

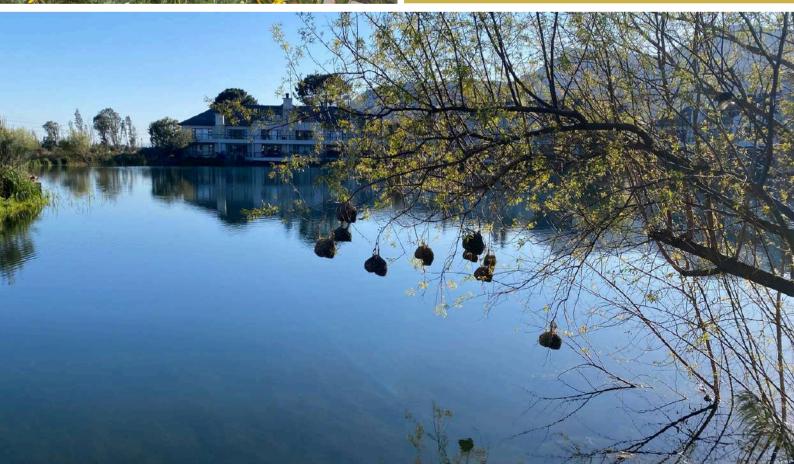






VAL DE VIE EVERGREEN

OCTOBER 2024 EDITION 45



# 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 English Bible Study Contact Joanne Swart (5031)

# **THURSDAYS**

10-12am Afrikaanse Bybelstudie
Kontak Joanne Swart (5031)
2-5pm - Social Bridge in the Lifestyle Centre
3pm - Rummikub in the Lifestyle Centre
5:30pm - Singing Group in the Lifestyle Centre

# **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

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 loadshedding.

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 - OCTOBER 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

Angela on 083 448 6618 house EXT 5071 or Linda 072 437 4608 house EXT 5047	
Fri 4th	ELTON JOHN TRIBUTE - by Jo-mari. See poster for more details.
Wed 9th	BACCO WINE ESTATE - Wine tasting and lunch. Meet at the Evergree Car park at 11:00am. Booking with Angela or Linda essential.
Sun 13th	SUNDAY CARVERY AT THE LIFESTYLE CENTRE
Mon 14th	CLASSIC MONDAY MOVIE - SARAH BRIGHTMAN HAREM Book at Reception - Dinner cost added to your levy.
Wed 16th	Save the Date INVESTEC have invited residents to L'HUGUENOT VINEYARDS for a late lunch and a game of pétanque.  Details to be announced.
Thurs 17th	CURRY EVENING at the Lifestyle Centre. Book at Reception.
Fri 18th	TECH TALK with FRANZ RUTZEN at 10:00am. Book at Reception.
	ACTIVE SATURDAY - A RESIDENTS 15KM CYCLE OR A 5KM WALK START AT 7AM from the Lifestyle Centre.
Sat 19th	AFRIKAANS SING ALONG with Peter Lay and his choir at 6pm.
Wed 23rd	LEIPZIG WINERY - Wine tasting in the Lifestyle Centre. R60 pp for snacks. Book at Reception.
	Please join Evergreen Management & Rescom for A SPECIAL
Fri 25th	SUNDOWNERS. Bring your own drinks, snacks provided. Bar will also be open (no corkage). Book at Reception.
	MUSICAL SOIRÉE - Jo-Mari and her Marvellous Wonderettes
Sun 27th	showcasing Abba. R130pp. 6pm for 6:30pm in Lifestyle Centre. Book with Angela or Linda. Snacks ordered from Reception.

Mon 28th

WILD PLUM GROWERS MUSHROOM TALK
See poster for details.

11:00 pm in Lifestule Centre, Back at Becaution

11:00 am in Lifestyle Centre. Book at Reception.

# **EVERGREEN DISCOUNTS AND SPECIAL OFFERS**





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.



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

# WELLNESS FARM PRODUCE

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

Join the WhatsApp Group and receive a list of vegetables place your order and collect on Mondays contact Jo-mari.

> Wellness Farm Market Table | Monday 23 September 2024 VEGETABLES Cabbage - white

Cabbage - red Fennel bulbs Kale - curly

Kale - Nero Kale - flat

Mustard Wasabi greens Radish - red

Radish - red Radish - white icicles Spinach

Turnips

HERBS Basil Chives

Coriander

Parsley - curly Rocket - sweet

Rocket - wild Rosemary Thyme - French

Please place your order with me via direct message (as opposed to posting on this Group).

You are welcome to include a wishlist, and we will accommodate you



0 Selected



# **U3A WINELANDS - ALAN RICHARDS**

## Feedback on last meeting on 2nd September

We were honoured and privileged to be addressed by Professor Thulisile Madonsela, the previous-but-two Public Protector of South Africa (2009 to 2016).

We had 110 attendees, all of whom had pre-booked for this event. Evergreen Management and staff made special arrangements, for which we are of course grateful.

Professor Madonsela talked about social justice, comparing it to the more commonly acknowledged legal justice. Social Justice has been the subject of discourse over millennia,

starting with Plato. It concerns the proper (ethical and moral) behaviour of citizens towards each other, to ensure that all benefit and society prospers. Legal justice is in contrast, full of gaps and opportunities for the rich and powerful to exploit.

U3A collected just over R5500 from the entrance tickets for this meeting, and the Committee has decided that 100% of this will be paid across to the Centre for Social Justice's #Action4Inclusion. The #Action4Inclusion (#A4I) crowdfunding initiative to eradicate student debt was launched in 2020.

A special word of thanks must go to Johan Rothmann, who worked tirelessly over several months to pull this event off.

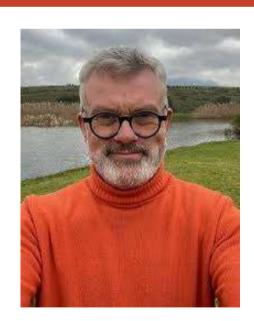
# The speaker for our monthly meeting on Monday 7 October at 15:30 in the Evergreen Lifestyle Center will be Dr Rayne Stroebel.

The speaker for our monthly meeting on Monday 7 October at 15:30 in the Evergreen Lifestyle Center will be Dr Rayne Stroebel.

His talk is about ageing gracefully, or "Optimal Ageing" for us more 'mature' members of society.

In his own words: "My talk focuses on changing the deficit narrative of aging, with a specific focus on neuro-cognitive impairment (dementia). A new emphasis on well-being and neuroplasticity can create more positive outcomes for older people. We need to challenge ageist notions of inevitable deficit and decline."

Dr Stroebel is the founder and Managing Director of Geratec in Somerset West.



There are limited seats available at the Evergreen Lifestyle Center, so please arrive early to secure your seat - anytime from 15:00.

Entrance fee is R25 per person which includes tea/coffee - cash or card payment will be accepted.

## Sarah Brightman Harem

The Harem World Tour was the third worldwide concert tour by English soprano singer Sarah Brightman following the release of her Middle East-oriented Harem album in 2003. The tour brought Brightman to perform in 4 continents, 28 countries and 119 venues.

This latest concert hallmarks a great period for Sarah Brightman. Filmed at a sold-out MGM Grand Arena in Las Vegas, she pulls all the stops in this mesmerizing stage show with all the wonderful costumes, dances, and pure theatrics Sarah brings on stage. The sheer scope of what she puts together is a perfect testimony that she's at the height of her career.

The diva is in top form, both vocally and physically. The Middle Eastern theme was beautifully created and the dazzling show is a lighting extravaganza, with the lighting director using each and every trick in his arsenal to highlight Sarah's presence.

Together with the entourage of dancers around her, Brightman is portrayed as a queen straight out of 1001 Arabian Nights.









**Monday 14th Octt** 

Menu R75pp
Apricot pork belly with potatoes and pumpkin or Aubergine tomato bake

### **RECENT EVENTS - TRAVEL TALK**

René from Munro Travel Co recently delighted residents with champagne, canapés, and cakes before giving a presentation on travel. Along with her colleagues from Cunard and Flight Centre, René has created two exciting packages for us.



A 2-night luxury stay at Sanbona Wildlife Reserve in the Little Karoo outside Montagu.

Dates: 6-8th May 2025 (exclusive to Val de Vie Evergreen residents)



Singapore to Cape Town cruise on the Cunard Queen Anne.

22nd March - 11th April.





All the lucky prize winners who answered René's quick quiz questions



### The benefits of using a Travel Agent at no extra cost

René highlighted that travel agents often have access to exclusive deals and promotions that are not available on public booking sites. Additionally, travel agents can offer personalized recommendations and insights based on their extensive knowledge and experience, ensuring a more tailored and enjoyable trip. René emphasized that this personalized service can save travelers both time and stress, as agents handle all the logistics and troubleshooting, allowing clients to focus on enjoying their journey. She concluded by noting that in an age of overwhelming online options, the expertise and human touch of a travel agent can make all the difference in crafting a memorable travel experience. AND of course they are based on Val de Vie.

## **RECENT EVENTS - TECH TALK**

Thanks again to Franz Rutzen for coming to enlighten us on the following matters: Internet, emails and risks! How to identify scams, etc.

- The most frequent tactic used by scammers is to call at inconvenient times and pressure you into taking immediate action. Don't be swayed by this; take your time to verify the situation, even if it requires contacting your bank.
- Regularly updating your computer and smartphone operating systems, as well as antivirus software, is essential for protecting yourself against malicious actors, including scammers, out there.





### **PASSWORDS**

The importance of passwords for online security. Key points include:

- Keeping passwords safe and complex.
- Avoiding the use of the same password across multiple accounts.
- Using "Second Factor" authentication (OTP) for added security, involving both a password and a mobile device.

Utilising a Password Manager, often included in antivirus programs, acts as an electronic safe accessed by a single password.







#### **INTERNET COOKIES**

 The most engaging part of the talk focused on "Internet Cookies." Residents found it interesting to learn about cookies, the prompts that appear when visiting a new website, and their tendency to ignore these messages. This behavior leads to unawareness of data being collected. Time was spent educating residents on how to make proper selections regarding cookies and how to delete them from both computers and cell phones.

#### **EMAILS**

 The discussion on email risks emphasized verifying the sender to identify potential scams or phishing attempts. If an email claiming to be from your bank is from an unknown sender, it's best to delete it without engaging.

NEXT TECH TALK FRIDAY 18th Oct at 10:00am

# RECENT EVENTS - POSTCARD CAFE AND STARCK-CONDÉ - DEREK BROWN

What a fitting title for a spectacular location for the first Evergreen wine-tasting and lunch of the month of spring! A picture-postcard setting, with wine tasting in a wooden cabin in the centre of a lake, across a wooden boardwalk, surrounded by steep mountains and beautiful trees, amidst warm spring sunshine.

What a pleasure to enjoy such excellent high-quality wines in such beautiful surroundings. Our tasting began with the 2022 Sauvignon Blanc, lightly wooded in oak barrels and an extremely lively zesty mouthful of citrus flavours - a truly exceptional example of the varietal. We followed with the white Field Blend, also 2022 vintage, and a beguiling combination of Roussanne, Chenin, Verdelho, and Viognier, barrel-fermented for a full-bodied and satisfying glassful.

Reds are next on the list, starting with the 2022 Kara Tara Pinot Noir, a typically strawberry red colour, with soft tannins and lovely fresh berry fruit flavours. The Syrah next, and a very fine full-bodied example, bursting with deep berry fruit flavours and a hint of spice. Delicious!

A nice surprise next, with the 2022 Petite Sirah, a lovely dark and full-bodied wine with beautifully balanced flavours and tannins, and finally the 2022 Cabernet Sauvignon, full of the typical cassis berry flavours, a lovely red with a lingering, satisfying finish.

Some of us had the opportunity to sample three of their Premium range, all grown at a higher altitude and enjoying a longer, slower ripening season for the grapes, beginning with the Three Pines Syrah, which is full, rounded, and velvety. Following on with the Three Pines Cabernet Sauvignon, similar to the regular variety but a bit deeper, smoother, and more complex.











Finally the flagship Oude Nektar Cabernet Sauvignon, fine dining elegance in a glass, with exceptional berry fruit flavours and a smooth, rounded finish.

Suitably fortified, we meandered back to the restaurant to enjoy a delicious hearty lunch, from a varied and interesting menu, in a lovely setting overlooking the lake.

A splendid day out among friends, and a timely reminder of just how spectacular a location we all enjoy.

Another enjoyable outing, once more we are grateful indeed to our brilliant organizers, Angela and Linda!

#### **RECENT EVENT - CELEBRATING HERITAGE DAY**

Heritage Day on 24 September recognises and celebrates the cultural wealth of our nation. South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa.

In KwaZulu-Natal, 24 September has been observed as 'Shaka's Day,' in commemoration of the legendary Zulu king, King Shaka Zulu.

When the proposed Public Holidays Bill before the New South African Parliament omitted Shaka Day, the Inkatha Freedom Party (IFP), a South African political party with a large Zulu membership, objected to the bill. A compromise was reached when it was decided to create a day where all South Africans could observe and celebrate their diverse cultural heritage.

Residents marked the occasion with a braai at the Lifestyle Centre, enjoying traditional dishes such as "Roosterkoek" and "Skilpadjies".













# RECENT EVENTS - WINE TASTING AND LUNCH PERDEBERG WINES - DEREK BROWN



A cool and cloudy spring day set the scene for our trip into the Swartland to the rural outpost of Perdeberg Wines. Established as a wine producer for 83 years, Perdeberg produces a wide range of wines in their cellars, made from grapes selected specifically from different locations in the growing regions across the South West of the Western Cape.

We were delighted to sample from the Winemaker's Selection, including some of Perdeberg's most premium wines. A welcome introduction took the form of a complimentary tasting of their excellent, fruity Cap Classique Chenin Blanc Brut and set the scene for the tasting, eloquently hosted by Terence.

Our first white wine was the 2023 Courageous Barrel Fermented Chenin Blanc, with deep colour and tropical fruit flavours, followed by the premium Endura Single Vineyard Chenin Blanc from 2022, a truly delightful full-bodied but fresh example.

Reds up next, beginning with the 2021 Joseph's Legacy, a Rhone blend of Grenache Noir, Cinsault, and Mourvedre, making a lovely, soft, rounded, and well-balanced wine.

Another premium blend to follow, the 2021 Endura Winemaker's Selection Cape Blend, made from

Pinotage, Cabernet Sauvignon, and Malbec, and an adorable fresh berry fruit, full-bodied wine to delight the palette. We finished the tasting with an exceptional red blend, the flagship 2019 Rex Equus Pioneer Blend, made from Malbec, Cabernet Sauvignon, Merlot, and Petit Verdot - strong, powerful, yet welcoming and smooth and bursting with red fruit flavours!

The tasting was completed, and our merry group repaired next door to the restaurant to have our hunger sated by an extensive menu of small plates, main courses, and desserts, providing some good, hearty fare to help us on our way.

Another delightful outing, and our thanks as ever to Angela and Linda for organizing, and Linda for supervising solo this time!



Usually, there are two wine tasting excursions to local wine estates each month. If you're interested in joining, please contact Angela—everyone is welcome!

### **RECENT EVENTS - SUNDOWNERS**

Sundowners takes place on the last Friday of every month. Residents gather at the Lifestyle Centre to enjoy snacks and drinks together, providing a wonderful opportunity to connect with the community. This month, we had a great turnout, although there were no new residents; I suspect they are all busy unpacking boxes. However, we look forward to seeing everyone at the October Sundowners, where you can meet the Management and the Rescom Team. Evergreen will be providing snacks, so just bring your own drinks, or feel free to order from the bar.





















# **RECENT EVENTS - MUSICAL SOIRÉE - DEREK BROWN**

### Petrus de Beer and Sanislav Angelou

What a warm and welcoming embrace we enjoyed at the Clubhouse on the evening of a cold, wet, blustery spring Sunday!
Two of our favourite highly talented musicians entertain us most memorably.

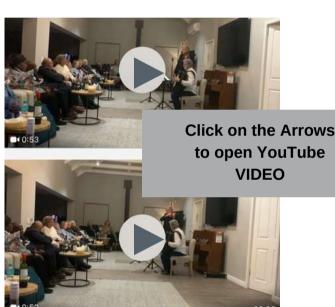
Petrus de Beer is a classically trained violinist (MMus RSAMD), residing in Paarl. He has worked as a principal player in the Cape Philharmonic Orchestra and taught at various top music schools. Petrus freelances in multiple combinations and styles, including Classical, Blues, and Jazz. He has made numerous recordings for television, radio, CD and DVD.

Stanislav received his first Accordion as a present from his parents at 5. He was 8 when he started formal Accordion lessons in his native town Shumen (Bulgaria). At age 10, he joined the Junior Accordion Orchestra, which his Teacher conducted. In 1984 he won a Gold Medal at the National Festival of Performing Arts in Bulgaria. In 1985 he was accepted at The Academy of Music and Dance in Plovdiv-Bulgaria, where he studied Accordion with Prof. Peter Marinov and received a degree in Accordion in 1991, after which he taught at the "Constantine Preslavsky" University – Shumen.

This outstanding duo treated a packed audience to a wonderful kaleidoscope of musical extravaganza, with works from Classical, Jazz, Cafe, and Gypsy themes, all played with extraordinary expertise and genuine passion.

We heard Vivaldi's Spring from the Four Seasons, a Paganini cantabile, Fritz Kreisler's Schön Rosmarin, Indifference by Tony Muréna, some enchanting Jewish music from Eastern Europe, cafe music from Paris, the beautiful





Waltz No2 from Shostakovic's Jazz Suites, Piazzolla's Oblivion and bring a crescendo of applause with the finale of Sarasate's Ziguenerweisen! Ever obliging, we were even treated to a splendid encore of Por Una Cabeza", the famous dance from the film Scent of a Woman.

Always a highlight of the calendar, tonight's performance must rank as one of the very best and a tribute especially to Petrus, who despite a very demanding recording session lasting the whole weekend, still found the energy to come out on a wet and windy Sunday evening to enthrall us with his passionate and extraordinary talent.

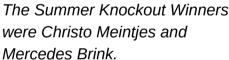
## WINTER BOWLS KNOCKOUT - DEBORAH HILL

Congratulations to the winners of the recent **Winter Bowls Knockout Championships.** 

- There were 20 participating teams, who played from May-August, first knockout then a round robin to determine the winners.
- Jane de Villiers and Sandra van der Westhuizen emerged victorious, winning all their matches and claiming the trophy, with Mike Hill and Mags Myburgh as the runners-up.
- Special thanks to Henriette for getting Val de Vie Properties to sponsor a fabulous trophy.
- Thanks to everyone who participated and all the spectators who braved the cold weather to watch the games. We look forward to the next one starting in February.









The Winter Knockout Winners Jane de Villiers and Sandra van der Westhuizen







# ONE DAY BOWLS COMPETITION

# Men versus Ladies



We held our inaugural One-Day Competition: The Men versus The Ladies that commenced at 10am. with games every hour until 4pm. (42 bowlers playing trips) Unfortunately, I must share that despite our superior bowling skills, the Ladies' team was defeated.

After all the fun we took over the Lifestyle Centre for our Prize Giving for the Knockouts.













If anyone wants to join the bowls we will be having an introduction lesson by Jane on the 15th October. Come and learn the basic

techniques, rules and etiquette.

JOIN THE BOWLS - FREE LESSON BY JANE DE VILLIERS

There are three sets of bowls that are kept in the library for residents to use, with the mats and scoreboard. You are welcome to roll a few bowls.

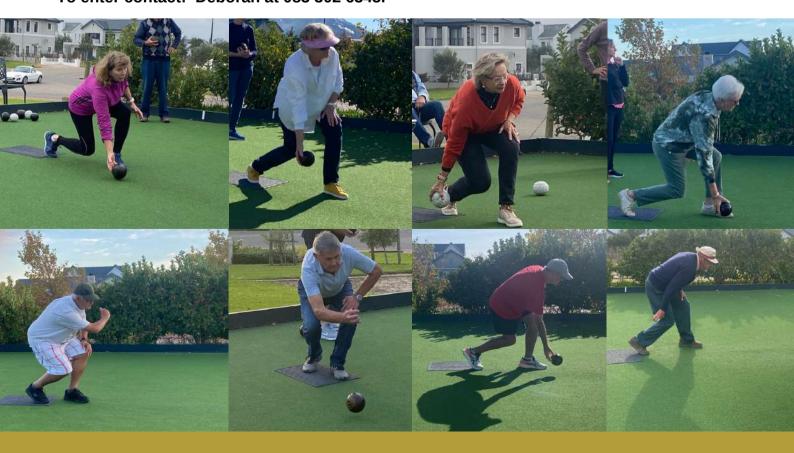


We only have one bowling green at present so if you want to play please book the green in advance at Reception.

# Men's Singles Knockout Ladies Singles

Single Knockout Tournaments for men and women will start in October for the initial rounds until November, then resume in January after the holidays. Once the draw is done you can arrange your own games.

To enter contact: Deborah at 083 302 6345.



# **EVERGREEN WELCOMES ROB & PHILIPPA BROWNE - 18 MENERBES STREET - WRITTEN BY ESTELLE COUSTAS**

Rob, Philippa and Sindy, their Shih Tzu whose twin, Samantha, predeceased her, recently moved into their new home in Menerbes Street from their previous home in Val de Vie phase one, close to the main gate, which they built and had lived in since moving down from Pretoria in the early days of the estate when Rob's job at Jatan Telecom, outside Stellenbosch, was instrumental in their move from Cornwall Hill in Pretoria to the Cape. They were very happy to sell their old home, lock, stock and barrel, to an American couple, and could then start from scratch in furnishing their new home.

The Brownes both retired from full-time employment at the end of July, Philippa working as Debtors Manager at Bridge House School, and Rob following in his father's footsteps in telecommunications, starting with equipment like telex machines in the early days and ending off his career with the fancy modern systems which help companies to communicate and collaborate with ease. But this is not the end of his working life as Rob has a solar company, Solar Genie, which does solar installations on Val de Vie.



Rob and Philippa have been married for 41 years, having met when Philippa was still at school; they have 2 sons - the eldest, Warren, lives in Oxfordshire, and the youngest, Garreth, lives in Perth with his wife, Tasmyn and their 2 grandsons, Hayden and Rowann. Philippa is an avid writer (everything from formal documents to letters and poetry), and enjoys various sports, including padel, walking, swimming and cycling. Rob is a very keen and accomplished mountain biker having completed 2 Cape Epics, the last one in 2023 when the rain caused havoc on the route. Rob spends his free time out on the trails in and around Paarl with his group of cycling friends.

Rob and Philippa love living in the winelands, exploring the region's picturesque vineyards and charming wine farms over weekends with their friends. Their weekends are usually filled with leisurely wine tastings, discovering new favorites. The beautiful landscapes and the rich flavours of the region's offerings enhances their love for the winelands lifestyle. As they see this as their last home, and have the benefit of many friends on the greater estate already, the Brownes have settled in easily and are starting to spread their wings in Val de Vie Evergreen.

# EVERGREEN WELCOMES MIKE & CAROLE LEWIS - 23 FLOTTE STREET - WRITTEN BY ESTELLE COUSTAS

Mike and Carole moved into their new home in Flotte Street from KLE (Knysna Lifestyle Estate) in June after Carole had seen a Val de Vie Evergreen advert on television. Carole is Scottish and Mike hails from South Wales - thev recently celebrated their 25th wedding anniversary and, while they still enjoy their trips abroad after moving to South Africa in 2017, and Mike has 5 sons living elsewhere in the world, they gave up their swallow status a few years ago when they realised that their hearts were really in South Africa, so they invested in a bigger home in Knysna.

Cruises are their holidays of choice, and this includes 2½ world cruises (at one stage they spent 190 days on passenger liners in 15 months). They have recently returned from a cruise to Norway and Iceland.

Both former avid golfers, which Mike sadly had to put behind him due to the need for various





orthopaedic procedures and Carole joined him in seeking alternate pastimes, she now enjoys swimming and they both love their bridge, playing duplicate bridge at VdV Evergreen on Wednesdays, in Franschhoek on a Thursday and on-line bridge.

Mike and Carole are still busy acquiring new furniture for their home and hanging their artwork, but they are settling well and love their new lifestyle. They miss their great network of friends from Knysna but look forward to making many new friends at Evergreen, and plan to go back and visit their friends in Knysna regularly.

# EVERGREEN WELCOMES DANIEL MARCHAL & PAULE STALS - 35 MOSSET STREET - WRITTEN BY KARIN STEGMANN

Daniel and Paule Marchal (born Stals) can relate totally to the saying that Africa is not for sissies since this French speaking, Belgian-born couple have spent most of their adult life on the African continent where they lived in various countries for 42 years, before finally settling in South Africa. All the ornaments on display in their house testify to a long relationship with Africa. When Daniel (and Paule) decided to call work a day in 2012, the main reason for choosing South Africa as their final destination, was the fact that both their sons immigrated here. They travelled from Brussels to Cape Agulhas by motorcycle – arriving here 3 months and 20 000 km later!

Daniel's parents moved to the Democratic Republic of the Congo (DRC) after World War II, where his father worked as an agronomist and his mother farmed in eastern DRC mountains with oranges, coffee and cattle. Although born in Belgium, Daniel moved to the DRC as a small baby and spent his childhood in this war-torn country. He was at boarding school up to the age of 15 and then became the youngest student at the University of Liège, Gembloux Agro-Bio Tech in Belgium, studying Forestry and Agronomy for 5 years. While looking for a position as manager in DRC's Virunga Park, he trained to become a pilot.

Paule attended the Liege's High School of Pedagogy after completing school and taught Latin, French and History for two years in Belgium. She met Daniel at the age of 21 while travelling in Niger where he was working at the time. The couple got married in Belgium when Paule was almost 23, and she then joined her husband in the DRC where Daniel had taken up a new position. Throughout all their years in Africa, Paule looked after and travelled with their sons, and, as a result, didn't participate much in the formal workforce. She did however teach French at the American School of Dakar while in Senegal, she also specialized in teaching Japanese adults and temporarily



stood in at French schools when teachers were on leave. She has played tennis since the age of 9 and this allowed her to coach tennis in the DRC as well.

From the very beginning Daniel accepted a position with the Food and Agriculture Organisation of the United Nations (FAO) for empowering farmers' organisations in various African countries over a period of 35 years. His first job while he was still single, kept him in Niger for 3 years, focusing on improving farming soil. The couple then moved to the eastern highlands of the North Kivu region in the DRC, the country of the last mountain gorillas, where they spent the next 6-7 years. Daniel introduced Brown Swiss cattle to the area and facilitated the building of a liquid nitrogen plant to preserve semen from the Swiss bulls for use in Artificial Insemination.

From here the family went to Madagascar for a few years, where Daniel worked mainly on improving the yield of rice crops and improving farmers' organisations. The next three years were spent in Senegal where Daniel helped the farmers to organise themselves and become a consolidated voice fronting the government. Their two sons started school in Senegal.

Mauretania was the next home to the family for three years. It was a particularly daunting and adventurous time as Paule and the boys stayed in the capital Nouakchott, while Daniel worked in the desert building dams. The dams were built to gather water after very rare rains, and then released again after 45 days when the soil was saturated with water and could be used to cultivate high yield sorghum. These modern dams were inspired by a very ingenious traditional strategy in this water scarce region.

The family made Niger their home base for the following 10 years until 2012, when Daniel retired. Although based in the capital Niamey, Daniel still worked across the whole country, promoting farmers' organisations and women's rights; he was at the origin of the development of an innovative scheme of credit (inventory credit) which was awarded the most sustainable UN project at the Universal Expo of Milano in 2015.

The family received Niger nationality during their stay. Their sons decided to enroll at the Limpopo Field Guiding Academy for Wildlife Tracking education, while on holiday in South Africa. Both boys fell in love with democratic South Africa and decided to stay on, which resulted in their parents settling here. Their eldest son is a wellknown engraver who works with rifle and knife makers to produce unique one-of-a-kind masterpieces (they are truly beautiful). The younger son obtained a Doctorate in Zoology and finds himself in Wildlife Management, working for a US company, Rainforest Trust. He travels all over Africa to assist different countries and wildlife parks' management in improving or setting up new parks, as well as empowering wildlife management by local communities.

Daniel and Paule have lived in a few towns and cities, ranging from Bela Bela to Cape Town, since their arrival in South Africa, but decided that Val de Vie Evergreen would be their last home, as they like the Western Cape. They sold their house 80km north of Montpellier in France, and bought their current home in Mosset Street

in February 2024, moving here in May. Paule wants to remain active through running, riding horses, playing golf and hiking. Daniel, after a hectic life in Africa, wants to settle down and enjoy the rest of his life by organising travels in Botswana, Namibia, Kruger Park for his family. He is also interested in cultivating rare plants. I'm sure they are going to enjoy a calmer and satisfying life here in Evergreen after many challenging years in different African countries.





Above: Their son Julien Marchal's beautifully engraved knives.



Above: Some of their African artefacts on display in their home.

# EVERGREEN WELCOMES FRANCOIS & ANINE GROBLER - 116 PAARL ROCK - WRITTEN BY NATALIE DELBOUX

Evergreen Paarl Rock Suites gives a friendly welcome to Francois and Anine Grobler. After many years in the Eastern Cape, they have now settled in our valley of the mountain.

Francois's parents hail from Cradock. He was born in Uitenhage but the family moved to Kirkwood before his third birthday. He was educated at the local primary and secondary schools in Kirkwood where in Standard 9 he refers to one of the teachers as having "opened his book", awakening his keen interest in the sciences. Francois had a similar life lesson while doing his year's military service - had it not been for one of the exceptional officers during a seven week training exercise, he believes that that year would have been wasted.

After his military service Francois went on to Stellenbosch University to do a year of a B.Sc degree, and later completed his B.Sc Pharm degree at Potchefstroom University (now North West University) in 1972. It was while he was there that an opportunity arose to move back to Kirkwood where, in 1974, he took up the reigns at the local pharmacy. He spent the next 50 years successfully managing the pharmacy and the pharmaceutical needs of the residents in the area.

During his many years in Kirkwood there wasn't a board in organisations where Francois was involved that he didn't serve on, including at his tennis club where he was the Chairman. This is where he met the love of his life, Anine, with the two of them sharing a passion for tennis. They met in 1981 and married in 1983.



Anine's path was never far from Francois's growing up - she grew up on a farm in the Glenconnor area, close to Kirkwood (now re-named Ngweba), with her older twin sisters. From an early age she went to boarding school in Uitenhage and then spent the rest of her school years in Port Elizabeth at Collegiate Girls' High School. After obtaining her teaching degree at Stellenbosch University, she went on to be a senior primary school teacher at Sundays River Primary School. After meeting and marrying Francois, they had three children. Their eldest son now lives in Upington, their other son in Stellenbosch, and their daughter in Vanderbijlpark. They have 4 special grandchildren.

Francois and Anine both share a love of reading. Francois is fascinated by diverse subjects like heart diseases (including the association between cholesterol and Alzheimer's) and the lives of our State Presidents. Talking to him makes for engaging conversation. They both enjoy walking and Anine loves knitting. The pair can be seen making use of our various sports facilities by keeping fit and putting the rest of us to shame.

### A RESIDENT'S STORY - THE FRIEDMAN STORY

One day during our daily walk, Ron Friedman shared that his family were all bookmakers, a legacy stemming from his father and uncle's experiences as prisoners of war. I asked him for more details, and here is their story...

In 1941, my dad and uncle enlisted for the army in Durban and were sent to Oribi Gorge for training. After more training in Sonderwater, Pretoria, they joined the second battalion and were deployed north to build fortification at El Alamein and to guard prisoners in Bardia before been sent to Tobruk, Libya.

When the Germans launched an attack, their Commander-in-Chief made the controversial decision to surrender, much to the dismay of the South African soldiers. This led to 10,000 men becoming prisoners of war without a single shot being fired. They were taken to Tripoli, where they endured dire conditions before being transferred to a prisoner camp in Bari, southeastern Italy.

When Mussolini was ousted from power in 1943 and placed under arrest, the prisoners hoped for freedom. However, the Germans regrouped and packed them into cattle trucks, transporting them to Stalag VIII C prisoner-of-war camp in lower Silesia. There, they were put to work and received food parcels from the Red Cross.

In late 1944 and early 1945, as Russian troops advanced, the prisoners were forced to march 500 miles from east to west across Germany under horrific conditions, and bad weather with little food, leading to many casualties along the way. They arrived in Stalag 1XC in Ziegenhain on March 29th 1945. The news spread that allied troops were advancing and the prisoners were in no condition to march again.







Eventually they were freed on Good Friday 1945, by the American, Colonel Paton and were given proper food and health checks. They celebrated for a week with fine food and cigarettes before flying by Dakota to London, and after a short stay, they arrived back home in South African having endured three years of hardship, remembering that they were just 17 and 18 years old when they enlisted in the army.

During their time in the POW camps, they received English newspapers, which sparked my father and uncle's interest in horse racing, leading them to become bookmakers and bet with cigarettes as their currency. Upon their return, the Durban Turf Club allowed former POWs to become bookmakers, enabling the Friedman boys to launch their own betting business, my brother and I joined the business and continued in this field, and today, my brother is still a bookmaker in Cape Town, now operating online.

This entire story frequently occupies my thoughts, and not a week passes without reflecting on what they endured during the harrowing days of World War II. Each time I enjoy a delicious meal, I can't help but think how my uncle and father would have cherished just one hot meal a week while they were starving in a POW camp. They truly suffered for no reason at all, and the deprivation they faced over those four years had lasting impacts on their lives.







The story of the Friedmans stands as a powerful reminder that, even amidst adversity, the human spirit can achieve extraordinary things. Their transformation from prisoners of war to successful bookmakers showcases the strength of resilience and the lasting impact of family bonds. Additionally, it underscores the brutality and futility of war, a reality that continues to persist today.

### **RESIDENTS SHARE THEIR TRAVEL STORIES - BRIAN & ESTELLE COUSTAS**

A short holiday that started with a desire to see the Northern Lights via Norway morphed into 5 weeks in England, Canada and Alaska after spotting an Australian friend's Facebook post in June last year and subsequently connecting with him via a video call. The take-home messages from that call were to use the Holland America Line (HAL) as they are Alaskan cruise experts and have access to wonderful sightseeing areas which not all cruise companies can access, to add on as much land travel as possible (as we are unlikely to get to that part of the world again) and to do the land portion before the cruise as the land portion entailed loads of travel, including 3 flights in 10 days, and the cruise was the more relaxing part of the holiday.



With a daughter in Maidenhead it made sense to visit her in England en route to Vancouver, and the 2 weeks with Claire included a 7-night self drive trip to Devon (nights in Torquay, Buckfastleigh - in the grounds of Buckfast Abbey on the edge of Dartmoor National Park, Tavistock, Ilsington and Sidmouth) and 2 nights in the New Forest where we had lunch at the Pig in Brockenhurst and visited sites like the Beaulieu Motor Museum, Buckler's Hard Village and the Lyndhurst Visitor Centre, which is famous for housing the New Forest Embroidery. Thank heavens for our expert driver who could negotiate the miles and miles of winding narrow lanes in Devon. The rest of our stay in England was spent visiting various National Trust properties and other places of historical interest (mainly castles and homesteads like Waddesdon Manor, which is managed by the Rothschild Foundation on behalf of the National Trust), visiting old friends and savouring the traditional local cuisine, including a few pub lunches and dinners.







The rest of our holiday started and ended in Vancouver, and kicked off with a flight to Whitehorse, the Yukon's capital, the day after our arrival in Canada. In addition to the cruise ships, HAL own other segments of their product offering, including hotels in all but one of the cities where we stayed, and the McKinley Explorer Dome Train which takes passengers from Denali to Anchorage. Their 150+ years of cruising have managed to hone their skills in terms of logistical management, not only on their ships but also on the land portion of their tours where moving passengers and luggage, including wheelchairs and CPAP machines, in different modes of transport, to different cities was often very challenging, and we were never once aware of their dropping the logistics ball in the few weeks we were their guests.

The highlight of our time in Alaska was most certainly our 3 nights at the McKinley Chalets (also owned by HAL) and our visit to the Denali National Park during that time - the picture of Mount Denali (the tallest mountain in North America) says it all.

The last 7 nights of this holiday were spent sailing from Whittier (which we had reached with a cruise train from Anchorage) to Vancouver on the Nieuw Amsterdam which accommodates just over 2100 passengers. Because of the natural beauty in this part of Alaska and Canada, including magnificent glaciers, on 3 of the days there were no stops as we spent all day cruising past landmarks like the Hubbard and Margerie Glaciers, the latter in the Glacier Bay National Park - during this time the captain of the ship would ensure that all the passengers got the necessary views by rotating the ship slowly until every side had had a view.

The other days on the ship were spent visiting the small towns of Skagway (from where we did the









White Pass Rail and Yukon Expedition through the mountains), Juneau (which included a visit to the beautiful Mendenhall Glacier, Nugget Falls and Glacier Gardens Rainforest) and Ketchikan, the last town where we could disembark and collect a few souvenirs. Too soon we were docking back in Vancouver after a holiday of a lifetime. Hopefully we can look forward to seeing the Northern Lights in a year or two's time.

#### DISCOVERY ON VAL DE VIE - DEBORAH HILL

I had such a wonderful experience that I felt compelled to share it. I learned about a Discovery Consultant on Val de Vie, David Miles Cook.

Last year, I faced numerous frustrating issues with medical claims and authorisations, which led to countless hours on the phone. As we all know, the communication here can be quite poor, making the situation even more challenging.

This week, I needed help with my Discovery insurance and some issues related to my Discovery Bank, so I arranged an appointment with David at the Discovery Polo Village offices.

David was incredibly helpful; nothing was too much trouble, and he provided me with valuable advice. He also gave me tips on how to maximise my Vitality benefits as well. So if you are walking and not getting your Vitality points, and shopping and not getting your healthy foods money back, you should be booking an appointment with David. This is of course a free service to Discovery members.

I feel fortunate to have him on our Estate. In fact, I included this in my morning blessings, along with gratitude for... The Local Choice Pharmacy, the Ciabatta from the Village Deli, the eggs from Backs Deli, the Viljoen Jeweller, and the Eggs Benedict from our Evergreen Bistro!





Offices Block A 403
David: 076 157 8871



Get from 10% to 30% off when you spend your Discovery Miles on the 15th of every month, in store or online.

Elaine and Ray Cory mentioned that David is assisting them in reviewing their medical cover and has even visited them at their home. They also highly recommend his services.

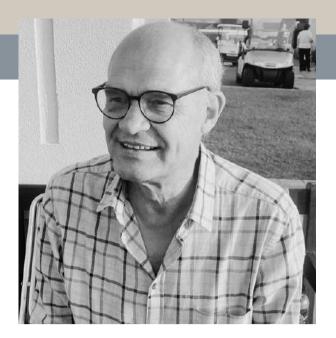
#### SIMPLE MEMORIES - PIT JOUBERT

Our generation like to look back on the days of our youth just like I assume all generations before us did. It doesn't matter if you grew up in a city, small town or a farm, you will have the memory of all being so simple and uncomplicated.

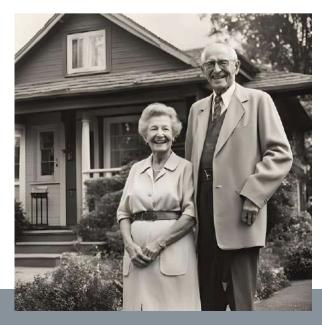
I remember putting out the milk bottle in the evening at the front door for the roving milkman to replace it with a full bottle of fresh milk before we woke up in the morning. In the town where I was born and grew up everyone knew everyone else provided of course that you ignore the fact that in those days everyone else did not include black people. It never occurred to me that we lived in a strange society until much later.

What I remember most about the days of my youth is how uncomplicated it all was. I had two brothers and three sisters. The brothers' room had three beds with a bedstand and a radio and nothing much else. The sisters' room had three beds and some wardrobes. In the morning we got up at 7, had mieliepap with milk for breakfast and walked to school. After school we sometimes did a bit of school homework and then did whatever we wanted to do which invariably meant being outside until it got dark.

Many families with children our age had one or both grandparents living with them, making those homes wonderful places to visit. With a few exceptions, these elders could entertain us for hours with captivating stories and games from their own childhood. In our town, these beloved figures rarely passed away; when they aged too much, they moved to the old age home in Bloemfontein, where only family visited. I remember learning of oom Kat's passing when I was already married; the last time I had seen him was around 16 years prior, just before he moved to the old age home. To us children, the old age home, or the shady oaks, felt like a dismal place where the elderly went to die.







And here I am at the shady oaks myself at Evergreen, Val de Vie. I hope the old age Home in Bloemfontein was kind to oom Kat and all the wonderful elderly grandparents of my youth. I hope they had lots of friends and fun. I hope they did not miss us greatly but I think they did. I hope they understood that we were children who wouldn't have thought of visiting them years later when we could. I hope they will never be able to know about my shady oaks here in Evergreen. How do you explain sauntering off to a lifestyle centre for a delicious breakfast of eggs benedict after a long early morning walk along a trail next to the beautiful Berg River. Not to talk about playing competitive and social bridge and the ever ongoing bowls tournaments. I also wouldn't want oom Kat to know about the almost weekly wine tasting outings to the wine farms that surround us. He was rather fond of a tipple or three.

Come to think of it, I don't know why I should feel guilty about the blessings we have out here. After all, my own grandchildren, in sixty years or so, will have nothing to feel guilty about their grandparents in their frail dotage, and that is a blessing!











#### THE NEW EVERGREEN FOUNTAIN CIRCLE



We were all rather excited to see the Evergreen fountain suddenly revealed in front of the new Lifestyle Centre - the building is proceeding well, and, hopefully, the grand opening will be in May or June 2025. All four apartment blocks are named and close to completion: Paarl Rock, Simonsberg, Mont Rochelle (the Healthcare Block) and Groot Drakenstein. I'm puzzled as to why Phase 1 and Phase 2 are still unnamed, specially as Phase 3 is called Sugarbush and Phase 4 is called Wild Olive! Maybe we will also get a name soon!











### **COMMUNITY - RESIDENT CYCLISTS**

Evergreen residents Mags Myburgh and Louis du Toit participated in the #6 event of the Ford Trail Seeker Series in Wellington, starting at the stunning Bosman Family Vineyards, the venue for this thrilling mountain biking competition. The race led them through the captivating landscapes of the Cape Winelands, where the trails meandered gracefully among vineyards and scenic valleys.

The last 15kms of single-track were very technical, with heart-stopping downhills and switchbacks. Louis and Mags successfully completed the 42-kilometer ride in an impressive time of 2 hours and 8 minutes, with all limbs intact. Mags claimed the top spot in the "Grand Master" category, a proud achievement for both riders.









## JOIN THE RESIDENTS CYCLE OR WALK

Mags and Louis have organised a 15km ride through Val de Vie for all the cyclists in the village. No off-road adventure - they are sticking to the roads around the Estate and will finish in the Lifestyle Centre for breakfast.

No fast race - just a ride to get the cyclists to meet each other.

The Walking Group will also do a 5km walk on this day.
All welcome!

Breakfast rolls and coffee at the Lifestyle Centre after the walk.



# SATURDAY 19TH OCT 7:00am

Route: All walkers and cyclists to meet at the EVERGREEN Lifestyle Centre
PLEASE BOOK AT RECEPTION

## **COMMUNITY - A MAN ON A MISSION**

Tony Heath set off on his motorcycle to meet up with his friend Damien somewhere in Namibia. After several weeks of preparation, which included packing a tent and camping equipment and getting his bike ready, he finally bid farewell to his wife, Cheryl.

Damien, a French-Canadian, has been exploring the world on his bike for about 15 years. He recently journeyed from Paris, traveling through Europe, Turkey, and the Middle East, before shipping his bike from Oman to Mombasa. Following that, he made his way through Rwanda, Uganda, Tanzania, and Malawi. Now in Zambia, he is headed toward the Namibian border.

Their plan is to meet somewhere in Namibia, and ride back together, eventually making their way into the Karoo and then finally back to the Winelands.





When I asked Cheryl what she thinks about her husband's adventures this is what she said ... "What can I say? Married for 50 years this November and he hasn't changed since the day we met. He has an adventurous spirit, can't sit still. His best time is riding his bike through the Karoo. He lives life and loves it".





Tony has a blog which he updates on his travels : https://tony heathtransnamibiabotswana.blogspot.com

#### CHANGES THAT MAKE A BIG DIFFERENCE - PART 9 - DEBORAH HILL

## **Storage**

I believe we're all curious to discover the creative things our fellow residents have done in their homes.

A major consideration is space. We have all transitioned from larger houses and had to downsize upon moving here. Therefore, discovering space—or rather, finding additional space—is essential!

After I moved here, with our King size bed although it fitted in the bedroom I decided it had to go. Especially when one of my neighbours showed me their bed storage base. A storage base is the ultimate space-saving solution and a great place to store extra linen and winter blankets, duvets and towels. So I ordered a Queen mattress with a storage base. And just like that, I managed to free up two shelves in the spare bedroom cupboard! Although it did take my husband and I a month or two to get used to a smaller bed it was well worth the sacrifice!





When Elna de Villiers shared her idea for a slim cupboard she had installed for medicine and bottles, I was instantly impressed by her creativity. It's a small area but so useful!



### DECADENT DARK CHOCOLATE BANOFFEE PIE Serves 12

### Ingredients:

1 packet digestive biscuits
Butter or Margarine
2 x 360g tins caramel
2 x 100g Lindt Excellence
70% Dark Chocolate Slabs
5 bananas
250ml whipping cream

#### Method:

Crush digestive biscuits until fine. Melt butter/margarine (enough to bind the biscuit). Spray either a loose bottom pie tin or pie dish with Cook & Spray. Form a pie crust (not too thick).

Melt 150g dark chocolate and mix with the caramel.

Spread thickly on the base of the pie crust. Slice the bananas and arrange on top of the caramel/chocolate.

Whip the cream and cover the banana. Grate the remainder of the dark chocolate on the top of the cream (optional: chopped nuts can also be added).

Keep refrigerated until serving.





### **BOOK REVIEWS BY RESIDENTS**

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

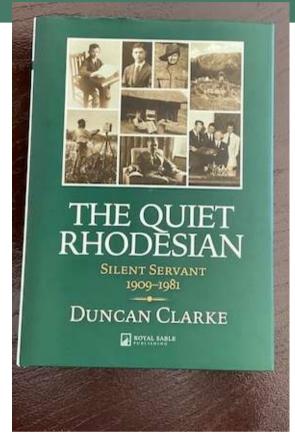
The Quiet Rhodesian: Silent Servant. 1909-1981. by Duncan Clarke.

### Review by Kathleen Krynauw

The Quiet Rhodesian is the story of Gerald Clarke, born in Gwelo in 1909 and raised in small towns by an Irish pioneer-settler father who had arrived in Southern Rhodesia by ox-wagon in 1897. Gerald Clarke spent 43 years of his life being a 'secret servant' and cabinet secretary to various Prime Ministers prior to the formation of Zimbabwe. Little exists in public record of the secrets and confidences of this ever silent man. However, Gerald Clarke did attend many negotiations in London and on HMS Tiger and HMS Fearless and subsequently played a part in Ian Smith's UDI in 1965.

Duncan Clarke, the author of many books on Rhodesia, has relatively few recollections of his father who was quiet and reserved and shared no information of his working life with his family or friends. By digging into old St George's School records and doing much research about his father's World War 2 involvement he discovered a man of many parts. There are open minded descriptions of the various Prime Ministers he worked under: Sir Godfrey Huggins, Sir Garfield Todd, Sir Edgar Whitehead, Winston Field and Ian Smith. Gerald Clarke was not only intimately involved in the politics of those days but also served in the Southern Rhodesian 5th Armoured Brigade in North Africa and Italy. This book recounts many interesting facts of that involvement during World War 2.

The book is not a riveting read and best directed towards library readers who have an interest in former Rhodesian days and World War 2 recollections.





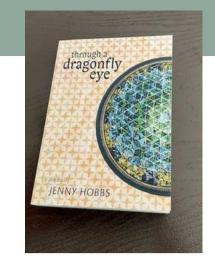
There are so many residents who use the library I would love to get more BOOK REVIEWS!

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

# Through a Dragonfly Eye by Jenny Hobbs. Review by Kathleen Krynauw

Jenny Hobbs is the author of 14 published books and this her latest, is a charming, moving memoir of growing up and coming of age in a mid-twentieth century in South Africa.

Born in Natal in 1936, on the very day of the Hindenburg disaster, her young years coincided with the outback of World War 2. Like other coastal cities in South Africa, Durban was relatively untouched by the war apart from hosting wounded soldiers dropped off by war carriers.



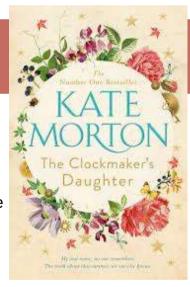
Her teenage years were simple and carefree in that 'colonial' province. But she was brought up with a love of books which led her to becoming a journalist, writing columns for various magazines, like Darling, Tandi and Bona. She married a fellow Natal born man and they moved around in various provinces until he died. She went to live in Franschhoek where she was a cofounder and a Director of The Franschhoek Literary Festival. She has always helped to promote reading and remains involved with the Festival Book Week for young readers in Franschhoek.

This is a lovely memoir which we can all relate to whilst recalling our own upbringing during those times.

# The Clockmaker's Daughter by Kate Morton Review by Ros Read

I am not a student of English Literature, or, for that matter, of English Expression, but a gentle nudge by our editor has resulted in this my first attempt at a book review.

The author Kate Morton was born in Australia so I excitedly thought we might have similar language skills but not so...Kate Morton is an award winning, best selling author, "a deft and consummate storyteller" who has just had her seventh novel, "Homecoming", published in 2023.



"The Clockmaker's Daughter" is not recent - it was published in 2018 and is a fictional, historical mystery. It is a complex and overwhelming read at times, requiring a lot of concentration, and takes time for the story to unfold. There are many characters woven into the story, and all have a connection to Birchwood Manor House on the banks of the Upper Thames, and the story moves back and forth over a time period of 150 years.

Despite being a challenging read it is compelling and atmospheric and not to be rushed through. A young Archivist in London in 2017 uncovers a leather satchel which contains a photo and a sketchbook which invokes in her a feeling of familiarity and connection..but how? "Intricately layered and told by multiple voices it is a story of murder and mystery ...of art, love and loss". Enjoy.

# STARFALL - LANCE KINNEAR

### October 2024

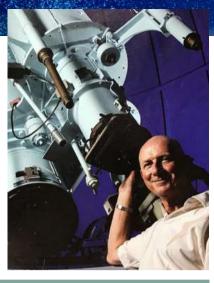
"Why is it so hard to go back to the moon?"
In the October edition of Scientific American, an article by Sarah Scoles clearly illustrates some of the problems involved in any space travel beyond Earth orbit.

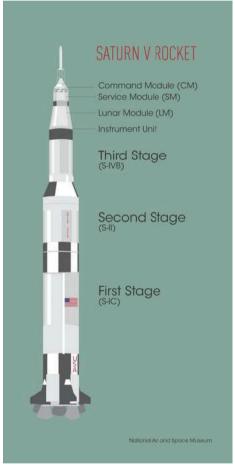
"When the Apollo 17 astronauts returned from the Moon in 1972, they couldn't have known that they would be the last humans to travel deep into space for more than 50 years! No Astronauts have ventured beyond Earth orbit since?!"

### The Saturn 5 launch vehicle was over 110 metres in height

In 1962, President John F Kennedy of the USA famously said, "We choose to go to the Moon in this decade and do the other things, not because they are easy but because they are hard..." to galvanise support for the Apollo programme. Getting support from the public for space exploration has always been difficult, and today, reaching the Moon maybe even more difficult than it was decades ago.

"USA Presidents Bush, Obama, Trump and Biden have all planned lunar missions, but none have happened. Finally, NASA is preparing to send people to the Moon in 2025 on the Artemis II flight. Why has it been so difficult? Similar to Apollo 8 of 1968, Artemis II will send 4 astronauts on a 10 day round trip to the Moon and return to Earth. NASA's Artemis program has been plagued by long delays, cost overruns and surprise problems". The Orion capsule's heat shield, for instance, broke down differently than engineers had predicted, for reasons they don't yet understand. Bolts on the spacecraft faced "unexpected melting and erosion." The power system





experienced anomalies that could leave the future crew without adequate energy and redundancies, and maybe without propulsion or pressurisation. These anomalies (the term space types use for big problems), pose significant risks to the safety of the crew - Artemis's next step is essentially an Apollo 8 redo, but the programme has grand ambitions that reach beyond the Moon. "In the end, our stated goal is Mars," says Mathew Ramsey, Artemis II's mission manager. "That's very difficult - getting to and living on Mars - and so we take it in bite sized chunks."



The Artemis SLS (space launch system) is 98 metres in height

While Elon Musk and others speak blithely about missions to, and humans on Mars we are still coming to terms with the difficulties of traveling to our closest neighbour!

The Moon is a mere 386 000 km away (about 3 days at our present speed of travel in space). Mars is 600 times as far and will take at least 7 to 8 months.

Apollo vs. Artemis NASA is getting ready to send astronauts on the first lunar journey in more than 50 years. The Artemis II mission, slated to launch in 2025, will send a crew around the moon, and its sequel, Artemis III, will land on our satellite. At first glance these missions look like repeats of some of the feats of Apollo, but they are planning to break new ground—for instance, the Artemis III astronauts will be the first humans to explore the moon's south pole, which might contain useful resources such as water ice. The Artemis program is also happening in a very different, non-cold war context, under altered budget constraints. Today's total federal budget (purple) is more than twice what it was during Apollo (orange), but NASA receives a much smaller share of it mpared to then. All figures here are represented in 2023 dollars TOTAL FEDERAL BUDGET 1972 \$16 trillion \$437 billion (2.7% of federal budget) Direct Apollo POLLO BUDGET \$233 billion (66.6% of NASA budget) ARTEMIS BUDGET (26.8% of NASA budget) NASA BUDGET \$347 billion (0.9% of federal budget) TOTAL FEDERAL BUDGET \$40 trillion Extramission lunar support \$58 billion Estimated amount spent on launch of Artemis II \$55 billion All budget figures convert-ed to 2023 values via the US Inflation Calculator except Apollo budget num-2022 analysis by Casey Drier, space policy chief for the Planetary Society

The problem with all space travel is the exposure to radiation especially in deep space, and the longer the journey, the greater the danger. When the American astronauts went to the Moon, the USA/Russian space race and 'Cold War dynamics' was at its highest.

All the astronauts were military personnel, and were trained and prepared for intense hardship and competition. The world population was less than half of what it is today, and opposition to the space race was still intense.

Today, there is even less appetite for the vast expense and dangers of space, apart from billionaire adventurers!

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





**Blue Crane** 

**Swee Waxbills** 



**Grey Heron chicks** 

**Greater Striped Swallow** 

**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!

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

A big thank you to all the residents who have contributed items for the White Elephant table. The collection is growing rapidly!



The Tombola stall at the market is a thrilling chance to win a fabulous prize.

Alexis Webb will be selling tickets at the market.

Last year, we raised approximately R8000 from the Tombola, thanks to the generous donations of prizes.

If you would like to donate a prize or know of a company who might like a bit of advertising, let me know!



#### Call us to collect anything!

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



For the Evergreen Xmas Market



If you are able to bake either a cake, milktart or savoury tart.
Which will be sold at the cake stars

Fear not if you aren't a baker ...we would appreciate a donation rather than a shop bought cake!

Please contact Linda 072 437 4608 ext 5047 if you are willing to bake a cake.



**FOR SATURDAY 30th NOVEMBER** 



# 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**

for the
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

# ELTONIJOHN

Tribute by Jo-Mari



4 October | 18:00pm | Lifestyle Centre

BILTONG OR TAPAS PLATTERS AVAILABLE PER REQUEST | BOOKINGS

WITH RECEPTION

BAR AVAILABLE WITH BEER, WINE & SOFT DRINKS



# CARVERY

#### 13 OCTOBER

**Buffet Menu** 

**Butternut & Feta Salad** 

Steamed Green Beans & Mange Tout dressed in Herb dressing with toasted Coconut Flakes

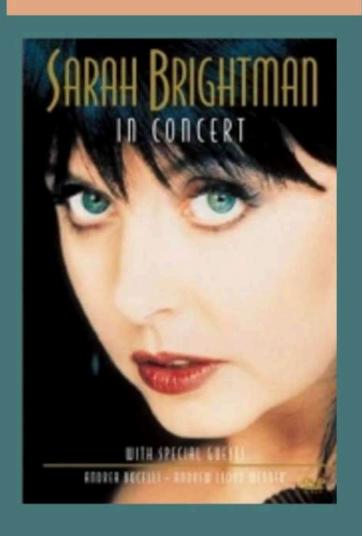
Coronation Chicken with Mango & Toasted Almonds Roast Leg of Pork served with Apple and Onion Jus Corn on the Cob with Herb Butter **Roast Mixed vegetables** 

Fresh Fruit Salad with Chantilly Cream

Friends & Family Welcome R190pp | R95 for kids u.12 12H00 For 12H30 | Rsvp 9 October Bar available with wine, beer & soft drinks

# CLASSIC MONDAY

SARAH BRIGHTMAN HAREM



#### MONDAY 14 OCTOBER 18H00

**FOOD - R75** 

Apricot glazed pork belly, wholegrain mustard crushed potatoes, roasted pumpkin

l banana i

Caramel and banana pudding with fresh cream and chocolate shavings

\_\_\_\_

\*Vegetarian option Aubergine and tomato pronto bake

BAR AVAILABLE WITH WINE / BEER / SOFT DRINKS

Book with reception

Evergreen Lifestyle Centre



# CURRY NIGHT

17 October | 18:00 PM | RSVP 13 OCT

#### Buffet menu R195 pp Bookings with reception

Butter Chicken Curry, Thai Fish Curry & Beef Malay Curry served with fluffy basmati rice, roti & a variety of sambals.

Vegetarian option per request - Potato & Chickpea Curry served with fluffy basmati rice, roti & a variety of sambals.

Bar with Beer, Wine & Soft drinks available



## **ACTIVE SATURDAY**









**CYCLISTS AND WALKERS** 

## MEET AT THE LIFESTYLE CENTRE AT 7AM 15KM CYCLE OR 5KM WALK

**BREAKFAST ROLLS & COFFEE R65pp** 

**BOOK AT RECEPTION** 



# LEIPZIG WINE Casting

Join us for a wine tasting in the Lifestyle Centre. R6opp includes a plate of snacks.

#### WEDNESDAY 23rd OCTOBER 4pm

#### **BOOK AT RECEPTION**





Please join Evergreen Management & Rescom for

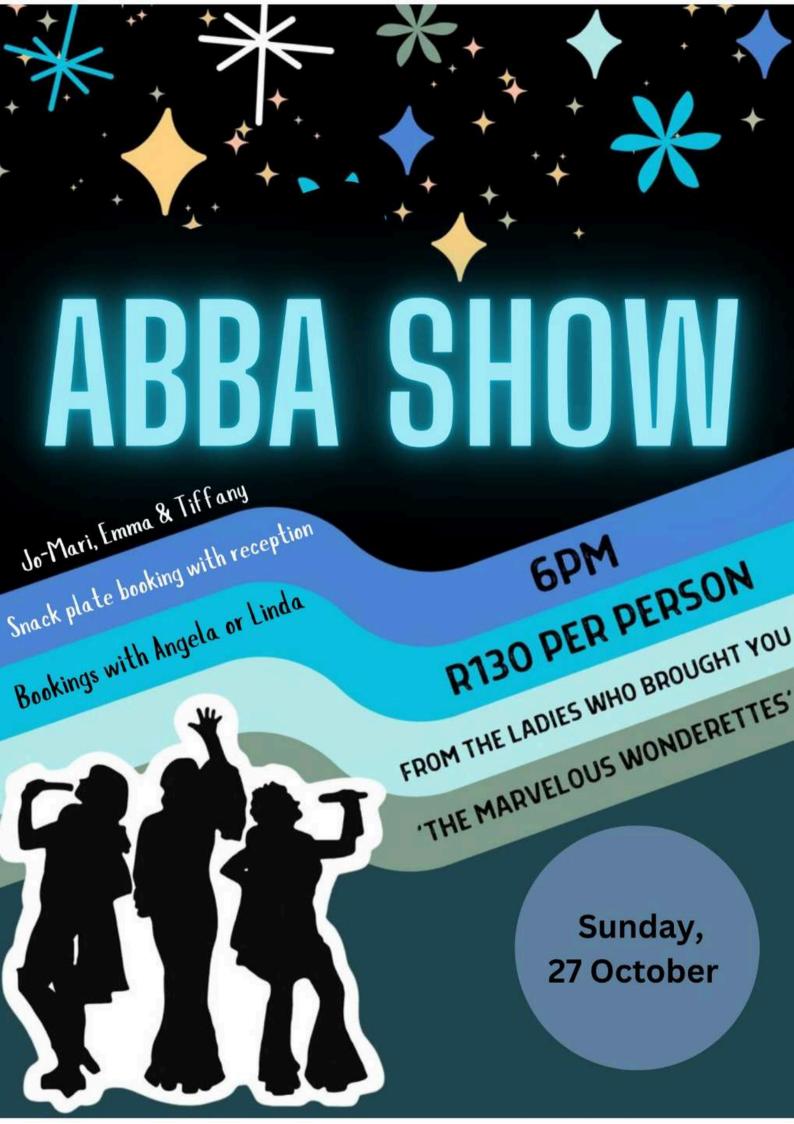
## Sundowners

A great chance for new residents to connect with others.

Live Music by Deon Heyneke

### Friday 25th Oct at 5:30pm

Snacks provided - Bar will be open or bring your own drinks RSVP: By the 22nd Oct at Reception.



#### WILD PLUM GROWERS



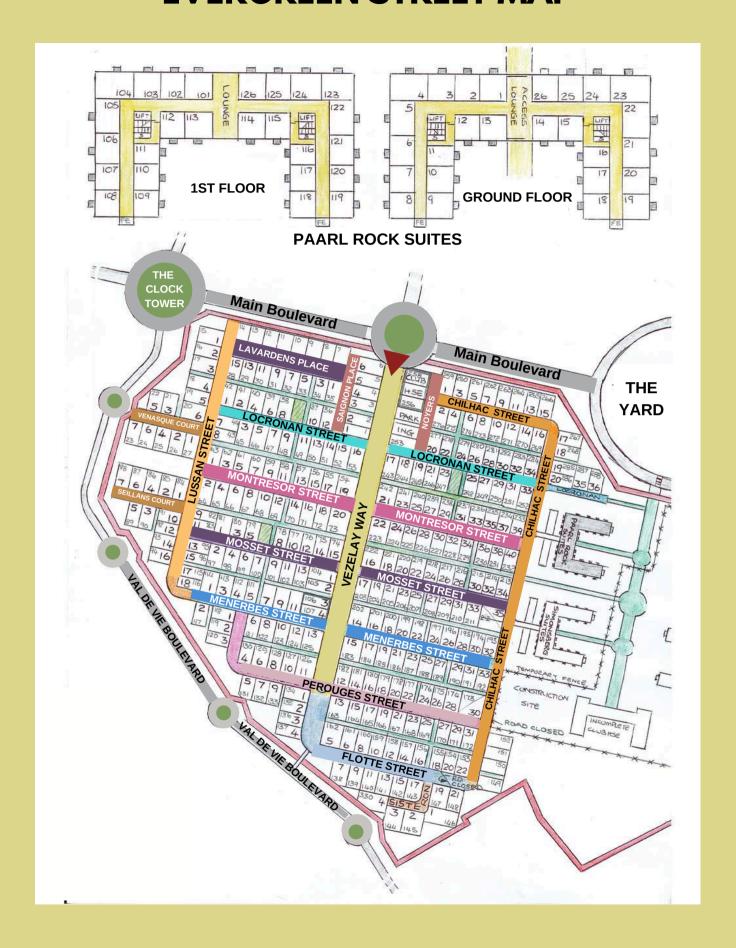
Premium Mushroom Grow Kits



Mushroom Grow Kit Talk & Small Tasting

28 October | 11:00AM Evergreen Lifestyle Centre

#### **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.

