



**RESIDENTS'**  
**NEWSLETTER**

**VAL DE VIE EVERGREEN**

**DECEMBER 2024**  
**EDITION 47**





# 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 at 18 Locronan Street  
10-12am English Bible Study in the cinema room  
Contact Joanne Swart (5031)  
5:30pm - Singing Group

## THURSDAYS

10-12am Afrikaanse Bybelstudie  
Kontak Joanne Swart (5031)

2-5pm - Social Bridge in the Lifestyle Centre  
3pm - Rummikub in the Lifestyle Centre

## FRIDAYS

3pm - Canasta in the Lifestyle Centre

## OTHER

WE WILL START A BOWLS MEN AND WOMEN'S SINGLES KNOCKOUT IN THE NEW YEAR.  
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

## FYI



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 - DECEMBER 2024

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

**Wed 4th**

MELLASAT VINEYARDS - Wine tasting & lunch. Meet at the Evergreen Car park at 11:00am. Booking with Angela or Linda essential.

**Sat 7th**

THE CAPE TOWN MALE CHOIR - 6:00pm Book at Reception. See poster for details.

**Mon 9th**

CLASSIC MONDAY MOVIE - THE NUTCRACKER  
6:00pm Book at Reception - Dinner cost added to your levy.

**Thurs 12th**

EVERGREEN SINGING GROUP - CHRISTMAS CAROLS  
5:30 for 6:00pm



**Wed 18th**

SIMONDIUM GUILD - Wine tasting Painted Wolfe - 5 wines R150  
Followed by lunch and a visit to Fanglasstic Glass painting.  
Meet at the Evergreen Car park at 11:30am. Booking with Angela or Linda essential.

**Fri 20th**

CHRISTMAS LUNCH 12PM at the Lifestyle Centre.  
Details to be announced



**Tues 31st**



NEW YEAR'S EVE gathering at the Lifestyle Centre.  
For more info contact Angela.



**Wed 1st**

New Year's Day Braai. Details to be announced.



# EVERGREEN DISCOUNTS AND SPECIAL OFFERS



## WELLNESS FARM PRODUCE

Torben 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.



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





# U3A WINELANDS - ALAN RICHARDS

## Feedback on our last meeting on 4 November

Our speaker was Lieutenant-Colonel Sharlene Otto, recently retired after 31 years of service with SAPS

Sharlene was clearly passionate about Forensic DNA, and shared her experiences of forensics and DNA applications in the South African Police Service with us. This included comments on several high profile murder cases, where Sharlene was an expert witness for the State.

We complimented Sharlene on her obvious knowledge and expertise, and also that she had managed to maintain her humanity and humour whilst dealing with tragedies.

## The next U3A meeting is on Monday 4 Nov at 15:30 in the Evergreen Lifestyle Centre

Our speaker will be DEBBIE ANNAS. Debbie will help us think about how to read and interpret modern art - appreciating art in all its forms.

Debbie graduated from Stellenbosch University in 1981 with B.Hon (Ed) in Visual Arts, majoring in Painting, History of Art and Art Education. She retired as principal of Jack Meyer Art Centre in Paarl end 2022.

She has extensive experience as an art educator in Visual Cultural Studies, Visual Drawing, Painting, Ceramics and Junior art. Over the years she worked at C.P.U.T (Wellington), P.J. Olivier Art centre (Stellenbosch), Tygerberg Art Centre (Parow) and Jack Meyer Art Centre (Paarl) for around 25 years. She managed an independent ceramic studio producing hand-built ware for the interior design industry for around 13 years.

Debbie was also a freelance art critic for "Die Burger" daily newspaper for a number of years on an ad-hoc basis.



**At the end of the meeting we will spend no more than 30 minutes on the recent U3A survey results. Please make sure you can attend this session.**

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.

## CLASSIC MONDAY - Rien Velvis

The Nutcracker and the Four Realms is a 2018 American fantasy adventure film directed by Lasse Hallström and Joe Johnston. It is a retelling of both Hoffmann's 1816 short story "The Nutcracker and the Mouse King" and Tchaikovsky's 1892 ballet The Nutcracker, The film stars Keira Knightley, Mackenzie Foy, Matthew Macfadyen, Helen Mirren, and Morgan Freeman.

On Christmas Eve in Victorian London, Clara receives an egg-shaped box that belonged to her deceased mother and that she cannot unlock, together with a note saying "Everything you need is inside".

Clara finds a string with her name on it, signifying her gift, and follows it into a forest in a parallel world where she sees a key. Before she can grab it, a mouse snatches it and crosses a frozen river. Led by Captain Philip, the Nutcracker, Clara crosses the bridge into a magical parallel world. She finds out her mother created one of the realms in this world and, thus, Clara is the princess. But alas, the realm is taken over by wicked Mother Ginger.

To defend the other three realms against Mother Ginger, Clara needs a key matching the one for her egg to operate a machine that can turn toys into real people. She succeeds in stealing the key from Mother Ginger but finds she is betrayed by the Sugar Plum Fairy, who uses the machine to bring toy soldiers to life and orders them to attack the Fourth Realm. Clara and Captain Philip are imprisoned.

Clara opens her egg-shaped box again and discovers a mirror, illustrating that all she needed was herself. She and the other prisoners escape. Clara tinkers with the engine of the machine so it aims back at Sugar Plum when activated, turning her back into a porcelain doll and rendering her entire army lifeless.

Thanked for restoring peace among the Realms and the destruction of Sugar Plum, Clara promises to visit in the future. After saying goodbye to Captain Philip, she returns to London, where time has hardly passed since she left. She and Benjamin dance throughout the night in the ballroom.





## RECENT EVENTS - TOPIARY ESTATE AND LA PARIS - DEREK BROWN

A bright blue sky and warm sunny day set the scene for the first wine tasting and lunch of the month. The wine tasting was at the Boutique Vineyard of Topiary, followed by lunch along the road at La Paris restaurant.

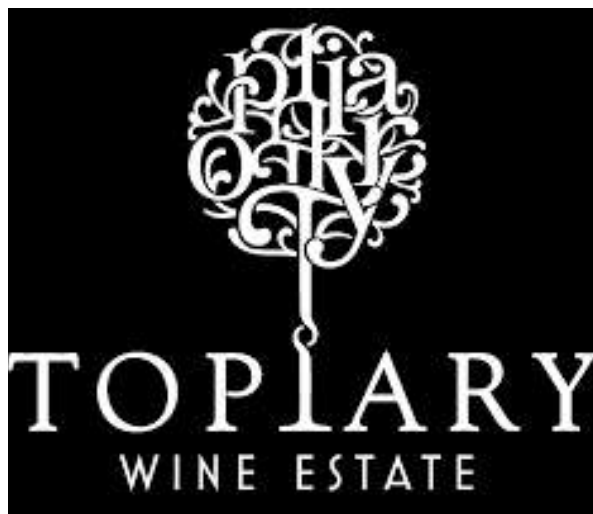
Topiary Wine Estate in Franschhoek was originally a fruit farm called La Tramontane until 2005 when the previous owner built a cellar and a tasting room and launched Topiary.

In August 2014, acclaimed Burgundy producer Philippe Colin (also one of the guardians of the famous Colin-Deléger vineyards in Chassagne-Montrachet) became enchanted with the 64-hectare farm and purchased the estate. We began our tasting with the 2022 Rose, made exclusively from Shiraz grapes to produce a full and flavourful wine that is easy to drink and perfect for a summer's day.

Next up, we tried the 2022 Chardonnay, fermented in French oak barrels for 12 months and finished in a classic French Burgundy style to produce a lovely, rounded, unctuous wine of depth and freshness.

A red to follow, the 2019 Innocence, a blend of 60% Cabernet Sauvignon and 40% Shiraz, gives a memorable, full-bodied yet soft and easy-drinking wine with a delightful lingering aftertaste. We were then treated to an extra tasting, this time of the award-winning 2016 Syrah, aged for 12 months in oak barrels and matured to a delicious, whole-berry roundness, tannins nicely softened. Onwards to lunch on the shady terrace of La Paris, overlooking the lovely gardens and enjoying a satisfying lunch from the extensive and varied menu, including several blackboard specials.

What a splendid way to spend the day in such beautiful surroundings, accompanied by so many friends! Our warm thanks as usual to our wonderful organizers Angela and Linda for a lovely day!





## RESIDENTS NEWS - MENS' MOVEMBER BREAKFAST



The month of "**Movember**" brought the men together at the Lifestyle Centre for a breakfast gathering. There are a few groups if any new residents are interested.

Max De Robillard 083 779 2384 - Golf at Paarl Golf Club.

Tony Heath 083 460 3881 - Cycling on the Estate (Also Motorbike rider)

Louis Du Toit 083 250 9720 - Cycling single track in the mountains.

### **Quite a brunch of other talented and active men in the village.**

Rien Velvis - Music/choir and Guitar

Mike Hill or John Hobbs - Snooker or pool

Christo Meintjes - Bowling

Clive Partridge - Model yacht building

Pit Joubert - Bridge and Creative writing

Brian Coustas - Anything technical

Richard Hill - Pruning trees

Dave Finkelstein - Limoncello distiller

Fred Bengsch - Edible gardening

Nick Read - Long distance walking

Brian Goodwin - Swimming lengths

Les Message - ex footballer and sports expert

Kuben Pillay - Stand up comedian

Chris Meiring - Apricot jam maker

Dave Hillhouse - Dog training

Max De Robillard - Events Planner





## RECENT EVENTS - SUNDOWNERS AT PÉTANQUE

Sundowners and Pétanque are a good combination. We had a fantastic time during a Men vs. Women competition until the sun went down. I must say, the men had it easy, winning by an extremely slim margin!

Look out for our spontaneous Pétanque gatherings in December, will be posted on the Pétanque WhatsApp group.





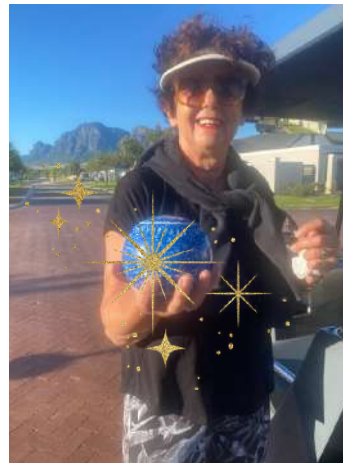
## RECENT EVENTS - BOWLS INCREASING IN POPULARITY - DEBORAH HILL

Our charming little bowling green is always in high demand, as teams compete against each other in singles, doubles, and even trips! Inspired by Jane de Villiers' lessons and the camaraderie among players, many residents have enjoyed it so much that they have decided they want their own set of bowls.

A few of us own sets, mostly passed down through generations; mine belonged to my mother and are stored in small brown leather doctor's cases, though they apparently expired in 2012! (I'm not concerned if I play badly, I can blame my bowls). However, times have changed... I must mention that acquiring new sets has become quite costly, and finding second-hand ones is a challenge.

The days of plain brown and black bowls are behind us; now we have vibrant options in white, red, blue, pink, and even glittery designs! The grooves are deeper and more comfortable, and you can have your own design or your name engraved on them as well. Plus, the new bags are incredibly stylish—padded and equipped with wheels. Bowlers now resemble travelers heading to the airport, and the price tags reflect that!

I won't name anyone specifically, but some individuals even drove to Mossel Bay to buy their new bowls! Others I think are expecting Father Christmas to deliver theirs!





## RECENT EVENTS - A GREAT “BLOOMING” SUCCESS - MARION ELLIOTT

**The 2024 Val de Vie Estate Garden of the Year prize giving was held at INARA, the beautiful home of Keith and Lyn Mansour and winner of 2023 Garden of the Year Award.**

In partnership with Brenthurst Wealth they treated guests to a magnificent morning in their beautiful gardens. All visitors were personally welcomed with a refreshing herbal infusion and invited to join Lyn as she led us through her special garden. Although it is now just over two years old, it is such a beautiful space, with many different sections and it is no wonder that it took top prize last year.

Big white umbrellas provided the much needed shade for the prize giving, whilst roving waiters with croissants and a selection of wonderful “nibbles” ensured guests were kept nourished throughout. The judges were an impressive bunch and included Leon Kluge who was responsible for the design and building of the multiple award winning South African entry at the Chelsea Flower Show in London earlier this year. Before the prize giving commenced, Andre Basson gave a short talk on investment strategies, highlighting the similarity between growing gardens and growing investments. Our “own” Simon Allen gave a barefoot talk on the importance of biodiversity in our gardens and in the greater Val de Vie estate, something he is so passionate about. A good many Evergreeners attended to support our finalists and were not disappointed in the results achieved.





- For the third year running **Renate Henshilwood won the Evergreen Garden of the Year**, and it is due reward for the amazing effort and care she puts into her much loved patios, ponds, veggies and flowers.
- **Jacqueline Goddard was awarded the prize for the Most Vibrant Garden**, and in the short time she has lived in Evergreen she has created a wonderful, colourful array of plants, especially roses.
- **Fred and Christine Bengsch came out tops in the Edible Garden category**. They love their small space which still provides them with a never ending supply of grenadillas, olives that they bottle, herbs that they infuse in teas and a variety of Spekboom species.
- **Deborah Hill was awarded the prize in the Waterwise Category**, for a garden filled with indigenous and fynbos species. No lawn to mow, it was replaced by Easi Grass, paving, pebbles and gorgeous aquamarine pots.

Other awards were given out to a number of gardens in the greater estate, primarily divided into garden sizes from Petite to Grand. However the much coveted title of Val de Vie Garden of the Year 2024 and winner of the Brenthurst Wealth R60 000 Investment Portfolio went to Herman and Annie Kriel and their magnificent garden in the Reserve.

The Kriel's have developed an outstanding garden that just sits so comfortably in the space, and is a true example of biodiversity. Highlights include a magnificent greenhouse and the seamless extension of the garden into the living areas of the house. Without doubt this year's event was a great success, and it was wonderful to see how well represented Evergreen was. We encourage all our prize winners to go out there and see how many other Evergreeners they can inspire to start now preparing for next year's competition.

**A flower does not think of competing with the flower next to it, It just BLOOMS!**





## Evergreen Garden Of the Year 2024

### - interview by Karin Stegmann

Renate Henshilwood, a three-time winner of the Evergreen Garden Competition, has a deep-rooted passion for gardening shaped by her upbringing in Southern Germany. After moving to Cape Town at 22, she lived in various locations, including Constantia and Hout Bay, where she developed her gardening skills. Renate's love for plants grew from her childhood experiences on a farm with her mother.

She worked in education and later in the hospitality industry, which allowed her to balance work and family. After her husband's passing, she sought a safer living environment and found peace in the Evergreen retirement village. She always loved the Paarl environment and after learning about the planned Evergreen retirement village inside the Val de Vie Estate, she paid a visit to the Sales Office (a container at the time) onsite. Coming here, she experienced a wonderful feeling of peace and tranquillity and that all her worries disappeared. She chose the plot where she currently lives and after some serious thinking for a week and a second visit to the site, decided to sign the contract – that was about 6 years ago.

She then came here twice a week with her beloved dogs Chloe (used to be called Smiley as the dog often “smiles”), and Skoll (used to be called Skolly as he used to be very naughty), to let them get to know the environment. Many ideas for her garden were obtained through walking many kilometres in the bigger estate and learning about its flora.

Renate attributes her gardening skills to the fact that she started two gardens from scratch – in Constantia and Hout Bay. In these endeavours she obtained all her knowledge of the different plants and shrubs and also learned from her mistakes. Buying plants from a nursery is rarity for her, since Renate prefers to use cuttings from specific plants, and rooting them for use in her garden – she arrived here in October 2020 with many a pot of rooted cuttings from her Hout Bay garden and keeping these alive in the summer heat was quite daunting.



Over the years her garden has been a safe and peaceful haven, a place where she could clear her head and spend some “me-time”.

Renate's garden reflects her extensive horticultural knowledge, featuring diverse plants, a lemon tree centerpiece, and creative elements like a fish pond and upside-down garden.

In addition to gardening, she enjoys reading, knitting, and sewing, having never connected her flat-screen TV since moving. Renate's award-winning garden is a testament to her dedication and love for nature.



## RECENT EVENTS - BRAAI IN AFRIKAANS - MARIETJIE SMIT

Die funksie is bygewoon deur 65 inwoners, wat volgens terugvoering ontvang, die aand baie geniet het.

Die spyseniering wat deur die Bistro voorsien is was puik, so ook die reelings deur Jo- Mari en haar span. Wat verblydend was dat dit ook deur engelsprekende inwoners ondersteun is. Dit was n gesellige aand om met mede inwoners te kuier en nuwe kennisse te maak.

Die algemene gevoel was dat dit n jaarlikse instelling moet word.



*Baie Lekker Braai*





## RECENT EVENTS - AN EVENING OF MUSIC WITH COENIE DE VILLIERS - ZAHN SPIES

Coenie de Villiers captivated his audience with his exceptional talent and his deep love for nature, especially the expanse of the Great Karoo. The lyrics and his compositions touched our souls. It felt as if he and the piano became one.

In his songs 'Karoo Nag' and 'Katedraal' he gave us a glimpse of the mystery and depth of the Karoo. That is one of the places on earth where he finds peace.

Through his music he also paid tribute to other famous Afrikaans composers whom he greatly admires, Koos du Plessis and Lucas Maree. They have passed away, but because of Coenie, their music lives on.

He also captured the essence of Christmas with 'Silent Night' and 'The little drummer Boy'.

In between he entertained the audience with his charm and anecdotes of his youth. The audience clearly appreciated his sense of humour.



## EVERGREEN WELCOMES BRUCE & ANN JONES - 7 FLOTTE STREET

### WRITTEN BY ESTELLE COUSTAS

After 12 years of retirement spent living at Lake Michelle in Noordhoek and, during this time, travelling to most of their bucket list destinations, Bruce and Ann have now made Val de Vie Evergreen their home with closer to home travel destinations in mind. Bruce, a would be bridge player and a keen wildlife photographer, can often be seen exploring the streets of Evergreen and the greater Val de Vie in his electric wheelchair under the watchful eye of his service dog, Finn. Ann has chosen a different creative medium and loves to craft in clay, mainly handbuilt ceramic pieces.

Prior to his retirement, Bruce was a mining engineer who qualified at The Royal School of Mines in London and, after qualifying, spent his career working on various mines for different mining companies in South Africa, Australia, Africa, Wales and Saudi Arabia. Ann comments that Bruce “should have been Livingstone’s Assistant” with his lifelong thirst for adventure and travel, which he managed to combine so successfully with his career. Ann, after graduating from UCT with a Bachelor of Arts degree, started her working career in Human Resources on the mines in the Carletonville area. As fate would have it, this is where she met Bruce. Ann, looking back, claims that going into Bruce’ office on 1 shaft at East Driefontein Gold Mine wearing a mini skirt was what clinched the deal! Neither have looked back since that day so many years ago, although the mini skirt is long gone! Bruce and Ann celebrated their 40th wedding anniversary this year. They both have a passion for the wilderness areas of Africa, its wildlife and its conservation. Both subscribe wholeheartedly to President Lyndon B Johnson’s statement that “If future generations are to remember us with gratitude, rather than contempt, we must leave them something more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning...”

They tell wonderful stories of their travel adventures in Sub-Saharan Africa with Bruce sharing that he has a Masai godson called Gareth in Tanzania, the son of a Tanzanian woman whose life Bruce helped to save when she had malaria and needed to be taken to a



hospital for treatment. Ann’s memories go even further back to the celebration of their 1st wedding anniversary which Bruce described to her as a “hike” and which turned out to be an overland journey across Botswana in a very rickety old bus, a mokoro trip through the Okavango Delta, where healthy populations of hippos and crocodile were very much in evidence, to Chief’s Island where they spent 5 days hiking from end to end. A few days into the hike they stopped at a channel and were told they could have a swim. Ann emerged covered in leeches which resulted in a loud scream which was quickly stifled by their guide as he did not have a rifle and was concerned that her cries would attract the predators they were sharing the island with. Their spoor was much in evidence all around them. Poor Ann had to stand still and quiet while the leeches took their time slowly dropping off her! Bruce and Ann have 2 sons. Their eldest lives in Johannesburg and runs his own forensic structural engineering consultancy and their youngest lives near London and works for Shell as a Chartered Accountant. They have 2 grandchildren in Johannesburg with whom they love to spend as much time as possible. They are also both looking forward to travelling to the wedding of their youngest son in the Cairngorms in the Scottish Eastern Highlands in September 2025.



## EVERGREEN WELCOMES PIETIE & SUE VAN AARDE - 32 MOSSET STREET- WRITTEN BY ESTELLE COUSTAS

Pietie and Sue moved into their new home in Mosset Street at the beginning of August after spending most of their lives in Paarl, but went off to visit their eldest son, Adriaan, and his young family in Atlanta a few weeks after their move, a holiday that kept them very busy assisting with their grandchildren's activities.

Sue grew up in an Engelse huis in Krugersdorp where her dad was a medical specialist, and post-school she went off to the Johannesburg College of Education (JCE), but decided in her 2nd year there that a teaching career was not for her. After a discussion with her father, she came down to Paarl where she met Pietie, and spent her working life, before and after raising their 3 children (their 2nd son, Nic, was born 11 months after the eldest so a handful) in public relations, initially with the KWV and later with organisations like the Cape Wine Academy.

Pietie grew up in the Moorreesburg district, where he was also at school, and his mother was one of 14 children (of which only 3 were boys) so there is a large extended family. After school he and 2 old school friends, Sakkie and Teddy, made history at the Pretoria University Faculty of Veterinary Science when they did so well in their 1st year of BSc studies at the university that all 3 of them were selected to be part of the tiny group of 2nd year students at Onderstepoort, largely as a result of their study methods - they divided up their 1st year work, which included tricky subjects like Physics, between the 3 of them, and then each disseminated the knowledge they were responsible for through tutorials on those subjects for the other 2 students. Understandably, lifelong friendships were built in this process, and they all went on to graduate and practice as vets for many years.

Arriving in Paarl after his compulsory year as a state vet over 50 years ago, Pietie found a garage attached to a house which he could rent in Courtrai, the suburb below the Afrikaans



Taalmonument. There he was able to make the necessary changes and create the space to run his practice for many years, until the owner of the property decided to sell and he needed to find new premises. In the early days of his practice he used every marketing opportunity he could find in Paarl, from attending functions to playing tennis, squash and rugby, and the practice (he acquired his 1st partner 8 years later), serviced the animals in 90% of the homes in Paarl, as well as many dairies and farms around Paarl. He subsequently moved the emphasis from large to small animals and built the Paarl Veterinary Hospital to service this market. He has some wonderful stories to share about all his years of practice, including having to perform dental extractions on a fierce baboon when the local dentist didn't feel up to it.

Apart from Adriaan, the son they visited in Atlanta, Pietie and Sue also have Nic, who lives with his family on Oldenburg, where he is the winemaker, in the Banhoek Valley close by, and their youngest, Mally, who lives with her family on a farm outside Ladysmith, from where she runs her on-line leather bag business.

The van Aardes look forward to their integration into the Val de Vie Evergreen community, through the many activities available here.



Alhoewel Jan sy eerste lewenslig in 1939 in Ermelo aanskou het, het hy bykans sy hele lewe tot dusver in die Tulbagh-distrik gebly. Jan se pa, een van 20 kinders, het aanvanklik na die destydse Transvaal verhuis, maar het nadat hy getroud is, een van die familieplase, genaamd Remhoogte, by sy ouer broer gekoop en teruggetrek Tulbagh toe.

Jan wat op Tulbach in die laerskool was, wou sy vlerke wyer sprei en het sy hoërskoolloopbaan as koshuiskind in Villiersdorp voortgesit waar hy in 1957 gematrikuleer het. Hy het na matriek in Stellenbosch landbou studeer en op die ouderdom van 21 teruggekeer plaas toe waar hy tot op 72-jarige ouderdom hoofsaaklik met vrugte geboer het. Die verbouing en droging van pruimedante, en produksie van perskes wat vir die inmaakbedryf bestem was, was die belangrikste plaasbedrywighede, alhoewel hy ook kleiner hoeveelhede appels en pere verbou het.

Op die plaas is die pruimedante aanvanklik op stellaties vir 14 dae aaneen in die son gedroog, en was dit baie belangrik dat die weer moes saamspeel. Jan het in 1965 vir 6 maande in Kalifornië, VSA gaan werk waar hy met 'n nuwe drogingstegniek kennisgemaak het, wat hy toe op sy plaas geïmplementeer het. Met hierdie innoverende tegniek word pruimedante binne 24 uur in gastonnels gedroog: 10 stapels ("stacks") pruimedante word deur die tunnel wat al warmer word tot 98°C, oor 'n periode van 24 uur beweeg. Remhoogte is steeds een van die grootste produsente van pruimedante in Suid-Afrika. Gedurende sy loopbaan as boer het Jan verskeie voorsitterposisies beklee en is onder andere onlangs as ere-voorsitter van die Inmaakvrugte Produsente Vereniging vereer.

Tiekie Theron het in Melkbosstrand grootgeword waar haar ouers die Pavillion restaurant en gastehuis besit het. Sy het haar laerskoolloopbaan in Melkbosstrand voltooi maar verruil dit vir die koshuislewe aan die koshuislewe aan die Hoërskool Swartland in Malmesbury,



waar sy in 1959 gematrikuleer het. Daarna het sy haar aan die Mowbray Training College ingeskryf, aangesien dit die enigste tersiêre inrigting was waar sy Liggaamlike Opvoeding (LO) tot op derdejaarsvlak kon studeer. Onderwysposte in Barkley Wes, Delportshoop en toe Tulbagh (1965) het gevolg. Dit was hier waar sy met 'n plaaslike boer, Jan Theron, kennisgemaak het. Die egpaar is in 1968 getroud, waarna Tiekie die onderwysberroep vaarwel toegeroep en haar voltyds toegespits het op hul drie kinders, die plaasgemeenskap en die groter Tulbagh gemeenskap.

Na 51 jaar op Remhoogte, het die huis te groot geword en met hul seun wat toe die boerderybedrywighede begin oorneem het, het Jan en Tiekie na 'n huis op die oewer van 'n dam, op 'n wynplaas buite Tulbagh getrek, en was "Ruimte" hul tuiste vir 13 jaar. Hulle het besluit om Evergreen hul finale tuiste te maak na 'n soektog vir 'n geskikte aftreeoord waar hulle hul laaste dae sorgvry kon deurbring en waar daar steeds genoeg oop ruimtes (belangrik vir hierdie plaasmense) en stapgeleenthede is. Die egpaar is baie lief vir reis en toer en het vroeër gereeld plaaslik en in Suider-Afrika getoer, asook deur Europa, die VSA en Australië. Die interessantste was hul 4-maande-lange reis in 2006 saam met drie ander egpare, van Genoa in die noorde van Italië, al langs die



weskus van Afrika tot in die Kaap, wat hulle met hul eie bakkies wat met “campers” toegerus was, aangepak het.

Jan en Tiekie het in Augustus in Menerbesstraat 31 begin intrek, 'n proses wat nog nie heeltemal afgehandel is nie. Hulle sien egter uit na goeie jare wat hier in Evergreen voorlê en beoog om a

lgaande meer betrokke te raak by aktiwiteite hier ter plaatse, meer te stap in die pragtige omgewing en steeds rond te toer, moontlik meer as deel van georganiseerde toere soos Namakwa-toere se blomme-kyk geleenthede.

## **EVERGREEN WELCOMES HANNES EN CAROL-ANN VAN JAARVELD – PÉROUGESSTRAAT 12 - WRITTEN BY KARIN STEGMANN**

Hierdie egpaar ken mekaar al sedert hulle laerskooldae in Petrusburg in die Vrystaat en is nou na 'n huwelik van 50 jaar hier in Evergreen sedert 18 Junie vanjaar, toe hulle Graaff-Reinet in die Karoo vaarwel toegeroep het en Perougesstraat 12 hulle nuwe tuiste gemaak het. Na voltooiing van hul skoolloopbane (daar was nie geld vir verdere studies nie) bevind hulle albei hulself in Kimberley, waar hulle in 1974 getroud is, voor hulle aan die einde van 1976 Uitenhage toe verhuis het. 'n Interessantheid is die feit dat Hannes se ouer broer met Carol-Ann se ouer suster getroud is.

Hannes het na skool (1970) by 'n ouditeursfirma in Kimberley aangesluit en buitemuurs aan UNISA begin studeer. Hy het sy klerkskap in 1975 voltooi en sy studies in Uitenhage afgehandel om hom as ouditeur te kwalifiseer. Hulle het in 1980 na Somerset-Oos verhuis waar Hannes 'n nuwe kantoor van die Uitenhage-firma van die grond moes kry, maar sluit hom mettertyd by 'n ander firma aan en eindig uiteindelik in 1998 in Graaff-Reinet op.

In 2000 besluit Hannes om 'n wilde perd op te saal en 'n insolvente troeteldiervoedsel-vervaardigingsfasiliteit op die dorp aan te koop. Hy het egter hierdie bankrot fabriek omgedraai, deur die middelman en ander onnodige kostes uit te sny en vandag is Montego (sy handelsmerk) die grootste troeteldierkos-maatskappy in privaatbesit op die Afrika-kontinent! Montego het oral oor Suid-Afrika verspreidingsdepots en word by veeerste (ongeveer 1500), koöperasies (boere se honde moet gesonde, voedsame kos inkry) en in



troeteldierwinkels verkoop, asook na 18 ander lande uitgevoer. Behalwe Graaff-Reinet waar die groot vervaardigingsfasiliteit is, is daar ook in fabriek in Centurion, Gauteng. Kos word direk vanaf die fabriek bestel en Montego se eie depots hanteer die verspreiding daarvan. Dis belangrik om daarop te let dat die troeteldierkos en –fabrieke aan streng voorwaardes en evaluerings moet voldoen, wat soms sonder enige voorafkennisname geskied.

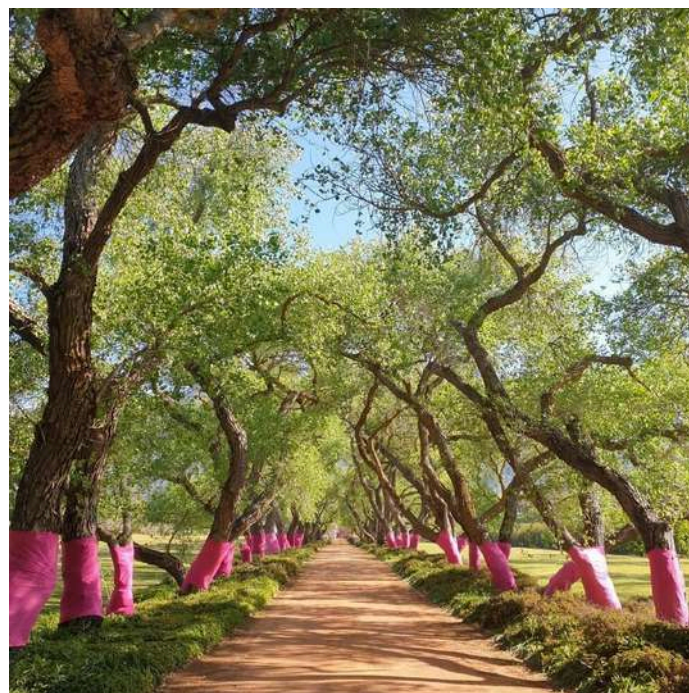
Hannes het egter ook in 2000 bewus geraak van 'n oorerflike niersiekte waaraan hy lei en wat sy nierwerking stelselmatig verswak het. Toe hy in 2012 met prostaatkanker gediagnoseer is met gepaardgaande verwydering van sy prostaat, het hy slegs 16% nierfunksie oorgehad en moes vir twee jaar kankervry wees, voor hy 'n skenkernier kon ontvang. Carol-Ann was 'n geskikte skenker en het in Augustus 2015 haar een nier aan hom geskenk.

Carol-Ann wat “daarvan hou om te koop, te verkoop en mooi te maak” was haar hele lewe by binnenshuise versiering betrokke en het eie besighede in Somerset-Oos en Graaff-Reinet



gehad, wat onder andere 'n antieke meubelwinkel, kunsgalery en restaurant in Graaff-Reinet ingesluit het. Haar grootste liefde was egter fondsinsamelings en so loods sy die Nasionale nie-winsgewende maatskappy **“Pink Trees for Pauline”** 12 jaar gelede, geïnspireer deur pienk lappe om boomstamme wat sy in Domme, Frankryk raakgesien het. (Op die dag wat sy hierdie projek afgeskop het, het hulle die slegte nuus van Hannes se kankerdiagnose ontvang.) Beide haar ma en ouma se name was Pauline en albei is aan kanker oorlede, wat haar gemotiveer het om die projek te begin waar pienk stukke materiaal wat mens om boomstamme draai, teen 'n wins verkoop word en geld wat op dié wyse ingesamel word, dan aan te wend ter ondersteuning van die behoeftes van plaaslike kankerlyers (alle tipe kankers) en hul gesinne. In die eerste jaar het sy reeds 'n hele R210 000 op dié wyse ingesamel. Haar leuse is dat elkeen van ons is, het of ken 'n Pauline. Die veldtog skop jaarliks die 15 September af en duur tot einde van Oktober; daar is reeds 171 dorpe landswyd wat hieraan deelneem. Sy is steeds die eienaar van die konsep (patent geregistreer) maar het afstand gedoen van haar Besturende Direkteur-posisie.

Hannes is ook nie meer direk aan stuur van sake by Montego nie, maar is steeds die voorsitter van die raad wat 4 keer per jaar vergader. Die egpaar se drie seuns is almal tans betrokke by Montego (Graaff-Reinet) in verskillende bestuurshoedanighede. Die oudste seun (opgeleide stadsbeplanner) woon reeds in Pearl Valley en beweeg tussen die Paarl en Graaff-Reinet soos die situasies dit vereis. Die middelste seun (opgeleide kommersiële vlieënier) se huis is in La Vue; hy en sy gesin behoort in Januarie 2025 hierheen te verhuis, terwyl die jongste seun, besturende direkteur van Montego, beplan om sy nuwe huis in La Vue in Januarie 2026 te betrek. Die feit dat daar bekwame en betroubare werknemers by hulle fasiliteite werksaam is, maak dit moontlik vir die drie seuns om van hul kantoor in Brackenfell te werk.



Hannes en Carol-Ann het 7 kleinkinders, waarvan die oudstes reeds hier in die Paarl skoolgaan. Uiteindelik gaan hulle die besondere voorreg smaak om al hulle kinders en kleinkinders binne loopafstand van hulle te hê. Hulle sien uit na hulle toekoms hier in Evergreen en hoop om nog baie vreugdevolle en gelukkige jare hier saam met hulle naaste familie te hê.



### LAAT VREDE DIE SKEIDSREGTER WEES!

Met die naderende Kersgety dink mens onwillekeurig aan wat presies die Woord oor Jesus se koms na die aarde sê. My gedagtes gaan sommer dadelik na Jesaja 9:5 "Want 'n Kind is vir ons gebore, 'n Seun is aan ons gegee; en die heerskappy is op sy skouer, en Hy word genoem:

Wonderbaar, Raadsman, Sterke God, Ewige Vader, Vredevoers — tot vermeerdering van die heerskappy en tot vrede sonder einde, op die troon van Dawid en oor sy koninkryk, om dit te bevestig en dit te versterk deur reg en deur geregtigheid, van nou af tot in ewigheid. Die ywer van die HERE van die leërskaare sal dit doen."

Maar mens dink onwillekeurig aan al die wreedaardige dinge wat op aarde aan die gang is met 'n paar oorloë en al die negatiewe dinge waarvan ons in die koerante lees en oor die nuus hoor. En jy wonder: watse vrede praat die Bybel dan van? As Jesus die vredevoers is wat gebore is, waar is die vrede?

Die goeie nuus het gekom toe die hemelse leërskaare vir die skaapwagters uitgeroep het: "Vrede op Aarde! In die mense 'n welbehag!" Hierdie vrede waarvan die engele skare getuig het, is vrede tussen God en mens, nie tussen mens en mens nie. Jesus het aan die kruis vir

elke sonde wat enige mens ooit op aarde sou pleeg of gepleeg het betaal met Sy bloed. Vir elkeen wat Hom aangeneem het, het Hy dan die reg gegee om Sy kind te word. As jy Hom net kies kom daar dadelik vrede tussen jou en God, jy laat Hom dan toe om deur Sy Woord jou hele lewe te verander.

My Pa het elke Kersdag mense gegroet met die woorde: "Vrede in die hart!" Dis die soort vrede wat Jesus gebring het: Diepgewortelde Vrede wat alle verstand te bowe gaan!

Paulus, in sy brief aan die Kolossense stel dit so: "En laat die vrede van God, waartoe julle ook in een liggaam geroep is, in julle harte heers, en wees dankbaar." (Kol. 3:15). Een vertaling stel dit so: "Laat die vrede wat God gee die skeidsregter wees." As jy onvrede beleef hierdie Kersgety moet jy weet dat die skeidsregter se fluitjie geblaas het. Gaan sit dan maar net aan die Vader se voete, laat gaan die dinge waaroor jy jou bekommer, en laat toe dat die Vrede van God weer jou hart en gedagtes oorneem.

Seën en vrede vir julle hierdie Kersfees!



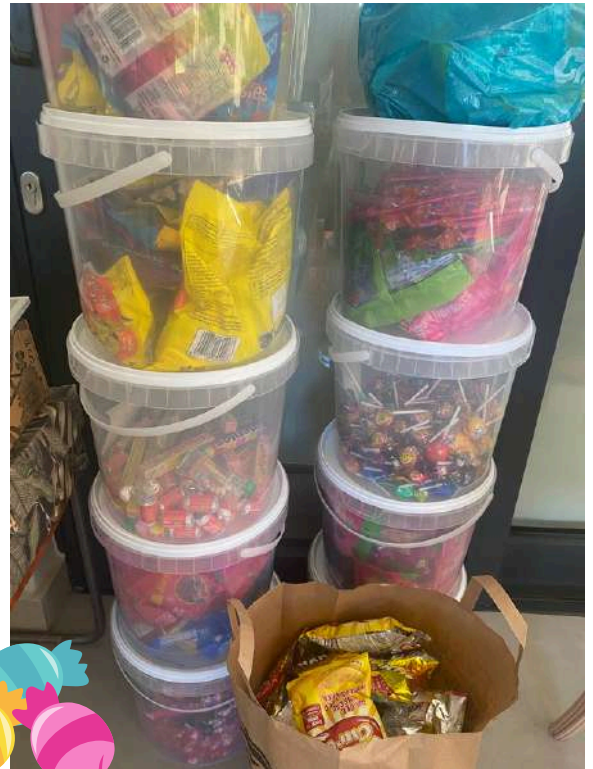


## A COMMUNITY INITIATIVE - 200 SWEET PACKETS - DEBORAH HILL

The Evergreen community has truly been incredible once again. Numerous residents purchased packets of sweets and crisps, while others generously contributed funds for Dave and I to cover the remaining sweets needed. Thank You!

I gathered a few residents to assist with the packing, and I told them to resist the temptation to sample anything, as I had counted every single sweet. As the saying goes many hands make light work and we packed 200 packets in under 2 hours.

The sweet packets have gone to the Charity HEART foundation who are hosting a Christmas party for the children in Smartie Town and Hillside in Paarl East, two of the poorest communities in Paarl.





# ATHAZAGORAPHOBIA - PIT JOUBERT

Newspapers will now no longer be in paper format but only be available online if you take out a subscription. I took one for Netwerk 24 at the annual price of five paper newspapers and can read all the Afrikaans newspaper dailies as well as the regional newspapers that used to be published once a month. At an instant I can know what is happening in Bloemfontein, Johannesburg or Mbombela, wherever the latter may be. I miss the paper editions newspapers. I like the feel of a newspaper spread out on a table in front of you while you take a sip of coffee before turning to the obituaries to see who you have outlived. A used newspaper has many other uses too. I have no idea how you clean the glass of a car windscreen without it, for one.

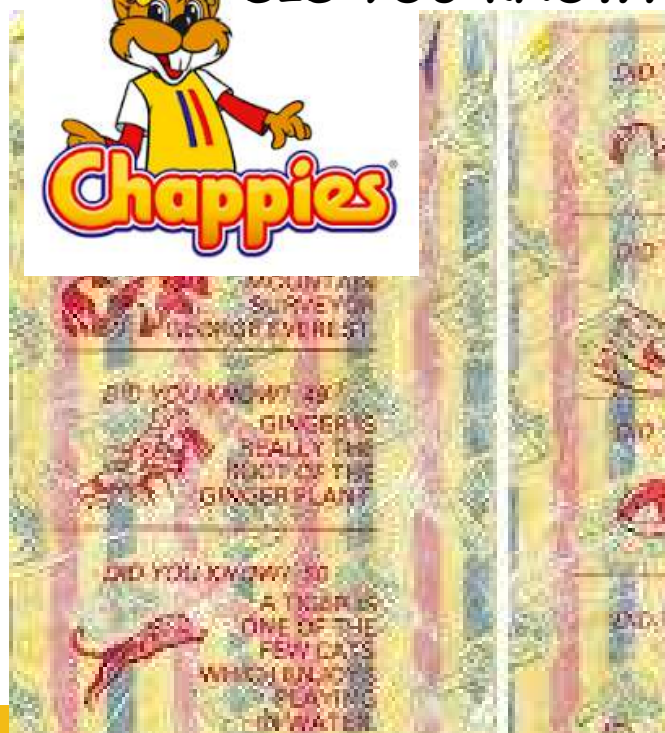
I read on a chappies bubblegum wrapping paper once that it takes 100 trees to provide a single edition of a large weekly edition of a newspaper like the Sunday Times. I have been waiting close to 60 years to share this piece of information with someone, so there you are.

You could buy two pieces of chappies bubblegum for one cent in my boyhood. The bubblegum was very good and you could blow large bubbles that exploded to cover both your nose and eyes depending on your skill. On the back of each wrapping of chappies bubblegum were snippets of useful information under the heading DID YOU KNOW. Usually you didn't know. Here is a quick sampling of the type of edifying information that could be had for free because you only paid for the bubblegum :

- Athazagoraphobia is the fear of being forgotten ;
- Apples are part of the rose family ;
- Caterpillars have more muscles than humans;
- Cape Town is the only city in the world situated on both the Indian and Atlantic ocean.



**DID YOU KNOW?**





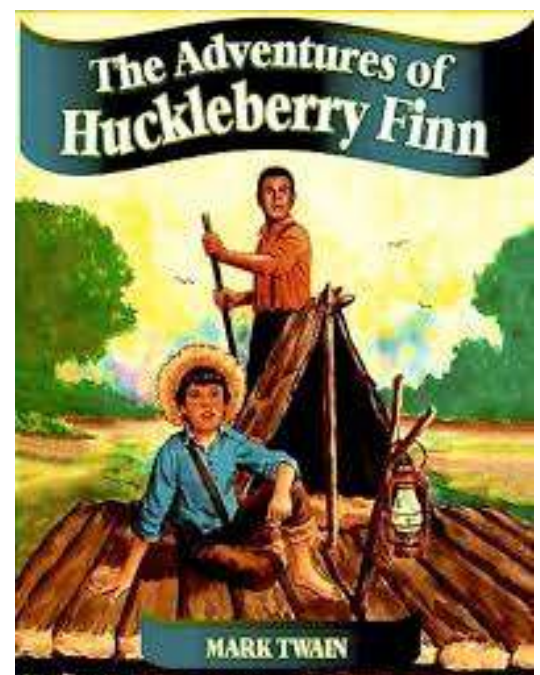
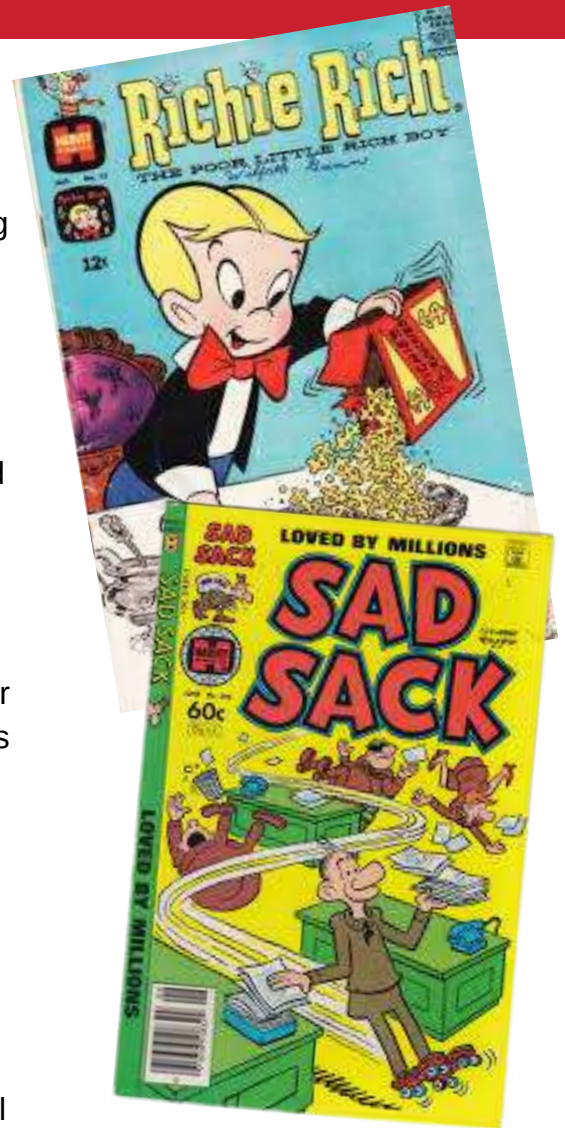
Each chappies wrapping contained at least two DID YOU KNOWS. The aim was to provide three but as the wrapping obviously came off a long roll of wrapping you might sometimes see the ending of one and the beginning of another on the same piece of wrapping.

We collected these wrappings and traded duplicate ones with other children. In this way each home in the town of Thaba Nchu in the Free State where I grew up had a wealth of information stored in a top drawer of a cupboard somewhere. One boy collected a wrapper that ended at the top with the words "her breasts". No one else had the missing part of what we could usefully learn about "her breasts" but it resulted in a frantic activity and lots of investment in bubblegum to find out. We had the two clear DID YOU KNOWS that followed the one about the breasts but we never found the missing link. It was like the Chapelat company who manufactured the bubblegum played a cruel joke on us. We extended our search to cafes of nearby towns and even to Bloemfontein, our capital city. After about a year or so we just gave up.

The only other English apart from DID YOU KNOWS we read was Harvey Comic books. Sad Sack, Richie Rich, Little Dot, Casper the friendly little Ghost, the titles are still stuck in my memory. Our teachers, especially the one who taught English at school, forbade us to read comics and all the teachers would confiscate comic books found in a child's possession. I still to this day do not understand the reasoning behind this attitude. We didn't read any other English books, and any exposure to this strange language, by whatever means, ought to have been encouraged.

One day a learner teacher from the University of the Free State took us for an English lesson and caught me redhanded reading a Sad Sack comic concealed on my lap behind the boy in front of me. She took the comic book and asked me to remain after class. She returned the comic book to me and said as punishment I must read a book during the weekend. The book she handed to me was The Adventures of Huckleberry Finn by Mark Twain.

That weekend changed my life. I always loved reading and by the age of 13 had worked my way through all the Afrikaans books in our modest town library and here was a story that made me forget that I was reading it in English. It was better than any DID YOU KNOW or Harvey Comic book and suddenly the world opened for me. The learner teacher's name was Juffrou Smit and I don't know what happened to her but I will never forget her. Juffrou Smit need never have to suffer from Athazagoraphobia.





## TAKING THE PLUNGE - DEBORAH HILL

In a moment of madness, I decided to enter the annual Val de Vie Garden competition! It was quite a bold move, considering I'm not exactly a gardening fundi, and my self-designed garden is not the traditional layout, but water wise and low maintenance! To top it off, the very first thing I did was replace the grass with "easy grass" – you know, that plastic variety that needs no watering or weeding.

But I decided to put myself out there and enter... I went about capturing interesting photos and did some creative writing for my entry!

This year, it seemed there were fewer participants, as Val de Vie even offered to send their photographers to assist with submissions! There are so many stunning gardens in Evergreen and a wealth of passionate gardeners, and I tried my best to encourage them to enter their gardens, but it appeared I had little success.

The following week after entering the competition, I received an email notifying me that I had made it to the finals!

Coincidentally, it was the same day I discovered that the tiny, lovely grey cone-shaped snails had gone on a feast, devouring my succulent plants! So shock horror my one garden bed looked like the Chernobyl nuclear disaster.



I felt it was the ideal time for a mini revamp, especially since my garden is nearly 5 years old, and many areas including the succulents were a bit tatty, even before the snails got to them.

I did have to endure a bit of teasing from friends and neighbours when my name appeared on the Val de Vie Garden finalists. Then I was a bit nervous when I heard that the renowned landscape designer, botanist and Chelsea garden award winner, Leon Kluge, would be one of the judges!

Leon, along with eight other judges led by our environmental officer Simon Allen, arrived right on schedule with clipboards in hand to assess my garden.

The whole experience was fantastic; everyone was incredibly friendly. Leon laughed when I asked for a selfie with him and he told me that one of my fynbos bushes is in fact extremely rare! I also had a lot of residents coming to visit or just stopping to look at my garden, for a while I felt like a celebrity!!

I hope this will inspire all the keen gardeners out there there to take the plunge and enter next year!



***Above: I couldn't remember the name, so I asked Simon for help, he said ... "Looks like Leucodendron laxum. Bredasdorp Cone Bush. Listed as endangered in the wild".***



## RESIDENTS SHARE THEIR TRUSTED RECIPES - MERCEDES BRINK

### Chocolate Avalanche

- 250ml Cake flour
- 12 ml Baking powder
- 2ml Salt
- 200 ml Castor Sugar
- 75 ml Cocoa powder
- 25g Melted butter (or margarine)
- 125ml Milk
- 5ml Vanilla essence
- 125 ml 1/2 cup chopped nuts (optional)
- 250ml Brown sugar
- 300ml Warm water

### METHOD

Pre heat Oven to 180°C - oven dish 25x15x5

Sieve flour, baking powder, salt, castor sugar and 25ml of cocoa powder together.

Add the milk, butter, vanilla and nuts.

Mix well.

Pour the batter into greased oven dish.

Mix 50ml cocoa powder and brown sugar together, and sprinkle onto the batter.

Pour the warm water (300ml) slowly over the top.

Bake 30 to 40 minutes in oven.

Serve hot with ice cream or cream.





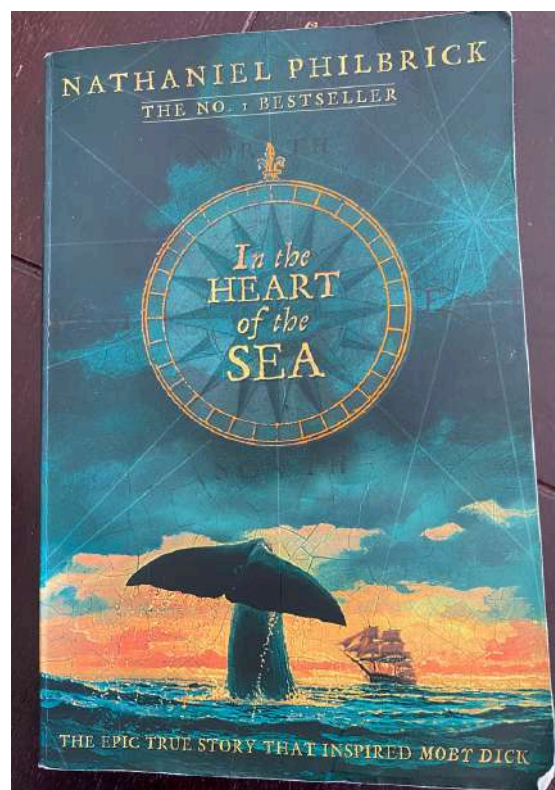
## BOOK REVIEWS BY RESIDENTS

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

### IN THE HEART OF THE SEA - NATHANIEL PHILBRICK

#### Book review by Tony Heath

An amazing true account of the 93 days spent...in 3 small whaling boats, with minimal provisions salvaged from the ESSEX whaling boat, when it sank within minutes when struck by an 85 foot (30 metres) whale. The sinking of the ESSEX provided inspiration to Herman Melville for his classic MOBY DICK. The book takes one through some of the history of the whaling industry in the early 19th century when Nantucket was at the epicenter of this thriving industry. Oil from the mass slaughter of whales, used to fire up the street lights of London, provided the most lucrative investment opportunity during this period, with returns far outpacing that of the stock market at the time.



Four or five successful ventures across the Pacific, lasting 2 to 3 years or more, could set up the captain and first mate for an early retirement. The rate of attrition however was huge and the chances of never returning home to Nantucket were high indeed. As a result, incidents of cannibalism by survivors became accepted practice, and this is just one such story, where the majority of the shipwreck survivors were ultimately (eventually) eaten as they died. Just eight survivors eventually made it to the coast off Chile, after a horrendous journey lasting 93 days. Before I'd reached the cannibalism part of the book I'd mentioned to Kathleen (our neighbour and regular book reviewer) and she'd asked that I pass the book on to her to read and review. She passed however when I mentioned the cannibalism aspect.....and particularly when I described a note toward the end where the first mate,...Owen Chase, had apparently been asked some years later whether he knew one member of the crew who hadn't survived? His apparent response,.... "did I know him?...I 'et' him"!

Nevertheless a good read with detailed explanation of much of the whaling history at the time. An interesting example being the fact that the absence of virtually the entire male population for years at a time returning for a few months before setting out again, resulted in the unusual (for the time) scenario where their women ran the show and amassed huge wealth from their deceased spouses.





## The Morning Light by Prue Smith.

Review by Kathleen Krynauw

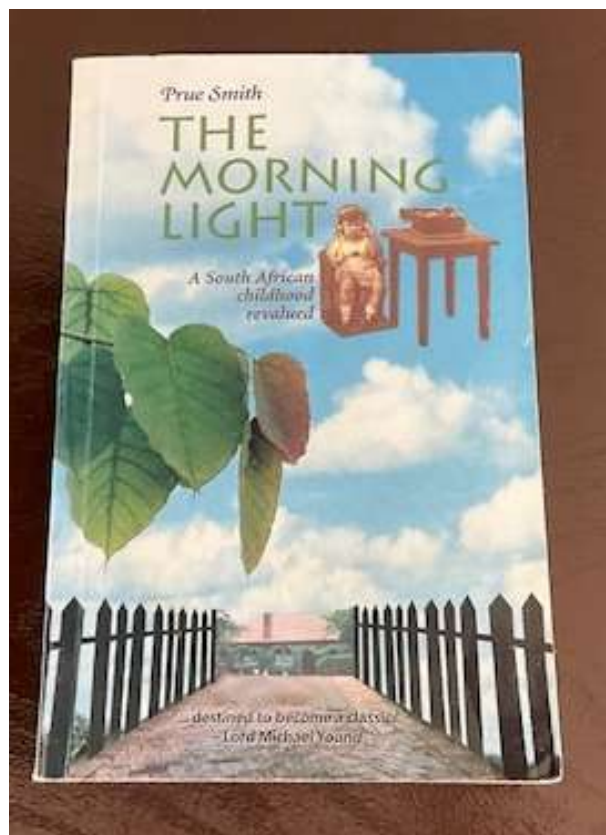
Published in 2000, this is a beautifully written autobiography. Prue Smith, born in Johannesburg in 1923, spent her childhood in a home and magical garden built out of the Transvaal veld by her engineer father.

It was a curious childhood. Overprotected but neglected by her British mother she was really brought up by a beloved “nanny” called Lottie. Prue hardly ventured out of the gate except with Lottie. The tales she relates of these young years and her experiences are memorable.

She moved alone to England just as World War 2 ended, enduring harrowing experiences in post war London. But her life began again and she became a star of international radio with the BBC in London and at various African BBC stations.

Only once Mandela was released and apartheid ended did she return to South Africa to face her past and what it had meant to her.

It is a wonderful, thoughtful memoir reflecting on the narrowness of many white lives of those times.



*Thanks to all the residents who donated  
books this year! We are all very proud  
of our library.*

*Special thanks to Kathleen Krynauw for her book  
reviews and then donating the books.*



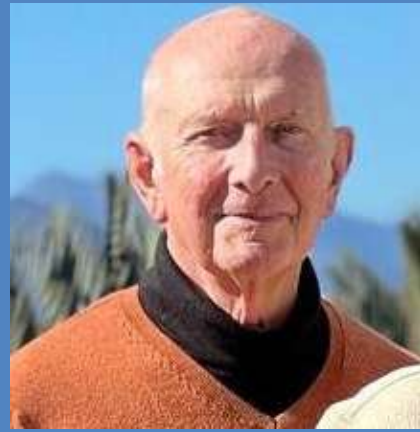


DECEMBER 2024

## **“Size matters” - An often repeated comment but is it ‘actual’ or ‘apparent’ size that is being discussed?**

From an early age we understood that the size of things around us is related to their distance from us. As a small child, colliding with objects in our paths was something that we often had to deal with, as our depth perception was being refined. Unfortunately one of the disadvantages of getting older is that once again we often collide with objects in our paths as our depth perception deteriorates.

In Astronomy, size matters in many different ways, but when we look at the sky it's apparent size that we perceive. Measuring distance in the sky is always difficult as there is no direct connection to the object being viewed. The Babylonians were the first to divide a circle into 360 degrees, and days into hours, minutes and seconds, in what is known as the sexagesimal (base 60) system. When using this system and viewed from Earth, the Sun and Moon appear to be approximately half a degree in diameter. As the distance from Earth's horizon to horizon is 180 degrees, 360 Suns or Moons would fit side by side across the sky. Many people find it difficult to understand degrees when used to describe the distance of objects in the sky. One of the easiest ways to remember distance in degrees is to compare it with the human hand. An average person's fist held at arm's length covers approximately 10 degrees. The Southern Cross Pointer stars (Alpha and Beta Centauri) are 5 degrees or three fingers apart.



It almost seems counterintuitive but a small finger held at arm's length will completely cover the Sun or Moon. (Preferably use the Moon as a test, the Sun is extremely bright and can easily damage one's eyes).

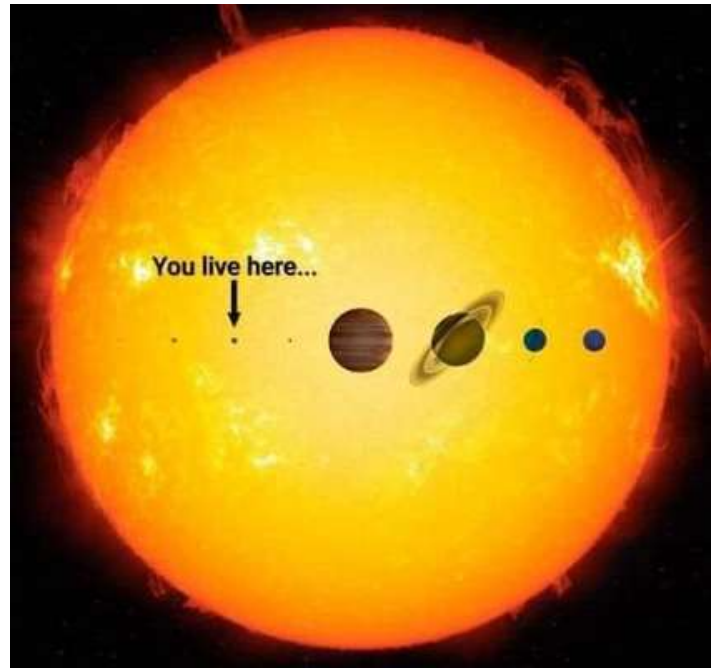


***Actual size of Earth and Moon***



The actual sizes of the Sun and Moon are obviously very different and it is their distance from us that makes the apparent size appear the same. If they were at the same distance it would take 402 Moons side by side to cross the Sun's actual diameter.

Even the Earth and planets are tiny when compared to the actual size of the Sun. Size in space is therefore on a very different scale than our familiar Earth based objects. When it comes to the stars, those tiny points of light that dot the night sky are very different when actual size is used. Our Sun when compared to other bodies in the Solar System is extremely large, bright and hot. In Astronomical terms however, it is classified as a G2 Yellow Dwarf star. In the late 1800's Annie Jump Cannon was a brilliant astronomer who revolutionised the way scientists classify stars. The Harvard Spectral Classification System created and developed by her was a major development in astronomy. The system was originally alphabetical but was altered reordered to reflect surface temperatures of stars with O being the hottest and M the coolest. She categorised nearly 350 000 stars in her lifetime. She became the first woman to receive a Doctor of Astronomy from Groningen University in the Netherlands, was the first woman to be elected as an officer of the American Astronomical Society, and the first woman ever to receive an Honorary Doctorate from Oxford. Her unusual middle name is her mother's maiden name, who was intimately involved in her daughter's education and career.



The revised sequence of classification was often the source of confusion for astronomy students until Henry Norris Russell came up with a wonderful mnemonic. The Main Sequence Stars are classified O,B,A,F,G,K,M which can be remembered as -

Oh Be A Fine Girl (Guy), Kiss Me

Keep looking up  
Lance Kinnear



| Main Sequence Stars   |                  |                         |               |                         |                       |        |         |
|---|------------------|-------------------------|---------------|-------------------------|-----------------------|--------|---------|
|   |                  |                         |               |                         |                       |        |         |
| Spectral Type:  | O                | B                       | A             | F                       | G                     | K      | M       |
| Temperature:  | 40 000K          | 20 000K                 | 8500K         | 6500K                   | 5700K                 | 4500K  | 3200K   |
| Radius (Sun=1):   | 10               | 5                       | 1.7           | 1.3                     | 1.0                   | 0.8    | 0.3     |
| Mass (Sun=1):   | 60               | 10                      | 2.0           | 1.5                     | 1.0                   | 0.7    | 0.2     |
| Luminosity (Sun=1):   | 100 000          | 1000                    | 20            | 4                       | 1.0                   | 0.2    | 0.01    |
| Lifetime (million yrs):   | 10               | 100                     | 1000          | 3000                    | 10 000                | 50 000 | 200 000 |
| Abundance:  | 0.00001%         | 0.1%                    | 0.7%          | 2%                      | 3.5%                  | 8%     | 80%     |
| <div> <div> <b>Giant Stars</b><br/> Low mass stars near the end of their lives. </div> <div> <b>White Dwarfs</b><br/> Dying remnant of an imploded star. </div> <div> <b>Supergiant Stars</b><br/> High mass stars near the end of their lives. </div> </div> |                  |                         |               |                         |                       |        |         |
| Spectral Type:  | Mainly G, K or M | Spectral Type:          | D             | Spectral Type:          | O, B, A, F, G, K or M |        |         |
| Temperature:  | 3000 to 10 000K  | Temperature:            | Under 80 000K | Temperature:            | 4000 to 40 000K       |        |         |
| Radius (Sun=1):   | 10 to 50         | Radius (Sun=1):         | Under 0.01    | Radius (Sun=1):         | 30 to 500             |        |         |
| Mass (Sun=1):   | 1 to 5           | Mass (Sun=1):           | Under 1.4     | Mass (Sun=1):           | 10 to 70              |        |         |
| Luminosity (Sun=1):   | 50 to 1000       | Luminosity (Sun=1):     | Under 0.01    | Luminosity (Sun=1):     | 30 000 to 1 000 000   |        |         |
| Lifetime (million yrs):   | 1000             | Lifetime (million yrs): | -             | Lifetime (million yrs): | 10                    |        |         |
| Abundance:  | 0.4%             | Abundance:              | 5%            | Abundance:              | 0.0001%               |        |         |

Stellar classification



# Monthly

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



**Black-winged Kite**



**Black-headed Heron**



**Male Cape Sugarbird**

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](mailto:derekbrown45@icloud.com) to be included on this page!



# Season's Greetings - Deborah Hill

**The year has flown by, and it seems I never run out of stories for the monthly newsletter.** Miraculously, everything falls into place in the final days of each month. However, I don't do this alone; I have an amazing team supporting me.

A big thank you to Estelle Coustas and Karin Stegmann, who do all the resident interviews and handle proofreading—barely a comma or misspelling escapes their keen eyes!

The interviews require considerable effort as they engage with new residents sharing their unique stories. It makes for fascinating reading, as we all hail from various corners of the country and even the world, yet here we are, settled and content in Evergreen Val de Vie. We all recognize the special nature of this place and feel fortunate to be here.

I also extend my thanks to Derek Brown for his thoroughly researched wine tasting and soirée reviews, and to Lance Kinnear, who has enlightened us about the stars and planets! Pit Joubert, who once needed a nudge to contribute, now considers himself a columnist, delighting us with his monthly trivia tales! Special recognition goes to Jenny Porter, our resident medical professor, for her excellent health articles. I continually ask for book reviews, but I'm



Estelle, Deborah & Karin



grateful to Brian Goodwin and Kathleen Krynauw, as I know I can count on their support when needed.

I am grateful to all the residents who take the time to share materials and photos with me. If anyone would like to get involved in this newsletter please let me know - suggestions and help are always appreciated.

Lastly, our thoughts are with everyone who has experienced a loss this year.

Wishing you all a joyful festive season! If you're traveling, please stay safe, and I look forward to seeing you in 2025!

*Merry Christmas*





# The Cape Town Male Voice Choir



DECEMBER **7th** AT 6:00 PM

EVERGREEN LIFESTYLE CENTRE

CONCERT COST R100PP CASH

BOOKING ESSENTIAL WITH

ANGELA ON 083 448 6618 OR LINDA 072 437 4608



EVERGREEN

# CLASSIC MONDAY

## MOVIE NIGHT



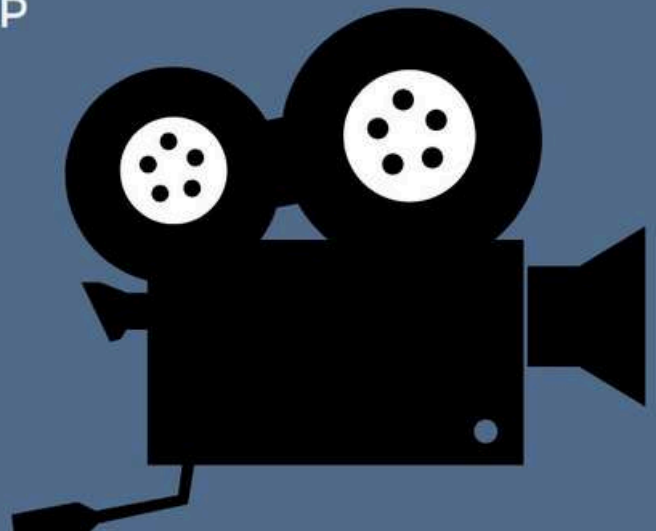
9TH DECEMBER 6PM

BOOK AT RECEPTION

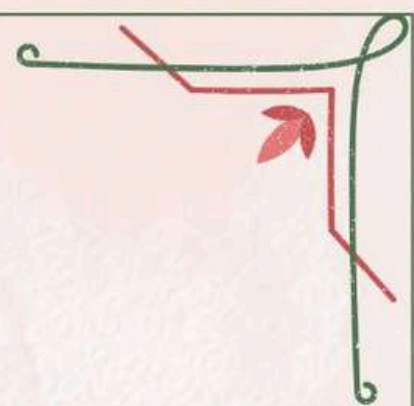

CHICKEN & LEEK PIE/VEGETABLE PIE

CARAMEL BISCUIT DESSERT

R75PP







EVERGREEN'S SINGING GROUP  
PRESENTS

# *Christmas* CAROL SING-A-LONG

THURSDAY

12 DECEMBER | 17:30 FOR 18:00  
LIGHT MEAL & DESSERT | R80 PP

EVERGREEN LIFESTYLE  
CENTRE

BOOK WITH RECEPTION @5700





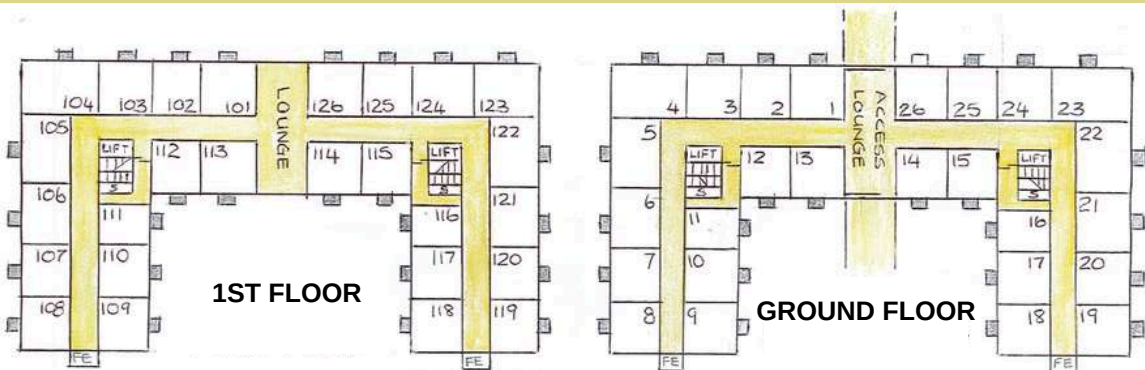
# New Year's Eve

at the Lifestyle Centre  
6:30pm





# EVERGREEN STREET MAP



1ST FLOOR

GROUND FLOOR

PAARL ROCK SUITES







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

**Deborah at [dhill@netactive.co.za](mailto: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.**

