

# NEWSLETTER

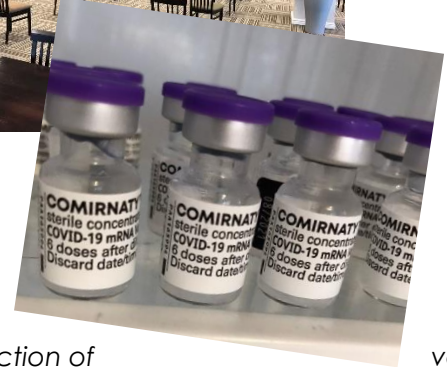
## THE MUIZE NEWS

JULY / AUGUST 2021

And a nearly warm welcome to our readers as at the time of writing the weather is hotting up... Life with Covid 19 is very very slowly returning to a new normal and so are activities in the Village. Despite all the restrictions residents have been very active and kept themselves busy...no less our photography club – we are featuring three different themes in this issue. To view these in more detail remember to visit the library as entries are also featured there.

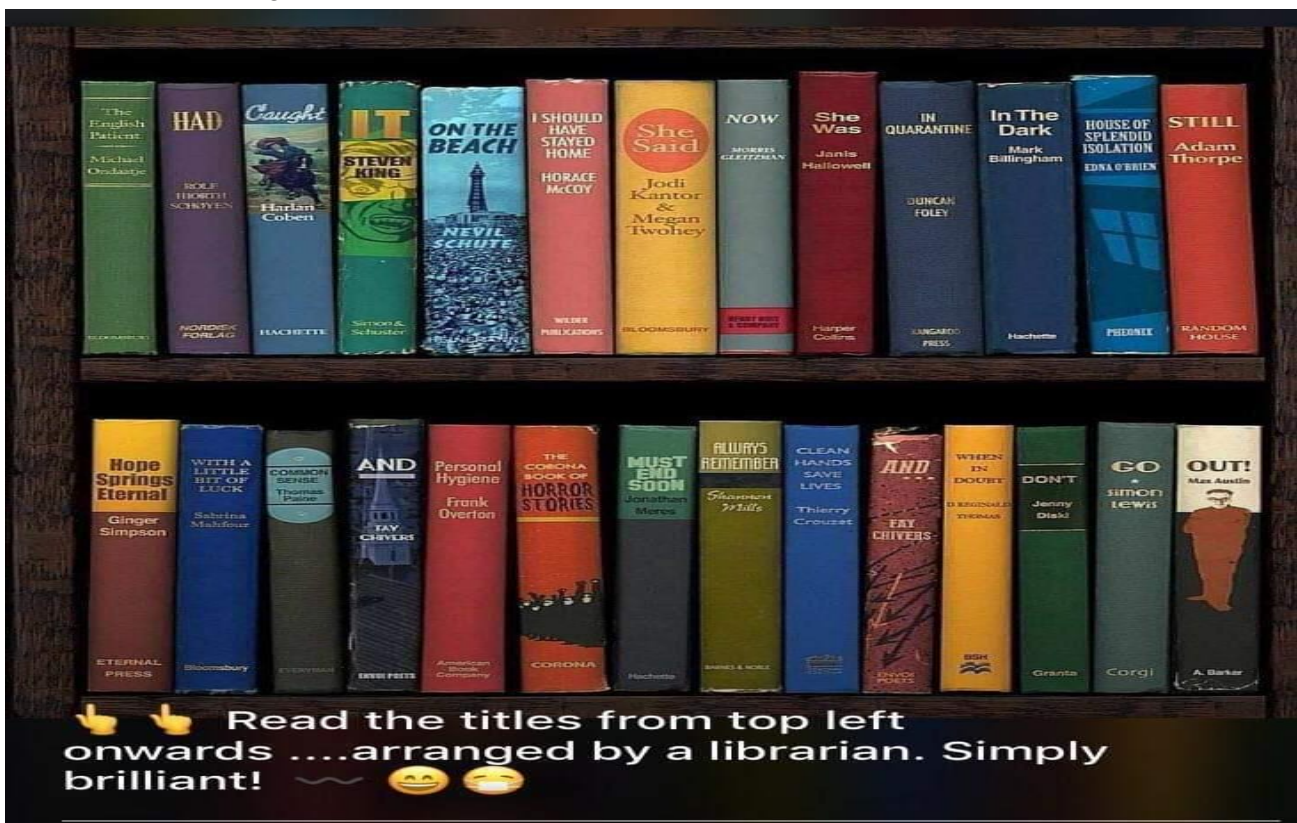
The biggest news of course is that most Evergreeners have been vaccinated. There was a large turnout amongst villagers to get vaccinated and to date approximately 290 residents have received all their jabs.

Matron Yolanda Wilson, Melanie Carstens, Elize Porter, Urica Jass, Kim Whitworth, Lorraine Powell and Bronwyn Davis were part of the group of HealthCare and administration staff involved in the process.



(Ltr): Gary Reed, Evergreen MD arrives at the village with the first collection of vaccines and residents in line for registration before vaccinations

vaccines



👉👉 Read the titles from top left onwards ....arranged by a librarian. Simply brilliant! 😊😊



## Thoughts while waiting for vaccination

by Margaret Clough

More theatre foyer than a doctor's waiting room. Lines of plastic chairs snake round the dining room,

past gym and hairdressing salon and at last intrude into the library where Mfundo stands with clipboard to assign us to our places.

Folk I haven't seen for months! Who can that be? ..colourful mask and trendy shades, hair dyed an unlikely colour. Is it someone I ought to know? Of course. It's Shelley from apartment 16.

Someone is calling me and waving. It's a friend from the cottages! I thought she'd left or moved into the Care Centre, but there she is as spry as ever rolling up a sleeve enthusiastically.

Everyone is moving up. Unvaccinated residents are coming in as vaccinated ones move out. We chat to everybody as they pass. 'Hello, How nice to see you. You're looking well.' 'Yes we'll have to get together soon again.' As a social occasion, this is such a great success. Perhaps, like our New Year party, we ought to hold a vaccination every year.



Happy smiles behind the masks...(Ltr): Merleen and Edric van der Vyver, Hydle and Gawie de Villiers...a special day for Hydle – her 89<sup>th</sup> birthday – she is never going to forget when she was vaccinated...; and Prof Fred de Vries

## Nurses' day at Evergreen MZB



(Ltr): W/S Nikiwe Ntaba, RN Precious Nyawo, CW Simone De La Cruz, CW Gloria Mbaya, ENA Lyzar Mokwena and RN Diane Redempta  
(F): MSN Yolanda Wilson

**A Spanish magician told everyone he would disappear.  
He said Uno, Dos, then disappeared without a tres.**

### Exciting cricket meet & greet

We were very privileged to host three legends of cricket, Graeme Pollock, Barry Richards and Mike Proctor. After a short introduction by Roger Moul, convener of the recent international legends Twenty/20 tournament, residents were able to ask questions and really enjoyed the interaction between the legends regaling stories from their careers, some very humorous.

A short comment on each player for those residents who might have missed the get-together.



- Graeme Pollock, now a resident at Evergreen Broadacres in Johannesburg, second only to the great Donald Bradman has a test average of 60.97 runs (minimum 20 tests).
- Mike Proctor, widely regarded as one of the world's greatest all-rounders.
- Barry Richards, one of the best batsmen the world has seen, only played four Tests, all against Australia in 1970. In those four Tests, he gave a glimpse of his greatness, scoring 508 runs in four Tests at an average of 72.57 with two hundreds.

After the Q&A residents were invited to have their photograph taken with the legends and to further engage with them.



*(Ltr): Mike Proctor and our man Derek batting for Evergreen with Barry Richards*





Residents attending a talk on dementia by social worker Phazisa Mbilini from Dementia SA



## About DementiaSA

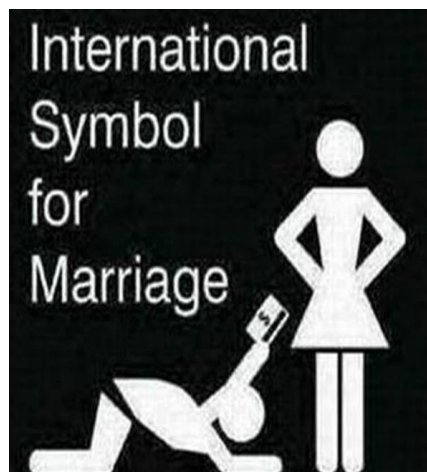
DementiaSA is a South African Non-Profit Organisation (NPO) that assists families, communities and health professionals who have limited access to private health care, to live with dementia or care for those with dementia.



## Special anniversary and other celebrations

Gawie and Hydle de Villiers' 'local' son son Abrie and his wife Julie and her parents are planning to emigrate to England at the end of this year, so while winter has not quite set in yet, they decided to treat the couple in advance to their 62nd wedding anniversary on 30 May, Hydle's birthday on 1 June and Gawie's 94th on 22 June.

They all went olive and wine tasting starting out in Riebeeckwies, Kloofenburg ('where I think it was that I liked the Merlot most', said Hydle). They had a fabulous dinner in the Grill Room and after breakfast the next morning the group went on to some more wine tasting at Doolhof and bought real old-time jams and preserves – all in all a most memorable treat. *(What lovely memories you will have of these rather momentous dates. Congratulations!)*





## Evergreen Bookclub celebrates 10<sup>th</sup> anniversary

by Leslie de Wet and June Orsmond

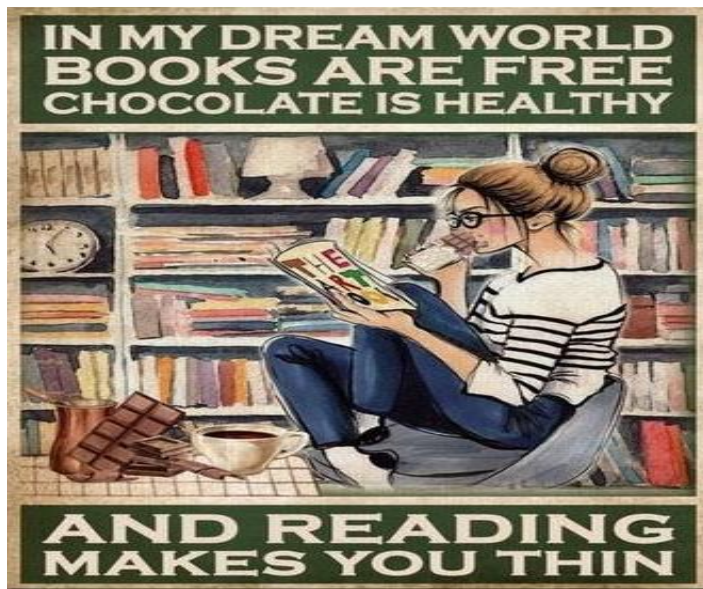
Many many moons ago when Evergreen was still in its infancy shoes, mention was made during a walk that someone attempted to start a bookclub at Evergreen but that nobody seemed interested. Some of the walkers, however, felt differently and indicated that they were willing to initiate it.

On 16 February 2011 those interested gathered to launch the Bookclub. Leslie (see photo below) who had no relevant experience for this daring venture, was called upon to be the presiding person.



The following residents who were present that afternoon, were all in favour of starting the club and all agreed that 'we will learn as we go along'. They were: Margaret Clough, Hans en Hildegard Oosterhuis, Ingrid Gunther, Muriel Owen, Marion Mudgley, Marie Snijders, Leslie and Magdalena de Wet and Norah Robson.

Ingrid became the first secretary and Muriel was responsible for transferring the books in and out of the



Above: Leslie shares memories of beginnings with a magnificent birthday cake to celebrate the club's 10<sup>th</sup> birthday peeking at him

club. Liz D'Alton and Phyllis Chase joined soon afterwards, and on 5 September 2013 Maureen Elliot offered to chair the club.

The club has since grown and gone from strength to strength with the 'baton being passed on by consensus', says June (who is currently looking for a 'consenting successor') and on 3 June the little Evergreen Book Club celebrated its 10<sup>th</sup> anniversary. (On the very same day that June Orsmond, the current chair, celebrated her 84<sup>th</sup> birthday.)

In June's words: 'It was special to have initiator/founder Les de Wet with us to cut the birthday cake and founder members Maureen Elliot, Magdalene de Wet, Hildegard and Johan Oosterhuis and Marie Snijders. We also celebrated the long and beautiful life of founder member, and longtime 'Keeper of the Books', Muriel Owens who had left us for higher realms that very morning.'

There are 28 names on the membership list at present although at most 12-14 'members' attend meetings. The



club doesn't own any books. Instead, members lend their own books to the club (presently 45 in stock) and books are returned to owners after 4-6 months. The 'Keepers' record and lend out the books on a cardex system. We've had a variety of fascinating speakers over the years including Dr. Shirley Zinn – daughter of Evergreener Jimmy Jephtha, and Stephen D'Alton, son of Liz and Dave D'Alton.

Twice we organised group outings to the Fugard to see Paul Gallico's poignant **Snow Goose** and later Hemingway's **The Old Man and the Sea** – both staged by the same ingenious theatre company who used masks to change character. The Fugard is one of Covid's casualties and one wonders if we'll

ever be able to enjoy live theatre there again.

Above: Happy birthday June and right is Branwine Mohan (WPC) ready to spoil the bookclubbers





**'Country' comes to Evergreen; with James & Monique**



What fun it was to 'get out' at after our extensive Covid lock downs...on **26 May** Evergreeners enjoyed a wonderful evening of singing and dancing and great food. It was a fun occasion where those who had the nerve and energy (and legs) to dance crowded the dance floor.





## What else has been happening in this busy village

by Pat Swilling

Our regular – ‘Let’s talk together’ resumed on the first Tuesday of August at 2.30 pm. New residents to Evergreen, Francis and Ann Devlin, Frances Stafford, Craig Brown and Denese Edwards, Walter and Muriel Hasselbusch, Olive Angel, Elizabeth Phillips, Michelle Joyce-Phillipson and Elred and Maureen Lawrence attended, and the not so new residents were welcomed. Everybody sat and chatted around cups of tea, and companionship and comradery was shared. Hyde generously donated a voucher from the Bistro and the lucky number drawn belonged to Brenda Wadsworth, who suddenly acquired a string of followers who were willing to share her prize with her. Fourteen of us spent a very pleasant afternoon together and we hope to have more residents join us in this ‘getting to know you’ format.

The idea of Chit Chat, as the by-line ‘let’s talk together’ suggests, is for new residents to familiarise themselves with the goings-on at Evergreen, and for all the residents to get to know one another, and to make friends. After all, friendship and conversation are not locked down! Thanks to Hazel Fick and Janice Behr for helping to resume this all important activity.

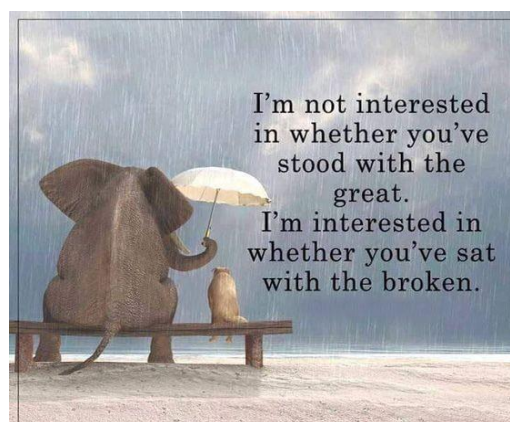


Table tennis has resumed in the gym. Beginners at the game play on Wednesdays and Fridays at 11.00-12.00 am, and the men and players who have been playing frequently on Tuesdays and Thursdays from 2.00-3.00 pm. We play singles and doubles, wear masks, social distance and have a lot of fun. Anyone wishing to join are welcome to come along to the gym at the above times. We have two table tennis tables, and after the exercise of playing and much laughter you’ll find the cobwebs are just brushed away, and life seems much brighter!

Line dancing takes place in the gym every Thursday at 11.00 am, for an hour. Ten to twelve of us gather in anticipation of a delightful journey of learning new dances, dancing to old favourites, and simply enjoying ourselves. Between sambas, mambos, waltzes, foxtrots and cha-chas, we dance away



the hour and forget that the rest of the world exists. Our teacher, Shereen Bruinders is kind and appreciative of our advancing years. She can be contacted at 0714711362, or come along on a Thursday at 11.00 am to see if you would like to join in.



After spending months of doing our Pilate classes during lockdown on Zoom, we have thankfully returned to the gym. We meet on Mondays at 9.00-10.00 am, and do warm-up exercises followed by exercises on the mat, doing core strengthening. There are six in the class, and we wear masks and maintain social distancing. Our teacher Margie Sims can be contacted on 0835089249.

'n 17 Jarige tiener vertel haar ma al huilende dat sy swanger is.

Al gillende vereis die ma dat die meisie sê wie die pa is.

Sy bel iemand...

Twintig minute later trek 'n Ferrari by die erf in.

'n Ouer man in 'n Armani-pak klim uit.

Hy soengroet die tiener, vat haar hand en gaan sit in die voorhuis saam met die ouers.

'Dag oom, dag tannie' sê hy.

'Jul dogter het my van die probleem vertel. Ek sal tot die punt kom.

Ek kan nie met haar trou nie vanweë my persoonlike situasie, maar ek kan dit regstel.

Ek sal alle uitgawes betaal en vir jul dogter sorg vir die res van haar lewe.

As dit 'n dogter is, kry sy twee ondernemings, 'n dorps huis,

'n villa by die see en 'n R2 miljoen bankrekening.

As dit 'n seun is, kry hy 'n paar fabriek en R4 miljoen in die bank.

Vir 'n tweeling gee ek elkeen R2 miljoen in die bank.

Wat dink julle moet ek doen as daar 'n miskraam is?'

Op die punt breek die pa die stilte:

'Dan probeer julle maar weer, boetie.'

## Book reviews / Boekresensies

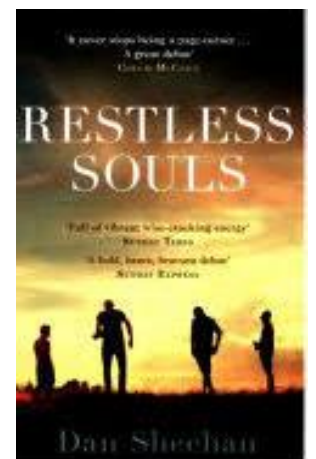
### **I owe you one** by Sophie Kinsella (fiction)

'An IOU from a cute stranger gets complicated in this fun story about family, loyalty, and taking charge of your own life. Fixie Farr, as her nickname suggests, has always loved to fix things. Most of her fixing is confined to her family's West London store, Farr's, which she's run with her mother since her father's death. Her siblings, Jake and Nicole, are mostly useless, and Fixie knows it's up to her to protect her dad's legacy. When she's at a coffee shop one day, a man asks her to watch his laptop. While he's away, the ceiling above his table caves in, and Fixie can't stop herself from leaping into danger to save the computer. Shocked by her willingness to save the day at the risk of her own safety, the laptop's owner, Seb, promises her a favour and writes an IOU on a coffee sleeve. Fixie never intends to cash in the favour, after all she doesn't know Seb at all, and she's perfectly capable of handling everything herself until the love of her life, Ryan, needs a job. Ryan was Jake's best friend growing up, and Fixie's had an enormous crush on him her whole life, even after he moved to LA to become a movie producer. But now he's back in London, and she wants him to stay so she musters up the courage to contact Seb and redeem the IOU for a job for Ryan. However, it turns out that she and Seb aren't quite done with each other, and they keep finding more opportunities to owe each other favours. Kinsella creates a charming story full of quirky characters and laugh-out-loud dialogue. Fixie is a likable character, one readers will root for as she learns to take control of her own life. Kinsella's many fans will devour this warm and hilarious read.' *Kirkus Reviews*



### **Restless souls** by Dan Sheehan (fiction)

'In his emotionally evocative yet easy-going, often-comical debut novel, Irish writer Sheehan tackles friendship, remorse, and personal identity. Since returning to Dublin from war-ravaged Sarajevo, Tom hasn't been the same. He'd gone to Bosnia with journalistic ambitions, but after dodging sniper bullets, witnessing demolished neighbourhoods, and encountering shattered families, he became a relief worker who just wanted to do his part. But now that he's home, his erratic moods and violent night terrors have his loved ones concerned. So much so that best friends Baz and Karl convince him to seek therapy for PTSD. At the very least, they hope Tom doesn't end up like his foster brother, Gabriel, who hanged himself while Tom was overseas. With Tom cradling a mysterious metal box, he, Baz, and Karl travel to California so Tom can undergo an unconventional form of treatment, one that puts their relationships to the test. Divided between Karl's



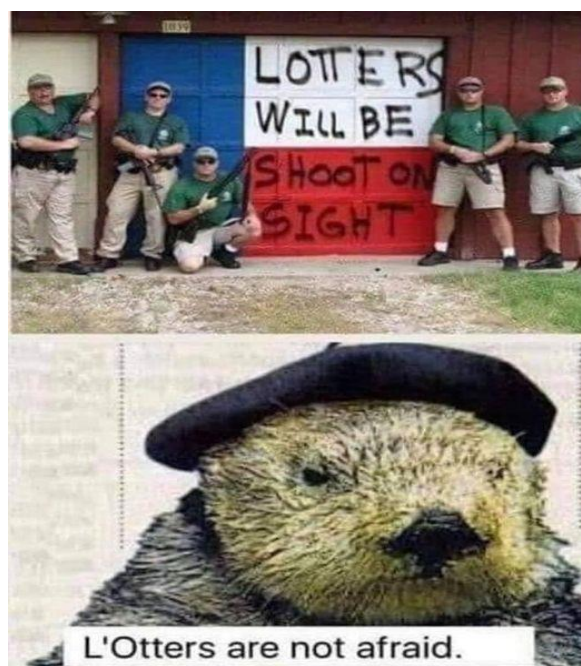
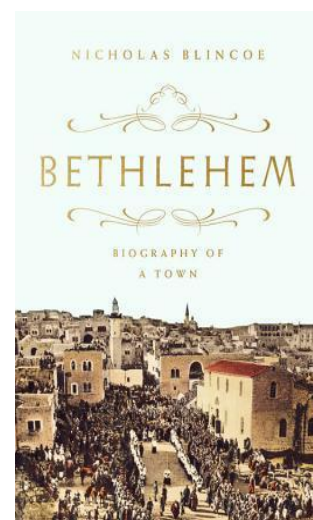


contemplative present-day narration and Tom's harrowing memories of 1990s Bosnia, Sheehan's novel balances humour with horror, revealing that the past doesn't have to define one's character.' (Booklist, Jonathan Fullmer)

## Bethlehem: biography of a town

by Nicholas Blincoe (non-fiction)

'When Blincoe visits Bethlehem, his in-laws' home, he sees a place carrying a far more tangled history than most Christians realise when singing Christmas carols about that little town. Weaving up-close personal experience into an extensively researched narrative, Blincoe links the developments that transformed Bethlehem from an agricultural region supporting Bronze Age olive-oil merchants to a bustling twenty-first-century city filled with tourist guides and quarry miners. In this winding chronicle, the politics of conquest loom large: readers see how its location at the edge of Jerusalem and in control of its water supply has exposed Bethlehem to assaults by a long list of invaders: the Seleucids, the Crusaders, the Mamluks, the Ottomans, the British, and finally in 1967 the Israelis. As he peels away the layers of culture this succession of overlords has given Bethlehem, Blincoe illuminates the continuing relevance of each fascinating layer. Though some readers may resist Blincoe's sharp criticism of what he calls the Israeli occupation, all will leave these pages with a richer understanding of an iconic city.' (Booklist, Bryce Christensen)



The New York Review of Books office.... (and you think your study looks bad?)

## Wanneer perdemis vye is. Of nie

deur Francois Verster

Lesers sal die boekresensie deur Melanie Steyn van **The lie of 1652: a decolonised history of land** in die **Muize News** van Desember 2020 onthou. Aansluitend hierby is 'n verdere bespreking van hierdie kontroversiële titel vanuit 'n ander oogpunt.

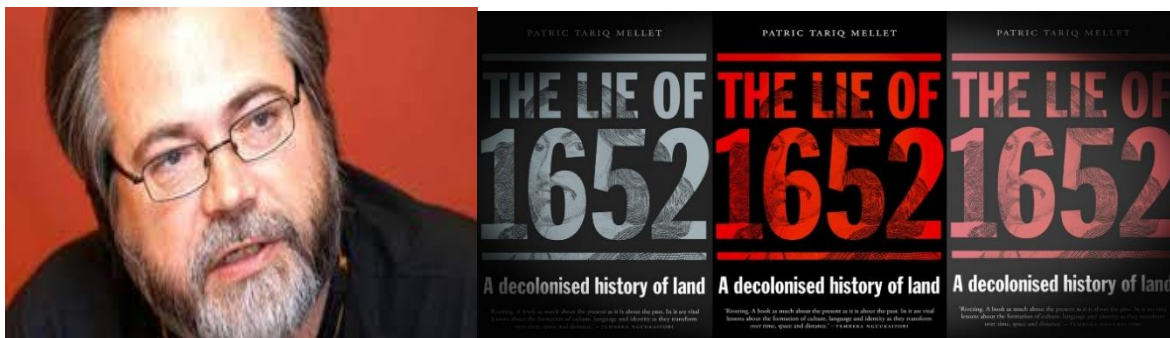
Die omstredenheid rondom 'n onlangse publikasie het verskeie vrae aangaande 'n paar ou temas laat ontstaan. Wat weer eens onderstreep is, is dat historiese navorsingswerke, al word hulle soms as populêre geskiedeniswerke bestempel, hoë verwagtinge en vereistes stel – veral wat die navorsingsdeel betref.

Die boek, geskryf deur Patric Mellet en getiteld **The lie of 1652: a decolonised history of land** stel sulke verwagtinge, hoewel dié verwagtinge nie dieselfde sal wees by alle lesers nie. Sekere lesers sal die titel as uitdagend vind, en skepties staan teenoor die onthulling wat dit impliseer – hierdie datum is welbekend en wek talle emosies by Suid-Afrikaners op. Vir die oorgrote meerderheid beteken dit die begin van kolonisasie en 'n pynlike botsing van kulture in hierdie smeltkroes wat as die Suid-Afrikanse nasie sou ontwikkel. Hulle mag die boek inspirerend vind, dog ook misleidend.

Ek gaan nie 'n resensie van The lie of 1652 skryf nie: daar is reeds 'n halfdosyn in die koerante en in die kuberruim gepubliseer, maar eerder een van die vernaamste twispunte belig: die verskil tussen geskiedeniswerke teenoor historiese romans, oftewel feite versus fiksie.



Mellet se boek is 'n nuttige voorbeeld vir die tema van hierdie artikel, want dit word bemark as 'n geskiedwerk en daarom is geen fabulering daarin toelaatbaar nie. Die leser verwag diepgaande navorsing, sover moontlik primêre navorsing uit die brandkamers van argiefbewaarplesse, nie uitgesoekte dele uit ander skrywers se werke (sekondêre navorsing) nie. Dit is ononderhandelbaar dat stellings in so 'n boek gestaaf word met bewyse, sodat die skrywer se gevolgtrekkings met voetnote of endnote belig word, of dat sy/haar menings in die teks self met verwysings gepaard gaan.



In 'n fiksieboek, soos 'n historiese roman, verwag 'n mens geen stawende getuienisse nie. Jy besef dat die skrywer op verbeeldingsvlugte gaan en nie geloofwaardigheid beoog nie. 'n Fiksieskrywer kan natuurlik 'n storie op werklike gebeurtenisse, plekke of persone baseer, maar die doel van die boek is nie om lesers van die waarheid te oortuig nie, maar eerder om hulle te vermaak. Die fiksieskrywer kan speletjies speel met die leser se verbeelding, en 'n standpunt inneem oor sekere lewenswaarhede, soos dat eerlikheid en liefde verkieslik bo slinksheid en haat is; of 'n tema soos verraad en die prys daarvan ondersoek deur die aksies en uitbeelding van karakters wat in die verhaal voorkom.

Historiese romans is gewild onder lesers omdat lesers dalk graag meer wil weet aangaande die omstandighede waarin 'n spesifieke historiese karakter geleef het. Die romanskrywer kan egter nie bekende feite verdraai, soos om van Tsjaka 'n operasanger te maak nie. Jan van Riebeeck kan ook kwalik in 'n fopdosser en kabarettiefheer verander word. Wanneer bekende persone, lewend of dood, se karakters beswadder word, is die skrywer aan karaktermoord skuldig.

Indien die skrywer 'n historiese roman skryf waarin met die gedagte gespeel word dat hoe dinge sou wees indien die Chinese drie of vier eeue gelede hier 'n kolonie kom vestig het, of die Romeine nog veel vroeër, moet sodanige boek as 'n 'alternatiewe' historiese roman bemark word. Robert Harris se *The Fatherland* (1992) is 'n bekende voorbeeld – die verbeelde storie van dit sou wees indien die Nazi's die Tweede Wêreldoorlog gewen het, en nie die Geallieerdes nie. Op die voorblad staan duidelik geskryf: *What if Hitler had won the war?*

Die skrywer en uitgewer moet ondubbelsinnig aandui dat so 'n boek fiksie is en radikaal van historiese gegewens afwyk. Die doel van die boek is nie om die leser te belieg nie, maar wel in te lig oor wat kon gewees het, en eintlik ook net een moontlike uitkoms, maar nooit om die geskiedenis oor te skryf asof dit in werklikheid anders gebeur het; en alle ander weergawes van die geskiedenis onjuis is nie.

Uiteraard is die meeste lesers bewus van hoe die verlede daar uitsien en minstens op hoogte van die hooftrekke daarvan. Daar mag egter baie wees wat onkundig hieroor is en met 'n slap riem gevang kan word. Bedrieërs wat mense van hulle spaargeld besteel beweet dat jy mense maklik vang indien jy op hulle eie oneerlikheid inspeel en hulle gierigheid uitbuit. Vertel hulle net hoe hulle maklik en vinnig ryk kan word en hulle sal hulle spaargeld op die spel plaas – indien hulle wil glo wat die swendelaar kwytraak. Vertel mense dus wat hulle graag wil glo, soos dat die Kruger miljoene of El Dorado bestaan en dat hulle met 'n kleinerige belegginkie in die ontdekking daarvan miljoene wins kan maak.

Dieselfde geld vir storieboeke, of pseudo-geskiedeniswerke. Daar is niks verkeerd met oorwegend nie-akademiese taalgebruik, 'n vloeiende verteltempo en die fokus op kleurrike figure en opwindende gebeurtenisse nie. 'n Boek soos *The lie of 1652* plettervat bestaande opvattinge en kies 'n ongewone perspektief, wat geensins bevreemte behoort te word nie – solank die omstredende stellings wat die skrywer maak van bewyse voorsien word. En met bewyse word onbesproke bronne bedoel. Wanneer die bronne aangedui word, soos in 'n bronnelys (óf toepaslikes na elke hoofstuk of alles saam agter in die boek), kan die kritici self gaan oplees om vas te stel of hulle met die skrywer saamstem. Dit is ook wat hulle van geskiedskrywers eis.

Bronnekritiek kom egter ook egter sprake: die bronne moet geloofwaardig wees – wanneer twee bronne teen mekaar opgeweeg word, sal 'n erkende historikus, soos Prof. Hermann Giliomee se bevindinge dáárom meer tel as dié van 'n joernalis of aktivis. Die boek se geloofwaardigheid sal dus daarby baat vind indien na elke beskikbare bron gekyk word en die mees betroubares gebruik word. 'n Ervare historikus kan vinnig sien hoeveel moeite die skrywer gedoen het deur slegs na sy bronnelys te kyk – historici wat jare lank in die betrokke studieveld gewerk het, sal opmerk wanneer die name van kenners op daardie gebied ontbreek. Indien dit die geval sou wees, sal resensente dit noem en gevolglik sal die betroubaarheid van alle nuwe data of ontdekkings in die teks



bevraagteken word. Wanneer 'n suiwer fiksiewerk as wolhaarstories voorkom, sal niemand 'n oog knip of 'n wenkbrou lig nie, maar geskiedeniswerke staan en val op grond van hulle bewyse.

Jy kan in 'n gewone historiese roman beweer dat Jan Smuts gereeld bo-op Tafelberg gesit en dink het aan die land se verlede, of aan politieke strategieë wat hy wil toepas, of aan die aaklighele van oorlog, wat ook al geloofwaardig sou wees teenoor wat ons van hom weet. As die skrywer egter beweer dat Smuts 'n vleuelklavier soontoe gedra het en beter as Liberace daarop kon speel, sal sulke beweringe as grappies afgelag word. Sou soortgelyke beweringe in 'n geskiedwerk voorkom, sal die skrywer met meer as net lagbuie te doen kry. Want daar bestaan nie net 'n deeglik-nagevorsde korpus oor Smuts se lewe nie, maar ook weet derduisende mense, nie net akademiërs nie – te veel oor Smuts om nonsens vir soetkoek op te eet. Sou selfs ingeligte lede van die publiek dalk onseker wees van sommige beweringe, kan hulle bronne op die internet, biblioteke en argiefbewaarplesse raadpleeg, of met erkende spesialiste op daardie gebied daaroor praat.

Geskiedeniswerke het 'n sekere status as rigtingwysers (hoewel na agter!) en skrywers daarvan het 'n plig om nie die mylpale en hoekstene moedswillig te verskuif nie. Die publiek het die reg om soveel van die verlede te weet as wat met redelike sekerheid (deurdat alle moontlike bewyse versamel en ontleed word) vasgestel kan word. Ek sê hier doelbewus 'kan' word, nie 'kon' word nie, want soms word nuwe bewysstukke ontdek wat bestaande oortuiginge bevestig of ontwortel. Wanneer bestaande oortuiginge as vals of onvolledig bewys kan word, soos deur 'n advokaat in 'n hof, moet die advokaat met nuwe getuieis vorendag kom en dié getuieis moet absoluut onomstootlik en onbesproke wees om oortuigend te kan wees. Selfs die grootste kritici en twyfelaars se mening moet met die nuwe bewyse erken dat hulle voorheen verkeerd was.

Sulke kritici sal uiteraard baie deeglik na nuwe getuieis kyk, want hulle eie reputasies is op die spel. In 1983 het die Duitse tydskrif Stern 'n storie gepubliseer wat wêreldwye aandag geniet het – die sogenaamde nuut-ontdekte dagboeke van Adolf Hitler. Voordat Stern 'n groot bedrag geld aan die 'ontdekkers' daarvan sou betaal, wou hulle eers sekerheid oor die egtheid van die dokumente verkry. 'n Beroemde Britse historikus, Hugh Trevor-Roper, is gevra om die dokumente te ondersoek. Daar was 60 dagboeke en hy was van mening dat niemand 'soveel dagboeke sou vervals as net ses voldoende sou wees nie.' Sy bevinding was dat dit beslis Hitler se handskrif was en dat alles outentiek voorkom. Maar... hy was verkeerd!

Later het hy van mening verander, maar die koeël was reeds deur die kerk. Die arme man se reputasie is gevolglik erg geknou. Hierdie tipe vernedering is elke akademikus se grootste vrees en daarom veg hulle hand en tand daarteen – hulle sal niks aanvaar indien hulle dit nie eers versigtig omsingel, en met 'n vergrootglas, mikroskoop of teleskoop bekijk, besnuif en bevoel het nie! Niemand is seker so krities as 'n historikus teenoor 'n kollega wanneer hulle eer en dié van hulle vakgebied onder die soeklig kom nie. Dis hier waar die seuns van die manne, of die wolfhonde van die poedels geskei word; die herbevestiging van posisies op die rangorde is sodanig op die spel.

Maak 'n nie-historikus byvoorbeeld 'n stelling soos dat die hele geskiedenis-raamwerk van 'n tydperk soos die VOC-era aan die Kaap op 'n leuen gegrond is, en dat dosyne van die bekendste fundi oor daardie era óf saamgelieg het óf soos skape saamgeblêr het in die koor van die onderdrukkers, kan jy nie verwag dat hulle nie daardie vergrootglase sal uithaal nie. En waar gaan soek hulle eerste? Soos genoem: by die boek se bronnelys. Om net te verklaar 'Ek het 'n bronnelys wat sus en suffel bladsye beslaan', beteken niks in die wêreld van die historikus nie. Enigiemand kan 1000 bronne van die internet aftrek en agterin sy of haar boek plak. Wat bewys dit? En dis bewyse wat gesoek word. Klinkklare bewyse.

In my eie resensie van Mellet se boek (*The Lie of 1652 gemeet aan ewewigtigheid, regverdigheid en objektiwiteit*, gepubliseer op Litnet, 25/02/2021) het ek die volgende insident gebruik om my ervaring van geloofwaardigheid en verwagtinge uit te beeld: 'Ek onthou hoe opgewonde ek was toe 'n vriend my in 1990 'n eksemplaar van *Indaba my children* (deur VC Mutwa, 1964) geleen het. Ek het begin lees oor die voorgeskiedenis waarvan ek in geen Europese geskiedenisboek iets kon kry nie. Wonderlik, wonderlik, het ek gedink. En toe ry 'n toordokter op 'n hiëna se rug – oor die bladsy, én oor al my verwagtinge. Ek het besef dat die outeur geen onderskeid tussen feite en mites maak nie en daarmee saam het ek geen rede gesien om verder te lees nie. Geskiedenis is geskiedenis: die res is mites, spekulasie, vermaak en selfs infame leuens.'

Met historiese romans soos *Eilande* (Dan Sleigh, 2002), *Pieterella van die Kaap* (Dalene Matthee, 2000), *Buys*, 'n grensroman (Willem Anker, 2014), word duidelik gemaak dat hulle fiksiewerke is. Daar kan geen twyfel bestaan dat hoewel die hoofkarakters persone was wat werklik geleef het, die skrywers nie gepoog het om lesers te flous nie. In sy resensie van Mellet se boek, *The lie deur Patric Mellet, om die verlede te herverbeel* (Litnet, 10/12/2020) het Desmond Painter beweer dat daar niks verkeerd is om die geskiedenis 'anders te maak' nie, maar om die verlede te verbeel, maak dit nie anders nie. Geen fiksie kan feite word omdat ons dit graag so wil hê nie. Nie in werklikheid nie, net in fiksiewerke – oftewel in ons verbeelding.

Daar bestaan ook 'n vertelvorm bekend as 'faksie' waardeur die skrywer 'n feitlike gebeurtenis, dalks selfs sy of haar memoir in 'n romanstyl vertel. Wikipedia beskryf dit as 'n nie-fiksie roman. 'n Skrywer kan byvoorbeeld die tragedie van die Titanic beskryf deur geensins van die bekende feite af te wyk nie, dog alles beskryf asof hy daar was. Feite word dus in romanstyl aangebied, nie om te verwar of te lieg nie, maar bloot om die gebeure op 'n



meer interessante wyse aan te bied. Wanneer die skrywer egter sy eie interpretasie van feite as die onomstootlike waarheid bestempel, en selfs verbeelde dele aanlas, betree hy die terrein van fiksie. En dan is daar geen omkeerkans nie.

Op die keper beskou, is die grense tussen feite en fiksie soms vaag, maar ons weet tog almal seker wat die verskil tussen perdemis en vye is.



## Lello's bookstore

In a previous **Muize News** we shared a photo of the famous Lello's bookstore that was built by the Portuguese engineer and politician Francisco Javier Estevez. It was opened in 1906. On the right is an inside view.

### Muizenberg revisited...

By an Evergreen Resident

In Lenovo our last issue we approached the beach from below the Railway Station taking in the transformation of that area. However, a more direct route by car is under the infamous Railway bridge along Atlantic Road. Infamous in that it has had more vehicles wedged under it that one can remember. Buses with passengers who had to stand under the bridge whilst the tyres were deflated to lower the height of the vehicle, goods trucks, pantechnicons, boats, furniture lorries, have all left their indelible mark on the iron overhead and have resulted in major traffic jams especially during rush hour. It always brought many comments from radio listeners and numerous suggestions have been made over the years to alleviate the problem but no solution has yet been found.

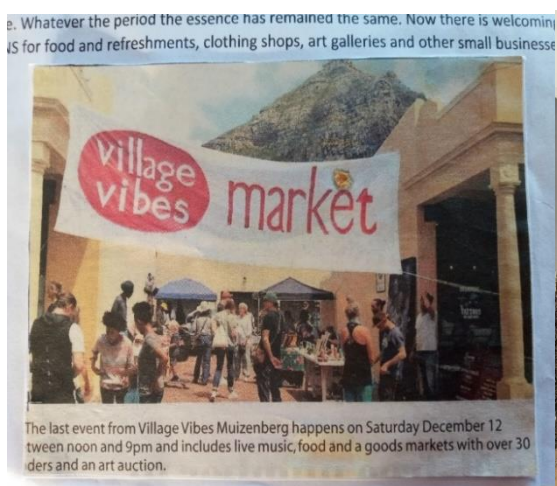
Just another one of Muizenberg's quirky characteristics!

However, taking the first turning left after the bridge we enter Muizenberg Village and Palmer Road. One encounters wooden houses, some painted – others not, and lovely old stone houses. The stone was supplied by the local quarries on the mountain that enhanced homes, streets and sidewalks both here and in surrounding areas with interesting people going about their daily lives. This area has served many families over the years with all they require for daily living and not much has changed -- certainly in the 40s, 50s, 60s and 70s. There was a respected butcher, a fish market, a very good bag and shoe repair shop, an excellent pet parlour, café for bread and everything else, greengrocer, book shop, piano repair studio, pottery studio, surf shop, a jazz night club – and what every village should have – a pub – it's still there! Smugglers situated in a cottage on the left as you entered Palmer Road was a well-known upmarket fish restaurant which at the time supplied a visiting film crew wanting fresh lobster for a commercial advertisement and Smuggler's glass fish tank came to rescue!





African Electrical started in 1937 and our Mr Barsch (Evergreen's Mr fix it) purchased it from the original owner in 1967, He still looks after many old and loyal customers wherever they may be. It was a place to live and communicate within walking distance of the necessities on life. Whatever the period, the essence has remained the same. Now there is a welcoming Joons for food and refreshments, clothing shops, art galleries and other small businesses.



Taking a walk down to the end of Palmer Road you will find interesting old homes including a side street of attached houses reminiscent of a Cornish or UK seaside resort. Many of the houses in these areas are deceptive and look small from the street (see above) but often are fairly deep and housed sizeable families.

Between the wars i.e. The Boer War, First and Second World Wars, Muizenberg experienced tremendous growth. Part of this was due to the arrival of ships bringing people seeking a safer and healthier life in a new country. There were war evacuees including unaccompanied children, and the Union Castle ships that had been requisitioned for ferrying troops to the war zones, were utilised (prior to refurbishment!) as assisted passages for families eager for a new life. Muizenberg became a place where many immigrants and hard-working families using their expertise could make a good living providing accommodation in hotel and boarding houses as well as holiday accommodation required by upcountry holiday visitors, and at one time, there were over 30 establishments. Some of the larger homes accommodated guests as well as their families. With the added incentive of established schools, places of worship, a synagogue, sunshine, the beach and sea. What a wonderful place to settle.

Many older residents look back on this time with great nostalgia.

## Exploring the famous Sagrada Familia Cathedral in Barcelona

by Mike Horn

*Travelling at the moment is but a dream so let's travel vicariously through the eyes of others for the moment.*





Construction of the Sagrada Familia Cathedral started in 1882 and is an amazing architectural masterpiece in beautiful Barcelona. Designed by Antoni Gaudi it is one of his unique and distinctive styles seen all around the city. Gaudi's designs were radically different from those of his contemporary architects, and he was influenced by forms of nature reflected in the use of natural curved twisted iron sculptures and organic shapes. He combined elements of Art Nouveau, Catalan Modernism and Spanish Late Gothic design.



The Basilica's first stone was laid in 1882, but Barcelona officials say there is no record showing a construction licence was ever granted – although one was requested in 1885. However, work on the popular tourist destination has never stopped. During a visit in 1966 the construction had four massive spires complete and again visiting in 2007, it had eight complete out of the total of eighteen in the overall design. To the casual observer, the spires look incredibly complicated in design.

The building is financed from tourism only (2,8 million visitors per annum before Covid) and so is currently estimated to only reach completion by 2026. It will be the tallest church in the world.



*It is truly a magnificent construction with beautiful stained-glass windows stretching up the full height of the interior.*





*What the completed Sagrada Familia Church will look like in 2026*

A recent search indicates that an official building permit has been issued for the church – 137 years after construction started. Barcelona City Hall said it has granted the current builders at La Sagrada Familia Basilica a work permit which is valid until 2026. The builders said that is enough time to finish raising the landmark Roman Catholic Church's central towers. Barcelona officials said the city will be paid €4.6 million in fees for the licence under an agreement negotiated with a foundation devoted to completing and preserving La Sagrada Familia.

There are many other 'must see' Gaudi works throughout the city – of note is the famous Casa Batillo (Gaudi House and museum) built under his direction and occupied by him from 1906 until his death in 1926. It has an incredible façade as well as multi-coloured tiles decorating the walls, taken from the colours of natural corals; as are the Gaudi Gardens.

## **Help the homeless to be skilled**

U-turn equips people with skills to overcome homelessness. Over 24 years, U-turn has developed a phased programme and is one of the few programmes with a track record for rehabilitation and reintegration. Over 80% of U-turn graduates remain sober and employed.

A centre for homeless people was opened in Muizenberg on 15 March 2021 (with support from the local community and local businesses). At the centre the following is provided during weekdays to homeless people:

- 🌱 Preparation – those currently experiencing homelessness are provided with the basic needs of food and clothing in exchange for a voucher which they are either given by a member of the public or earn at a U-turn Service Centre. They are then prepared to start a journey of change.
- 🌱 Rehabilitation – When ready they are referred to a shelter and if needed to a substance abuse rehab. Shelter fees and transportation are sponsored during this time and psychosocial support is also provided. U-turn partners with Parkwood Matrix as the outpatient rehab partner.
- 🌱 Work-readiness – On-the-job experience is provided in one of U-turn's seven charity stores. Vocational and life skills training are provided, as well as psychosocial support through weekly sessions with an occupational therapist or counsellor.
- 🌱 Employment – When the clients have built a strong level of stability and resilience, they graduate into open labour market employment.

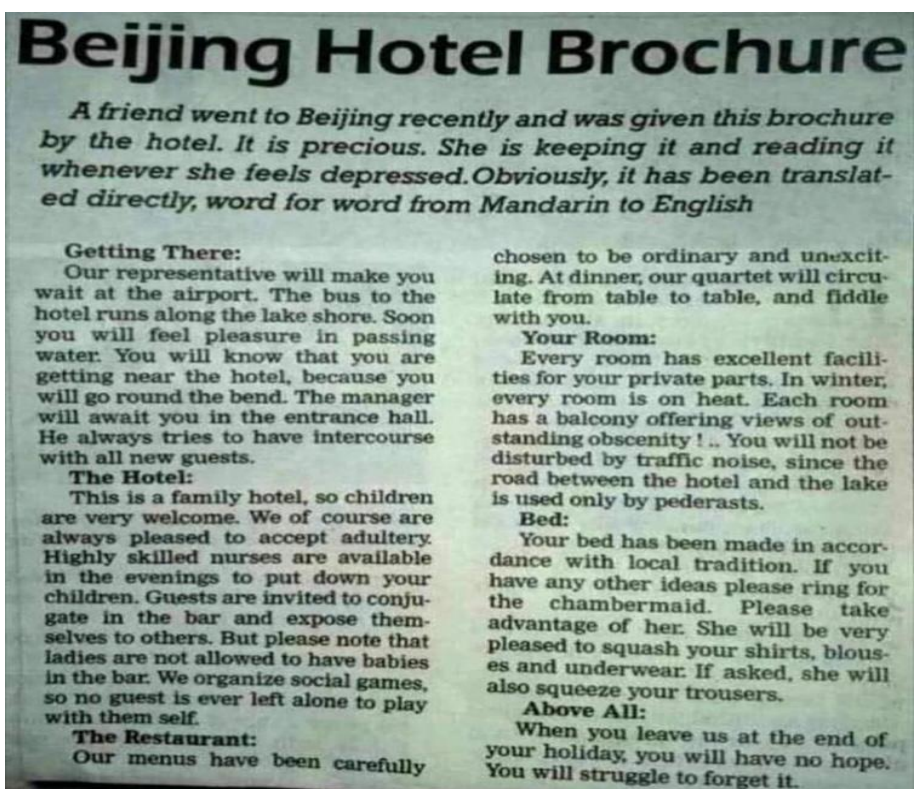


## How you can help?



- Donate clothing – deposit your pre-loved clothes in the U-turn clothing collection bin in the Evergreen communal laundry room, on the ground floor apartment block near the lift and the postboxes.
- Buy U-turn vouchers to hand out to those begging at traffic lights.
- Turn someone's life around by donating to U-turn.

For more info see U-turn's website: <http://homeless.org.za> or contact director: Jean-Ray Knighton Fitt, Postal/Office: 155 2nd Avenue, Kenilworth, 7708; tel. +27 21 674 6119 or website: [www.homeless.org.za](http://www.homeless.org.za)



## Municipal politics is a two-way street

by Owen Kinahan

South Africa is a highly politicised society. For the last 30 years, a whole new generation, we have been saturated and mired in politics. Everyone has a strongly held opinion but only a small percentage who have the right and responsibility to vote understand the basics.

In 1996 I threw my hat into the ring and served three terms as City Councillor in a new dispensation for local government as the landscape changed to an interim metropolitan council of six regional municipalities crafted from 27 that ran, what we now know as Cape Town, from Atlantis to Cape Point, the Strand and Somerset West. Parochial priorities came face to face based simply on the number of people who lived in a particular area – no apartheid, no franchise based on education or property ownership, and all with the same rights of access to services.

For every house-proud property owner who insisted that in 'the old days Council used to manicure my verge' there were hundreds whose households were forever parked on a housing list. Was it more important to repair failed underground services showing their age after a century, or installing stormwater drainage for the first time knowing the quick-fix would have to be redone properly? Sewerage services, however rudimentary, made a small difference to the health and safety of poor communities. It might surprise you to hear that the City manages and provides more than 600 neighbourhood parks and playing fields.

At present there are 257 local authorities (municipalities) in South Africa. Annual reports to Parliament from the Auditor General declare that only 7% are fully functional and compliant. A third are completely dysfunctional and in receivership or under state management. The balance have some levels of competence and liquidity. Generously paid and overstaffed by underqualified employees is all too common, failure to collect debt and the full spectrum of corruption ranging from theft to bribery are far too common and difficult to root out once they take hold.

So how is this juggernaut of government constructed? The constitution guarantees regular elections for a term of five years to each sphere of government, and this at least has worked.

A massive challenge is about to confront us. The 5-year term of municipal government expires at the limit of 27 February 2022 ( 90 days after the 5 year anniversary of the last municipal election). With nothing to replace it, there will be no budget and a complete shutdown unless Parliament approaches the constitutional court with a 75% majority to amend the constitution. This is not a repair but a permanent amendment. To use Covid as a reason to extend the term of local government is a worthless gamble. There is no way of knowing the status of Covid in February next year or if an October date is a better option.



Until the court sets a new date, registration remains open. The very least you must do is to check your voter status. You must vote where you live for municipal elections. If you have lived at Evergreen since the last election, you should be OK. **If you have moved here in the last four years you need to re-register with your Evergreen address.** I have found the Democratic Alliance the most efficient in assisting at [da.org.za](http://da.org.za)

*Note: This is not a commitment to the DA, just a service to assist you to register.*

Cape Town consists of 116 wards – each represented by a person of your choice nominated by a political party and a proportional councillor (50% of the seats awarded proportionally to the votes cast for a party). The majority party usually chooses the mayor who appoints an executive committee that is assisted by a portfolio committee and mirrors the proportionality of parties on the full council. This means that the minority parties are in the minority on every committee and those who are preaching secession and other models do not tell their supporters that their vote is completely wasted.



This version of Russian Roulette is understood by few voters. Most people belong to a political party that ticks the most boxes for them or where they feel most comfortable for cultural or moral reasons. It isn't enough to belong to one party because you 'hate' another one. For those who are 100% unquestioning, loyal supporters, the whole point of choice is lost. History is littered with the cataclysmic results of totalitarianism nurtured by generational support completely intolerant of another view.

Thus municipal government is heavily influenced by national and provincial interests and will be all but silenced should it be absorbed into a single election day. Local issues will be completely overshadowed unless they can generate enough nuisance value to swing provincial or national ballots. Stranger things have happened.

Do not despair. Your vote is important. Register. Vote intelligently. This is not pin the tail on the donkey.

There are many other ways of being a responsible citizen.

1. Speak up – don't accept bad or rude service as the norm from anyone.
  2. The City is obliged to seek and consider local ratepayer opinion on policy proposals, spending, roads and infrastructure, to say nothing of renaming. The response is pathetic – even the annual budget only attracts about 50 comments from about one million ratepayers. How about a short workshop of about two hours the next time the city seeks an opinion? This can be part of a sheaf of responses from other groups. Suddenly someone will notice a stirring.
- Likewise, in all my time on Council the vast visitors' bay seldom drew more than a few people. You don't have to stay for the whole meeting, but it will be an eye-opener not only to see what goes on but how people behave. You should not hesitate to let a councillor know what you think of his/her performance and copy it to the Speaker.
  - Be proactive and responsible. Council does not employ two men in a van who ride around looking for work. The bent road sign, the dud streetlight, the missing bin don't depend on the tooth fairy. A simple email to [contactus@capetown.gov.za](mailto:contactus@capetown.gov.za) will log the fault and fix it pretty quickly. Try it.
  - Evergreen doesn't have to do everything. We're part of a community. What needs to be done to lobby the local ward councillor or sub-council?

In Denmark, there are libraries where you can borrow a person instead of a book to listen to their life story for 30 minutes. The goal is to fight against prejudice. Every person has a title - "unemployed", "refugee", "bipolar", etc. - but listening to their story makes you realize how not to "judge a book by its cover". This innovative and brilliant project is active in more than 50 countries. It's called "The Human Library".



## FACTS ABOUT AFRIKAANS

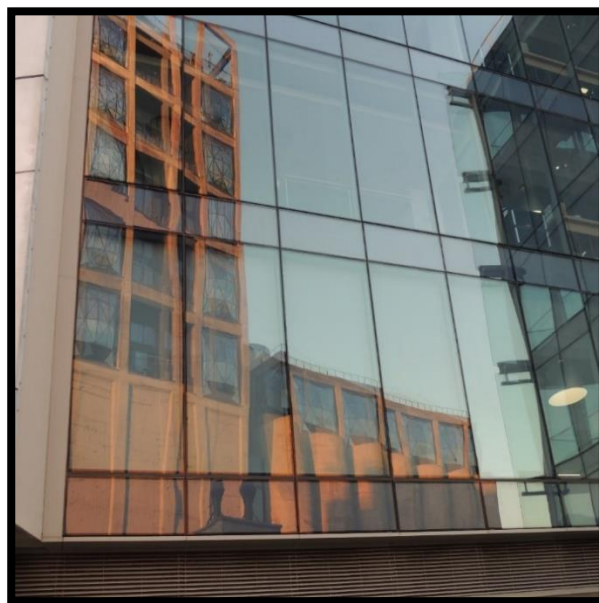


- Afrikaans is one of the youngest languages in the world.
- Afrikaans was only recognized in 1925 as an official language of South Africa.
- Afrikaans is a daughter—language of Dutch.
- Until the 19th century Afrikaans was only a spoken language.
- From the 7000 languages in the world, Afrikaans is the 140th largest language in the world with about 6.8 million speakers.
- Afrikaans is also the third biggest language in South Africa.
- Afrikaans is one of only five languages in the world that was able to develop to a high level academic language in the 20th century.
- There are about 24 million people in the world that can understand Afrikaans, especially in countries such as the Netherlands, Belgium, Surinam, Argentina, Botswana, Canada, Australia and New-Zeland

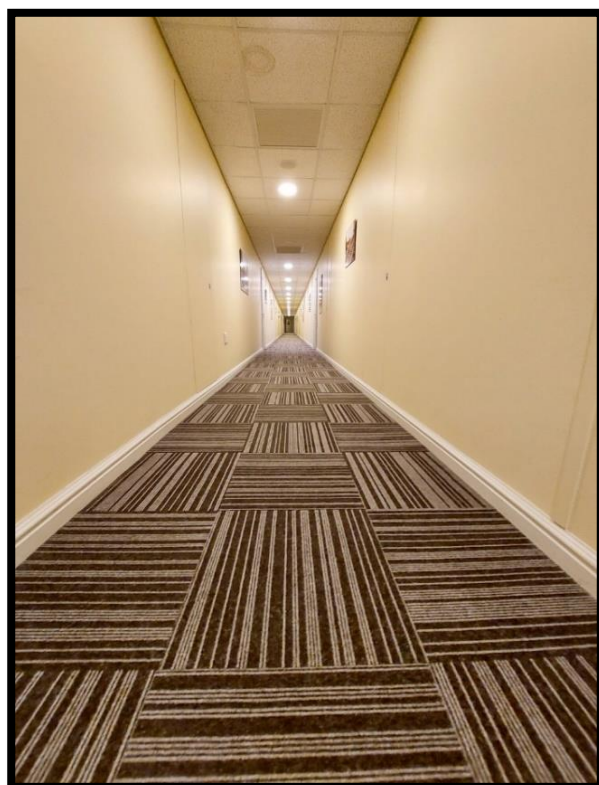
## Our resident photographers' latest offerings

Club members have been very active during the past three months and we share some of the photographs below. We're reminding residents to also go and view the full selection in the library.

### Theme: Perspective



*(Ltr): Jenna Monk and Jim Raubenheimer*



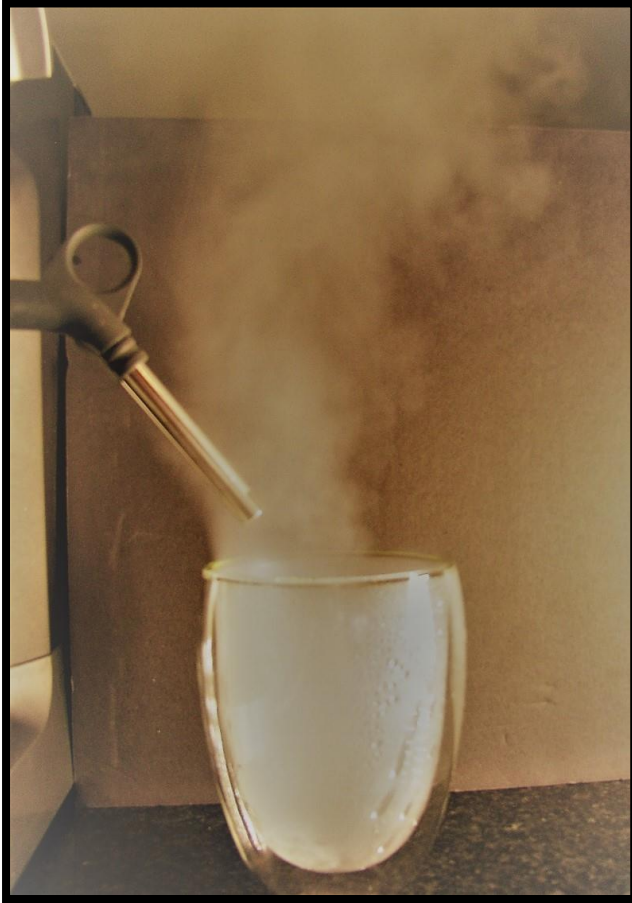
*(Ltr): Ron Scott and Paul Selby*

### Some great confusions...

- \* At a movie theatre, which arm rest is yours?
- \* Why is there a 'D' in fridge, but not in refrigerator?
- \* Who knew what time it was when the first clock was made?



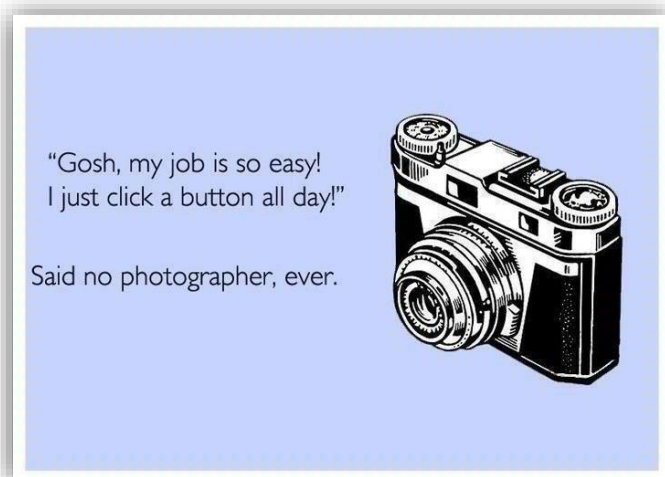
Theme: Smoke and steam



(Ltr): Playing with the coffee machine by Chris Turner and Smokey sunball by Sue Beele



(Ltr): The death of a match by Hugh Till and Diana Hawke





**Theme: Macro**



*(Ltr): Coleus leaf by John Morgan and Bee on feather plant by Keith Young*



*(Ltr): Arum lily leaf, with a new one coming up through the gap by Jill Dower and Shell by Paul Selby*

**Profound words shared by Anthony Hopkins**

Let go of people who aren't ready to love you yet.

This is the hardest thing you'll have to do in your life and it will also be the most important thing.

Stop giving your love to those who aren't ready to love or appreciate you yet.

Stop conversations with people who don't want to change.

Stop showing up for, and showing care for people who are indifferent to your presence; who display temperamental emotions; who show disrespect or block you out and keep you at bay, despite your best efforts.

Those people have narrow perspectives and small hearts.

I know your instincts attempt everything to win the good mercy of those around you, but it's also this impulse that will steal your time, energy and mental, physical and spiritual health.



When you start manifesting yourself in your life, completely, with joy, interest and commitment, not everyone will be ready to find you in this place of pure sincerity.

That doesn't mean that you have to change who you are; or play yourself down to suit the judgements projected onto you by those who do not care.

It just means you have to stop bothering with people who don't want to love you yet.

When you are excluded, subtly offended, forgotten or easily ignored by people you give time to, you don't do yourself any favour by allowing them your energy and your life.

The truth is that you're not for everyone...

And that not everyone is for you...

What makes this world so special is, when you find the few people you have friendship, love or a true relationship with - you will know how valuable that is. Because you have experienced what isn't...

There are billions of people on this planet, and many of them will end up with you, on their level, with their vibration, from where they stand.

And many will love and care for you unconditionally.

But the smaller you stay, involved in the privacy of people who use you as background option, the more time you stay out of the community you deserve and which deserves you.

If you stop showing up, you might be less wanted...

If you stop trying, the relationship might stop...

If you stop texting, your phone may stay quiet because there will be no initiating from those you try to maintain closeness with.

Maybe if you stop showing love towards someone, the connection between you may dissolve...

That doesn't mean you ruined a relationship.

That means that all that this relationship had was the energy that 'only you' hire - to keep it in the air.

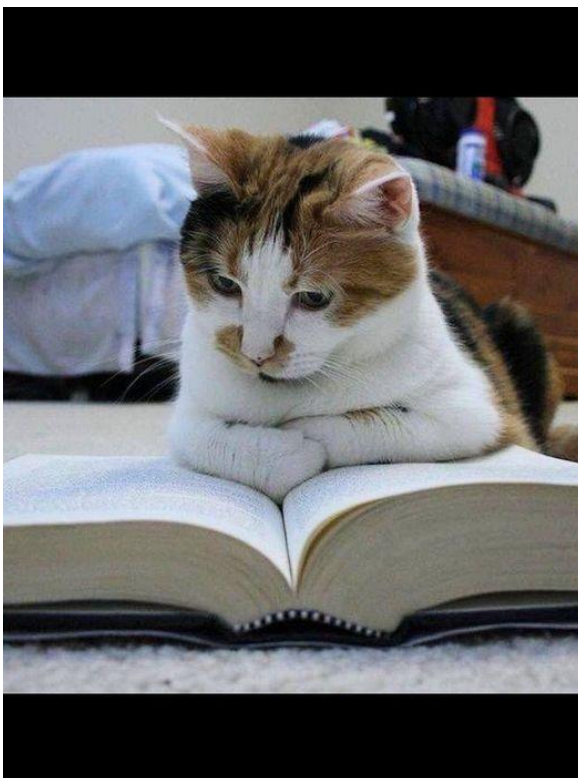
That is wanting to give a chance to those who don't want it...or who don't value it, due to their own hidden agendas or disconnection from their core compassion.

The most valuable and most important thing you have in your life is your energy.

Its not just your time because it's limited...It's your energy.

What you give every day is what will become more and more in your life.

It's the ones you give time and energy (who respond to you in like fashion) that will define your existence.



Very cool. A poem that you can read in English and Afrikaans.

MY STORIES BEGIN AS LETTERS

---

My pen is my wonderland.  
Word water in my hand.  
In my pen is wonder ink.  
Stories sing. Stories sink.

My stories loop. My stories stop.  
My pen is my wonder mop.  
Drink letters. Drink my ink.  
My pen is blind. My stories blink.

---

When you realise this, you start to understand why you become impatient when you spend your time with people who don't suit you, and in activities, places, situations which don't suit you.

You're starting to realise that the most important thing you can do for your life, for yourself and for everyone you know, is to protect your energy stronger than anything.

Turn your life into a safe sanctuary where only 'compatible' people with you are allowed.

It's not your job to exist for people and give them your life, little by little, moment after moment.

Decide you deserve a true friendship.

Wait then... just a minute...and look how everything is starting to change...

## Gardening time

by Ann Blignaut

*In the midst of winter, I found there was within me an invisible summer. And that makes me happy for it says that no matter how hard the world pushes against me, within me there is something stronger, something better pushing right back. (Albert Camus)*

Being the middle or rather just past the middle of the year and by all counts in the middle of our winter which seems to have come with a vengeance and has allowed that we can look beyond these scary times.

This reminds us that we can now begin to think of the spring that is fast approaching. At the moment the gardens are really sleeping in the way of growth and quite rightly so because gardens and plants also need a time to rest before sprouting out again.

The aloes in our gardens have been flowering well – we are lucky to have many different types. It's lovely for the sugar birds and bees – an indication that all plants have a season when they produce their flowers.

It is also time to now cut back shrubs and roses in preparation for spring.



Some pretty gardens in our village





## Don't forget to visit Kirstenbosch – new fees from 1 August

Now that we can move about more freely just a reminder to visit Kirstenbosch gardens.

These magnificent gardens were once a neglected, overgrown farm with a ruined homestead, hordes of pigs, thickets of weeds and extensive alien plantation but due to the foresight, determination and skill of Prof. HHW Pearson (honorary director with no salary) and JW Matthew as curator we have a magnificent botanical garden at Kirstenbosch today.



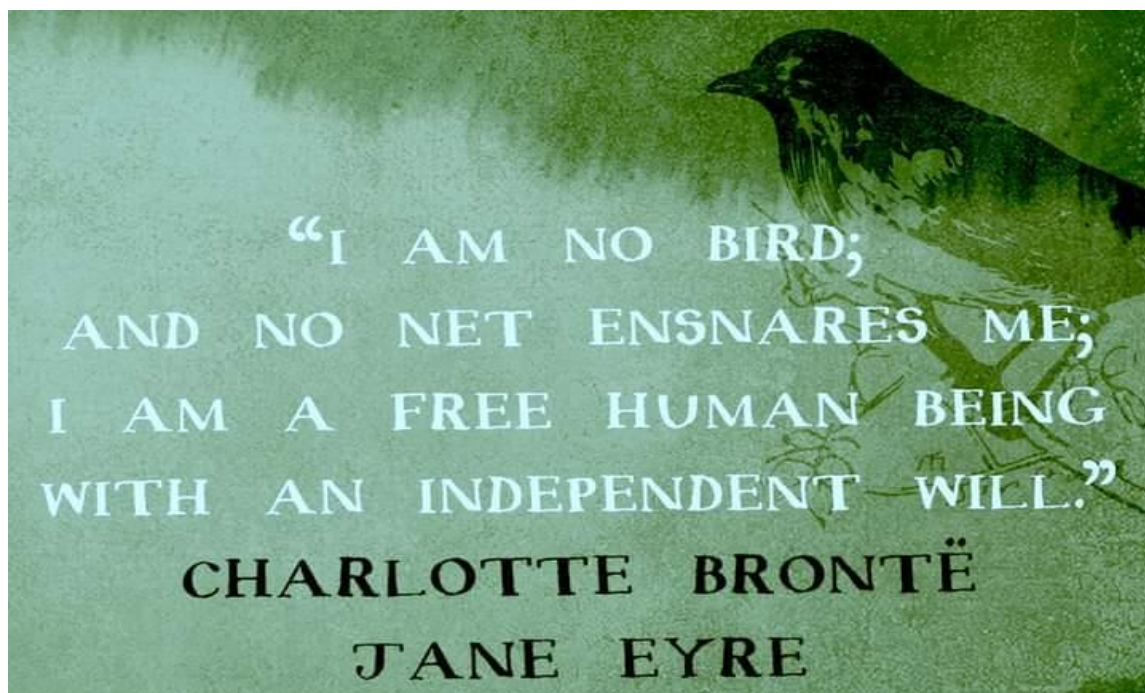
(Ltr): Tea House (1924) on the site of the old farmhouse and the restaurant today

### Garden entrance fees as from 1 August 2021

Standard Adult: R200

**South African residents over the age of 60 (with ID): Free on Tuesdays except on public holidays.** To claim the lower ticket rate, South African residents can show their ID, a certified paper copy of their ID, an electronic copy of their ID or their driver's licence.

For more information on fees visit the website: [www.sanbi.org](http://www.sanbi.org) › gardens



## June rainfall

Gill and John Morgan, H2 took this task on many years ago, to monitor the rainfall and update the rainfall log on a daily basis.

At the bottom, right-hand side of the log are the previous months readings, as far back as May 2020 with 77mm of rain for that month.

<b>EVERGREEN MUIZENBERG</b>						
<b>RAINFALL: JULY 2021</b>						
DAY	RAINFALL in		DAY		RAINFALL in	
	mm	Month			mm	Month
	Day	Cum			Day	Cum
1	4	4	20		8	135
2	3	7	21		18	153
3	10	17	22		NIL	153
4	2	19	23		NIL	153
5	NIL	19	24		NIL	153
6	NIL	19	25		NIL	153
7	NIL	19	26		NIL	153
8	60	79	27		8	161
9	NIL	79	28		3	164
10	NIL	79	29		7	171
11	1	80	30		NIL	171
12	32	112	31		NIL	171
13	12	124	JUN	175	JAN	5
14	NIL	124	JUL	133	FEB	10
15	NIL	124	AUG	191,5	MAR	58
16	NIL	124	SEP	93	APL	8
17	NIL	124	OCT	24	MAY	128
18	NIL	124	NOV	57	JUN	208
19	3	127	DEC	6	JUL	171

### Truisms or not?

When you are bored just think about a few things that don't make sense, such as ...

1. If poison expires, is it more poisonous or is it no long poisonous?
2. Which letter is silent in the word 'Scent': the s or the c?
3. Do twins ever realise that one of them is unplanned?
4. Why is the letter W, in English, called double U? Should it be called double V?
5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
6. Every time you clean something, you just make something else dirty.
7. the word 'swims' upside-down is still swims.
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
9. If you replace 'W' with 'T' in 'What, Where and When', you get the answer to each of them.

### Don't let the downscaling process become a nightmare

*...even after you've moved*

Moving to a smaller home is overwhelming, but if you take one step at a time, downscaling can be therapeutic and liberating. Perhaps for some residents it has been a breeze but I think for many it was perhaps the ultimate





nightmare. And although we have all gone through the process – one needs only to look at phase 3 in our village to see how many cars cannot yet fit into the garages. So, have we downscaled enough is the question?

'Remember, today is the tomorrow you worried about yesterday,' Dale Carnegie said.


Below are some abridged tips received from a Heidi Meyer, a professional organiser, speaker and trainer from Cloud 9 to help those of you who have not yet reached that ultimate blissful stage of being happy in yourself and settled in your smaller home.


 **This will take time!**

 Downscaling is one of the most difficult processes in life. Many, many years' possessions have accumulated and it will take time to reduce them. So, start small and give yourself time to sort through and address your emotions.


 **Determine the where and the how?**

To downscale, one needs to decide what is important in the new chapter of one's life and what lifestyle one desires and set aside a specific day and time per week to start the decluttering process. Break it down into sections, i.e. paperwork, memorabilia, greeting cards and photos.

 Decide what should happen to the items no longer needed or wanted. The good furniture, porcelain collection, ornaments and household items can be auctioned. Other things can be sold to a second-hand dealer, the rest can be donated to a welfare, and of course anything that is broken or obsolete should be recycled or trashed.

 **Separate the wheat from the chaff**


Decide what furniture, ornaments and décor items you would love to keep or to use in your new home and then decide what to do with the rest.

 **Start small and work consistently**

Work on one room and declutter one shelf at a time and get it done. Start in rooms where there isn't too much emotional clutter, as these are relatively easy to clear and to ease oneself into the decluttering mode. Let go of stuff that does not fit into the new home or that makes one sad, stuff that one will never use again, clothes one no longer fits into and projects one knows will never be finished. Keep only the best and get rid of the rest!

 **Query yourself**

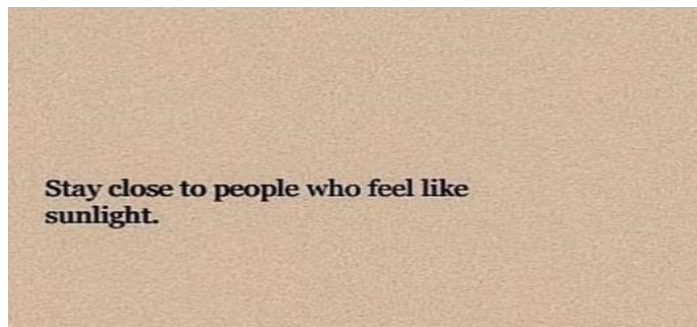
Why is it important to you? Will you ever use it in the future? Do you love it or need it? Is there someone else that could use it?

 **Papers everywhere**

Collate essential documents in a Life File with all the important documents for the executor and get the rest of your paperwork in order.

 **Someone else's stuff**

Children and spouses no longer there...donate or sell.



And, most importantly, take time to enjoy and appreciate the extra space you have been blessed with.

## Let's cook

### A versatile bread dough

by Margaret Simons

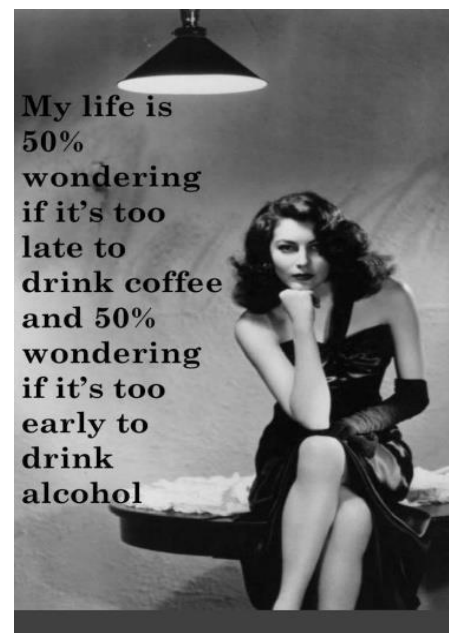
### Grandma's Country White Bread

#### Ingredients (2 loaves)

- 3 cups luke-warm water
- ¼ cup sugar
- 1 ½ tablespoons yeast
- 1/3 cup oil
- 1 tablespoon salt
- 6-7 cups cake flour

#### Method

1. In large bowl dissolve yeast and sugar in warm water.
2. Let sit for 10 min.
3. Add oil.



4. Add salt and flour. Start with 6 cups of flour.
5. Mix together.
6. Knead thoroughly until all ingredients are incorporated and dough is smooth, elastic, slightly sticky and pulls away from bowl.
7. Add more flour until required consistency is reached.
8. Cover with cling wrap and cloth and allow to rise in warm place until double in size.
9. Punch down.
10. Divide equally and place in greased bread pans.
11. Cover with cling wrap and cloth and let rise.
12. Bake in pre-heated oven for 25 min.
13. Remove from pan.
14. Allow to cool on wire rack.



## Notes

1. I use less water.
2. Smear dough with oil before first rise (1 tablespoon)
3. Pre-heat oven at 190 C and bake at 180 C on level 2 (fan)
4. This dough can be frozen.
5. Spray cling wrap with Cook and Spray.

## I use this same dough for the following:

1. Plain bread rolls/ hot dog rolls.
2. Fruit rolls - add sultanas and citrus peel and drizzle with icing sugar and milk.
3. Hot cross buns – add spices and baker's mix.
4. Vetkoek – form balls and fry in shallow oil
5. Raisin loaf
6. Pull-apart bread – baked in Bundt pan  
Roll out dough (rectangle). Cover with pesto.  
Top with olives, cheeses, sundried tomato, crushed garlic.  
Roll up. Pinch ends.  
Cut to required size.  
Place close together in greased Bundt pan.  
Cover and prove in warm place for 20 min.  
Bake in pre-heated oven (180 C) for 35 min.  
Rotate pan after 25 min. and cover with foil.  
Turn out on wire rack.  
Allow to cool.



*Home baked Bundt sandwich bread stuffed with chicken mayo and lettuce*

## Wanted and for sale

- Please buy my book **Lessons from Lavender Hill High** @ R200 and I will donate R100 towards feeding the children of Lavender Hill who are in desperate need. Please phone June Orsmond on ext. 2234! or email [june.orsmond@mweb.co.za](mailto:june.orsmond@mweb.co.za)
- Free advertising for pensioner-owned home businesses. <https://youve-earned-it.co.za/site/pensioner-run-home-business>
- Delicious homemade marmalade can be bought from Margaret Clough at House 6.

Barbara Pringle (Apartment 344) wants to dictate her life memories on a recorder. Looking for a fellow Evergreener willing to type for Barbara who has glaucoma and really struggles to see.



## Market day with a difference

The annual market is back albeit with a difference! Another reminder of our annual fund-raising event that was put on hold last year – due to Covid. (Just like everything else in this world...) However, we are good to go again but unlike our previous craft markets this year's market will be a white elephant 'market'. Anyone with unwanted goods that are still taking up that much-needed space are welcome to donate it to be sold on this day. Proceeds will be donated to St Luke's Hospice who is the charity of choice for this year.



The market will be held on 29 October from 2 o'clock in the main building. People donating

goods can deliver it to Sophia McKeller on Thursday during the day from 9 o'clock in the morning. To make alternative arrangements please contact Sophia McKeller tel 2005, cell 0797836405, Apartment 2005, Lydia Hirschmann, Apartment 2017 or Hazel Fick, Apartment 2317.

Your kind support will be much appreciated.

## Showtime

Just a reminder to theatre lovers – and more specifically Theatre on the Bay – if you are not a subscriber yet, please do so. Every Monday they share the most wonderful 'theatrical' surprises via email. Below is what will appear in your email and one simply clicks on Watch now – some amazing experiences...

**YOUR Monday Smile...**  
**WATCH NOW**

*A Sondheim Surprise.*

Stephen Sondheim surprised a composer with dementia by sending him a video after his song became a viral sensation...

The advertisement features a black background with yellow and white text. At the top, it says "YOUR Monday Smile..." in a large, stylized font. Below that, "WATCH NOW" is written in bold white capital letters. A small video thumbnail shows two men, one of whom is Stephen Sondheim. To the right of the thumbnail, the text "A Sondheim Surprise." is written in a cursive font, followed by a short paragraph describing the event.

We always work for a better tomorrow, but when tomorrow comes, instead of enjoying, we again think of a better tomorrow!  
**Let's have a better today..**

The illustration shows a simple stick figure with a large head and a small body. The figure is holding a yellow sign in its right hand and an umbrella in its left hand. The figure is standing on a yellow patch of ground. The background is white with a yellow sun in the upper left corner.



## Employees of the month

Congratulations to Evergreen staff, who on a daily basis, ensure that residents' lives are comfortable.



(Ltr): Denise Elkin with Tyrell Hendricks, June employee of the month, and Nizaam Lakay with Aashiq Poole, May employee of the month

## Make the Muize News your own!

Thank you to all for their input and again a repeat and a reminder of my regular request for input to our newsletter. No contribution is too large, too small, too erudite, too silly – the more content one has to choose from the better our reading matter. Email contributions to [grizell@iafrica.com](mailto:grizell@iafrica.com) or pop it into post box nr 84. Deadline for submissions: 30 September 2021.



Above is one of the saddest and most telling images that floated past my desk this year. Our thoughts are with the many, many people who suffered and for lives lost during the ...shall we say, June uprising in KwaZulu-Natal!