







RESIDENTS' NEWSIETTER VAL DE VIE EVERGREEN

> **SEPTEMBER 2024 EDITION 44**



## WEEKLY ACTIVITIES

MONDAYS	Fresh vegetables for sale from the WELLNESS FARM at the Lifestyle Centre 4:30-5:30pm				
TUESDAYS	10am - Craft & Coffee morning 3pm - Rummikub in the Lifestyle Centre				
WEDNESDAYS	8.30am - Duplicate Bridge in the Bridge Venue 18 Locronan Street 10-12am Afrikaanse Bybelstudie				
THURSDAYS	<ul> <li>10-12am Afrikaanse Bybelstudie</li> <li>Kontak Joanne Swart (5031)</li> <li>2-5pm - Social Bridge in the Lifestyle Centre</li> <li>3pm - Rummikub in the Lifestyle Centre</li> <li>5:30pm - Singing Group in the Lifestyle Centre</li> </ul>				
FRIDAYS	3pm - Canasta in the Lifestyle Centre				
OTHER	THE WINTER KNOCK OUT BOWLS TOURNAMENT IS FINISHED. WE WILL START A MEN AND WOMEN'S SINGLES NEXT. IF YOU WANT TO ENTER PLEASE CONTACT - DEBORAH 083 302 6345				
FYI	JOIN THE PÉTANQUE or BOWLS WHATSAPP GROUP. Bowls and Pétanque balls are available in the Lifestyle Centre library Contact Deborah 083 302 6345 for the Whatsapp link to join the groups				

The Evergreen Lifestyle Centre is available for use after hours.

Residents can make use of the facility at any time. The centre has solar panels when load-shedding.

The key to the front door of the Lifestyle Centre is placed in the key safe located at the front door. Please ensure that you lock the Lifestyle Centre after use and replace the key in the safe. The code to access the key safe is 1234.

## SOCIAL CALENDAR - SEPTEMBER 2024

For more information and booking for events please contact Angela on 083 448 6618 house EXT 5071 or Linda 072 437 4608 house EXT 5047

Mon 2nd	<b>CLASSIC MONDAY MOVIE - TITANIC</b> NOTE EARLY START 5:30pm. Book at reception - cost added to your levy.
Fri 6th	BOWLS DAY
Sat 7th	RUGBY SA vs NZ AT THE LIFESTYLE CENTRE - SEE POSTER
Wed 11th	<b>STARK CONDÉ WINES</b> - wine tasting and lunch at the Postcard restaurant. Book with Angela or Linda. Depart from carpark at 11:15am.
Fri 13th	MUNRO TRAVEL TALK 5:30pm. Book at reception.
Sun 15th	SUNDAY CARVERY - R190pp Kids R95 Book at reception - see poster for menu and details.
Mon 16th	<b>ABOUT THYME -</b> Talk about Holistic living - see poster for more details. Book at reception.
Fri 20th	TECH TALK 10:00am in the Lifestyle centre - see poster. MUSIC QUEEN TRIBUTE 5:30pm
Tues 24th	HERITAGE DAY BRAAI Book at reception.
Wed 25th	PERDEBERG CELLAR - Wine tasting and Lunch. Please book with Angela or Linda. Depart from the Lifestyle Centre carpark at 11:15am.
	WOL AAN DIE ROL - In the morning a selection of wool for sale at the Lifestyle centre.
Fri 27th	MONTHLY SUNDOWNERS. Come and meet other residents. 5:30pm. Bring your own snacks and drinks. Bar will also be open (No corkage).
Sun 29th	MUSICAL SOIRÉE - Petrus de Beer and Stanislov Angelov. See poster for details. 6pm for 6:30pm in Lifestyle Centre. Book with Angela or Linda. Snacks ordered from reception.

#### **EVERGREEN DISCOUNTS AND SPECIAL OFFERS**



#### BROOKDALE ESTATE

#### Special offer to EVERGREEN RESIDENTS

5% off the bill & complimentary glass of Mason Road Wine for lunches on Wednesdays and Thursdays on presentation of your Evergreen Card.

## DELUXE

Special offer for Evergreen residents at De Luxe in the Drakenstein Mall 30% off (Mondays only) manicures and pedicures for men and women. All other treatments 30% discount (excluding Laser) on Mondays.





Howie from Viljoen Jeweliers is offering a free valuation for Evergreen residents. Visit them in their new premises in the Polo Village Offices B1 office 3&4

#### WELLNESS FARM PRODUCE

Tarben will be selling his freshly picked vegetables from the Wellness Farm Mondays 4:30 - 5:30pm in the Lifestyle Centre



HEYDAY HAIR at the Yard 10% Discount to Evergreen residents on Mondays

#### **YOGA @ THE YARD**

A group of women and men have discovered the joys of yoga classes and have signed up after their free trial. Mondays at 11 - 12pm Wednesday at 11 - 12pm Evergreen special R1000 for 6 weeks Contact Alex for more info 082 600 3288

#### **U3A WINELANDS - ALAN RICHARDS**

#### Feedback on last meeting on 5th August

Our speaker was Hein Koegelenberg, the CEO of La Motte Wine Estate and Leopard's Leap Wines.

In addition to his CEO role Hein holds several leadership roles in the South African wine and wine tourism industry.

Hein talked to us about the state of tourism in general and specifically here in Paarl/Franschhoek and the Winelands around us.

He also covered the wine industry world wide and our region's participation in it. 65 people attended, including 6 "first timers" and were thoroughly entertained by Hein, with his obvious expertise, passion and gentle humour.

#### Next meeting: Monday 2nd Sept at 15:30 at Evergreen Lifestyle Centre

We are indeed privileged to have Professor Thulisi (Thuli) Madonsela, Professor of Social Justice at Stellenbosch University address us.

She is best known as having served in the high profile role as SA's Public Protector between 2009 and 2016.

The Professor will talk to us about the state of Social Justice and its outlook in SA.



Due to the demand for attendance, special arrangements have been made, including pre-booking of seats. This booking was closed within 18 hours of opening, due to reaching our limit of 100.

100% of the booking fees received will be paid to the Professor's Charity supporting poor students.

Evergreen Management have kindly agreed to close the Lifestyle Centre during the talk.

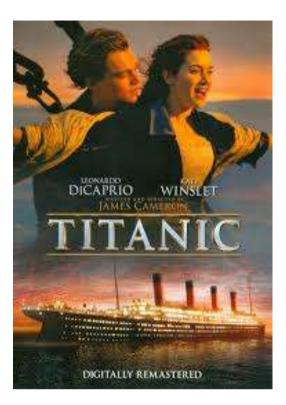
Only attendees whose booking has been confirmed by email will be allowed entry, and they are encouraged to arrive early. No tea and coffee will be provided.

#### **CLASSIC MONDAY - Rien Velvis**

RMS Titanic was a British ocean liner that sank on 15 April 1912 after striking an iceberg on her maiden voyage from Southampton to New York City. Of the estimated 2,224 passengers and crew aboard, 1,496 died, making the incident the deadliest sinking of a single ship at the time. Titanic, operated by the White Star Line, carried some of the wealthiest people in the world, as well as hundreds of emigrants from the British Isles, Scandinavia, and elsewhere in Europe who were seeking a new life in the United States and Canada. The disaster drew public attention, spurred major changes in maritime safety regulations, and inspired a lasting legacy in popular culture. Titanic was under the command of Captain Edward John Smith, who went down with the ship.

The 1997 film Titanic is an American epic romantic disaster film written and directed by James Cameron. Incorporating both historical and fictionalized aspects, it is based on accounts of the sinking of the Titanic in 1912. Leonardo DiCaprio and Kate Winslet star as members of different social classes who fall in love during the ship's maiden voyage. Cameron felt a love story interspersed with the human loss would be essential to convey the emotional impact of the disaster. He also was convinced that shooting the real wreck for the film scenes, instead of simulating it with special effects, would provide value. To recreate the sinking, scale models, computer-generated imagery and a reconstruction of the Titanic built at Baja Studios were used.

Titanic was the most expensive film ever made at the time, with a production budget of \$200 million. With an worldwide gross of over \$1.84 billion, Titanic was the first film to reach the billion-dollar mark. It was nominated for 14 Academy Awards and won 11, including Best Picture, Best Director and Best Visual Effects, but none for the actors and actresses.





Attention: due to the length, film starts at 17.30 sharp, supper break at 19.00 !!

#### Monday 2nd Sept

Menu R75pp Beef Tagine Pie Yoghurt Berry Coulis Veg Option

#### **RECENT EVENTS - WOMEN'S DAY BREAKFAST - KARIN STEGMANN**

#### On the 9th of August, a typical rainy winter's day, 24 Evergreen ladies gathered in the clubhouse for a Women's Day Breakfast. We were welcomed by attractively set tables and a glass of pink bubbly.

The friendly chatter from the tables created an atmosphere of excitement and everybody was ready to indulge in the menu consisting of Waldorf chicken bagels, bacon and cheese souffles, savoury muffins with harissa cream (my favourite), ending with crumpets topped with berry coulis and coconut cream and tea or coffee. The reason for this enjoyable get together of the Evergreen women – it is a pity that only 24 attended – was to celebrate National Women's Day.

Each year on the 9th of August, South Africans of all backgrounds, races and cultural groups join together in celebrating this annual public holiday which commemorates the 1956 march of approximately 20 000 women to the Union Buildings in Pretoria to petition against the country's pass laws. These laws required South Africans defined as "black" under The Population Registration Act to carry a passbook, that served to maintain population segregation, control urbanisation, and manage migrant labour during the apartheid era. The first National Women's Day was celebrated on 9 August 1995. In 2006, a reenactment of the march was staged for its 50th anniversary, with many of the 1956 march veterans taking part. National Women's Day draws attention to significant issues African women still face, such as parenting, domestic violence, sexual harassment in the workplace, unequal pay, and schooling for all girls.



She is a believer, she is a doer, she is an achiever, she is a woman, she is YOU

#### **RECENT EVENTS - CLASSIC MONDAY**

A fairly big turn out of people for the screening of the classic movie, Funny Girl, last month.

It must have brought back memories of when it was first released in 1968 for many in the audience!

















#### **RECENT EVENTS - TECH TALK**

Franz Rutzen came to give us a talk on technology in our lives and answered many queries from residents about the internet, WiFi vs Bluetooth, smart phones and apps. One of the questions was about QR codes. We did learn that you can generate a QR code for yourself on WhatsApp to share (which is only your name and cellphone number) unless of course you add websites, links, etc as businesses do.

#### QR code (quick-response code)

is a type of two-dimensional matrix barcode, invented in 1994, by Japanese company Denso Wave for labelling automobile parts

#### WHY A QR Code?

- QR Code technology simplifies accessing information by eliminating the need to manually type in a web address or phone number.
- The QR Code has been used for various purposes, such as online payments, account verification, and even as a ticket to enter a place.

During the Tech Talk one of the residents suddenly lost his WhatsApp on his phone ....turned out scammers managed to do a SIM Swap on his phone. He had to phone his banks immediately and go to the MTN to get a new SIM card.

So Franz has agreed to come back next month and talk about security, emails and risk? How to watch out for scams, phishing, etc.



Above is Franz's contact details

#### HOW TO READ A QR CODE:

All Smart phones have a built in reader so open the camera and hold it over the QR code it will take you to a website or the WhatsApp contact.

#### HOW TO GENERATE YOUR OWN QR CODE ON WHATSAPP:

Open WhatsApp, go to settings on the top of the screen and touch on small symbol on the right - it will generate your QR code. Share instead of giving someone your number.





Franz is available for a small fee to help with Laptop, printers, iPads, TV or hearing aid pairing at your house!

> NEXT TECH TALK FRIDAY 20th Sept at 10:00am

#### **RECENT EVENTS - RHEBOKSKLOOF WINE ESTATE - DEREK BROWN**

A few rays of late winter sunshine brightened our pathway to the scenic Northern Paarl setting of Rhebokskloof, a delightful family-oriented destination offering lovely wines, a charming restaurant, a very welcoming staff, and several other attractions.

The estate has a rich farming history with the oldest building, allegedly used as a wine cellar, dating back to 1797. It took nearly 200 years before a more formal wine cellar was built in 1989.

Rhebokskloof prides itself on being a first mover in the wine industry. It was one of the first wine estates in the Paarl region to introduce an estate-labelled wine in 1990. Shortly thereafter, the farm opened to the public, and a rich history of hospitality was born.

Presently, 36 ha of vineyards have been planted on Rhebokskloof, with a selection of trellis vines and bush vines, creating diversity in the choice of style of wine. The oldest vineyard on the wine estate was planted in 2002 and the most recent in 2016. The vineyards are thus fairly young.

From a winemaking perspective, this is exciting, because as the vineyards mature in age so does the quality of the fruit. They can be extremely selective in block and row selection to optimize fruit quality for their different wines. Harvesting on Rhebokskloof usually begins in late January and ends in early March.

Our merry band of Evergreen explorers very nearly filled the restaurant, and we were quickly introduced to the menu, wine list, and our first wines to taste. We began with two white wines, the 2022 Chenin Blanc, with typical tropical fruit flavours and crisp acidity on the finish, along with the 2022 Chardonnay, lighter in the body than some, and delightfully refreshing and well-balanced.

On to the reds, and we began with the 2020 Rhebok, a blend of Mourvedre, Petite Syrah, Shiraz, and Carignan which provides a beautifully balanced, full-bodied glass of rich berry flavours.



Next, we tried the 2020 Pinotage, with lovely soft tannins and rounded, smooth red fruit notes in the glass.

Our final tasting of the day was the 2020 Shiraz, a typically robust, forward red with a hint of spice and bursting with fruit.

Lunch followed, chosen from a varied and interesting menu, and some lovely cooking was enjoyed by all.

Another very enjoyable outing, in a captivating location, with very efficient and friendly welcoming staff among friends, old and new.

Many thanks, once more, to our faithful organizers, Angela and Linda!

#### **RECENT EVENT - THE "ORIGINALS" CELEBRATION - PIT JOUBERT**

The Evergreen Originals, those who moved in during July and August 2019, celebrated their fifth year anniversary with a lunch at Simonsvlei recently. It was a grand affair to mark this milestone despite miserable weather conditions and a traffic 'stop and go' on the way.

At the recent AGM Gary Reed promised that he will fund the sixth year anniversary for the originals in the new Lifestyle Centre and of course we expect a lavish celebration!

Thank you Anne, Dave and the Smitties for organizing our lunch at Simonsvlei.

















#### **RECENT EVENTS - RAY MC CALLUM'S MOTIVATIONAL TALK - DEBORAH HILL**

Ray McCallum recently shared a glass of wine with us while recounting inspiring tales of his experiences in swimming and water polo, along with his current battle with cancer. He is preparing for his next endeavour - a swim with his former water polo friends, humorously nicknamed the "Geriatrics," from Robben Island to Big Bay. The challenging 7.6km swim will take place in the 12/13 degree sea in October, just after his 74th birthday, while he continues to undergo immunotherapy. The swim is not only a personal challenge - Ray and his team are raising money in aid of the Red Cross Children's hospital trust.

If you would like to support this initiative with a small donation these are the banking details:

Standard Bank Branch: The Children's Hospital Trust Rondebosch Branch code: 025009 Account No: 071 443 126 Reference: FTC Robben Island Swim & personal name if you wish. Send POP to: pauline.solomons@chtrust.org.za

Ray and his wife will be moving from Val De Vie to Evergreen soon, as he has been so impressed with our village life and community spirit.

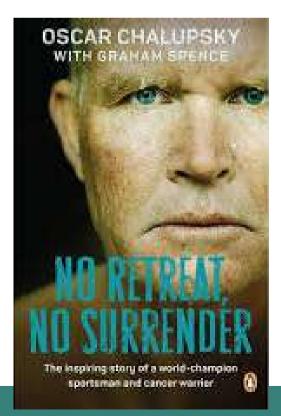
During the talk, Ray emphasised the significance of setting goals for ourselves, no matter how small they may be. He also spoke about his friend, Oscar Chalupsky, canoeist, world champion sportsman, motivational speaker and cancer warrior - he has donated 2 copies of his inspirational book to our library. Look out for the books!







Above: Ray with resident Nick Read whose son recently completed the English channel swim.



#### **RECENT EVENTS - SPICE ROUTE DESTINATION - DEREK BROWN**

The chill of a late winter's day set the scene for our visit to The Spice Route Destination, albeit in some welcoming winter sunshine. Spice Route is a remarkable collective of artisans, including two restaurants, wine, beer, spirits, charcuterie, and chocolate tastings, and several different shops selling food, wine, spirits, and craftworks.

Our wine-tasting gathered around the welcome embrace of an open log fire and began with the 2023 Sauvignon Blanc, made from grapes sourced from Darling and enjoying the characteristic flavours of fresh citrus and crisp green fruit. We followed on with the 2023 Chenin Blanc, from grapes local to Paarl and producing a typical soft blend of tropical fruit and acidity.

A rosé next, another 2023 vintage, made exclusively from Grenache noir grapes and aged for 8 months in French oak barrels to give an unusually full-bodied and nicely flavoured wine.

Red wines to follow, beginning with the 2021 Grenache Noir with its lovely light red colour and fresh berry fruit with nicely balanced tannins.

A Pinotage next, of 2022 vintage and resplendent with the familiar red berry flavours and soft gentle tannins.

Finally, a really delightful red blend, the intriguingly named Chakalaka of 2021 vintage, and a blend of 6 different varietals produce a dense and complex wine that is bursting with flavour and very smooth and easy to drink.

We repaired into the adjacent restaurant of Jewels for lunch and enjoyed a splendid repast from a varied and interesting menu that managed to satisfy all tastes in a wonderful setting, overlooking the mountains and with views of Table Mountain in the distance.

Another excellent visit, once more we are indebted to our faithful organizers, Angela and Linda!



#### **RECENT EVENTS - CAPE TOWN MALE VOICE CHOIR - DEREK BROWN**

Another packed Clubhouse saw the end of a cool late winter's day celebrated with another wonderful live performance, this month by the Cape Town Male Voice Choir.

The Cape Town Male Voice Choir was formed in 1976 by the late Dr Chris Molyneux who envisaged men of all colours, creeds, and backgrounds coming together in celebration of song. The only criteria for belonging were an ability to sing and a commitment to the Choir. He led the Choir himself for 14 years, after which they have had several Musical Directors, most notably Bill Holland (1990-1993), and Margaret Barlow, who with distinction for 12 years in total between 1993 and 2015, when Peter Roux, the present Musical Director, took over the Choir. The Choir has also been fortunate to have had many fine pianists as accompanists; most recently Warren Patientia and Jan Thorne. The Choir is now about 40 strong, and thanks to a long-term development programme, it is now culturally diverse, truly reflecting the demographic makeup of Cape Town's population. In all that they do, they aim at musical excellence to challenge their singers to give of their best, and to spread the joy of choral music to their members and audiences alike. They have also been proactive in recent years in bringing music to disadvantaged communities through outreach programmes which have included joint workshops and performances with local choirs.

They have performed in a wide variety of venues ranging from schools, and homes for the aged and the needy, to major concert halls and churches in and around Cape Town, and the Kirstenbosch Botanical Gardens, where they traditionally lead the singing at the Rotary Carols by Candlelight every December. From time to time they partner or join with other choirs, particularly the Tygerberg City Choir and The Gentleman's Ensemble - a capella singing group from Gugulethu.



The Choir has also performed in the Royal Festival Hall, London, in an international choral festival before the 2012 Olympic Games, and in Argentina and Uruguay in a hugely successful week-long tour in 2016, sponsored by the National Lottery Commission. On both occasions they were partnered by the CENESTRA Male Choir from Ekurhuleni, Gauteng, forming a powerful 90-voice combination that received standing ovations wherever they performed. Peter Roux and his rousing choir led us through a thoroughly entertaining evening of diverse songs, with a repertoire of classical, popular, sacred, and traditional music, sung in many different languages, and mostly in four-part harmony. Highlights included Gloria in Excelsis Deo, a song from a Schubert song cycle, Somewhere the Sun is Shining, Riders in the Sky, and many others. Peter also conducted the audience in several singalongs, including old favourites such as Moon River, Sound of Music, and White Cliffs of Dover. What a special privilege for us to be so roundly entertained in our own Clubhouse by such wonderful renowned artists! Many thanks as ever, to Angela and Linda for organizing another very successful evening and to Evergreen staff for the lovely catering and facilities.





#### DAY TRIP TO WEST COAST NATIONAL PARK - KARIN STEGMANN



In early August we undertook a day trip to the West Coast National Park with the intention of seeing the spring flowers bloom. Although a risky decision, as the weather forecast predicted partly cloudy weather and one needs full sunshine, it turned out to be a beautiful sunny day. There are about 1200 flowering plant species in the park which can be seen throughout the year. It is however between August (when the Postberg gate is open) and October that the rich, gorgeous and unparalleled displays of flowers are at their peak. It is around a 90minute drive from Evergreen to the West Coast Gate (southern gate) via Malmesbury and Darling, and another 30 minutes to the Postberg area where the flowers are found.

We stopped at the Weskus Padstal en route to buy refreshments for our planned brunch at Plankiesbaai in Postberg. The farm stall is 11 km from the gate and boasts a sitdown restaurant if you prefer to take a longer break. Plankiesbaai, overlooking the Atlantic Ocean, has picnic areas where one can indulge in your food and drink, while smelling the sea and watching the waves breaking on the rocks.





Our next stop was at Uitkyk viewpoint overlooking the turquoise-coloured Langebaan lagoon, where there is a food stall selling, among other things, "roosterkoeke" (my weak point). We also stopped at Kraalbaai and the Preekstoel (rock formation that resembles a pulpit) where there are braai facilities available. The Geelbek restaurant in the park was closed for renovations at the time.

While driving through the Postberg area we stopped several times to look at and take photos of the various veld spring flowers. One tends to initially focus on the big picture but later realises that it is actually the detail that matters and that each patch of flowers has many different kinds of flowers, some of which are really small and occur as hidden gems. It is best to initially go up to the most northern areas in Postberg and then drive southwards around midday to witness the best of the flowers which are all then facing the sun from the north. Even though most of the roads in the Postberg area are not tarred, they are reasonably well maintained and easily negotiable with a normal vehicle. As the rain came later than normal this winter, the beginning of August was perhaps a bit early to see the flowers in all their glory; visiting the park at the end of August/early September would be the ideal time to spend a day in nature.











#### WELKOM AAN VIC EN MAGDA KAMMER – PEROUGESSTRAAT 22 -WRITTEN BY KARIN STEGMANN

Onder die aanmoediging van hulle kinders het Vic en Magda Kammer sowat 'n jaar gelede besluit dat dit tyd geword het om te begin afskaal en hulleself in 'n aftreeoord, wat die nodige ondersteuning in 'n mens se oudag sou bied, te vestig. Hulle het die afgelope 20 jaar baie lekker in die Featherbrooke Estate in Krugersdorp gewoon – 'n omgewing wat in baie opsigte soos veiligheid, instandhouding, fasiliteite en groot tuinareas (21 ha) heelwat ooreenkomste toon met Val de Vie. Met private toegang vanaf die estate, kon Vic en Magda menige genotvolle ure in die Walter Sisulu Botanical Gardens langsaan deurbring.

Aangesien een van hul dogters in Stellenbosch woon (die ander drie dogters woon almal oorsee), het hulle soektog na 'n geskikte heenkome in Stellenbosch en Somerset-Wes begin, maar dit was Evergreen, wat uiteindelik hulle aandag getrek het en na die ideale plek gelyk het om te kom nesskop. Hulle het die 28ste Mei, 'n dag voor die algemene verkiesing, hulle intrek in Perougesstraat 22 geneem, nadat hulle reeds in Maart die nodige kontrakte onderteken het na die gebruik van 'n drie dae "stay before you buy" verblyfopsie hier in Evergreen.

Magda is gebore en het skoolgegaan in Johannesburg en het in 1969 aan die Hoër Meisieskool Helpmekaar gematrikuleer. Sy behaal haar diploma in Arbeidsterapie aan die Universiteit van Pretoria aan die einde van 1972 en betree daarna die arbeidsmark by die JG Strydom Hospitaal (tans Helen Joseph Hospitaal) in Johannesburg. Magda ken Vic reeds sedert haar hoërskooldae aangesien albei gesinne in die Fairlandwoonbuurt in Johannesburg gewoon het. Hulle is in 1968 gekys, het daarna vir 7 jaar uitgegaan, waarna hulle die knoop deurgehaak het (1973) en kon dus in 2023 hulle 50ste huweliksherdenking vier.

In teenstelling met Magda se grootwordjare, het Vic se gesin heelwat rondgetrek en was hy byvoorbeeld in vier verskillende laerskole. Hy is in Durban gebore, maar het sy pa verloor toe hy nog 'n baba was. Vic se pa was van Oostenrykse afkoms, en het saam met sy broer na Suid-Afrika gevlug tydens die Tweede Wêreldoorlog om die Nazi's te ontvlug. Vic se stiefpa was 'n landbouvoorligter wat weens sy beroep heelwat rondgetrek het en op dié wyse het Vic tydens sy laerskooljare selfs 'n draai in Francistown in die destydse Betsjoenanaland Protektoraat, gemaak. Hy



het aan die Hoërskool Linden in 1966 gematrikuleer, daarna 'n jaar weermagopleiding by die Leergimnasium te Voortrekkerhoogte ondergaan, alvorens hy homself as eerstejaar mediese student aan die Universiteit van die Witwatersrand (Wits) ingeskryf het. Hy het ook na matriek kortstondig as 'n klerk by die Spoorweë betrokke geraak en kon toe daarna elke Desembervakansie tydens sy studiejare ekstra geld met vakansiewerk daar verdien.

Sy werksloopbaan het by die Paardekraal Hospitaal in Krugersdorp begin, hy het 6 maande later 'n draai gemaak by die Tygerberg Hospitaal, asook 'n paar maande locum-werk gedoen, voor hy teruggekeer na Krugersdorp as algemene praktisyn. Na 9 jaar, met 4 dogters in die huis (die jongste was 'n baba), het hy besluit om in Radiologie by Wits te gaan spesialiseer, en werk hy as Radioloog in Krugersdorp tot en met sy aftrede. Met die aankoms van hul eerste baba het Magda besluit om heeltyds op die grootmaak van haar kinders te fokus, maar het tog van tyd tot tyd afloswerk by veral die Skool vir Serebraalgestremdes en Lantern Skool vir Leergestremdes in Krugersdorp, gedoen.

Vic en Magda se vier dogters is versprei oor 4 kontinente. Twee van die drie dogters wat tans oorsee woon, volg ander loopbane as waarvoor hulle oorspronklik in Suid-Afrika opgelei is. Hul dogter in Perth, Australië is 'n hoërskoolonderwyseres (opgelei as biomediese tegnoloog), hul opgeleide landskapsargitek-dogter het 'n meestersgraad in Geografiese Informasie Sisteme (GIS) verwerf en werk by 'n kragmaatskappy in Oostenryk, terwyl hulle jongste dogter haarself in Kanada bevind. Sy is 'n gekwalifiseerde tandarts maar moet egter nog eers vereiste eksamens aflê voordat sy in Kanada asulks sal kan praktiseer. Hulle spog met 8 kleinkinders, vir wie hulle heeltemal te min te siene kry.

Die egpaar kan beskou word as baie aktiewe en avontuurlustige mense wat voluit lewe. Vic het 'n motorfiets gekry toe hy Universiteit toe is en dié gogga het hom behoorlik gebyt. In later jare het hy 'n groot BMW-motorfiets aangeskaf en vele "trippies" in Suid-Afrika onderneem. 'n Hoogtepunt was 'n weeklange Kaap-na-Malawi toer wat Magda gelukkig kon meemaak, eers as passasier en later as bestuurder van die ondersteuningsvoertuig. Tydens die toer het hulle



onder andere oornag in die Karoo Nasionale Park, Polokwane (Pietersburg), Harare (Zimbabwe), Tete (Mosambiek) en by die Malawimeer. Van hulle vele oorsese besoeke sonder hulle die kabelkarrit vanaf Chamonix in die suide van Frankryk, bo-oor die sneeubedekte Alpe na Courmayeur in Italië as 'n hoogtepunt, uit.

Langafstandhardloop en gereelde oefening in die gimnasium het hoofsaaklik hulle aktiewe lewe in Krugersdorp gedefinieer en so het Vic twee Comradesmaratonne voltooi voor probleme met sy knieë haltgeroep het vir enige verdere deelname aan ultra-maratonne. Hulle stap graag en oefen steeds gereeld in die gimnasium hier ter plaatse. Hulle het alreeds twee "park runs" hier in die Paarl gedoen en Magda het verder ook besluit om by sosiale brug betrokke te raak. Hulle is oortuig dat hulle die regte besluit geneem het om hulleself in Evergreen tuis te maak en sien uit na baie gelukkige en vervullende jare hier.

## EVERGREEN WELCOMES DEON & JENNY HEYNEKE - 126 PAARL ROCK - WRITTEN BY ESTELLE COUSTAS

Deon and Jenny moved into their new apartment in Paarl Rock when the block opened in October last year, after staying temporarily in L'Ermitage in Franschhoek while their new home was being built.

Both born and bred in Gauteng, Deon and Jenny, who celebrate their golden wedding anniversary next year, moved from Luipaardsvlei Estate outside Krugersdorp, after Deon retired from his position as Engineering Training Manager of the Gold Fields Mining House following many years with the company. Jenny worked for a short while, but spent most of her married life raising their 3 sons - Darrell who has an electrical company and lives in Brisbane, Allen who lives in Franschhoek and regularly



commutes to Midrand where he is the Projects Director for PCS Global, and Frank who lives on Val de Vie and co-owns the Franschhoek La Petite Manoir, which has been renovated and is currently being re-opened as a deli and boutique hotel. Deon and Jenny have 3 grandchildren of which two girls, Chiara and Miley, live in Brisbane, and their grandson, Daniël Lukas, lives in Franschhoek. They love assisting with babysitting their grandson in Franschhoek, and will be helping stock the deli which Frank co-owns when it opens. Although Darrell and his family live far from the rest of the family, Deon and Jenny visited them last year and speak to them every day.

The Val de Vie Evergreen residents were recently treated to Deon's musical talents when Die Baron, as he was known in the industry (usually wearing an aviator helmet, goggles and scarf in those days) entertained everyone at the village's July Sundowners with all sorts of different Afrikaans and English music. He first started playing in a band in 1969 (guitar and vocals for all sorts of music from blues to rock to a 22-piece swing band), and continued to do so until their band, Wheels, which played 4 nights a week for many years, for the most part in restaurants and night clubs in the Pretoria area, finally called it a day in 2022 after spending the last few years playing at the Upperdeck Restaurant at Hartbeespoort. In addition to his band, when already in his 40's Deon was persuaded to record his music with the backing of David Gresham, and recorded 6 albums of Afrikaans music, with his debut album in 1994. Some of his music, which includes songs like "Dikbek lang gesig", which is a translation of "Achy Breaky Heart" and was also sung by the late Worsie Visser, is available on Apple Music and YouTube.

The Heynekes are happily settled in Paarl Rock and Deon, along with the other musicians living there, enjoys entertaining the Paarl Rock residents during their regular coffee and drinks get-togethers in the lounge of the apartment block.





#### EVERGREEN WELCOMES RIGARDT LE ROUX AND MADELEINE MERCER-HOUSEHAM - 9 PAARL ROCK - WRITTEN BY NATALIE DELBOUX

**Evergreen Paarl Rock Suites welcomes** Rigardt Le Roux and his partner Dr Madeleine Mercer-Househam. They relocated here recently from Riebeek-Kasteel. Rigardt is one of six children born in Stellenbosch to his civil servant father and secretary of Law Faculty mother. After a brief stint at Stellenbosch University he followed in his father's footsteps, and joined the South African Air Force where he had an active and successful six year career. He gained his Pilot Wings, became a flying Instructor and a helicopter pilot, assisting the emergency services with search and rescue missions. He then studied architecture at the University of Cape Town. After graduating he went on to have his own architectural practice in Cape Town for 30 years. The practice designed retirement homes initially, and then largescale shopping centres in many African countries.

Rigardt was a real globetrotter, be it in the skies, sailing the seas or motorbiking in faraway lands - he explored and experienced it all. His passion for sailing started when he was a mere lad in a dinghy, and culminated with sailing as navigator in a Cape to Rio yacht race in 1993. A few years later he sailed his own yacht and crew on a 28-day voyage across the Atlantic to South America. His yachting expertise gave him and Madeleine the opportunity to live and sail in the Greek islands for several summers, experiencing different lifestyles.

He was part of the Cape Town Harley Group, the HOGs. One summer he and his fellow HOGs shipped their bikes to Hamburg in Germany, with a view of riding to Omsk in Russia. They travelled through



Poland, the Balkan countries, Lithuania, Estonia and Latvia. When they experienced unexpected challenges with their passports in Tallinn they diverted to Helsinki, Sweden, Denmark and back to Germany. Although not riding with Rigardt, Madeleine did that trip too, and they spent about three weeks on the road. Rigardt's biking days also included travelling through the Florida Keys and staying in Key West for a month and a half.

After many years of having a thriving business and travelling the world, he is now ready to explore the next chapter back in the Western Cape in this tranquil setting with Madeleine.

His two children have produced four lovely grandchildren and now Rigardt has the time to tell them stories of adventures in far-flung lands. He might find that several of us are also interested in hearing all about these adventures.

#### **GARDENING COMPETITION**

With all the rain this year, most gardeners may be feeling anxious about their garden's current condition. However it's that time of year again to participate in the Val de Vie Garden Competition. The exciting part there is an EVERGREEN Category. Simply submit your entry between September 1st - October 1st, and if chosen, judging will take place on November 2nd, so there is plenty of time to get your garden into top shape.

#### CONTACT MARKETING@VALDEVIE.CO.ZA FOR MORE INFORMATION



Just as a garden FLOURISHES with proper planning and care, growing your wealth requires strategic planning and patience.



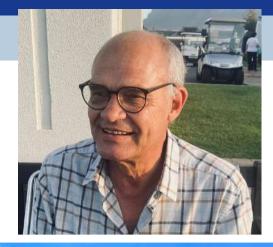
#### NO GOOD WILL COME OF THIS - PIT JOUBERT

I was thinking about my ouma today. She lived to the ripe age of 91 and I wish I knew more about her life. It never occurred to me in my youth to ask her about it and she was too busy doting on the lives of her grandchildren to bother about hers.

I do remember her concern about the modern trend of people hanging around in cinemas and driving their cars into open fields with loudspeakers to hook up with the sole purpose of watching movies on a massive screen. 'No good will come of this' she used to say, 'the wireless was bad enough but this is insane'. The other thing she didn't like was the flushing toilet. She said it was a waste of water but my dad told us she was afraid the water would not stop and rise over the toilet bowl.

Every generation seems to shudder at the things the next generation are up to. We are all mostly baby boomers, born after World War 2, and the only generation who shudders at all the things our parents thought were fine. Like smoking. In my youth everyone smoked and did it everywhere. I remember coughing away at the cinema through a cloud of blue smoke you could see drifting from the projector to the screen.

Which brings me to the present generation of young adults. I don't know what to make of them. They just seem a bit too decent for my liking. They don't smoke obviously, and try to avoid doing things that may harm the environment and are insanely conscious about the rights of minority groups.









What irritates me most about this generation which are referred to as the millennials is firstly they exercise fanatically. You will find them at the gyms and racing past you on any walk. Little do they know that their knees and hips only have a limited lifespan and need to be used sparingly. Sadly our sons and daughters will need joint replacements before we do. Secondly, they think they can make the world a better place when we gave it our best shot since the sixties by being hippies and practicing peace and free love without any beneficial effect on the world except to produce a lot of the current millennials.

The millennials are extremely tech-savvy and I often marvel at the way they communicate on different levels on their equipment which these days include computerised wrist watches. All the thoughts and development of these technologies came from baby boomers. The only exciting new technology from a millennial from Japan is the air vacuum sealed toilet of the type used on planes. This one which is now being put into general use compresses the waste and sanitises it to be used as compost in the garden.

My ouma would have approved of this waterless toilet system and I have decided to honour our past generations by not giving up smoking. I started smoking at the age of 17 and according to reliable information provided by modern technology died eight years ago.





#### **EDITORS NOTE :**

Pit sorry to report the following .... Baby boomers didn't develop the fitness watch it was James Park (FITBIT) and he was born in 1977 therefore a Millennial and for your information my research says that ... Each cigarette shortens life by 11 minutes. Each pack of cigarettes shortens life by 31/2 hours. Smokers who die of tobacco-related disease lose, on average, 14 years of life. Put that in your pipe and smoke it!

#### **COMMUNITY - FEEDBACK FROM SOUP PROJECT - DEBORAH HILL**

Thanks to everyone who helped and donated ingredients for the initial soup jars. I'm happy to report they were delivered by Chrisjan and Philip from the Val de Vie Foundation.

Marieta Lourens generously provided us with an additional 320 bottles from her recycling company. Mike Betts, one of the many Evergreen residents who play their golf at Boschenmeer, proposed supporting the caddies affected by the rain-related golfing restrictions. With leftover ingredients and a donor's assistance, we filled another 96 bottles of soup for their benefit.





Packing the jars for the caddies



The Recipients of the first 220 Soup Jars

#### **Another 100 Jars of Soup**



The Paarl Golf Club Caddies were very appreciative.



Dave Finkelstein wants to keep going with the project especially in this cold and wet Cape weather. Fortunately I have a very generous friend in Austria, Bruno, who will also sponsor the next 100 bottles that we are giving to HEART who support Smartie Town and Hillside, Paarl. Two of the poorest areas in Paarl East.

#### **COMMUNITY - EVERGREEN DAMES OMGEEGROEP**

Ons Omgeegroep van Evergreen het wol ontvang van Mnr Wesley De Beer van FNB Stellenbosch. Baie dankie aan al die dames wat so vlytig gebrei het om 54 pare kinder handskoentjies te kon oorhandig. FNB het hul dank en waardering uitgespreek aan almal wat meegewerk het om hul doelwit te kon bereik.







#### THE ANNUAL AGM - DEBORAH HILL

The Annual General Meeting (AGM) had a high turnout, with one member per household present, and more than 100 residents in attendance. For those unable to join, here is my brief overview.

#### Healthcare



The Healthcare Centre will be relocated from the Vezelay Street houses to Apartment Block C before the first of November. The Mediclinic doctors and ambulance staff will also be

moved to the new location.



#### **Our new Lifestyle Centre**

Phase 1 of The Lifestyle Centre, including the bistro, entertainment area, and clubhouse, has experienced a delay in its opening due to the winter rains. The new expected opening date is now set for May or June 2025. Additionally, it's worth noting that the bistro kitchen is impressively spacious, with equipment that cost millions. The next phase, the wellness centre,

will feature a heated 25m swimming pool.

#### Speeding in Evergreen



A new solar display unit is being investigated due to speeding concerns. The cameras and speed trap cannot be enforced in Evergreen as the Estate limit is 40km and it was an Evergreen residents decision to make it 25km in the village. Most of the speeding culprits are Evergreen residents themselves. Contractors are reprimanded and dealt with if reported speeding in the village.

#### Maintenance, defects and snags

As a result of 104 apartments and 90 houses built in the last year, there are many defects and problems which have only surfaced after occupation. All general maintenance contractor issues reported will be resolved by mid October 2024.

#### Access tags and the new App



Grey tags were being abused and given to contractors by the residents - that is why they have been taken away. If you are experiencing problems with the phone App, please see Cameron at the Security office at the Yard.

#### **Shuttle service to Malls**



Following a request from apartment residents for a shuttle service to the mall, the decision was made to outsource this service. Further information will be provided in the near future, once an appropiate service is found.



There are currently 468 residents in the village with 289 units occupied.



#### **NEWLY ELECTED RESCOM TEAM**

Gratitude is extended to those residents who submitted nominations for the respective Rescom nominees, and to all Residents for the vote of confidence shown at the recent Annual General Meeting. The newly elected Team looks forward to embracing the new year with great enthusiasm and energy.

**Rescom Role Players and Portfolios:** 

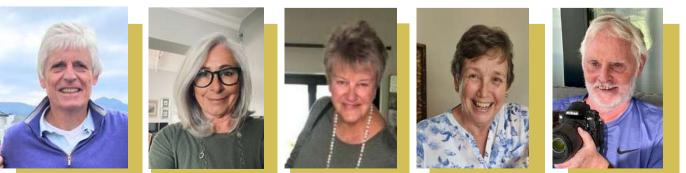
Debra Savage : Chairperson Mike Betts : Vice Chairperson and Finance Annmarie Siebrits : Health Deborah Hill and Angela Parr : Social (including The Bistro) **Derek Brown : Community** Debra Savage and Mike Betts will assist Derek Brown with Community matters as and when necessary.

We thank Peter Lay for his valuable input and contributions during the previous Rescom term and welcome Derek Brown to the Team.

The question often arises as to what role Rescom plays in the Village? Rescom's role is to act as Liaison between the Life Right Holders and the Village Manager with a view of obtaining and maintaining a happy, healthy and convivial environment within the Village.

Residents in both the homes and the luxury suites are encouraged to bring matters of concern within the Rescom mandate, and/or suggestions, to the attention of Rescom. In this way Rescom is able to proactively act in achieving the best possible outcomes for the Village. The Rescom Team remains committed to the greater good of the Village. Emails can be sent to: debra@dsavage.co

Debra Savage Rescom Chair



From the left: Mike Betts, Deborah Hill, Angela Parr, Annmarie Siebrits & Derek Brown.





## W

#### FRONT DOOR FROSTED DECALS

While our houses all look the same, it's interesting to see how we manage to personalise them, with one distinctive touch being our front door decals.

When the initial residents realized that our glass doors lacked privacy, they introduced Windowart to the community. They come along with their book of samples to give us some design ideas. I know I flipped through it and then asked if I could design my own and send them the file? I got my son (who by the way is a well known Illustrator in CT) to design something which I said had to be William



Above: My William Morris inspired design makes lovely reflections in the afternoon!

Morris inspired floral. I did regret it for a minute when I got the quote - more than 3 times the price because it was apparently labour intensive requiring a lot of "weeding" removing the negative areas! My very busy floral front door is not everyone's cup of tea, but I love it and nobody will have the same! But then some of us creatives... like to be different!



Above: Brian Goodwin has a good sense of humour and he was the first to send me their front door! Plain and simple and functional!



Above: Olive branch with olives can only be Mr Bengsch, the Olive Oil Ambassador.





Above: Mercedes Brink's elegant swirl and a similar one from DJ Lavin (on the left) who moaned because he didn't get a pensioner's discount!

I noticed as I rode around on the golf cart this afternoon looking at front doors the most common are plain panels with thin borders. The most popular are tree designs. However I didn't spot one protea design despite living in the Boland with lots of proteas around us!



Above: Jenny Barnes tree with swallows



Above: Hilary Keizan's long tall trees ...cute hares at the door!



#### Auntie Jane's Mayo chocolate cake

#### INGREDIENTS

3 cups flour 1 1/2 cups sugar 100 ml Cocoa 7 1/2 ml baking powder 7 1/2 ml Bicarb 1 1/2 cups of mayonnaise (not low fat) 1 1/2 cups of water 10 ml vanilla essense

#### METHOD

Sift dry ingredients and mix well. Beat wet ingredients together and then mix and blend with dry ingredients.

Place in two 20-25cm round baking tins and bake for 25 minutes at 180 °C.

You can use any icing you prefer for a chocolate cake.

I melt 75gm of butter and add cocoa, 5 ml vanilla essence and 45 ml of buttermilk and mix well. Sift in 200gm of icing sugar. Spread caramel between the layers. For an added taste on top of the icing I use peppermint crisp chocolate flakes.

> I got to taste a piece of chocolate cake that Poppie made and it was delicious: 10/10. It is a very light and moist cake...

I was surprised when Poppie said it was made with Mayo but, as she mentioned, it's a substitute for eggs and oil!







Please feel free to send me your favourite recipes to my e-mail or WhatsApp

These and many other books can be found in the Lifestyle Centre library.

#### **BOOK REVIEWS BY RESIDENTS**

#### Anton Rupert - The Life of a Business Icon by Ebbe Dommisse.

#### **Review by Kathleen Krynauw**

On the 18th of January, 2016, "the greatest of South African men" passed away at the age of 89.

"Hail the spirit of Anton Rupert".

Anton Rupert is described as one of "the great builders and architects of South Africa's business, industry, arts, nature and landscapes" - a legend of the 20th Century.

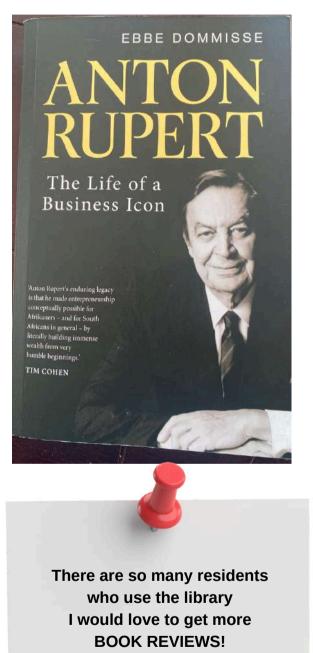
Written by the renowned journalist of 40 years, later Editor in Chief of Die Burger and author of many notable books, Ebbe Dommisse. First published in 2004, this is the 2024 third, revised and updated edition.

It is a wonderful biography, full of well researched facts about the perseverance, vision and leadership of a man who built a dynasty. Anton Rupert started his career with a small dry cleaning business in Johannesburg, moving into the tobacco industry and went onto to help save so many people towards saving themselves.

He clashed severely with Hendrick Verwoerd, Louis Luyt and Sanlam but Apartheid forced him to move much business overseas.

Anton and his wife, Huberta, who died some months before him, were an unbeatable team but Ebbe Dommisse does not reveal that much private interaction.

I reluctantly donate this long and most worthy biography, but wish to share it with our enthusiastic library members in the knowledge I can always borrow it back.



Please email or WhatsApp to dhill@netactive.co.za

#### STARFALL - LANCE KINNEAR

#### September 2024

Virgo - the Virgin or Maid is the sixth Zodiacal constellation.

According to Astrological tables, the Sun enters Virgo on 23 August and exits on 22 September, and is the birth-sign of those born between these dates.

A major fascination of studying Astronomy is the wide variety of subjects that it covers. A fundamental understanding of Archeology, Anthropology, Astrology, Art, Geography, Mathematics, Religion and Science are some of the many subjects covered. One of the more light-hearted subjects is of course Astrology, which is no less important as it formed the basis of our early ancestors' understanding and recording of the night sky in their surroundings.

Astrology started around 5000 years ago with the ancient Babylonians. Popular beliefs were held that the individual stars and the patterns they formed in the sky related to a person's birth month and personality. Sometimes the associations appear fanciful at best, but to society at that time, understanding the night sky was an integral part of predicting seasons, time and weather. Association with individual characteristics were a natural progression into Horoscopes really becoming popular in the 1800's. Virgo has long been associated with virginity and fertility, and is one of the oldest purely allegorical representations of innocence and virtue.



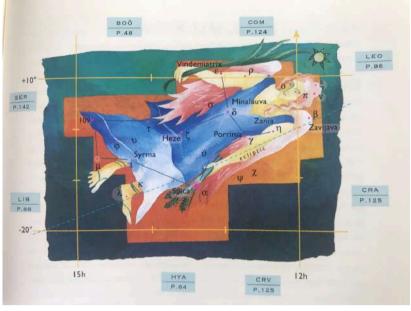


Virgo - the Maid or virgin represents September in the astrological Zodiac



The Babylonians linked her with the goddess Ishtar also known as Ashtoreth or Astarte. The latter is the forerunner of Saxon fertility and spring-goddess Eostre (whose festival is the origin of Easter) at a time of the year when the constellation Virgo is becoming prominent in the evening skies. One myth about Ishtar recounts that she descended into the underworld to recover her dead lover, the harvest god Tammuz. She became imprisoned there, and in her desolation brought blight upon the world, forcing the great

#### Virgo the virgin - The Starlore Handbook



gods to release her. This parallels the Greek myth of Persephone (Roman myth Proserpina) who was abducted by Hades (Pluto) and taken to the underworld. Her mother Demeter (Ceres), goddess of the harvest, was inconsolable, and decided she would have nothing to do with the crops until Persephone was released. Everything died, nothing would grow and the Earth was threatened with worldwide famine which Zeus (Jupiter) could not tolerate. He ordained that Hades should allow Persephone to be with Demeter for six months of spring and summer, and in the Underworld for six months of winter. This is why we can see the constellation of Virgo in the night sky from March until August, during the months when the grain and other crops grow, ripen and harvested. A neat if simplistic version of the way that the constellations relate to yearly events. Like most of the early myths and legends, this relates to the northern hemisphere. Virgo is an Earth sign in Astrology and Mercury its associated planet.

Spica is the brightest star and represents the ear of corn that Virgo holds in her left hand. It lies very close to the Ecliptic (Zodiac) and was probably used as a 'finder' star prior to its incorporation into Virgo. Being well removed from the Milky Way, there are no galactic clusters or gaseous nebula. It is however very rich in extragalactic nebula and galaxies, but a reasonable size telescope is required to view them. Close to Spica is the Sombrero Galaxy, a fuzzy ball in a small telescope, but a spectacular sight in a large telescope. During September, Virgo is not visible in the night sky due to the Sun yearly path against the background stars of the constellation.



Sombrero Galaxy in Virgo - Wikipedia

Bibliography The Starlore Handbook - Geoffrey Cornelius Patterns in the Sky; Myths and Legends of the Stars - Julius D W Staal Star Names; Their Lore and Meaning of -Richard Hinckley Allen

Keep looking up - Lanc



#### BIRD SIGHTING ON VAL DE VIE - DEREK & PAULINE BROWN



Yellow Bishop

**Southern Red Bishop** 

African Harrier Hawk



**Cape Canary** 

**Red-knobbed Coot chick** 

Everyone enjoys Derek and Pauline Brown's bird photos that they share on the Val de Vie Birding WhatsApp chat! So we will include bird sighting as a regular feature in the newsletter.

If you have any photos of birds you have spotted in Val de Vie please send your photos to Derek on derekbrown45@icloud.com to be included on this page!

#### **RAINFALL RECORDS - PADDY GOODWIN**

MONTH	2016	2017	2018	2019	2020	2021	2022	2023	2024
JANUARY	28	3	8	13	10.4	13.8	9	2.5	0.5
FEBRUARY	10	o	8	8.9	o	2.3	7	18.9	14
MARCH	38	15	6	17	1.3	40.3	18	140.8	20
APRIL	57	23	75	30	57.35	12.2	11	89.5	13
MAY	18	24	90	57.9	61.5	117.5	53	84.1	24
JUNE	150	115	180	98.3	139	125.4	120	247	125.5
JULY	130	59	68	189.2	153.8	119.7	64	82.5	349
AUGUST	71	86	76	44.5	125	125.23	91	76	151.5
SEPTEMBER	68	24	71	36.1	86	13.8	20.6	155.1	
OCTOBER	17	47	8	91.4	9.5	47.1	2	9.8	
NOVEMBER	6	41	13	6.6	71	48	11.3	29	
DECEMBER	15	17	38	23.4	8	13	118	7	
	608	454	641	616.3	722.85	678.33	524.9	942.7	697.5

Val de Vie Rainfall Pattern (mm) since 2016 - Evergreen from 2020



#### **COLLECTING FOR THE EVERGREEN CHRISTMAS MARKET**

Please keep us in mind if you're decluttering or parting ways with anything.

We'll happily collect and stash it away for our White Elephant stall at the Christmas market!





The Tombola stall at the market gained popularity because of the thrilling chance to win a prize and the challenge of outmanoeuvring Alexis Webb, who is passionate about selling tickets. Last year, we collected around R8000 from the Tombola, owing to the kind contributions of prizes.

If you are aware of any companies interested in promoting their products... please we need prizes we advertise our list of sponsors! Remember, all funds we raise is donated to charity.



#### Call us to collect anything!

Contact: Deborah 083 302 6345 house EXT 5069 Angela on 083 448 6618 house EXT 5071



## SA vs NZ Game @ 17:00 PM

Platter Options - Please book before 5th Sep

Biltong platter - R110 (gls of wine/beer incl.)

Tapas Platter - R95 (gls of wine/beer incl.)

Bar available with beer , wine & softdrinks



AN EVENING OF GOOD MUSIC

13th SEPT 5:30pm

EVERGREEN LIFESTYLE CENTRE

PRE ORDER SNACKS AVAILABLE BOOK AT RECEPTION

## SUNDAY Spring Carvery

#### **15 September**

#### Buffet Menu

Homemade pink lemonade with flower ice

Build a salad bar Ceasar salad & Greek salad

Roast jacket new potatoes with garlic & herb butter Honey & cinnamon roasted butternut with pumpkin seeds Chicken, mushroom & leek pie Beef roast with onion gravy

> Mini desserts Milktart & Chocolate mousse

Friends & Family Welcome R190pp | R95 for kids u.12 12H00 For 12H30 Rsvp 12 Sep

# FRIDAY 20TH AT 10AM

0

**BOOK AT RECEPTION** 



FRANZ RUTZEN WILL GIVE A TALK ON INTERNET, EMAILS AND RISKS! HOW TO IDENTIFY SCAMS ETC

# BRAAI

Family, friends & neighbors... let's celebrate our beautiful country together

MENU

TO START ROOSTERKOEK WITH CHEESE, JAM & BUTTER

FROM THE BRAAI BBQ LAMB CHOPS WITH STICKY SAUCE TRADITIONAL BOEREWORS SKILPAATJIES

ON THE SIDE WHOLEGRAIN MUSTARD MAYO POTATO SALAD HEIRLOOM TOMATO AND BOCCINI SALAD

R180pp | 12:30 24 September | rsvp 20 September

Bar available with beer, wine & soft drinks



## SATURDAY 30th NOVEMBER 9am - 2pm

Many new stalls including old favourites. Cakes, Boerewors Rolls, White Elephant & Tombola etc. Plus a visit from Santa



## COLLECTING

# UNWANTED ITEMS

EVERGREEN CHRISTMAS MARKET White Elephant Stall

## (All proceeds to charity)



Market on Saturday 30th November Angela on 083 448 6618 or Linda 072 437 4608 or Deborah 083 302 6345 to collect



## Scrub Away Years of Age



A talk on holistic living and a complimentary revitalising hand scrub

## MONDAY 16th Sept 10:30am Lifestyle Centre

## **Booking at Reception**

# MUSICAL SOIRÉE



## Petrus de Beer and Stanislov Angelov

COME AND HAVE A GREAT NIGHT WITH GREAT MUSIC!

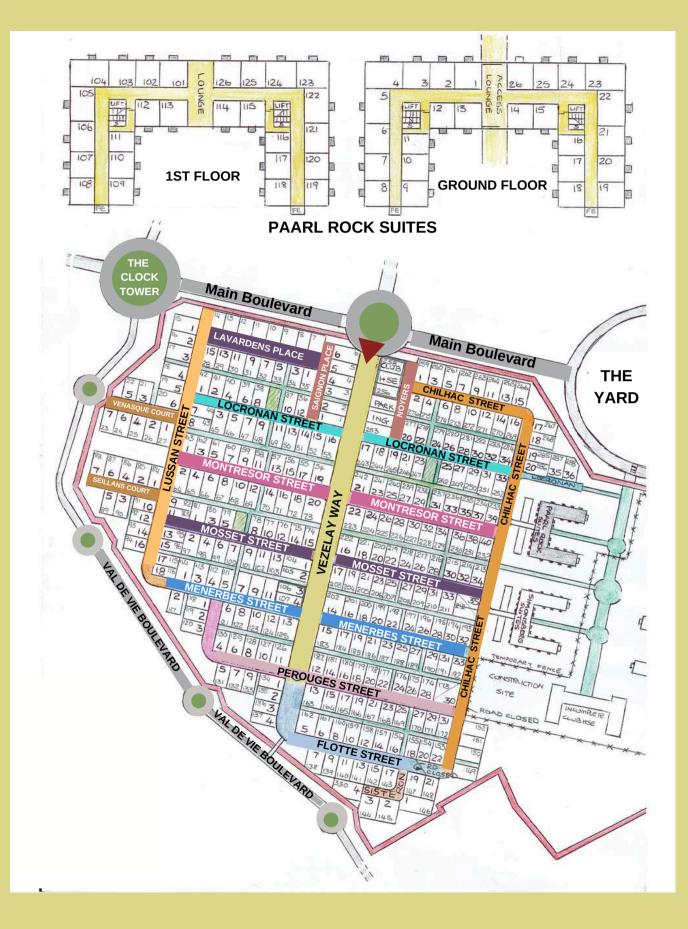
### SUNDAY 29TH SEPT 6:30PM

CONCERT COST R130PP BOOKING ESSENTIAL WITH ANGELA ON 083 448 6618 OR LINDA 072 437 4608

#### **EVERGREEN LIFESTYLE CENTRE**

SNACKS CAN BE PRE-ORDERED AND PAID FOR AT RECEPTION. CASH BAR OPEN.

## **EVERGREEN STREET MAP**











Thanks to everyone for their contributions Please share anything of interest to

#### Deborah at dhill@netactive.co.za



Thanks to all the regular contributors Lance Kinnear, Derek Brown, Estelle Coustas, Karin Stegmann, Pit Joubert & Jenny Porter.

New residents all contributions welcome articles of interest or photographs.

