, may be used but members may not dig out photos from the archives taken many years ago – photos are to be current.



Membership is R30 to join and R25 per photo printed. For more details and a list of themes for the rest of the year, please contact Jim Raubenheimer at House 50, ext. 150 or 9150 or email him at [jimyr@xsinet.co.za](mailto:jimyr@xsinet.co.za)

## KNITTING UP A STORM

Are you a whizz with a pair of needles or do instructions like k1s1pss sound like Greek to you? It doesn't matter whether you are an expert or an amateur, come and join us for coffee/tea and chat with some knitting in between. Our Knitting Circle consists of about 24 members and we would love to welcome you to our group. Some of us knit, some crochet and some just chat. You can bring your own if you like, but patterns, yarn and needles are provided.

There is no need to book or let anyone know. Just bring yourself and the princely sum of R10 (R7 is for refreshments and R3 to buy yarn)

We knit for charity, mainly children's jerseys and baby clothes but some of our ladies make beautiful blankets which are very much appreciated in old age homes in the townships.

At present our task is to produce 60 beanies for Grade-R at Capricorn School. The beanies are in the school colours of navy and red. We try to knit each in an individual pattern so that the children can recognise their own beanies.

We meet every Thursday morning at 9.30 in the Bistro and to join the knitters or for more information contact Gill Blackburn, Apart G1, email: [gblackburn1945@gmail.com](mailto:gblackburn1945@gmail.com)



## THE JOY OF GARDENING

According to the World Health Organisation good health means more than just the absence of bad health symptoms. It means a presence of positive emotions, quality of life and a sense of community and happiness.

I'm sure most of us have probably been involved in growing and caring for plants at some or other stage in our lives, whether indoors, in pots or in a garden. Here at Evergreen Muizenberg most of us are fortunate to have the opportunity to do some form of gardening even if it is just enjoying the gardens in our complex.

Herbs to be planted this month are Rosemary, Sage and Thyme. For those of you with already established bushes now is the time to cut them back.

- Lettuce and parsley can also be sown or planted. (Maybe residents could get together and share cuttings and even seeds?)

- Remember, using the water that runs off before the shower turns warm helps saving water. (Carrying this water serves as a strengthening exercise.) (Anne Blignaut)

*P.S. We have a several keen gardeners in the village such as Ursula Law (073) 236 4913; Ruth Reichlin (073) 423 7705; Billie Wood (081) 751 8011, Neville Bailing (021) 709 0272 and I'm sure many others whom we are sure would love to share ideas. Please feel free to 'plant' your seeds in the Muize News*

**Join us in nature, step outside and become a 'flowering' contributor to this series.**



## FACT & FICTION

### Reviewing books in our library

#### **The keeper of lost things** by Ruth Hogan

Laura's employer dies, and leaves her his house and a roomful of lost things he had found and annotated.

His last wish is for her to trace the owners. This leads to several different hunts, with funny or romantic endings. The book is whimsical, romantic, touching and well written. We have two more titles by Hogan in the library.

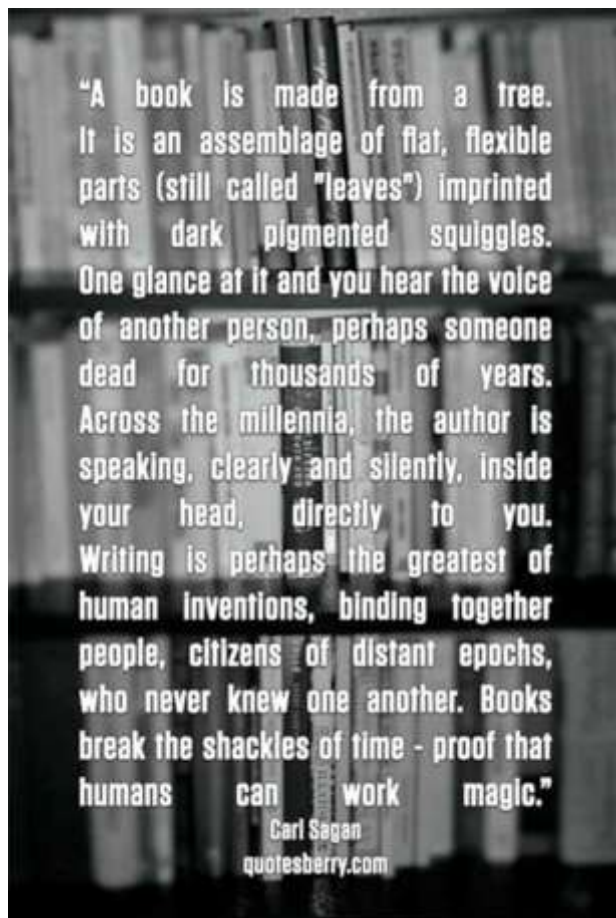
#### **Eleanor Oliphant is completely fine** by Gail Honeyman

Eleanor lives by rote, a carefully scheduled existence. She is happy (mostly) and then kindness finds her and her self-imposed rigid life slowly changing. This is a funny book capable of bringing tears to your eyes and is happily life-affirming.

#### **Educated** by Tara Westover (non-fiction)

A brilliant powerful memoir of a girl, born into a Mormon family. Her father is a strict follower of the faith. She (Tara) is not allowed to see doctors, go to school or socialise with others. However, she is determined to get an education, and ends up getting a scholarship to Cambridge. She later achieves her Ph.D. This is a detailed, enthralling story of her challenge to her background, and her passion to achieve an education. Well worth a read. (Reviews by Carol Smuts)

**Note from Carol, our librarian: When returning books please don't shelve them but put them on top of or next to the boxes of membership cards**



*You can't buy happiness but you can buy books and that's kind of the same thing*

## POETRY COMES ALIVE

### **MEMORY** by Margaret Clough

My memory, like my favourite pair of jeans  
is wearing thin. It used to be quite organised: –  
a mini Wikipedia, but now  
accessing it is like fishing in the vlei,  
where gulls swoop, cormorants dive  
and rubbish gets entangled in the reeds.  
And when I plunge into its depths  
to find the name of someone I've just met  
or find the title of a book I've read,  
to the surface will come bobbing up instead,  
snatches of songs and bits of the hymns  
I used to sing and verses of the poems  
I had to learn at school.

Numbers are as elusive, now, as names  
if I need the registration number of my car:  
I have to go outside to check.  
My fridge door's full of post-it notes  
And my keys hang on a ribbon round my neck  
So, I don't lose them





## **OUT & ABOUT** - Exploring the West Coast Fossil Park

It was with great enthusiasm and excitement that our January excursion took us to this world-renowned park in Langebaan on the West Coast that has, since its inception in 1988, attracted visitors from all over the world. Its antiquated history and geography of yesteryear stretches over 5,2 millennia!

Extensive renovations have taken place since its inception and from being run from a single building the park now boasts state-of-the-art buildings that include a modern museum, curio shop, restaurant and various function rooms.

Our tour around the park's grounds was most intriguing and our youthful and extremely knowledgeable guide Grizelda was most informative. Over the past few years a team of national and international scientists, researchers and archaeologists have unravelled its unique history. The most remarkable species are represented on this site making the Fossil Park one of the world's most diverse destinations. It includes ancient mammals, such as the African bears, dinosaurs, short-necked giraffes, shark-toothed tigers and many others.

All aboard the bus agreed that it was a most informative and enjoyable tour (even although some of us had done this before) and is highly recommended to residents who have yet to experience this wonderful international heritage. Today we are the future fossils on our way to the ancient fossils', one of our group on the bus commented jocularly. *(Louisa Joseph)*.



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## **SOMETHING FOR EVERYONE** - The University of the 3<sup>rd</sup> Age (U3A)

*Background* :U3A - University of the Third Age (post-retirement) is a world-wide learning and recreational organisation for retired or semi-retired senior citizens, where groups of people come together to share knowledge, skills and experience in an informal association of their own design. Some may be retired academics, but many are amateur enthusiasts. At U3A, learning is for pleasure. No qualifications are required for admission and none are disclosed, since fellowship and love of learning are the essential features.

*Where does it happen?* On the third Wednesday of each month (except December), we meet at 09h30 for 10h00 in the Fish Hoek Civic Centre, where items of interest are announced, followed by a presentation by a prominent speaker, often experts in their field, on a wide variety of topics. Meetings are open to the public for a nominal fee. Most course activities are held during the day on weekdays at private homes or public venues. For a list of courses (also sent out to each member) visit the website <https://sites.google.com/site/u3afbay>

For details on activities such as hiking, bridge, music appreciation, dancing, cooking, wine tasting and

computer literacy, amongst numerous others!

Offers and suggestions for new courses are always welcome. Hiking groups are very popular with so many freely accessible trails close by.

Guided bus tours to places of interest, either day trips or extended tours to other parts of the country, are an ideal way for members to travel and have new and exciting experiences.

**Cost:** Members of U3A offer their services voluntarily. No financial reward is paid to any member for teaching or helping other members in any way nor are qualifications required, and each course finds its own syllabus and way of operating, by common consensus. Costs are nominal, at the discretion of the course leader and depend on the nature of the course. The annual membership fee for 2020 is R40.

**How to join:** A good introduction to the U3A is to attend one of the monthly general meetings where course lists and membership forms are available and current members can welcome you to the organisation. You are sure to find new friends and companionship in our midst!

For more information contact the membership Secretary [valkimpton1921@gmail.com](mailto:valkimpton1921@gmail.com) or [klaasse@vodamail.co.za](mailto:klaasse@vodamail.co.za)

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*'n Klein dogtertjie kyk waarmee haar mammie besig is en sien 'n paar wit hare tussen die donker hare uitsteek. 'Hoekom het mamma wit hare tussen mamma se donker hare?' wil sy toe weet. Mammie antwoord: 'Elke keer as jy iets verkeerd doen en my ongelukkig maak, dan kry ek nog wit hare by.' Die dogtertjie dink toe so bietjie daaroor en vra toe: 'Hoekom is al ouma se hare dan wit?'*

## Theatre with a difference on our doorstep

Rootspring House in Muizenberg is beyond exciting! This unusual theatre, a stone's throw away from Evergreen, hosts a powerhouse of energy in a lovely space.

The March line-up includes productions featuring Acoustic, alternative, jazz, soul, and world music, traditional, African, and Celtic music. Visit the website and for more information contact [info@rootspring.co.za](mailto:info@rootspring.co.za), telephone 062 575 5795.



Ticket prices for pensioners are R80 and you can bring your own – no corkage. Pre-orders for food can be done at Quiket.

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## ABOUT OUR VILLAGE .. did you know...?

- You can buy your bread and milk from the bistro.
- Internet down? ...Go to clubhouse.
- There is a quiet reflective garden with benches at the back of House73 in Phase 3 (We are hoping to find a donation of a full-size tree for shade...any contacts please forward to the editor)
- We are trying to get a group together for aqua aerobics @6pm on Wednesdays. At the moment the temperature is 27 degrees in the pool. Classes are R60.00 a time.
- "Crafty Crafts", a monthly activity presented by Jenna Monk, house 78. Join us on the 3<sup>rd</sup> Thursday of each month. The theme for March is *Small flowers and posies.*







## PENSIONER'S DISCOUNTS

Every month we will publish a selection of these and readers are welcome to add to the list.

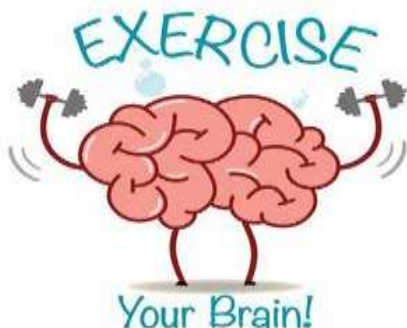
- Property Rates: As a pensioner, you qualify for a rebate on your property rates of between 40% and 100%. (dependent on your income)
- SABC TV licence rebate: If you are over 70 years of age, you can apply for a rebate on your TV licence. People under 70 who are eligible for a government pension or disability grant are also able to apply.
- Mango flights: On Tuesdays, Wednesdays and Saturday's flights come with a 10% discount for over-60s.
- Sanparks: Enjoy the delights of any of the many parks under the Sanparks umbrella at a discounted tariff, if you are 60 years or older. This applies to only certain months of the year and excludes Fridays, Saturdays and long weekends. The discounts are for camping or staying-in accommodation and can be up to 40% off the normal rate.
- Table Mountain aerial cableway: For just R100 South African senior citizens can get their hands-on ticket up the Table Mountain Aerial Cableway. You could also hike up and take the Cableway down for just R50 one way. And if you work up an appetite, ask about the pensioner's special at the Table Mountain Café, located at the top. No bookings are available online: you'll need to go to the Lower Cableway Station ticket office. This applies to SA citizens only and is valid seven days a week

## EXERCISE YOUR BRAIN....with WORDSEARCH

See how many words you can find... HINT there are more than 25!

Good luck!

Answers will be published in the next edition



## What's cooking?

*With the heat seemingly not abating serving cold dishes might be the answer. (One doesn't even need an oven.)*

### **Authentic Spanish Gazpacho**

Nothing like a cold and refreshing bowl of authentic Spanish Gazpacho to cool off in this heat. Authentic gazpacho from Spain is silky and smooth and not chunky. You can add some crunch with some fresh cut tomatoes, cucumbers, peppers and freshly made croutons.

*You will need:*

3 medium red bell peppers, roughly chopped  
3 large cucumbers, peeled and roughly chopped  
12 medium ripe tomatoes, roughly chopped  
1 large clove garlic (optional)  
2 cups water  
3/4 cup extra virgin olive oil  
1/4 cup + 1 Tbsp apple cider vinegar  
1 tsp salt or to taste  
1/4 cup + 2 Tbsp plain breadcrumbs.



*Method*

Place all the ingredients in a blender (depending on the size of the blender, you may have to do it in several batches) and blend until smooth.

Pour through a fine mesh strainer to get rid of tomato and pepper skins and cucumber seeds.

Chill for a couple of hours before serving.

### **Home-made croutons (or buy some down the road)**

*You will need*

1 large French baguette  
1/4 cup olive oil  
1/4 tsp salt or to taste.

*Method:*

Dice the baguette and place in a large bowl.

Drizzle with olive oil and season with salt. Spread the bread cubes on tin foil in a baking pan in one single layer and bake in the oven at 160 degrees C until crisp. Take care not to burn them. Cool croutons down. Scatter over the gazpacho when serving.

Enjoy!







## REMEMBER..

- ... to collect or download your monthly activity calendar
- ... to collect your monthly menus from reception
- ... look at the notice boards in the LSC, the library and opposite the post boxes.

## ADVERTISE YOUR SERVICES

For all your **JUSTINE** products - contact Pat van Eyssen - Unit 231; Ext 2231".

**HOMEMADE CARDS** for all occasions:  
Stephanie de Haas Unit 2, cell 082 442 4669  
Pat van Eyssen - Unit 231; Ext 2231.

## DID YOU KNOW THESE SPORTING NICKNAMES?



Shaun Pollock :  
Ginger Nina  
(Cricket)



Gary Player : The Black Knight  
(Golf)



Dingaan Thobela : Rose of  
Soweto (Boxing)

## SPORTS TRIVIA

Multi-racial sport took place in South Africa as long ago as 1895. In a race at Palapaye, 'five Europeans and five natives' took part in the 100 yards race, according to the **Graphic**. The winner was Segkomi, son of the Bechuana (Botswana) Chief Khama

South Africa was one of the founder members of the International Federation in 1903.

### Springbok fathers and sons

Father	Son
Alf Walker	Harry Walker
Mauritz van den Berg	Derek van den Berg
Felix du Plessis	Morné du Plessis
Louis Schmidt	Uli Schmidt
Moaner van Heerden	Wikus van Heerden
Schalk Burger	Schalk Burger Junior

(Van Lill's **Sports Trivia**)



Gary Kirsten : Gazza (Cricket)

If one tells the truth one is sure, sooner or later, to be found out (*Oscar Wilde*).

No man needs sympathy because he has to work. Far and away the best prize that life offers is the chance to work hard at work worth doing (*Theodore Roosevelt*).





**On behalf of Evergreen Health we would like to thank you for your participation in our February Health and Wellness Week.**

It was a valuable health education event for our village residents, and we appreciate your willingness to offer your information, services and time during the event.

We received many positive comments from the residents about the meaningful experiences and the success of the fair.

We look forward to seeing you at our next Health and Wellness Week!



**Health and Wellness Week**

**Thank You!**



### SOME PAST EVENTS IN PICTURES







## STAFF NEWS



A number of our Evergreen Line Staff received some very informative training on team bonding, self-awareness and personal development through **School of Courage & Confidence**.

Well done to our guys & girls Letitia, Carmelita, Nasely, Andrew, Nizaam and MacDonald.



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## THE LAST WORD...

It is only by the love of reading that the evil resulting from the association with little minds can be counteracted (*Elizabeth Hamilton*)

Thank you to all the contributors who made the **Muize News** see the light of day (Ed).

## IN THE NEXT ISSUE

*Your health.*

*Kom ons Oefen Afrikaans-klub.*

