

THE MUIZE NEWS

Season's greetings from our RESCOM Chairman, Neville Woudberg

We come to the end of 2020, an undeniably challenging year with the many COVID-19-related issues. Yet we have come through it all and face the new year with justified optimism.

Many residents, particularly the newer ones, have commented they were grateful to be in a facility like ours during the various forms of lockdown to which we were subjected. It just felt safe.

Over the last few months there has been a greater measure of normality, with most social activities restored.

One of the COVID-19 casualties has been our AGM which should have been held in August. As you know, this has now been postponed to as early next year as possible — when we are once again allowed to meet in bigger groups.

On your behalf I would like to thank the Evergreen staff for their support and efforts in serving us during these difficult days. It could not have been easy for them, particularly when circumstances involved them having to implement some uncomfortable measures.

Thankfully, we have come through the COVID-19 crisis relatively unscathed. Well, I say come through, but it is still out there, albeit less threatening. Nevertheless, we need to remain vigilant in and outside of the Village.

On behalf of Rescom members, I wish you a blessed Christmas and a wonderful new year.

Neville



And the Collins Dictionary Word of the Year is... you guessed it: lockdown.

by Braam Peens

Other shortlisted candidates read like a horror show of pandemic pejoratives – all to do with Covid-19 contagion – such as coronavirus, social distancing, self-isolate and furlough.

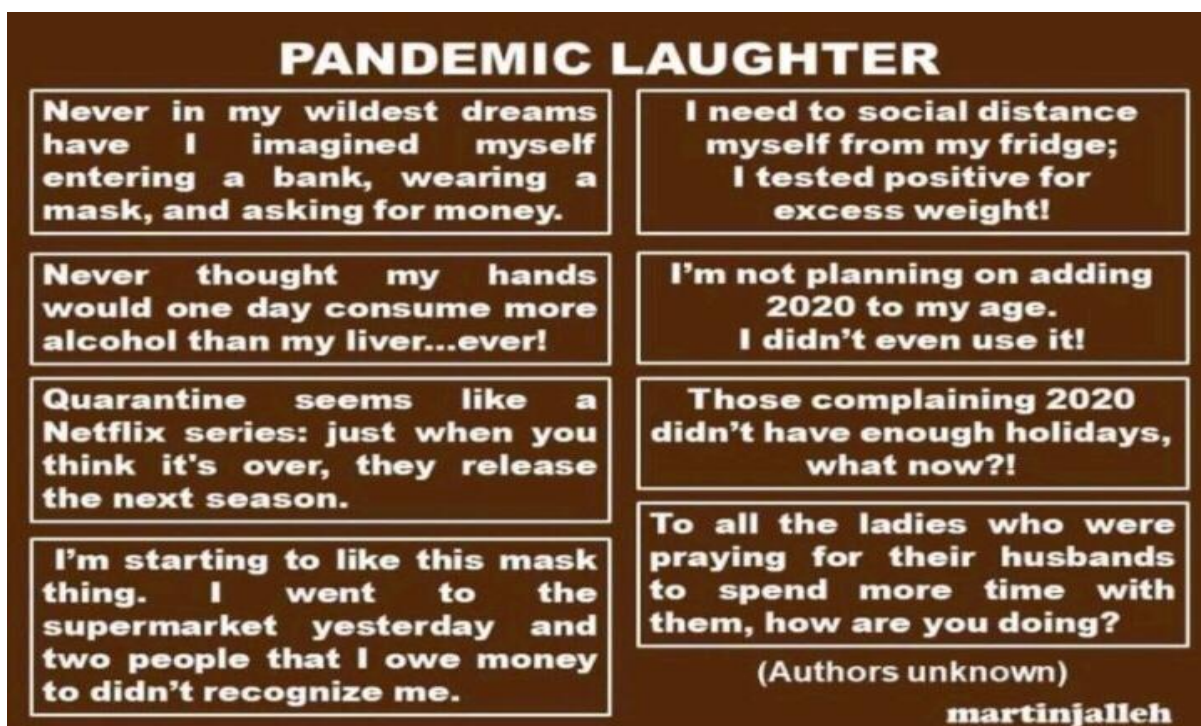
'It is a unifying experience for billions of people across the world, who have had collectively to play their part in combating the spread of Covid-19,' publishers Harper Collins said, who annually nominate a word based on the past year's socio-cultural zeitgeist. Previous winners include climate strike (2019), single use (2018) and fake news (2017).

Of these, fake news has by far been the most impactful; more so in a year that saw the fall from grace of the person who used the very same tactic to defeat his opponent and pave his way to the White House in 2016.

At the same time, one wishes to wake up on 1 January 2021, only to realise the misery of 2020 was just a bad dream, or just that: fake news. Except it wasn't. Matching the 1918 Great Depression in destructive capability, no natural or man-made disaster has brought humanity to its knees in the same way that Covid-19 has; which makes one wonder if the phrase *annus horribilis* isn't a more apt winner in 2020.

Along with health and social services, libraries have been at the forefront of serving our communities during the pandemic. Books have brought escapism and normality while library membership a sense of belonging at the worst moments in the past eight months. May they continue to stand as pillars in the communities they serve, not just in times of tribulation, not just now, but forever – and giving rise to 2021's most deserved word: hope.

(First published in The Cape Librarian, Nov/Dec 2020)



During this pandemic

by Margaret Clough

I have never used my smart phone so much: messaging, ordering, paying accounts, getting news, and playing Solitaire.

I have never written so much: diary entries, stories, assignments, poems and pieces for the Evergreen Muize News.

I have never felt so close to my church fellowship: greetings, messages, notices, pictures and jokes on WhatsApp every day.

I have never prayed so much; Morning, Midday, Evening prayer, a message from the Bishop every day and a service on Facebook on Sunday.

I have never felt so much loved on a birthday: greetings from friends, phone-calls from daughters presents from grandchildren and a trayful of treats for a birthday lunch.

But still, I have never longed so much for anything as I long for this pandemic to end.

Lock Down Blues

Margaret Clough

English is FULL of contradictions...

- 1) Found Missing
- 2) Open Secret
- 3) Small Crowd
- 4) Act Naturally
- 5) Clearly Misunderstood
- 6) Fully Empty
- 7) Pretty Ugly
- 8) 😄 Seriously Funny
- 9) Only Choice
- 10) Original Copies
- 11) Exact Estimate
- 12) Tragic Comedy
- 13) Foolish Wisdom
- 14) Liquid Gas

And the newest Mother of all is 15) "Social Distancing"



funnies



Grabbing some shade...and sun...



Care residents are now able to enjoy tea outside in their courtyard; new umbrellas and cheerful flowers that were kindly planted by Marlene Burt in the newly painted pots makes for a lovely outing just outside the door.



Erica Shearer knitted this grey-haired nurse for the Care Centre reception.

Stretching those limbs



Pat Swilling and Denise Elkin giving one of their weekly exercise classes to residents in Care

The big playoff

On Thursday 19th November 2020, seven lasses and guys set off from Muizenberg, some in a minibus, bound for Noordhoek. The fellas were going to play pool, while the gals were to play table tennis.



'Armed with the weapons of our respective sports we arrived at the Security at Noordhoek, who appeared nonplussed about how to set about taking the temperatures of all these senior citizens who had descended upon them. Amidst much laughter on our part, the security guard entered the bus and took all our temperatures which, thank goodness, were all normal.

We headed for the Fynbos Lounge, which is the temporary premises for all their activities. The table tennis table was in the lounge and the pool table in the garage.

A delightful group of five ladies met us and we set about playing with the support of Jimmy and Allen who had had come along as spectators and supporters.

Jimmy and Allen were roped in to play mixed doubles, which added to the fun!

After being spoilt by playing in our beautiful, large, airy gym, their table appeared to some of us to be fore-shortened. I think we had depth perception problems, not to mention the fact that we were a couple of decades older (and slower) than they were.

Muizenberg Evergreen were walloped, but we really enjoyed the spirit in which the game was played, and Noordhoek residents' warm hospitality.

We have reciprocated the invitation for early 2021, and later next year their beautiful new leisure centre will be completed, and, God willing, we will repeat the challenge.



Audrey at 91, played beautifully, and Elaine, Viv, Cheryl, Ursula, Judy and Pat were delighted to receive a WhatsApp from the Noordhoek ladies to say how much they enjoyed being with us, 'what lovely people we all are and what a fun time it was!' (Pat Swilling)



Big birthdays

When Audrey Marshall turned 92 years of age Ursula Law read out a poem at her tea party for a bit of fun. She and friends dressed Audrey up in some purple clothing...

WARNING

When I am ninety-three, I shall wear purple

With a red hat which doesn't go, and doesn't suit me.

And I shall spend my pension on wine and pretty tops

And plastic slops, and say I've no money for butter.

I shall sit down on the pavement when I'm tired

And gobble up samples in shops and press door bells

And run my stick along public railings

And make up for the sobriety of my youth.

I shall go out in my slippers in the rain

And pick flowers in Evergreen's gardens

And learn to spit.

But now I must still wear clothes that fit

And pay the rent and not swear in company

And set a good example for the children.

Have friends to tea, walk the dog and read the papers. *(With apologies to Jenny Joseph.)*



BIRTHDAY
WISHES



2020 Year end Chit Chat/Meet and Greet

We recently had a slightly different type of meet and greet and with our Village almost fully occupied, 53 of the 55 folk that attended are now staying in the Phase 3 houses.

Name badges and a list of 30 activities and clubs, with a contact person for each, was handed out at the start of the meeting.

Jenna Monk (House 78) and Ankie Bonnema (Apartment 339) welcomed all and encouraged new members to stay and mingle, ask more questions and enjoy the hospitality of Evergreen Muizenberg, their new home for the foreseeable future. Neville Woudberg (House 18) and the current chairman of the ResCom,



gave a short overview of what will be covered, Grizéll Luxton (house 84) introduced the Muize News that is published every 2 months and Derek Drew, our village manager, drew attention to the post boxes, gym equipment and welcomed all during these strange times of COVID-19.

Lydia Hirschmann (Apartment 18) introduced the next section regarding all our various activities and each representative gave a short scenario of their portfolio...all having one thing in mind – use our facilities and enjoy this, your 'new' life of leisure (see contact list below).

Special thanks to the Bistro management and staff for the lovely refreshments.

Resident contact list for activities

- | | | | |
|----|-------------------|--------|--|
| 1) | Ursula Law | (101) | Art group and walking group |
| 2) | Lydia Hirschmann | (2017) | Bar evenings |
| 3) | Steph de Haas | (2002) | Beginners' drawing and watercolour |
| 4) | Hydle de Villiers | (2236) | Bible study, church services / Oefen Afrikaans |



5)	Richard Bailey	(114)	Bingo
6)	June Orsmond	(2234)	Book club
7)	Jim Raubenheimer	(150)	Camera club and wine tasting
8)	Carol Smuts	(2103)	Canasta and library
9)	Jenna Monk	(04078)	Chit chat and crafty crafts
10)	Norah Robson	(149)	Choir
11)	Pat van Eyssen	(2231)	Gym equipment usage
12)	Gill Blackburn	(2001)	Knitting group
13)	Margaret Clough	(106)	Poetry
14)	Hugh Till	(2219)	Pool tables
15)	Joan Jackson	(2112)	Rummikub
16)	Pat Swilling	(164)	Table tennis



THANK YOU from Grizéll

My sincere thanks to each and every one who contributed to the Muize News during the year in any manner, shape or form. I could not have done it without your help. Please don't stop sending your contributions. Not everything can be used but, on the whole, we try and accommodate as much as possible.

A very blessed and festive season to all our readers!

Stay home, stay safe and be merry.



Time to garden

by Ann Blignaut

Here we are nearly at the end of a strange year especially so being locked in. Luckily there is a saying that nature teaches us that there is a time for everything so hopefully this too will pass as we notice by different things flowering at different times around our village. By now the first flush of flowers has gone and we are well into our summer pattern of plenty of sunshine and wind.

With a hot summer sun and wind our gardening tasks mean daily watering especially here where we have mainly plants in pots. At least we have more water around at the end of this year. Mulching would also assist with keeping plants protected from hot sun and wind.

Other tasks would be weeding and cutting back plants that have finished flowering. We are very blessed to have so much garden around us that we can all enjoy as there is always something flowering around our village. There are lovely green trees in our older part of the village and plenty more new trees that are doing well in the new part of the village.

An interesting indigenous flowering plant which will do well at this time in pots is the *Scabiosa incisa* (Scabia). It has pretty lilac flowers that flower continuously from spring right through summer. Good for bees and birds.

For a bigger plant or shrub, the buddleja does very well in our sea air and wind.

Herbs such as thyme mint and lavender will grow well at this stage of the season.

We are lucky to enjoy some beautiful mornings and evenings at the moment with lots of birds busy everywhere – treasure it.



Unusual display of potted 'Spekbome'



I secretly snapped this photo of Ann, our garden feature's author, as she will never feature her own garden... a lovely welcoming oasis...

Great use made of pots



On the subject of gardening...Spring flowers in Muizenberg

by Margaret Clough

Because of the good Winter rains, this year has been a wonderful year for Spring flowers. They came later than usual but they came in abundance. It is a pity that in most of the Southern suburbs, over-vigorous mowing in previous years has meant that there was no lovely carpet of indigenous flowers on the verges of the roads as there once used to be. But in Muizenberg we are lucky. Whether it is because residents have requested this or whether it is because the mowers ran out of steam when they approached the end of the free-way, but here our beautiful daisies and vygies have been allowed to flower and the result has been spectacular. By the shores of Sandvlei and along Baden Powell Drive, the ground has been covered with yellow Senecio and White Rain Daisies.

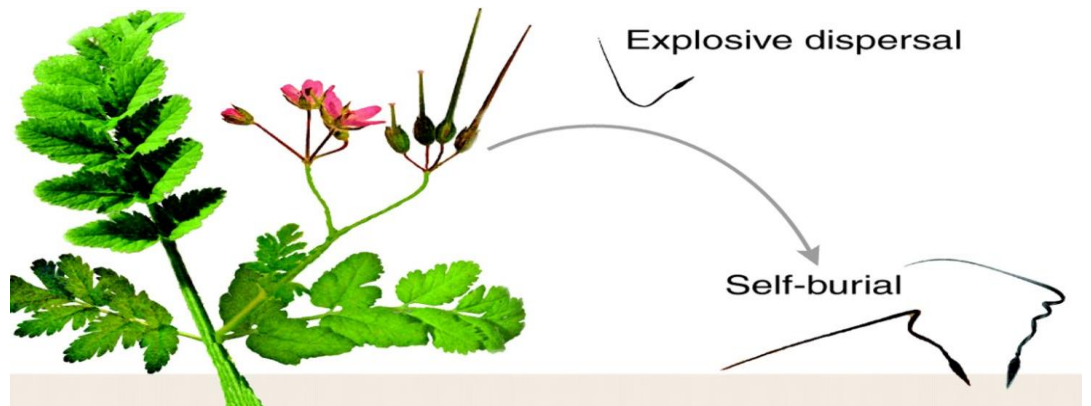
Our Coastal Fynbos is very rich in species, but the most common flowers in Spring are those that belong to the Daisy Family (Asteraceae) and the Geranium Family (Geraniaceae) probably because these species have the most amazingly ingenious ways of making sure that they are pollinated and that their seeds are efficiently dispersed.

The "flower" of a wild daisy like the Felicia in the picture, is actually a flower-head consisting of a large number of small florets. There are two kinds. There is an outer ring of ray florets surrounding a centre of disc florets. The ray florets with a strap-like single petal made of 4 or 5 fused petals are colourful and



attract bees and other insects. The disc florets have small fused petals and a circle of hairs instead of sepals. An insect walks across the flower-head, picks up pollen from the anthers and spreads it to the stigmas of the more mature florets. Then when the seeds are ripe, they pull loose from the flower-head, the ring of hairs turns into a parachute and the wind carries them away.

The other common flowers I mentioned are the ones we usually call Geraniums, but should more properly be called Pelargoniums. Though they do belong to the Geranium family, um. They come in all sorts of sizes and colours and many have sweet scents. The bright



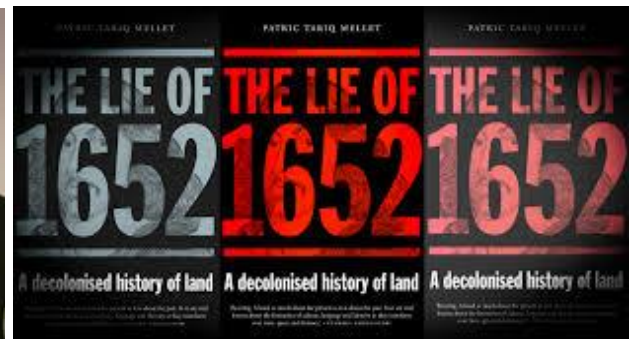
colours and sweet scents make them attractive to bees. Pelargoniums also have a very clever way of

scattering their seeds. The seeds have a long stalk and are clustered round a central column. When they are ripe, they virtually explode and are thrown quite far from the plant. The seed has a sharp tip which penetrates the ground and a stalk which twists like a corkscrew and actually plants the seed in the soil.

The Bestseller that seemed to come out of the blue

By Melanie Steyn

How did **The Lie of 1652** become a South African bestseller in 2020? And who is Patric Tariq Mellet, anyway? They both seemed to come out of nowhere, but suddenly the bookshops were unable to keep up with demand, and in no time the book went to a second print. Suddenly Mellet was being interviewed on every radio and TV show that mattered.



I was pleased to meet Tariq in 2012, because I already admired his reflections and research, notably in his blog, <https://camissapeople.wordpress.com/>, where one sees his personal search for identity blended with scholarship and a riveting narrative style. Tariq and I discovered we also had other friends in common, and that he admired, no, loved my brother-in-law, Reg September, who had been a father-figure and mentor to him in his days of exile. So, I have been enriched by visits to this admirable man to listen to his rich, deep voice, as he generously shares his knowledge.

Tariq's mother worked as a garment industry machinist and later as an assistant in a laundry/dry cleaner's in District Six. She struggled to bring him up alone and was repeatedly obliged to place him in care, as she herself was a boarder in other people's homes. Between the ages of 4 and 15, he was placed in three foster homes, a children's home of unspeakable cruelty, and a residential industrial trade school.

Tariq has always picked up information from whatever source he could. For instance, a Holy Cross nun, Sister Mary Martin, introduced him to San Martino de Porres, son of an African slave and a Spanish soldier, who became a muse for life. Tariq organised solidarity activities at school, for example, to protest against Group Areas and Population Registration legislation. He also decided to start working as soon as he could although, to his mother, matriculation was the magic door that would open doors to a better life. However, she was on a meagre state pension by this time. His first job was in a jewelry manufacturing sweat shop.

His insights and activities inevitably led to brushes with the regime. To read how he found the difficult road to a free and authentic life, see the biographical section of his blog. It is an amazing story of endurance and integrity, leading to his arrival in Botswana as an exile in 1978. He was moved about by the ANC, sent on a training course in printing and communications and five years later to the UK. He was active in the Department of Information and Publicity, which ultimately produced five million sheet runs of literature a year for distribution, in the underground across South Africa, and into the international support arena.

He returned from exile in 1990 and dedicated himself to more hard work, for example, as the head of Public Relations of Parliament, among other prestigious appointments. In 1999 he obtained an MSc in Tourism Management and Development, with distinction, from Buckinghamshire New University. He worked tirelessly at fighting corruption throughout his life and in particular as Commanding Officer at OR Tambo International Airport.

Now, in retirement, he calls himself a heritage whisperer, and is in demand as a speaker, explaining his unwavering vision for a more just and kinder South Africa.

So, from his knowledge and experience, what has he said in *The Lie of 1652*?

There is a narrative, which Tariq is now disrupting, in the history text books that have been prescribed in South Africa for many decades, which is that South Africa was a relatively empty land when the whites landed at the Cape and started moving northwards, while black Africans were starting to move southwards. The Cape had some scattered Khoi and San people, with whom there were minor skirmishes, but who ultimately negotiated land transactions with the settlers as their lifestyles were overshadowed by the powerful white culture. In this book, the spurious details of those "transactions" are exposed.

Tariq describes the varied formations of Khoi and San people, with complex relationships between them, and how they reacted to the Dutch establishment of 1652. He relates how previous groups had already interacted with Dutch, English, French and Danish ships for decades before Van Riebeeck arrived. He tells the poignant story of how Autshumao, the Khoi leader of the "Watermans," whom the British called the "King," was ruthlessly displaced by Van Riebeeck.

One learns fascinating facts about the peopling of South Africa from *The Lie of 1652* – detailed accounts of the movements of various groups, meeting and mingling through the centuries. Did you know, for instance, that the original Cape San, the !Xam, were exterminated because they never capitulated to the expanding settlers? They are survived by other San groupings, who did not capitulate either, but who have a few scattered survivors.

Far from embarking on peaceful expansion, the Dutch and later on the British, fought nineteen wars between 1659 and 1879. In the book, these are carefully described. Equally eye-opening is the section on slavery, explaining as it does the many streams of humanity that were added to the population of the Cape, creating a complex creole population alongside the Khoi, San, Nama, Griquas, and others, all of whom were reduced to "Coloured" by a sweep of the colonial pen in 1911. Tariq prefers to call them Camissa Africans, after the Camissa River from which Autshumao supplied fresh water to passing ships at the Cape.

He exposes the methods by which people were further stripped of identity between 1904 and 1950 in a section that makes for grim reading, but then our history is packed with shameful episodes. To his credit, Tariq does not expect readers to simply agree with him. He invites, encourages them to explore the records for themselves and contribute to the ongoing debate. His book has more than 500 endnotes, citing his varied references.

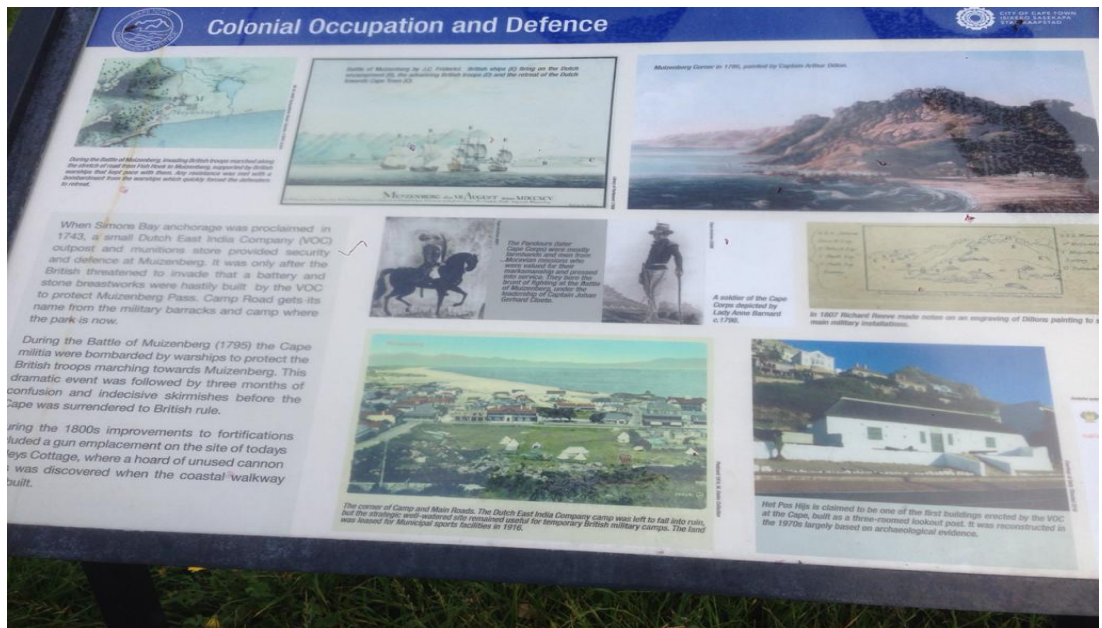


Tariq is working indefatigably despite health issues which cause him pain – long may he continue to do so. I salute him.

Muizenberg revisited

by an Evergreen resident

We have mentioned some important stone buildings along the Main Road previously but there are many more and perhaps on a lovely summer's day – instead of sitting in the car, preferably not at the



weekend when the sidewalks are busy – you may find it interesting to take a leisurely walk and get acquainted with the excellent historical and informative story billboards installed by the City Council after the upgrading of the Main Road a few years ago.

There are 21 boards in total stretching from Muizenberg to St James and Kalk Bay. These boards have been placed in historic places of interest starting at Muizenberg Park corner (opposite Checkers) where there is also an old stone marker XV which was the measurement in miles from that point to the Town House in Cape Town. This area of Muizenberg was once a Military Camp (hence Camp Road) and later at the turn of the century became the Muizenberg Sports Association offering many diverse sports – including horse riding! Crossing over at the Traffic lights one finds it difficult to imagine that this was where the famous Farmer Pecks Inn was once situated – it later became the Grand Hotel, then changed hands many times and is finally now Cinnabar!



Continue along the Main Road to York Road where the Corner Surf Shop, the first in Muizenberg, has,



The original 20-mile stone from the Townhouse to Muizenberg on the corner opposite Checkers

on display, many old and well-used surfboards hanging from the ceiling. York Road was originally Station Road and the change of name was to honour the Royal Visit of the Duke and Duchess of York to Muizenberg in 1901.

The old building on the opposite corner was originally the Masonic Hall. York Road has become a trendy area for young people but in its day could be likened to a mini

mall. Variety stores still trading in the 1970s supplied basic necessities: bathing costumes, sleepwear, underclothes, buckets and spades and any other article you may require on holiday. There was Muizenberg Stores for groceries, a dairy, a butchery, Attwells for bread and cakes, a fruit market, a shoe shop, Dankers, which supplied school uniforms and a chemist that changed hands over the years providing a much-needed service to inhabitants. Many of these establishments, hotels and boarding houses were owned by Jewish families who contributed greatly to the ever-growing Muizenberg community.

At the level crossing you will find the second storyboard with a wonderful picture of the Railway Station crowded with day visitors. With easy access to rail and 2/6d for a return ticket, many families traveled to Muizenberg for a day at the seaside as Muizenberg had become known for its recuperative fresh air and sea bathing. Whilst you are in the vicinity check the advertisement on the building opposite. This was exposed a few years back when an overseas film company decided to renovate many of the buildings and beach area for a film shoot, revealing Kent Stores as a general outfitters and Eve's tea room, well utilised for refreshments in its heyday.

Double back to the Main Road past the well-built Post Office that still contains incredible and much-admired tiled murals – unfortunately this P.O. is now obsolete! Continue towards the Railway Station

and marvel at this impressive building built at that time – pity the clock does not keep up with the times!

The railway line was doubled in 1911 to cope with the visitors to the False Bay Area and the new station built in two years opened in 1913. Among other innovative facilities there was an upstairs tearoom visited by many distinguished guests. Popular Muizenberg was fast becoming known as the Brighton of South Africa.



Proceed along the Main Road to St James and Kalk Bay and enjoy getting to know this unique coastal area. Look out for a further milestone! There are a number of lovely old stone homes and iconic buildings, many renovated for different purposes over the years, the history of which is fascinating. The old police station at one time was attached to the Carnegie Library and became the Magistrates Court and is now the Police Museum.

Of note is The Labia, once known as The Fort, and Rhodes Cottage where Cecil John Rhodes died in 1902. With its wealth of books and memorabilia it is definitely worth a visit – open daily and maintained under the Muizenberg Historical Society. Rust en Vrede, built opposite Bailey's cottage on the sea walk, was designed by Sir Herbert Baker for his friend Rhodes but after his death Sir Abe Bailey bought the land.

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According to the City Council Website, a team of experts including historians and archaeologists, The Muizenberg Historical Conservation Society and Kalk Bay Historical Association formed part of the City Council Committee who selected and developed the themes depicted on the storyboards. A number of archives and individual collectors contributed to this project by making their postcards, family collections and other photographic images available. It was a collective effort by the City, local residents and non-profit organisations who are passionate about the history of this area.

In total eleven themes are depicted on the storyboards, among which are:

- Indigenous people, the story of the Khoisan who first settled in this area
- Colonial occupation and defense.
- Mountain and sea, its storms and fires, some recent
- Wagons and transport
- Architecture – historic homes, churches, schools and buildings, the early pioneers and residents
- Religion and education



- Kalk Bay, the harbour, the melting pot of cultures and nationalities with the tiny Musli Jasjid at its heart, occupied by fishermen, crafts people, lace-makers and shopkeepers. Learn about the many Muslim slaves and exiles, the fishermen from the Philippines, mostly Catholic and owners of villas large and small along this magnificent coastline.
- Muizenberg – a coastal resort aspired to match Brighton (the British coastal resort) where women, including Agatha Christie, surfed regularly in the 1930s. Due to a tremendous surge of interest in Muizenberg at the turn of the 20th century and easy accessibility by rail, a proliferation of hotels and boarding houses were established. This became an important factor in establishing a village that enticed many hardworking people from different nationalities eager to experience and contribute to a better life in a new country.

These well-presented storyboards with iconic scenes of the early years are meant to be enjoyed and are a collective story of our rich and diverse cultures.

Straatkind

by James O'Conner

Straat kind, verlore kind
 Waar loop jy nou op die vuil strate
 Honger en koud en verlate

Het jy jou pad gevind?
 Of is jy verdoem om altyd te soek
 Altyd op die volgende hoek
 Van 'n vuil straat te wag
 Vir 'n toekoms so donker soos nag

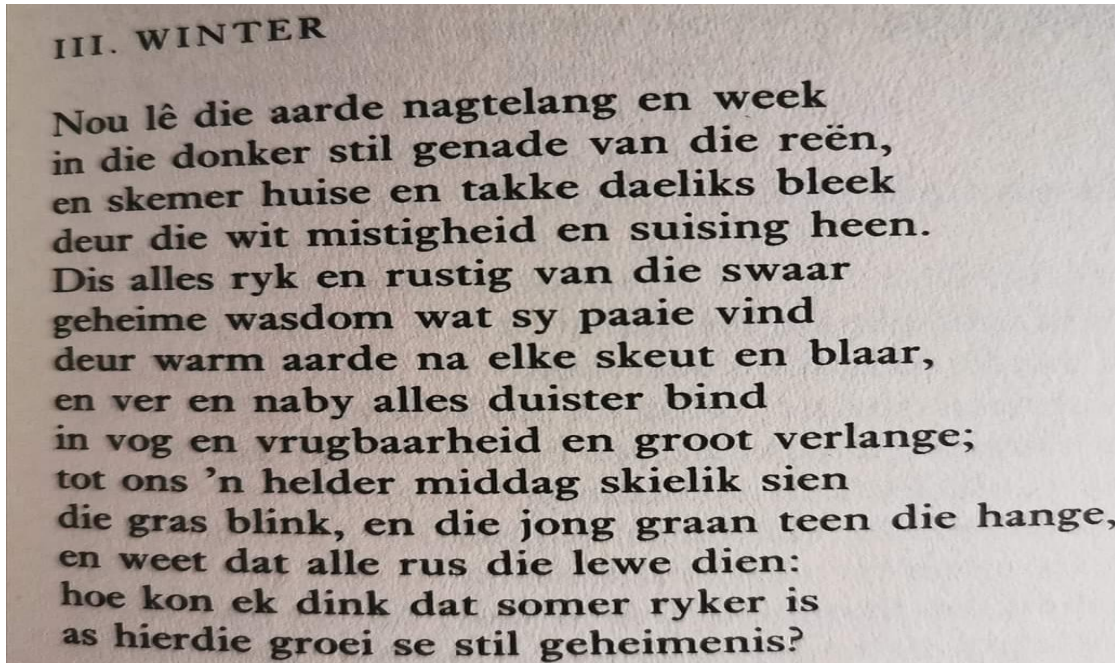
Soos 'n ou sigaret stompie
 Lê jy op die vuil sypaadjie
 En wag vir 'n toekoms wat nooit verskyn
 Vir geluk wat altyd verdwyn.

Sal jy ooit jou heenkome vind?
 Of sal jy soos blare deur die wind gewaai
 Verewig deur die strate
 Dwaal, honger en koud en verlate?
 My straatkind, my verlore kind



Quantity of scale

- Humanity produces as much information in two days as it did in our entire history.
- France's National Library has 14 million books, the biggest in the world. Every second the equivalent of double this library is distributed on the web or the equivalent of 63 million French national libraries a year. (As seen on Youtube)



MARGARET CLOUGH 'unmasked'

by Lydia Hirschmann

Margaret lives with her two agility-trained dogs in one of the cottages, and all three are now retired. She is an old hand (excuse the pun) at training dogs and medals and rosettes are scattered all over the cottage.

Margaret's schooling took place in Wellington where she attended Afrikaans-medium schools. Then on to UCT for a Science Degree (as she did not want to become a teacher or lecturer like all her immediate family). She worked briefly after University, then married and went to live in Zambia. Her husband was a land surveyor and she and her 4 small daughters would go out camping in the bush regularly.

Then the family came back to South Africa and settled in George. Margaret undertook a number of jobs including teaching Biology and English at a Coloured School as well as Science in a Township school. In-between teaching, she worked as a Research Chemist with the Department of Forestry. After her husband died, she retired to Cape Town. Shortly after coming here she was asked by her parish church to write a play for a children's service, and thus the writing bug bit.

She has had two children's books published, two books of poems published by Modjaji Books – which is run by women for women and has self-published another two books of poetry. Margaret enjoys singing in our Muizenberg choir and runs our Poetry club.

During lockdown, Margaret has combined with her daughter and granddaughter to publish another book of poems.

Generations get together

The book of poems **Living Locked Down** is the result of an unusual collaboration. It has been created by four generations and five members of one family across four cities and three countries.



It started as a way for Margaret Clough and her granddaughter, Danielle to pass time and keep connected during Lockdown. The collaboration spread to a daughter, Shirley Renwick, in East London, another granddaughter Robyn Jordaan in New Zealand and finally to a great-granddaughter Erin Zondagh in California. Margaret, Shirley, Robyn and Erin produced the

poems, Robyn designed the cover and Danielle was responsible for the artwork and the layout.

On the back cover, Danielle writes, 'This collection of poems is our way of making sense of the strange time that we lived through, the little things we noticed and the big questions we asked.' Living Locked Down is available from Margaret Clough, House 6a Evergreen.

Wie het die 3 reëls uitgevind om jouself teen Covid-19 te beskerm?

- Sosiale distansie
- Was van hande
- Dra van maskers

Het jy geweet dat:

3500 jaar gelede is daar vir die volk Israel gesê:

- Eksodus 30: 18-21 Was julle hande
- Levitikus 13: 4,5,46 Hou afstand, bedek jou mond en vermy alle kontak.
- Levitikus 13: 4,5 Enigiemand wat besmet was, moes van 7 tot 14 dae in kwarantyn gebly het

Tog is daar vandag nog diegene wat beweer dat die Bybel nie 'n moderne boek is nie.

"Waar kry jy daardie groot diamantring?"
vra die vrou.

Blond: "By my skoonma. Op haar sterfbed het sy R30 000 in my hand gestop en gesê: 'Koop tog 'n mooi steen.'"



Notes from a small library (with apologies to Mr Bryson)

by Carol Smuts

COVID-19, in my opinion, made us aware of how important it is to keep reading. It fills time, helps time to pass and keeps the brain active, Keep reading!

Some 'new' arrivals:

Fiction

The great wide open by Douglas Kennedy, published 2019

A huge American family saga, charting the pain which can be caused by family relations. A large book, with lovely big print and worth the effort.

The survivors by Kate Furnivall, published in 2018.

A powerful story of war, love and loss. Nice print for tired eyes.

Non fiction

At home by Bill Bryson

A history of domestic homes and the objects within, with his usual interesting digressions.

Great Battles by Christer Jorgensen

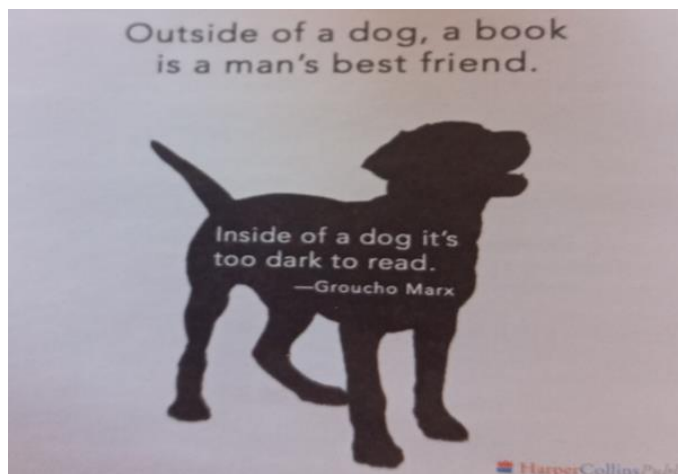
A beautifully produced book, with fab illustrations and palatable explanations of world battles from Marathon (490 BC) to Operation Iraqi Freedom (2003).

Lewis and Clark: the journey of the Corps of Discovery 1804 by Dayton Duncan

The story of the historic journey to seek the North West Passage, and opening up American history to those who enjoy past explorations. Also, a lovely production, well worth a read.

If you can't find the books, contact me and I will help you.

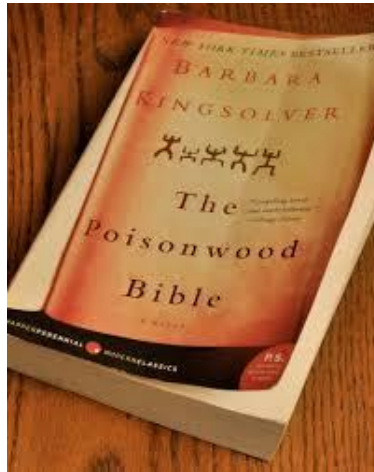
PS. Please do not shelve books, we will do so.



Happy Holidays

Notes from our book club's chair

by June Orsmond



Our Evergreen Book Club had just two meetings, on 6 Feb and 5 March, before Covid 19 locked us down into our apartments and cottages for six months before we dared creep out again on 3 September. Thereafter we had two more, one of which where we treated to a charming talk by Stephen D'Alton.

It was quite strange and almost 'strained' to meet again for the first time on 3 September 2020 after 6 months of lockdown ... everybody perhaps just a little nervous about whether to wear masks or not ... and whether to stay 1.5m apart throughout the meeting, et cetera.

There were some great recommendations. Pat telling us she reread Neville Shute's **On the Beach** twanged a lot of old memories for all of us. Some other recommendations were **The Music Shop** by Rachel Joyce, **The Storm sister** by Lucinda Reilly, (that I googled and found that it's the second book in a fascinating series of stories based loosely around the mythical Pleiades sisters Maia, Electra, Alcyone, Taygete, Asterope, Celaeno and Merope).



(Left) Annaleen Erasmus, Felicity Menzies and Marie Snijders and (right) Suzie Kietzmann and June Orsmond during the first meeting after lockdown



My read of the year was undoubtedly Barbara Kingsolver's **The Poisonwood Bible**. I was fascinated from page one. Briefly, the story, set in late 1950s Congo, is about an American missionary who arrives with his family intent on bringing enlightenment to the savages. The experiences of the family are told by the preacher's wife, Orleana, and their four daughters, the vain Rachel, twins: Leah, who is devoted to her father, and Adah, damaged at birth but more aware than anyone realises, and the baby, Ruth Ann. Many huge themes are thoroughly but lightly explored – beautiful, harrowing, exciting, tender, occasionally humorous. I loved her use of language and the tantalising use of palindromes.

It's not the honour that you take with you, it's the heritage that you leave behind...



KINDNESS CALENDAR: DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Leave a positive message for someone else to find	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
21 Appreciate kindness and thank people who do things for you	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
31 Plan some new acts of kindness to do in 2021	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	<p>Let's look beyond our differences and help each other. Every act of kindness matters </p>			

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/do-good-december



Evergreen's Secret Santas

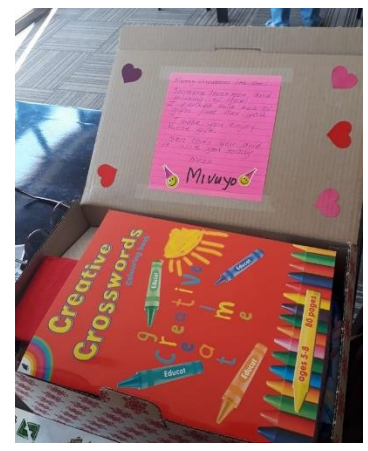
by Jenna Monk

The Santa Shoebox Project originated in Cape Town in 2006 with a humble 180 shoeboxes. In 14 years, it has grown in leaps and bounds, with the number of Santa Shoe-boxes donated reaching a total of 957 297.

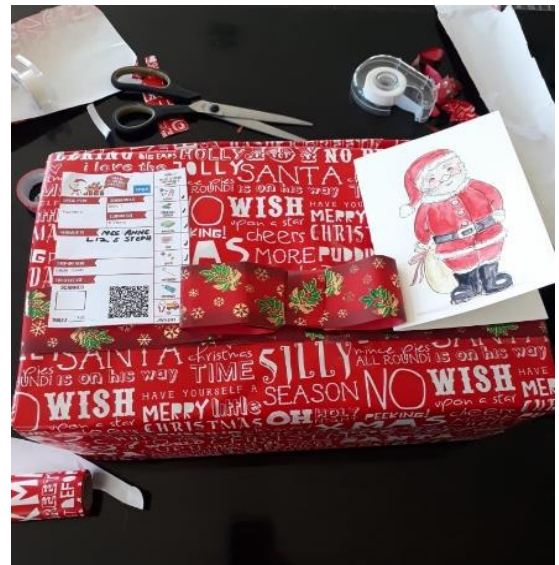
The theme is *Let's make MAGIC!* and now, in its 14th year, South Africa's best-loved children's charity, the Santa Shoebox Project, is Marching To A Million!

The excitement will build until the millionth pledge is made for the millionth child, the millionth Shoebox is delivered by a donor to one of the more than 60 drop-offs around South Africa and Namibia and handed to the child for whom it was pledged. The shoeboxes are distributed to more than 1000 recipient facilities each year, through more than 60 satellites around South Africa and Namibia. All involved are looking forward to reaching a million boxes in 2021.

The minimum eight required items for a box are a toothbrush, toothpaste, soap, a wash cloth, sweets, a toy, school supplies and an outfit of clothing – all new, unused and age-appropriate. Several residents joined in the project and in the end we at Evergreen could donate 25 Santa shoe-boxes.



Santas workers hard at work: From left to right; Brenda Hemus, Glenda Williams, Sue Beele and Gerald Seaward all hard at work to make a little one's heart a happy one this Christmas



From left to right; Ann Robertson, Meg Bennett and Steph de Haas, the creators of the friendly Santa card for the shoebox (on the right).

From the Bistro

Easy Cheesecake!

INGREDIENTS

- 1 litre plain double cream yoghurt
- 1 tin condensed milk
- 200g biscuits, crushed

INSTRUCTIONS

1. Press the biscuits into an even layer at the bottom of a deep microwave-safe dish.
2. Mix the condensed milk with the yoghurt and carefully pour the mixture over the biscuit base. Smooth the top, then microwave on high for 5 to 6 minutes, or until set.
3. Refrigerate until cool, then slice to serve. If you like, you can add more crushed biscuits on top, or your favourite fresh fruit.

Christmas Greetings

Where did Cheesecake originate?

Cheesecake, however, is believed to have **originated** in ancient Greece. In fact, a form of **cheesecake** may have been served to the athletes during the first Olympic Games held in 776 B.C. to give them energy. ... Centuries later, **cheesecake** appeared in America, with a variety of regional recipes brought over by immigrants.

taken from ThoughtCo on Google



■ WELLNESS

HOW TO STAY HEALTHY IN A COVID-19 WORLD

Small lifestyle changes can make a big difference to your immune system



SUPPLEMENTS

Be sure to take health advice only from registered professionals and, if you are taking chronic medication, ask your doctor or pharmacy for extra month's supply to keep on hand to reduce trips to the pharmacy.

It's essential to include multivitamin and Zinc supplements to boost your immune system. Zinc, one of the health heavyweights that is often overlooked, is the second most abundant trace element in the body and helps build healthy immune cells needed to help to fight infection.

It also reduces fatigue and plays a key role in the renewal of skin cells and keeping hair and nails healthy. According to the International Zinc Association (IZA), zinc is required by all living things for survival. In fact, Simon Norton of the IZA says, "Zinc is essential for human health as it is in our organs, tissues, bones, fluids, and cells."

DIETS

Many of us grew up thinking that the standard food pyramid was the best guide for how we should eat. We now know that over-emphasis on the intake of grains and starch and under-emphasis on healthy fats, proteins and oils was incorrect.

Although starches like bread are a diet staple for many, these types of carbohydrates break down into sugars which are not beneficial for the body.

Aim to include healthy fats from foods like avocados and nuts, as much vegetables like broccoli and spinach as possible and more protein such as beans, chicken and fish than carbohydrates in your weekly diet. Speak to your trusted health professional for immune-boosting dietary advice if you have diabetes, high cholesterol, a heart ailment or a chronic illness.

KEEP THE BRAIN ACTIVE

An array of mind games can also be of great help to keep the elderly engaged such as scabble, sudoku, carrom, ludo, cubissimo, coggy, bingo, cards, chess and crossword puzzles. Fun interactive online games and puzzles all keep the brain buzzing.



For music lovers tune into FM 101.3



For those residents who are new to the Cape, don't forget to tune into our local radio station, *Fine Music Radio* at 101.3 FM for truly delightful music, up to date news and interesting discussion programmes. Remember you can also stream it on your PC or via the television. And remember to donate to FMR – they need our subscriptions to keep going.

On our doorstep

Great entertainment can be found at the Noval Art foundation that is just down the road from us. Annual prescriptions are reasonable and apart from regular art exhibitions there is also the Skotnes Restaurant that serves delightful meals.



An Access card that can be purchased R120 online or on site gains you access to the museum and the Sculpture Garden and entitles the holder to unlimited entries for one year from date of purchase.

Strolling through the gardens will feed your soul. And if you would like to take your children/grandchildren for a treat, entry for under 18's is free.

For more information go to the www.norvalfoundation.org
Our thanks to Chris Kihn for the local info.

A special for Evergreeners

Great news for those who do their nut over large Mozambiquan prawns is that Carla's in Muizenberg is offering specials on prawns and mussels to **Evergreen Residents**. These specials are available on Mondays and Tuesdays only:

8 large, succulent prawns served with a very tasty peri-peri sauce @R180

12 mussels in her secret Mozambiquan sauce @ R90.

Note: To qualify for the discount, please be sure to wear your BuddyBand.

Carla's Restaurante Camarão can be found at 9 York Rd, just off Main road in Muizenberg. It is small, cosy and be careful not to blink as you might miss it.



HOME BAKES

Baked with real Butter & fresh Eggs

*Scones R 7.00 ea

*Biscotti R 35.00 per tray

*Shortbread R 35.00 per tray

*Cupcakes R8.00 ea

*Muffins R 12.50 ea (Banana Walnut and Blueberry)

*Chiffon Cakes to order

Phone Lydia

Ext. 2017 (internal phone) or

Cell: 073 707 6474

Looking for that special card?

Beautifully illustrated cards in watercolour made to order by Stephanie de Haas (cell 083 549 5070) for sale.

Small: R30 each

Large: R50 each