

EVERGREEN MUIZENBERG

# NEWSLETTER

EVERGREEN  
lifestyle  
muizenberg

**THE MUIZE NEWS**

**NOV / DEC 2021**

Dear Resident,

What can I say about another year that has been nothing short of a 'roller-coaster' ride or rather, should I say, like a 'big-wave' surf.

We have been taken along (or dumped) by more waves than I can remember during my school holidays on Durban South Beach. I looked at the TV the other day and we have been on some level of lock-down for over 621 days!

When I reflect on these last 20 months, I feel immensely proud of the way in which you have all swiftly adapted, and even more proud of the Evergreen staff team who, each and every one of them, 'stepped-up' to the 'new normal'. The year has taught us many lessons and I feel we will emerge from it strengthened and enriched. Covid-19 has had a disruptive impact on all of our lives. The pandemic has shown us the value of partnerships in communities and how, together, we can make a difference to people's lives.

This year we started off on a really positive note. I could see some light at the end of the tunnel, little did we know then just how unusual and challenging another year would turn out to be... and the light turned out to be that of an oncoming train...

You can also congratulate yourselves on this monumental 'achievement', we have all stayed sane...that we know of.

As we are approaching Christmas and New Year, and with that for most people, a time to spend with loved ones, I know that there are many residents who have been forced to cancel planned trips, and even more disappointing for residents, is that many of you were expecting children, family and friends to visit from abroad. Unfortunately, the reality is that the pandemic still is an issue with us just going into the fourth wave.

Personally, I am optimistic for the coming months, mainly thanks to the vaccine impact. My optimism comes from a number of virologists who see the Covid-19 virus getting weaker as more mutations occur. Apparently, this is similar to what happened to the 1918 Spanish flu that slowly petered out by early 1920, let's hope.

This is also a good time to reflect on what we have, and what we should be grateful for. We live in a safe and loving community and generally very few things to worry about. I am starkly reminded on my drive to and from work every day just how fortunate we are. Just yesterday, on my drive home, listening to the radio, I was astounded by this statistic that really brought it home to me. 3000 of the world's richest people own 3,5% of its wealth, and 50% of the world's population own only 2% of the world's wealth, staggering.

In closing, let's stay positive and not worry or concern ourselves about the things we cannot change but rather concentrate and contribute to the things we can. Here is wishing you a lovely Christmas and a fantastic 2022.

*Derek*





## Spring puts a spring in one's step...

A couple of residents enjoying this year's beautiful bounty along the West Coast. Seen here from left to right are: Hazel Fick, Sophia McKellar, Ruth Reichlin, Helen Paterson and Lynne Hains.



Lydia Hirschmann and Ruth Reichlin

## Special day for the ladies...

A lovely lunch was held in the bistro celebrating Women's Day



Marlene & Charles Burt



Pieter & Annaleen Erasums



## East vs West... the great competition unfolds as Evergreeners meet

by Pat Swilling

In 2020, Noordhoek Evergreen challenged Muizenberg Evergreen Table Tennis and Pool players to a match. This was held at Noordhoek, where one of the empty houses was the games venue. This was before their beautiful Lifestyle Centre was completed. We all so enjoyed the matches, that we challenged them to a return match which we hoped to play in February 2021. However, due to Covid 19 this had to be postponed, and we finally got together on 18th November, 2021.

This time, though, their Canasta, Bridge and Rummikub clubs joined in the challenge. Trying to find a date which would be suitable to all 60 participants, proved to be quite a Herculean task and we eventually settled on the 18th of November, with the knowledge that anything later in the year would clash with Christmas holiday plans.

Unfortunately, the Muizenberg Bridge team withdrew from the competition, but luckily this did not appear to disrupt our relations with the organisers. Derek had graciously agreed that Evergreen Muizenberg would provide refreshments for the afternoon and we arranged for tea and sandwiches for the Canasta and Rummikub teams, snacks and beers and cold drinks for the pool players, and snacks and cold drinks for the table tennis players in the gym. Branwine and her team came to the party with delicious fare, for which we were most grateful.



As for the table tennis, the Muizenberg ladies were in trepidation about the match, due to the fact that in 2020, the much younger Noordhoek team walloped us, but this time around we held our own, and our improvement was obvious to see. One of the matches set up by the Noordhoek team was with Riaan, Noordhoek's very affable manager and Mosa, against our manager Derek who was called from his office and unceremoniously told to partner Pat. Amidst much movement, laughter and noise, Derek and Pat won the game – you'd have thought they'd won an Olympic medal, what with all the high fives! We didn't really keep a tally of the final score of all the matches played, but although we did not win, we came close, and I am so proud of our group of players, Audrey, Viv, Cheryl, Pat, Billie, Mosa and Ursula, who turn up religiously every Wednesday and Friday mornings to practice. Thank you to the Noordhoek ladies for the spirit in which the game was played, and what a fun time it was.

As Joan Jackson wrote: 'We had a most enjoyable afternoon playing Rummikub with Noordhoek Evergreen. There was lots of fun and laughter in reconciling the "rules" of the game. I am proud to say Muizenberg Evergreen were the overall winners. We look forward to the next challenge with Noordhoek Evergreen. Thank you to the staff of Muizenberg Evergreen Bistro for the delicious sandwiches. They were most appreciated.'

From Hugh Till: 'This was the third challenge between Muizenberg and Noordhoek Evergreen. The previous two being held alternately at Muizenberg and then Noordhoek, the honours for each one going the way of the home side. This third challenge was played over three rounds of 4 matches. The first round was won comfortably by Muizenberg 4-0 but Noordhoek came back strongly taking round two 3-1. Muizenberg then pulled out all the stops taking the fourth and final round 3-2. Giving Muizenberg a healthy winning margin of 8 games to 4. Many of the less experienced players coming to the fore with strong performances.'

The competitive challenge aside, the afternoon provided a great opportunity to meet up with old friends and make new ones. Everyone enjoyed the comradery and challenge.

A big thank you to management and the Bistro staff for providing lovely refreshments and to the Muizenberg team of Chris K, Chris R, Eddie, Edward, Hugh, Louis, Peter, Ray, Sozen and Tony, well done. We now look forward to the next challenge at Noordhoek.





From Lydia Hirschmann on the Canasta team: 'A very pleasant afternoon with tight competition but very enjoyable. An interesting point was that the scoring and in some cases the playing was different but Noordhoek decided to play us our system, being the hosts. Noordhoek use the scoring off the specific Canasta playing cards, whereas we use the normal playing cards, and a different scoring system. We hope we will have a return competition next year, when we will play Noordhoek's scoring and rules.'

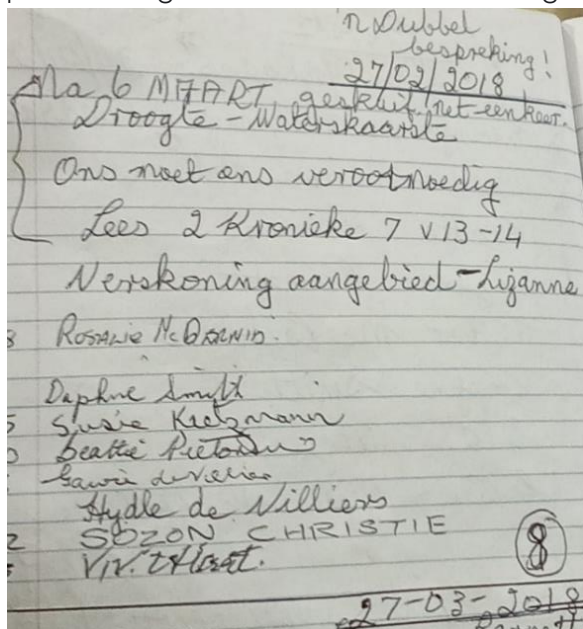
Wine provided by Derek Drew finished the afternoon on a high note. Our three teams won their games, which made Evergreen Muizenberg very proud.

A WhatsApp from the organiser of Noordhoek Evergreen reads: It was great, and most enjoyable playing with you. We really appreciate you making the event so special.'

## Oefen Afrikaans is 4 jaar oud!

Analeen Erasmus (links), Hydle de Villiers (regs) en Beattie Pretorius voor.

'Na maande se gesels en bespiegeling tussen drie van die eerste inwoners van Evergreen, oor wat hulle kan doen om aan Afrikaans 'n platform te gee vir Afrikaanse sowel as Engelssprekendes inwoners om



'n bietjie die Afrikaanse taal te beoefen het Analeen Erasmus (Hydle de Villiers en Beattie Pretorius (voor) vier jaar gelede die idee gehad om 'n groep bymekaar te kry om Afrikaans te beoefen en saam met die oorspronklike stigterslede van Oefen Afrikaans is hulle steeds volstoom deel van die klub.



Behalwe vir Sozon Christie is die res van die stigterslede Daphne Smith, Rosalie McDermid, Susie Kietsman, Gawie de Villiers, en Viv t'Hart ook steeds deel van die klub. Tydens die byeenkomste word daar lekker in Afrikaans gesels, gedigte gelees, uitdrukkings/idiome bespreek en verduidelik, grappies vertel, ensomeer – alles in Afrikaans natuurlik. Hydle het egter vanjaar die



voorsitterskapleisels aan Erik Kiderlen (onder) oorhandig en sy vrou Cheryl (onder regs) neem die sekretariële take oor. (Dankie ook aan Cheryl wat die allerheerlikste sjokoladekoek vir die tienjaarvieringe gebak het.)

Die doel van Oefen Afrikaans was om Afrikaans in die Evergreen gemeenskap te bevorder en om gemoedelike samekoms te verseker.

Vergaderings word op die vierde Dinsdag van elke maand gehou. Baie interessantheide word gedurende die vergaderings bespreek en lede put voortdurend genot uit die mooi van Afrikaans. Baie geluk met hierdie pragtige en onafgebroke prestasie aan Hydle en die span en inwoners word hartlik uitgenooi om te kom deel in die saamgesels elke maand.

Eric en Cheryl, mag Afrikaans onder juller leierskap geil groei!



## Ode aan 'n ma

Ma het op lentedag 'n jaar gelede die hemel ingeseil, uitasem en hoed skeef op die kop.  
Vandag was 'n goeie herinneringsdag.

HEMEL MA!

Pa was 'n lank-voor-die-tyd mens.

Altyd meer as 'n halfuur  
vroeg by enige geleentheid.

Ma is 'n laaste-oomblik mens.

As daar vyf minute oor is,  
skink sy nóg 'n koppie tee.

Pa was 'n man van okkasie.

Met vloeiende predikantstoga oor  
sy blinkgestrykte pak en Grasshopperskoene,  
het hy met merkwaardige statigheid  
die ouderlinge en diakens  
van sy armbuurtgemeente die kerk binnegelei  
terwyl Mnr Wyngaard  
die regop klaviertjie dawerend hamer,  
net om te moet sien

hoe ma op daardie heilige oomblik,  
uitasem en hoed skeef op die kop,  
met ons span kinders die kerk instorm.

Pa is lank vooruit al weg hemel toe,  
asof om seker te maak hy is hoog betyds.

Ma geniet, dekades later,  
nog haar laaste koppies aardse tee,  
met geen haas  
om voortydig daar bo aan te kom nie.  
Ek is seker ma gaan uiteindelik die  
hemel inseil,  
uitasem en hoed skeef op die kop,  
in die middel van die heilige okkasie  
van die engel Gabriel se  
derduisendste verjaardag.  
En pa gaan daar in die engelebanke  
sit  
en ma sien inkom  
en ongesiens glimlag  
en dink:  
"Dis my Marietha.  
Uiteindelik."







Above: A mosaic workshop held in two sessions in October and November resulted in some pieces made by seven residents who attended where lots of fun was had by all. The 2-day workshop was presented by Kim Schwerdtfeger.

### Street braai – a first in in Phase 3

A fun street braai was enjoyed by some residents in phase three – organised by resident Jenna Monk who spearheaded the event. A true South African 'bring and braai' that typically ended up with so much leftovers that everyone had supper for a few days on. A really good time was had by all and it was a great opportunity to meet those new residents that one normally just waves to when driving by.





## Wine up for grabs



One lucky winner, Anne Roberston walked away with a mixed case of wine that she won in the raffle held during the recent wine tasting held by Gun Bay wines.



Andrew Ing, Owner of Gun Bay wines introducing his wines to our residents.

## PUNS

When everything is coming your way, you're in the wrong lane.

A cross-eyed teacher couldn't control his pupils.

She had a photographic memory but never developed it. Is it ignorance or apathy that's destroying the world today? I don't know and don't really care.

I wasn't originally going to get a brain transplant, but then I changed my mind.

Which country's capital has the fastest-growing population? Ireland. Every day it's Dublin.

My ex-wife still misses me. But her aim is starting to improve.

The guy who invented the door knocker got a no-bell prize.

I saw an ad for burial plots, and I thought: "That's the last thing I need!"

Need an ark? I Noah guy.

I used to be indecisive; now I'm not so sure.

Sleeping comes so naturally to me, I could do it with my eyes closed.

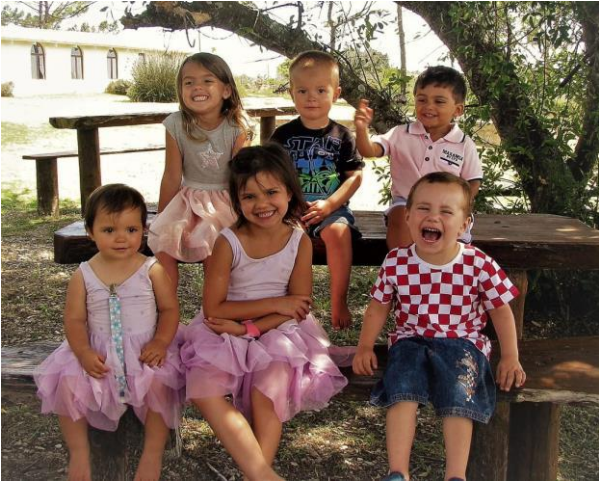
What did the grape say when it got stepped on? Nothing - but it let out a little whine.

What do you call a super articulate dinosaur? A Thesaurus.



## Muizenberg photographers shine

Muizenberg Evergreeners truly shone during the annual photographic competition held by the Evergreen group. Our residents won four of the nine competitions...what a fantastic achievement! Huge congrats to the winners Jim Raubenheimer (who runs the local photographic club), Hugh Till, Chris Turner and Jenna Monk. A really wonderful achievement!



*Chris Turner – Smiles*



*Hugh Till – Wow, look at me*



*Jenna Monk – Unconditional love*



*Jim Raubenheimer – Comfort*

Each time you open a book  
and read it, a tree smiles  
knowing there's life after death



## The early morning walking ninjas...

The walking group, aka eco ninjas, collected six large bags of litter and a discarded washing basket during the most recent effort by a group of Evergreen residents who decided that it's time to clear up the verges. A lot of fun was had by all and the group extended a thank you to the Evergreen team for their support with this undertaking. As one ninja remarked: 'It was lovely to see the gardeners pruning in the flower beds that we had cleared of litter.'



## A great breakfast and live entertainment by the Shades of Shadows ...booked out show!

A fantastic morning was had by all during a special breakfast in November with the band, Shades of Shadows, arranged by Merryl Preston. Residents had great fun and there were many who couldn't resist the dance floor...

The original band was formed in the mid-1960s and comprised four teenagers, Douglas Bussio (rhythm guitar), Mike Quarmby (bass guitar), Hymie Kaplan (drums) and Mino Caira (lead guitar). After playing music of Cliff Richard and the Shadows over a period of three years, they parted ways to pursue tertiary studies and work opportunities. Some fifty years later, they had a brief reunion that eventually resulted in Hymie, Mino and Mike (playing rhythm guitar), reforming the band as Shades of Shadows'.



Edric van der Vyver



Caroline Damstra & Joy Duddy



Jimmy Jefftha & Liz Blair





## Muizenberg revisited

by an Evergreen resident

In our previous 'Get to Know Muizenberg' we focussed on the old village. At the edge of the village is Albertyn Road and the much-maligned Railway Crossing and Signal Box.

However, one bright spark in this area is the popular Blue Bird Garage Food and Goods Market that has been revitalised with a stunning mural during lockdown. This building, at one time known as the Forshaw Building, has been utilised in many different ways – from about 1911 as an Aeroplane hangar/workshop, a storage facility, a piano showroom/repair shop (much needed in those days), a bakery, and later a busy surfboard workshop, amongst others.



An interesting bit of nostalgia – two pilots returning from the First World War arranged for two aircraft to be transported by sea to Cape Town and one of their initial assignments was to deliver the first mail by air to the postmaster at Muizenberg. This was recognised with an official postcard that marked the occasion. Later the two Solomon brothers offered flying and photographic trips over the Peninsula from Muizenberg. Hard to imagine today that the airfield utilised at that time would have been accessed from the footpath/lane running below False Bay Station (opposite the Blue Bird Garage towards the Vlei), originally a muddy dairy farm and subsequently a sports field, before becoming part of the Vlei's open recreation area. Much later one of these planes was discovered in storage in the rafters of the garage the Solomon brothers once owned.



For more up-to-date information (due to Covid regulations), tap into the Blue Bird Garage Website or Facebook page for what this inspirational, creative and popular venue has to offer every Thursday and Friday evenings and enjoy food of the world, craft beer and marvel what the collective and creative entrepreneurs of this area have to offer and the atmosphere they have established. You will not be disappointed!

Another important building on the Main Road is the much-loved Masque Theatre. Again, at one time a garage, skating rink, 10-pin bowling alley and a night club that went insolvent – it became derelict. Its saviour was Mr. Bertie Stern who, after much time and effort on his part, resurrected it in 1956 which also included a new roof. Later there was also a major fire that had to be attended to.



It became the home of many Cape Amateur Dramatic Societies – much loved at that time. Since then, the Masque Theatre has continued to draw faithful Capetonians from far and wide to excellent and varied entertainment with both amateur and professional productions that included CAPAB ballet, plays, musicals, recitals, one-man shows, opera and many other theatrical and outstanding performances that graced the Cape stages until the Covid restrictions.



However, ending on a happy note – this famous theatre is back – and with a spanking new roof at that. Please visit their website for more information and to see what is on offer. Their latest offering is



a magical musical celebration running from 9-18 December 2021 (2.5 hours with an interval). See you there!

**Gremlins...***In Lenovo our last issue we approached the beach from ..... have no idea where this slipped in – apologies to author. It had to read in: In our last issue ...(printers gremlins are everywhere...)*

## **WHEN DOES THE PAST BECOME THE PAST?**

by Owen Kinahan

A century on from the last universal pandemic, I am spending the lockdown and the opportunity of this one to finish writing about how Cape Town remembered World War I, the so-called Great War. It began as an inventory of surviving memorials and monuments against the background of rage and vandalism directed at imperialism and colonialism, from Bristol to the Deep South, and closer to home Rhodes is targeted repeatedly.

Undeniably the conquered and oppressed have an axe to grind at any time or place in human history. The victors impose the edifices and often canonise the heroes but as in life, so popularity waxes and wanes long after death – and not always in sync. Mahatma Gandhi, once so highly regarded is now vilified for his opinion of black South Africans in the early days of his legal practice in Pietermaritzburg yet he strides forth in Dali Tambo's bronze freedom parade at Century City right now. His abstemious sleeping arrangements are now associated with paedophilia. Within that heroic group too is King Shaka, a world-class ethnic cleanser. But they're only human.

It's easier to tweak the trajectory of an individual with a tweet than to argue a cause and we can only hope that war memorials have been largely ignored - not that we can wish desecration away, but possibly because of the arrogant fantasy that wars will never be forgotten. Or is it that most nations let them slip into the past, stop celebrating them, or naively think that simply 1914-1918 In Remembrance means anything to anyone. Do your own experiment and ask passers-by about a war memorial.

But back to Cape Town. The war couldn't have come at a more inconvenient time: the unification of Cape Town was newly launched, each of the old municipalities came in with promises to their ratepayers; urgent work on water, electricity and communication for the new city was a priority. The Union was four years old; the South African war was a raw memory and the population was divided. In imperial and commonwealth terms, South Africa's involvement was small compared to New Zealand, Australia and Canada.

About 10,000 Cape Town men volunteered for service and about 1,500 did not return. It is astonishing that just short of 100 memorials survive, including monuments, rolls of honour in schools, parishes, clubs and companies – the most notable exception is the Roll of Honour at Cape Town Station, 'lost during its revamp for the World Cup. The carillon of the City Hall set a world-wide trend, and the two-minute silence of Armistice Day, started in Cape Town, is marked universally. Here SACS, Bishops, Wynberg and Rondebosch Boys', and the city have services and parades.

No veterans survive but the records that have occupied many hours keep turning up deeply emotional human connections. Here are some.

- I think Cape Town's youngest death in service was Freddy Boyce RN from Robben Island. He signed up (under age) in Simon's Town and transferred to Plymouth as a cadet. He died of pneumonia and emphysema on 21 May 1918 only six days before turning sixteen, probably because the cadets





were billeted in old hulks. The burial register at Plymouth Cemetery records fourteen of his shipmates from HMS Impregnable of the same cause, all aged under sixteen.

- Marsh Memorial Homes remembers seven boys. They were all orphans admitted between age five and ten and discharged at fifteen. All of them died before turning 21. For short lives that had not known much happiness it is especially sad that three of them are recorded on the massive Thiepval Memorial which commemorates those 'for whom there is no known grave'.

- The 1918 Flu Epidemic all but destroyed the Cape Corps. Scores of casualties were buried from the Kimberley Barracks in three weeks of October. They are recorded on the largest tablet in Cape Town in the City Hall.

- It is hardly believable today that 350 British and Commonwealth soldiers were executed by firing squad – 'shot at dawn' – under sentence of courts martial that were little more than kangaroo courts dispensing harsh penalties to discourage desertion or cowardice, long before combat distress was recognised. Four South Africans were executed – all for capital crimes of murder – strangely earning 'remembered with honour' on their Commonwealth war grave inscriptions.

- There are many cases of sibling deaths, some families losing more than one son in rapid succession. Particularly hard days for Cape Town were the Battles of Delville Wood and Arras.

- The tragedy of this epic conflict is perhaps captured in the simple pencil details of Army Form W33721 detailing burial of seven SA Infantry casualties at Hestrud Churchyard 20km south-east of Mauberge.



Somehow, in return for the last hand dealt to them, there is some dignity in them lying side by side and not in an endless vista of headstones or a long list on a large monument. The quiet corner 'forever South African' records two who died on 10 November 1918 and five the next day when guns fell silent. More eloquently we discover that newly married Private Cecil Morris aged 22 of Railway Cottages, Bellville lies at the side of Private Roland Haw, just nineteen, a boy from Bishops.

The personal tragedy for these families of spinster fiancés, companionless wives, sad mothers and fatherless children must be seen in the context of a physically unscathed City lulled into a belief that it was a great nation-building chapter.

*Alderman Owen Kinahan (House 91), a former City councillor, has put decades into various urban conservation initiatives.*



## To all connoisseurs of good puns

How does an attorney sleep?

First, he lies on one side, then he lies on the other side.

I have a few jokes about unemployed people, but none of them work.

How do you make holy water?

You take some regular water & boil the hell out of it.

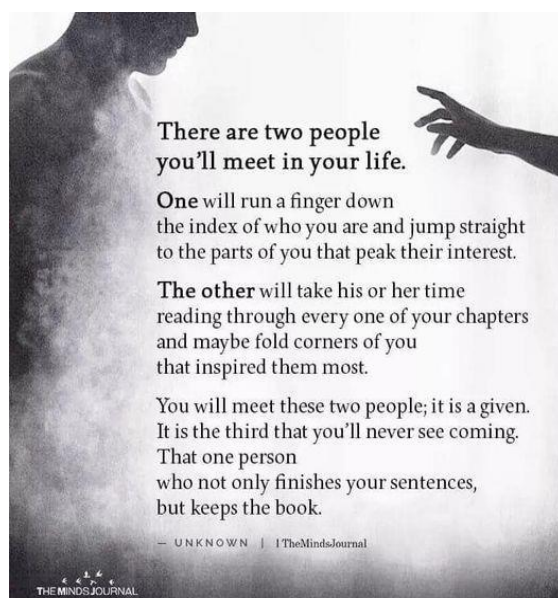
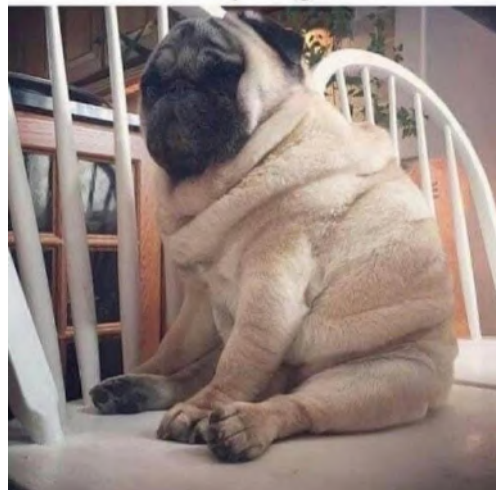
Will glass coffins be a success?

Remains to be seen.

What's the difference between a hippo and a zippo?

One is really heavy and the other is a little lighter.

Finally my Winter fat is gone,  
now I have Spring rolls.



## Hoekom moet ons weet?

deur Francois Verster

Ek het gister 'n stuk deur Dana Snyman op sy blad gelees. Soos altyd, of jy met hom saamstem of nie, was dit insiggewend. MAAR, die kommentare wat gevolg het was van wisselende waarde en waardigheid. Ek en hy het later daaroor gepraat (telefonies) en ons is albei steeds verbaas en 'n bietjie hartseer oor die vreemde reaksies van mense - dalk kan 'n mens dit alles terugwerk na vrees in onsekere tye, want vrees maak mense nie net bang nie, maar ook woedend, bitsig en vieslik.

Dit tref my steeds hoe uiteenlopend mense van een volksgroep kan dink, vergeet nog van 'n multikulturele nasie. Ek wonder net, is dit hoekom ons nie kan saamwerk nie, of is dit (ook) hoekom ons nie al lankal in twee massiewe vegordes georgansieer is en mekaar uitgemoor het nie?

Nog iets wat my deesdae nogal laat dink: toe ek Geskiedenisonderwyser was (tot 1990) moes ek baie keer hoor 'Wat is Geskiedenis tog werd?' Vandag is dit daglig-duidelik – die oningeligte stellings, sg. 'new narratives' en belaglike fopnuus wat soos virtuele veldbrande rondswerf, bewys presies wat die gebrek aan insig oor die verlede veroorsaak. Ergste van alles egter, is die neiging om Geskiedenis in sy geheel as propaganda te brandmerk. Diegene wat jare daarmee gewerk het, weet presies wat betroubare bronne behels en waar om hulle te kry.

So, die vernietiging van sulke bronne, dink aan die Jagger Biblioteek (Universiteit van Kaapstad), asook die toenemende inploffing van dienste by argiewe en biblioteke, is eintlik 'n groter gevaar vir



ons as nasie as wat die meeste van ons ooit sal besef. Onthou, kommunisme en sy vertakkings gedy in tye van ystere kopklemme – Big Brother is die uber-boelie.

Iemand sê gister iets in die lyn van dat om 'n boek te lees, is om soos deur die wêreld te reis, maar diegene wat nie lees nie, skarrel heeltyd op een bladsy rond – soos 'n vismot met maagpyn. Geskiedenis is die verhaal van die mensdom. Sonder ('n) geskiedenis bly die mens dom. En bang. En kwaad. En gevaarlik.

**Since today's youngsters have texting codes for everything (LOL, OMG, TTYL, et cetera) the oldies have decided not to be outdone by these kids, and now have developed our own codes too...**

**ATD - At the Doctor's**

**BFF - Best Friend's Funeral**

**BTW - Bring the Wheelchair**

**BYOT - Bring your own teeth**

**FWIW - Forgot Where I Was**

**GGPBL - Gotta Go, Pacemaker Battery Low**

**GHA - Got Heartburn Again**

**TFT - Texting From Toilet.**

## **Gardening notes**

*by Anne Blignaut*

The main world-wide topics at the moment are the affects of both the Covid variants and earth warming. In spite of this life in humans and in nature just continues.

We have seen how everything has grown in the gardens in spite of abnormally high South Easter winds and heat.

Residents are commended for giving us really lovely displays of different plants and lovely colour. Take a walk and have a look at House 90 (below) with its wonderful indigenous garden consisting of medicinal and edible plants.

There are times in one's life when one just has to make do with the space one has, and if one is a gardener, the temptation to grow plants anywhere, is impossible to resist. And this has really been mastered by all the gardeners of our village. What a privilege for us all to enjoy.

Those of us who have pots will realise that we need to do a lot of watering while we are having strong winds and heat. Remember, the growing season is not quite at an end so there is still time to plant different herbs that can be used in cooking. Herbs do well in pots where they can be contained.

Thank you to everyone concerned for making Evergreen Muizenberg's gardens something for us all to appreciate and enjoy.







Above: A beautiful spring garden hidden from sight like this one of the Richard & Rosemary Bailey.



One of many of our comfortable benches dotted all over the village where residents from both the apartments and houses are invited to sit and enjoy the lovely gardens

## **ORGANIC FARMING AND ORGANIC FOOD**

by Margaret Clough

In England, during the pandemic known as the Black Death, half a million people died, nearly one third of the entire population. Why was the Black Death so devastating? It is thought that the reason for the appallingly high mortality rate was widespread malnutrition. During the early years of the fourteenth century the population of England remained static at five million. The land could only produce just enough food to feed this number of inhabitants. Now in the twenty-first century, the population of England is about fifty-five million and the country easily produces nearly all the food it consumes (ninety percent). It only imports luxury foods like olives and tropical fruit which do not grow easily in a cool climate. How is this possible? The answer: modern farming methods and the use of artificial fertilizers.

For many years before the Black Death crop yields had been declining. We know this because Oxford University kept careful records of the produce of their farms. These records show a constant decrease in production every year. Year after year, as crops



were harvested, nutrients were removed and the soil became poorer and poorer. Farmers tried to improve the soil by using compost and manure and practising crop rotation. This was only partly successful, but once farmers started to use chemicals to enrich the soil and control insect pests, yields increased dramatically. Artificial fertilizers and pesticides are now used all over the world.

In those days, all farming was what we would now call 'organic' and it was this type of farming that impoverished the soil. Why then do so many people want to return to this kind of agriculture?

Perhaps it is the awareness of the over-use of artificial chemicals. All sorts of additives are being put into our food and not all of them are good for us. Over-use of chemicals is not good for the environment either. When too much fertilizer is poured onto the ground it can get washed into rivers and lakes and this can affect plants and animals. Spraying crops with insecticides can contaminate food. These are some of the reasons that the movement towards 'Organic' is growing all over the world.

'Organic' enthusiasts will tell you that this type of farming is so much better in every way. Let's look at some of the claims they make.

#### *Organic farming is cheaper*

This may be true for the peasant farmer on his small holding in the wilds of Africa. He hasn't the means to buy expensive imported fertilizers, but you will find if you go to your local supermarket, that foods labelled 'Organic' are up to 40% more expensive. This is because this type of farming is more labour-intensive and in the long-term yields are generally lower meaning less profit for the farmer.

#### *Foods produced organically are more nutritious*

Plant roots can only absorb nutrients like phosphorus and nitrogen in the form of dissolved salts and so what a plant absorbs is exactly the same whether it comes from a natural or an artificial source.

A number of scientific investigations have not shown that organic foods contain more or better nutrients except that some do have slightly more omega fats.

#### *Organic food is tastier*

I do think tomatoes from my garden taste much better than bought ones and many people say they far prefer the taste of the 'organic' produce they buy, but scientific 'taste tests' have found people can't tell the difference. I would say the jury is still out on this one.

#### *Organic food is healthier because it does not contain pesticides*

Many people believe that organic farmers are not allowed to use pesticides, but in fact, a number of pesticides derived from plants are permitted and these may be 'natural', but they are not necessarily harmless. Some are in fact quite toxic. Organic farmers are, however, encouraged to use manual methods rather than chemical ones to control insects so the foods they produce are generally lower in pesticide residue. (Although pesticide residue in conventionally grown foods is also fairly low.) Another advantage to organically produced meat is that it must be from animals not given growth hormones or antibiotics and this is definitely healthier.

#### *Animals on 'organic' farms are treated more humanely*

There are rules that ensure this. (e.g. animals are not allowed to be kept in confined spaces like battery hens) and this is definitely a 'plus' for me, but then you can buy 'free range' chicken and meat free of hormones without it being necessarily 'organic'.

When I was in New Zealand I saw 'Organic Ostrich meat' advertised. These ostriches are fed on organically grown foodstuff, but in New Zealand ostriches are kept in small enclosures and here they roam the veld freely.

#### *Organic farming is better for the environment*

Adding compost not only adds nutrients, but also improves soil texture and reduces erosion. Over-use of chemicals is obviously not environment-friendly (but I believe farmers are making more use of soil and plant analysis to measure nutrients in the soil and are using fertilizers more efficiently) so Organic Farming is, in these ways, better for the environment. On the other hand, in the long term, this method of farming will cause reduced yields and more infertile soil. Also, because of crop rotation, the practices of letting land lie fallow and of using 'green manuring' (growing plants which are ploughed in) not all of the land on a farm is under crops at the same time, so organic farming needs more land than conventional farming. This could lead to more natural vegetation being destroyed to make way for farms and this may, possibly, be not so good for the environment.



In conclusion: Should we support 'Organic?' Make up your own mind. They say, 'One can have too much of a good thing.' Organic farming is a more natural kind of farming and has been shown to be very good in some ways, so to have some organic farming should be a good thing, but possibly too much might not be such a good thing. YOU DECIDE.



**A bird**



**A Dog**



**A horse**



**An Idiot**



## Is it time to ditch the second-hand bookstore?

by Juliet Davidson

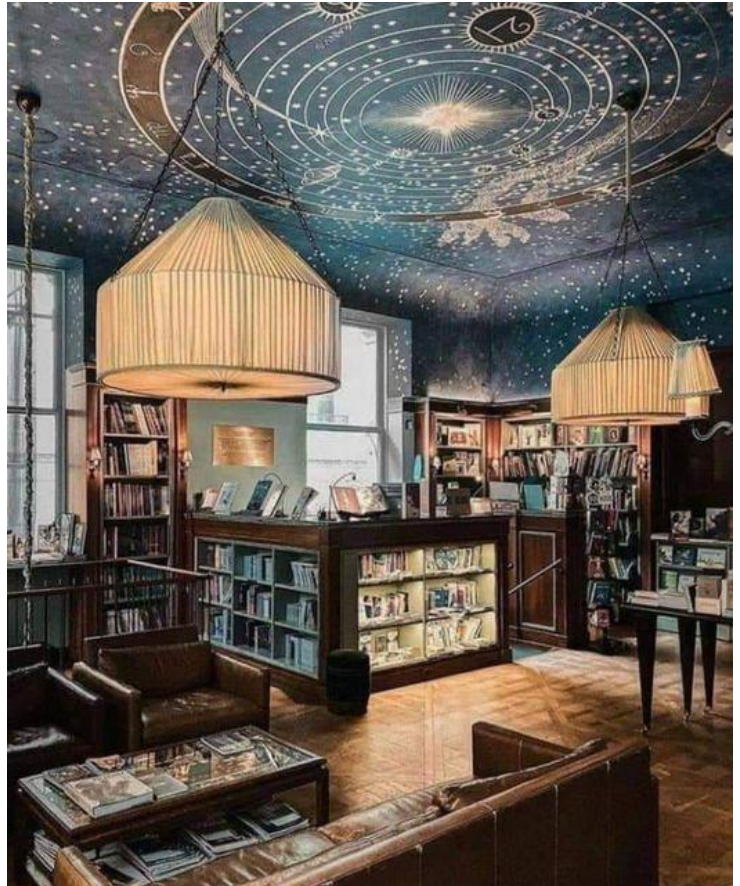
I think the problem is that we're afraid of dust.

I say 'we' to give myself the illusion that I am not the only adolescent who gets irked at a second-hand bookstore when my fingertips become enveloped by a film of grime.

It's not that I'm a hypochondriac or a neat freak. It's just that I don't like what that dust represents: abandonment, antiquity, and irrelevance. Any book that's been sitting on a shelf for twenty-odd years is sitting there because it's not worth the read, right? Some neighbourly American dad threw that book and a myriad of others into a cardboard box, dropped it at the store's stoop, and never thought about it again.

Why should we (or I) sacrifice time rummaging through his undesirables? Why would I read something abandoned in its day, antiquarian in its condition, and irrelevant in its present? I hadn't had a clue.

*Right: The wonderful roof of the Albertine bookshop in NYC. In this bookstore, the books sold are in French and belongs to the French Embassy.*



That is until I experienced the unbridled joy of getting lost in a sea of dusty book jackets in a cavern preserving their integrity: the used bookstore.

In the past decade, we (and I do mean 'we' this time) have seen a surge in independent bookshops. Not only do these stores showcase new authors with new perspectives that have been historically underrepresented, but they also serve as community centres, providing safe spaces, public programming and entertainment.

Shopping at an independent bookstore is an act of community building, not just a consumer purchase, as Tony Dokoupil put it in an interview with two independent bookstore co-owners.

An independent bookstore in itself seems to be an altruistic feat. Millennials have taken a centuries-old industry and updated it to highlight the voices younger generations want to hear in a space that respects their progressive politics. No more are the days of Book Row with old white professor types hiding stacks of books written by old white professor types. This adaptation is essential for bookselling to continue, but we should not disregard the prior literature and bookselling methods of yesteryear. The inclination to do so stems from a greater hesitation, particularly of younger generations, to read books written in long ago.

I feel as though younger generations have an obsession with accuracy. In a superficial sense, the internet has made our proximity to facts and information the closest it's ever been, so we have the means to be accurate. However, in a substantial sense, our politics are more progressive, and we want to tell our own and other people's stories in an accurate way, not in the way of our literary forefathers, many of whom discounted or misrepresented the perspectives of marginalised people. While the independent bookstore is seen as a haven for exploring one's identity through literature, the used bookstore is seen as the place where exploration dies. The scientific data in these books is outdated, the perspectives are limited, and the conclusions drawn are now contestable.

However, as I discovered while rummaging today, reading books written thirty years ago doesn't indoctrinate us with regressive politics like we're worried it will. The reason we read old books is the reason we read: we seek a unique pleasure satiated only by the sweet nothings of an author. That pleasure isn't ruined by an ignorant author but invigorated. When we read something outdated, we are upset because we feel the words, we feel the anguish, and we are visibly gobsmacked staring at the page. These books move us, perhaps differently than



they intended to, but deeply. That is the merit in reading older books. That merit should not be disregarded for its era nor for its coat of dust.

Once I recognised this, I realised that the bookshops housing these books weren't cemeteries. These books weren't abandoned. They were rescued. Second-hand bookstores give these works a second life, an opportunity to be re-read and in a new light. Used bookstores house objects of affection that don't grow old because they are dying; they are surviving.

Though the second-hand bookstore doesn't share the depth and inclusivity of a modern bookstore in its literary content and spatial environment, it gives us bibliophiles a worthy trait: perspective. In some cases, one can spend hours rifling through out-of-print paperbacks and learn more than they would in a single hardcover published in the 2010s. Neither old nor new books have greater value. They simply teach us different things: the new, about our present understanding, and the old, about what understanding used to mean.

(bookstr.com)



**Zhongshuge Bookstore in Dujiangyan, China**

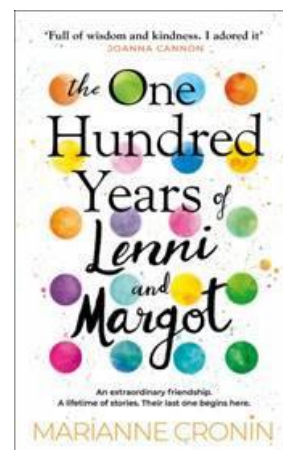


*Don't have much space for bookshelves...? Lookie see this great solution*

**Sit back and read...**

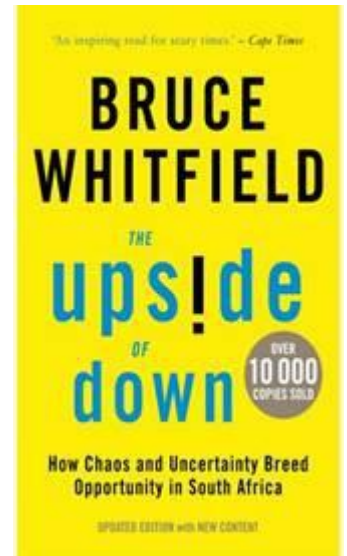
**The one hundred years of Lenni and Margot** by Marianne Cronin

'When a novel about death provides many occasions for laughing out loud, you know that the author has achieved something special. First-time British novelist Cronin creates a beautiful friendship between terminally ill, 17-year-old Lenni Petterson and colorful, 83-year-old Margot Macrame which begins when they meet under extraordinary circumstances at a Glasgow hospital. Lenni's realisation that their ages add up to 100 leads to a joint art project in which they each create a painting for every year of their lives, making use of the hospital's newly established art room. As Margot shares her stories, Lenni gets to experience the ups-and-downs, lost loves, and warm connections that mark a well-lived life. Lenni's visits with Father Arthur in the nearly always empty hospital chapel as she seeks answers to difficult questions with remarkable candour, showcase Cronin's strong talent for characterisation and humour. Cronin has struck just the right balance between sensitivity and sentimentality, making her one of those admirable writers who does exceptionally fine work both celebrating life and addressing death. A Hollywood film adaptation is underway.' (Booklistonline.com)



## The upside of down: how chaos and uncertainty breed opportunity in South Africa by Bruce Whitfield

'... Although written just before the pandemic hit South Africa's shores, it is an astoundingly fitting and inspiring read for our terrifying times. The title alone already feels like a reassurance. The same clarity with which Whitfield presents his show can be found in his writing. One doesn't have to be an economic and political fundi to follow the arguments presented in *The upside of down*. And after failing miserably at the quiz included in the first chapter of the book, I happily absorbed the knowledge and ideas that followed. There is no way of assessing our current economic situation without wanting to weep, and Whitfield presents us with a sober picture after the looting of the Zuma decade, but he steers his readers towards the positive stories of entrepreneurs, big and small, succeeding against all odds. These are extremely empowering. He also outlines the basic traits that visionaries and companies require to thrive in an unstable environment as well as what socio-economic factors could contribute to stabilising it in order for the desperately needed growth to follow and employment figures to increase... Whitfield understands the power of storytelling in channelling positive energies towards turning those visions into reality: "It's in the very crisis in which South Africa finds itself today that there lies an enormous opportunity for renewal, growth and optimism."' (karinamagdalen.com)



## 'n Kans op vir altyd deur Cecilia Nortjé

'Vyf jaar na haar egskeiding is Milan 'n bedrywige sakevrou met 'n vol lewe. Estie, Milan se stiefdogter, het pas begin werk as junior rekenmeester met groot drome om die korporatiewe leer te klim. Jessica, Estie se ma, het sewentien jaar gelede haar rug op Vaalkrans gekeer en bestuur nou 'n gewilde trouplaas. Drie suksesvolle vroue met vervulde lewens, of so wil dit voorkom. Vaalkrans en die gebeure van die verlede het egter steeds 'n houvas op elkeen. Milan kan nie vir Herk vergeet nie, en alhoewel sy die seuns gereeld sien, is Estie se verwerping pynlik. Estie is steeds verbitterd teenoor Milan en haar ma, en sukkel met 'n eetversteuring wat besig is om handuit te ruk. Jessica is in 'n rolstoel en aanvaar haar gestremdheid as straf vir die feit dat sy haar gesin versak het. Die troues wat sy reël, is 'n poging om boete te doen. Wanneer Milan se lewe onverwags ontwig word, begin die domino's een vir een kantel, en word hierdie drie vroue wie se lewens ineengeweeft is, onkeerbaar geraak. Durf hulle 'n kans op geluk, 'n kans op vir altyd, waag? Temas wat aangespreek word in hierdie verhoudingsroman sluit in: gebroke huwelike, ontrouheid, depressie, selfverwyte, teleurstellings, gestremdheid, eetversteurings, ongesonde gedreweheid, en onvergewensgesindheid. Die boek volg op '**n Huis vir altyd**. Cecilia Nortjé is 'n lektor by 'n TFET Kollege. Haar romanses en verhoudingsromans sluit in **Nuwe drome**, **Meneer Perfek**, **Een nag in Parys**, **Vriende met voordele**, **Net 'n stukkie papier**, **Instaanmeisie**, **Toekomsbelofte**, **Romanse in beseringstyd** en **Tatiana en die fossiel**.' (Uitgewersnota)



## Deursteek, Omslaan, Deurtrek, Afhaal / In, Around, Through, Off...some interesting facts

by Margaret and Elaine Simons

The art of knitting dates back as far as the 11th century. Knitted cushion covers, stockings, socks and gloves, techniques such as the purl stitch, fair isle and the cable stitch used in Aran knitting were contributions from many cultures and countries.

During the 1920s knitwear became an essential part of the new fashions of the age for men, women and children. Knitted garments became popular in sport such as tennis, cricket and golf. During both the First and Second World Wars as well as the American Civil War people knitted socks, caps and stockings for the troops.

During the 1950s and 1960s knitting experienced a boost. Many colours and styles were introduced. The twinset became a popular item. Knitting was taught in schools and many magazines published ideas and patterns for knitted items.

During the 1980s there was a sharp decline in the popularity of knitting. Sales of patterns and yarns slumped and it was seen as old-fashioned.



The growth in craft fairs, the 'Handmade Revolution', a growing interest in DIY crafts, the internet and computerised knitting changed things around and made a huge difference in the resurgence of knitting. Celebrities have been seen knitting and this further popularised the craft. Through the internet knitters can connect, share and learn from each other. Many knitters have joined the international online community and social networking sites such as Ravelry, Etsy and Lion Brand.

In 2006 author and knit-blogger Stephanie Pearl-McPhee challenged knitters to participate in the Knitting Olympics. They were to cast on as part of a challenging project during the opening ceremony of the 2006 Winter Olympics that had to be completed by the time the Olympic flame was extinguished. By the first day 4000 knitters had risen to the challenge.

When lockdown started in 2020 we sat around bewildered for a day or two. Being confined to our house made us panicky. However, we soon realised that we needed to think creatively and become productive. Thanks to our mom who taught us to knit from a young age, we decided that knitting would be one of the activities to achieve this. We unpacked our crate with wool, patterns and knitting needles and were soon clicking away happily!



Seen here is a selection of Margaret and Elaine's creative knitwear (above left) and Twiddle muffs donated to Frail Care at Evergreen Muizenberg and 'Kom Sökkie Saam'



As Margaret says: 'For more than a year we have now experienced many of the benefits of knitting:

- New levels of creativity
- Reduction in stress
- Connecting and sharing with the larger knitting community





- Donating to different charities
- Productivity
- Completing items for ourselves, family and friends
- Staying mentally sharp by trying out a new technique, creating a new design or figuring out a new pattern.'

**Spietkop stop langs  
my gister en sien ek  
brei terwyl ek  
bestuur ...hy skree  
pullover!!! Ek skree  
terug nee... dis 'n serp**

*Below: Many of Evergreen's 'knitting fraternity' support this wonderful and creative pastime and all the products made is donated to charity. For more information on the knitting group please contact Gill Blackburn on ext 92001.*





## Residents are certainly not short on energy

This year our residents have truly shown the spirit of giving! With over 27 boxes pledged and just over R4000 cash donated to make up additional boxes, we have surpassed our 1<sup>st</sup> year's boxes sent to children in need. A feat to be proud of!

Besides it being for charity, it also brought our residents together for a mini social event, and much fun was had at Jenna's crafting workshop where we wrapped our boxes and decorated with ribbons and stickers.

A huge THANK YOU to Jenna Monk for sourcing the shoeboxes as well as providing a fantastic selection of stickers and ribbons, as well as glue and cellotape for all our residents participating in this year's Santa Shoebox drive.



The Santa Shoebox Project originated in Cape Town in 2006 with a humble 180 shoeboxes. In 15 years, it has grown in leaps and bounds, with the number of Santa Shoeboxes donated reaching a total of R1,017,741.

The shoeboxes are distributed to more than 1,000 recipient facilities each year, through more than 60 satellites around South Africa and Namibia.

The success of the project can largely be attributed to its personal nature – donors give gifts of essential items and treats to children whose names, ages and genders are known. The minimum eight required items are a toothbrush, toothpaste, soap, a wash cloth, sweets, a toy, school supplies and an outfit of clothing – all new, unused and age-appropriate.

The project is supported by an extensive network of volunteers across South Africa and Namibia – kind-hearted people who give freely of their time, energy and expertise without remuneration. It also relies on the generous backing of various corporate sponsors pledging monetary or pro bono support. Many companies, involving their staff members pledge Santa Shoeboxes as part of their Corporate Social Investment programmes.

Each year the Santa Shoebox Project collects and distributes personalised gifts of essential items and treats for underprivileged children throughout South Africa and Namibia.

We're looking forward to Santa Shoebox 2022!





## Celebrating our octogenarians

On 16 Sept 2021 Leslie de Wet initiated the celebration of all those who celebrated their 80th birthday this year. All the 80-year-olds were invited to a lovely party held in the Bistro where they were spoiled with delicious refreshments,



Left: Margaret Clough (welcome home Margaret) Carol Smuts with Lydia Hirschmann

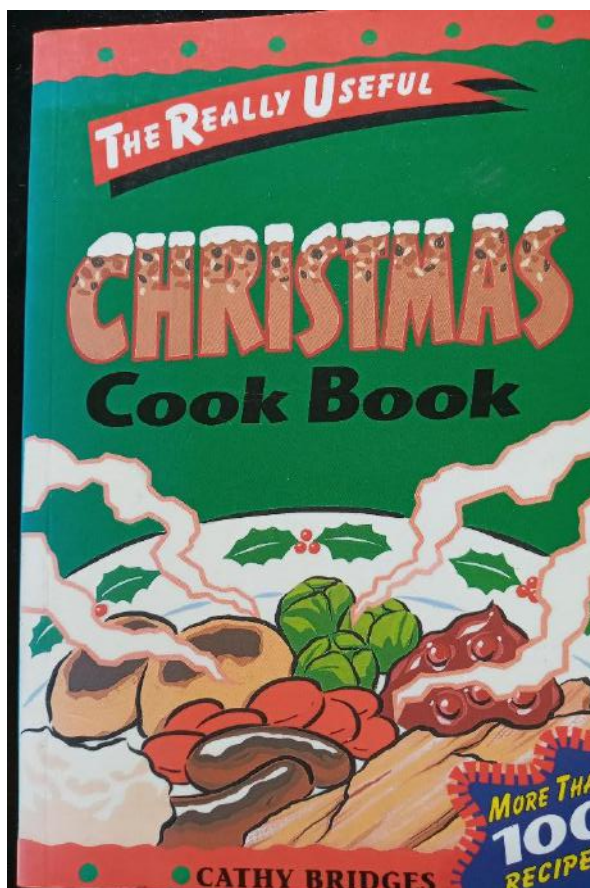
**I'm giving up eating  
chocolate for a month.  
Sorry, bad punctuation.  
I'm giving up. Eating  
chocolate for a month.**



## It's the festive season and time to bake, create and give...

Lack of space is part and parcel for most living in retirement villages and entertaining also starts taking a back seat – in fact, at our age we prefer to be entertained... Many residents are, however, still very industrious and perhaps this year we can focus on making some delicious gifts (and sample some ourselves).

I'm an avid collector of cookbooks – from ancient times to modern...I treat them like story books and it's the best thing to read when one needs a pick me up...believe me...that is, of course provided one enjoys cooking or baking (I'm not too fond of the latter.) The little book featured below's pages have already yellowed with time and was printed in London in 1995... a real treasure once given to me by a very dear friend. So for the bakers out there who might like to make some gifts in the foodline this year enjoy the recipes on the yellowed paper!



### CHRISTMAS COOKIES

REALLY EASY!

**V** Crisp little biscuits with added hazelnuts, chocolate chips, coconut, sultanas and cherries.

**Makes 25**

- 125g (4 oz) butter
- 200g (7 oz) caster sugar
- 1 egg, lightly beaten
- 2 teaspoons vanilla essence
- 60 ml (2 fl oz) milk
- 150g (5 oz) plain flour
- ½ teaspoon bicarbonate of soda
- 90g (3 oz) roasted hazelnuts, chopped
- 125g (4 oz) chocolate chips
- 90g (3 oz) shredded coconut
- 90g (3 oz) sultanas
- 90g (3 oz) glacé cherries, chopped

- 1 Preheat oven to 180C, 350F, Gas 4. Place butter and sugar in a bowl and beat until light and fluffy. Beat in egg, vanilla essence and milk and continue to beat until well combined.
- 2 Stir together flour and bicarbonate of soda and stir into butter mixture. Add hazelnuts, chocolate chips, coconut, sultanas and cherries and mix until well combined.
- 3 Drop tablespoons of mixture onto greased baking trays and bake for 15 minutes or until golden. Remove to wire racks to cool completely.

### CHOCOLATE TRUFFLES

REALLY EASY!

**V** If preferred, roll the truffles in finely grated white or plain chocolate, toasted coconut or finely chopped mixed nuts.

**Makes about 25 truffles**

- 250g (8 oz) plain chocolate, broken into pieces
- 1½ tablespoons instant coffee powder
- 3 tablespoons hot water
- 125g (4 oz) unsalted butter, cut into small pieces and left at room temperature
- 3 tablespoons coffee or chocolate flavoured liqueur
- about 60g (2 oz) cocoa powder
- 25 small paper cases

- 1 Place chocolate, coffee powder and hot water in a heatproof bowl over a pan of simmering water. Stir until chocolate melts then remove bowl from heat.
- 2 Using a wire whisk, beat butter into chocolate mixture a piece at a time. When all the butter is incorporated, beat in liqueur. Cover bowl and chill mixture until firm.
- 3 Sieve cocoa onto a sheet of greaseproof paper. Using a teaspoon, take out walnut-sized pieces of mixture and shape them into balls.
- 4 Roll the balls in cocoa, then transfer to paper cases. Refrigerate until ready to serve.



### GINGER CRUNCH

REALLY EASY!

**V** Crushed ginger nut biscuits mixed with butter, sugar, condensed milk, walnuts and ginger.

**Makes 30**

- 125g (4 oz) butter
- 180g (6 oz) caster sugar
- 125 ml (4 fl oz) sweetened condensed milk
- 1 tablespoon golden syrup
- 250g (8 oz) ginger nut biscuits, crushed
- 60g (2 oz) pecans or walnuts, finely chopped
- 2 tablespoons finely chopped glacé ginger or stem ginger in syrup, drained and chopped

- 1 Place butter, sugar, condensed milk and golden syrup in a small saucepan and cook over a medium heat, stirring constantly, until mixture is smooth. Bring to the boil, then reduce heat and simmer for 3-4 minutes or until mixture thickens slightly.
- 2 Place biscuits, pecans or walnuts and glacé or stem ginger in a bowl, pour in condensed milk mixture and mix until well combined. Press mixture into a lined, shallow 23 cm (9 inch) square cake tin and refrigerate until set. Cut into bars.

- ◆ Venison for dinner again? Oh deer!
- ◆ I used to be a banker, but then I lost interest.
- ◆ Haunted French pancakes give me the crepes.
- ◆ England has no kidney bank, but it does have a Liverpool.
- ◆ I tried to catch some fog, but I mist.
- ◆ I thought I had type-A blood, but it was a Typo.
- ◆ I changed my iPod's name to Titanic. It's syncing now.
- ◆ Jokes about German sausages are the wurst.
- ◆ I know a guy who's addicted to brake fluid, but he says he can stop any time.
- ◆ I stayed up all night to see where the sun went, and then it dawned on me.
- ◆ This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- ◆ When chemists die, they barium.
- ◆ I'm reading a book about anti-gravity. I just can't put it down.
- ◆ I did a theatrical performance about puns. It was a play on words.
- ◆ Why were the Indians here first? They had reservations.
- ◆ I didn't like my beard at first. Then it grew on me.
- ◆ Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- ◆ When you get a bladder infection, urine trouble.
- ◆ Broken pencils are pointless.
- ◆ What do you call a dinosaur with an extensive vocabulary?  
A thesaurus.
- ◆ I dropped out of communism class because of lousy Marx.
- ◆ All the toilets in New York's police stations have been stolen. The police have nothing to go on.
- ◆ I got a job at a bakery because I kneaded dough.
- ◆ Velcro - what a rip off!.

**Mamma wat doen die  
ooievaar as hy klaar  
kinders afgelewer het?  
'Hy lê op die rusbank  
en kyk rugby, my  
skat' 😄 😂**



## A dream come true – you can now sleep in this 130-year-old library

Going to the library is like owning a fantastic passport that lets you take worldwide adventures. Book-lovers sure have a hard time leaving them on the return to reality.

But now there's one that you don't have to leave. It's the Gladstone located in Northern Wales, UK, and it's a true library and writers' retreat space. It's also a cozy, charming bed and breakfast.

Named after William Gladstone, the library holds Gladstone's personal collection of 150,000 books. It was his intention that after his death, the public could enjoy his immense library and have a space for intellectual discussion.

Each of the 26 rooms has its own book selection. Overnights and longer stays are available so guests can read and lounge to their hearts' content.

Or, guests can enjoy the library's course offerings, including those from their residence's 'program, where influential writers are hosted by the library to teach various workshops. Participants of any skill level can learn from the masters and get feedback on their writing.

If you visit in either February or November (of course for our South Africans, Covid allowing), you can attend the Hearth and sit at the fireside with four prestigious authors for discussion, advice, writing and feedback.

Whenever you look up from your book and think back to the last time you ate, just visit the library's bistro, called Food for Thought. The food is homemade with locally sourced ingredients. Stay for the Sunday Celtic lunch of traditional Welsh dishes, or join others for afternoon tea, served Monday through Friday.

With great books, conversation and food, set in beautiful Welsh countryside, and learning the art of writing from world famous authors by the light of a blazing fireplace, this library is certain to find its way into your book loving heart.





## Congratulations to the Employee(s) of the month – a joint effort



Above left: White Cliffs Gardeners Yassin, Innocent and Wonderful who were jointly awarded the Employee of the month for November and right: Hugh Till handing over the prize to Branwine Mohan of WPC who was awarded Employee of the Month for October.

## St Luke's Hospice benefits from white elephant sale



A total amount of R7220.70 was raised during the recent white elephant sale held in the main building. Together with the sales from the market raised in 2019 (R5,400) this brought the total to R12,620.20. According to the convener of the event, Sophia McKellar, this was a small event – nothing like the large market that is normally held but due to the uncertainties of Covid it had to tone it down.

Above: Sophia hands over the donation to Irene Saunders from St Luke's Hospice.

However, Sophia, together with the other steering committee members Hazel Fick, Lydia Hirschmann, Stephanie de Haas and Gill Morgan did a sterling job and the funds raised were spent on much-needed supplies such as protective gear, items for personal hygiene and medicinal items as requested by St Luke's Hospice, their charity of choice this year. Featured above are the products bought with the funds raised (of course Sophia managed some discount too). Overhearing some remarks by people who came to see what the money raised was spent on brought home the fact that one does not always appreciate how costly these much-needed items are and a huge thank you is due to Sophia and her team for their sterling efforts in making this happen as well as to our residents for their generous contributions. In Sophia's words: 'Great things happen when teamwork is the motto!'



## Stretch Exercises 4 Seniors

These are easy exercises using stretching and small repetitive movements to help improve muscle tone and assist with both balance and mobility.

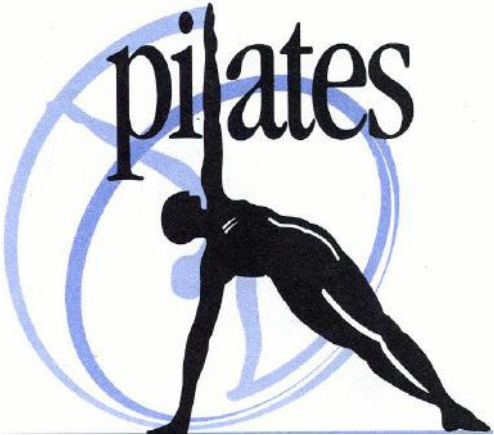
Exercises are done standing or sitting, with the use of a chair for support, and participants are encouraged to work according to their own ability. There is NO floor work.

Classes take place in the gym on a Tuesday and Friday morning from 09h15 to 10h00 and there is a small monthly fee. Interested persons are welcome to come and join in to see what it's all about.

There will be a short shut-down period over December/January. The last class for 2021 will take place on Tuesday, 21 December and classes will resume on Tuesday, 11 January 2022.

For further information please contact Sue Kinnell on 072 2120277.



	<p><u>Margie Sim – Pilates Studio.</u></p> <p>I am teaching Pilates in the Gym, on a Monday at 9am.</p> <p>Why not join us and get fit in a gentle, happy and safe environment!</p> <p>Pilates addresses core body control, overall muscle strength, tone, flexibility, balance and stress reduction – in all age groups – so come and have some really beneficial fun!</p> <p>I also teach one on one lessons (in your home), for those people who are recovering, from illness, operations, injury or who simply want more individual attention!</p> <p><i>‘Life is a gift’</i></p> <p>Contact Margie on 083 308 9249 E-mail: <a href="mailto:margiethheights@gmail.com">margiethheights@gmail.com</a></p>
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**Once upon a time there was a very handsome male camel with two huge camel humps.**

**He fell in love and married a beautiful female camel who had one perfect camel hump.**

**As time progressed, they became the proud parents of a wonderful baby camel who had no humps.**

**They contemplated long and hard on what to call their beautiful little boy.**

**They finally decided on.....**

**You ready for this?????**

**' Humphrey' !!!!!!!!!!!.'**



## Home Bakes

To order, contact Lydia at Apartment 17 or Cell 073 707 6474.



- ✚ **Super scones** baked with butter and free-range eggs: 4 pack: R35 / 6 pack: R50 / 10 pack: R80
- ✚ **Special shortbread with butter:** pack of 10: R45
- ✚ **Special cupcakes** made with butter & fresh eggs – choose the colours of icing: 6 for R65 / 12 for R120
- ✚ The **best biscotti** with almonds, cranberries and choc chips: pack of 12: R45

For fresh farm eggs contact Eugene on 083 206 5172. (R35 a dozen).

Thank you to all our contributors without whom the Muize News will not happen. Remember to email me on [grizell@iafrica.com](mailto:grizell@iafrica.com)



Wishing all our readers a very happy Christmas filled with blessings and an uplifting and inspiring New Year (whilst kicking Covid on its head)!

