



RESIDENTS'
NEWSLETTER

VAL DE VIE EVERGREEN

JANUARY 2025
EDITION 48



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 - JANUARY 2025

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
1st

NEW YEARS DAY BRAAI at the Lifestyle Centre

Mon
13th

CLASSIC MONDAY MOVIE 6pm
Scent of a Man. Book at reception. See poster for details

Fri
17th

ITALIAN NIGHT 6:00pm Book at Reception. See poster for details

Wed
22nd

Health Talk at 10:00am Book at Reception.

LOUISVALE WINE ESTATE meet at the Lifestyle Carpark at 11:00am Wine tasting and Lunch.
Book with Angela and Linda

Sun
26th

SUNDAY SOIREE at the Lifestyle Centre.
A trip down memory lane See poster for details.

Wed
29th

CHER TRIBUTE 6pm See poster for details

Fri
31st

SUNDOWNERS at 5:30pm. Come and meet other residents

EVERGREEN DISCOUNTS AND SPECIAL OFFERS

These are an example of the herbs and vegetables that have been available but this changes every week depending on the crops and the season.

VEGETABLES

Baby Marrows (not that small in size)

Cabbage - red

Cabbage - white/green

Carrots

Cucumber

Gem squash

Green beans

Lettuce leaves - mixed leaves (no Lettuce head)

Onions - red (these are small)

Onions - white (these are similar in size to the brown

Onions we have had)

Peppers - green

Rhubarb

Spinach - green

Spinach - rainbow mix

Spring onions

Sweet corn

Tomatoes - cherry

Tomatoes - Rosa

Lemons 🍋

HERBS

Basil

Chives

Oreganum

Rocket - sweet

Rocket - wild

Rosemary



Freshly picked vegetables from the Wellness Farm

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.

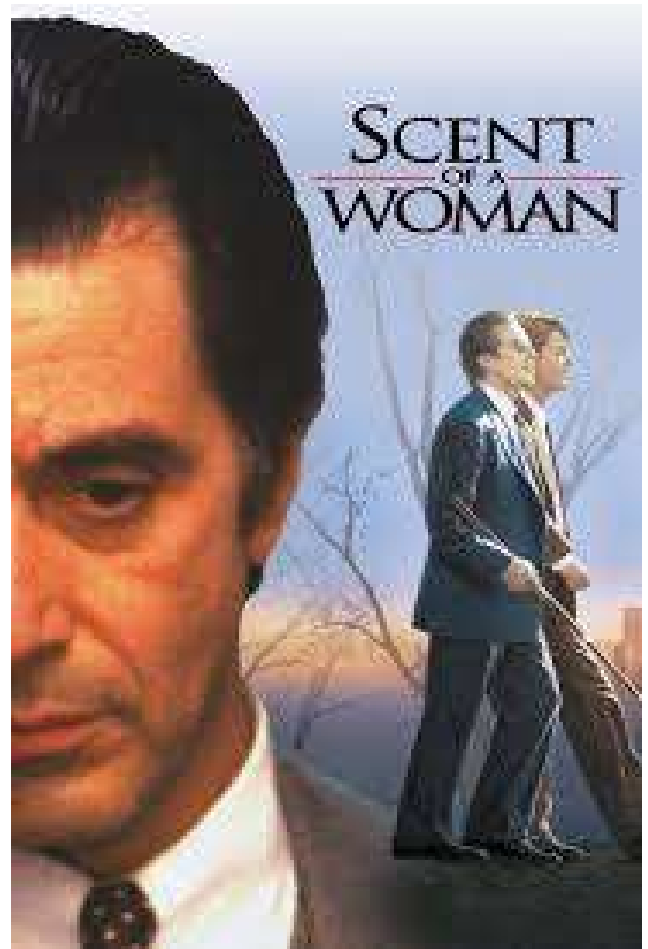
CLASSIC MONDAY - RIEN VELVIS

Scent of a Woman is a 1992 American drama film that tells the story of prep school teen Charlie who takes a job caring for Frank "The Colonel" Slade over Thanksgiving holiday to make some money to buy a ticket home for Christmas. The Colonel is a mean, angry, sarcastic man, nursing his self-pity, drinking Jack Daniels like it's water and lives in his niece's converted garage because his other relatives can't stand him. Charlie wants to back out of the job as soon as he meets the cantankerous man, but he's too nice to say no to the colonel's harried niece who obviously needs a vacation. A tough, aging ex-military man, the colonel no longer has control of his life due to blindness. Charlie has his own problems. He's witnessed his bratty "friends" committing a prank damaging the headmaster's Jaguar and after the holidays he'll be forced to rat on them, accept a bribe from an authority figure, or be expelled.

Charlie's life-changing adventure begins when the colonel drags him to New York City for a weekend of indulgences, after which, the colonel declares to his young caretaker, "I will blow my brains out with a gun." As the weekend wears on, Charlie and the colonel slowly come to understand each other. Charlie talks Frank out of his suicide attempt and when they return Frank chooses Charlie's side on the disciplinary hearing.

The film stars Al Pacino and Chris O'Donnell, with James Rebhorn, Philip Seymour Hoffman, Gabrielle Anwar and Bradley Whitford in supporting roles.

Pacino won the Academy Award for Best Actor for his performance. The film won three Golden Globe Awards, for Best Screenplay, Best Actor, and Best Motion Picture – Drama.



Pacino painstakingly researched his part in Scent of a Woman. To understand what it feels like to be blind, he met clients of New York's Associated Blind, being particularly interested in accounts by those who had lost their sight due to trauma. They traced the entire progression for him; from the moment when they knew that they would never see again to the depression and through to acceptance and adjustment. They also schooled him in techniques that a vision impaired person might use to find a chair and seat themselves, pour liquid from a bottle, or light a cigar.

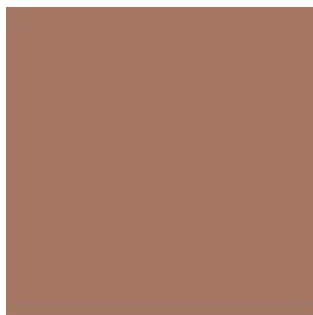


PANTONE COLOUR OF THE YEAR 2025 - DEBORAH HILL

Certainly, many men often overlook colour, which might explain why Pit Joubert didn't reference my "Colour of the Year tradition" in his Traditions story. For the past two years, I have begun my January newsletter by highlighting the Colour of the Year! In 2023, it was Viva Magenta, followed by Peach Fizz last year, and this year it's Mocha Mousse.

The Pantone Color of the Year program engages the design community and colour enthusiasts in a conversation around colour, highlighting the relationship between colour and culture.

Pantone selects a colour each year that captures the global zeitgeist—the Colour of the Year expresses a global mood and an attitude, reflecting collective desire in the form of a single, distinct hue.

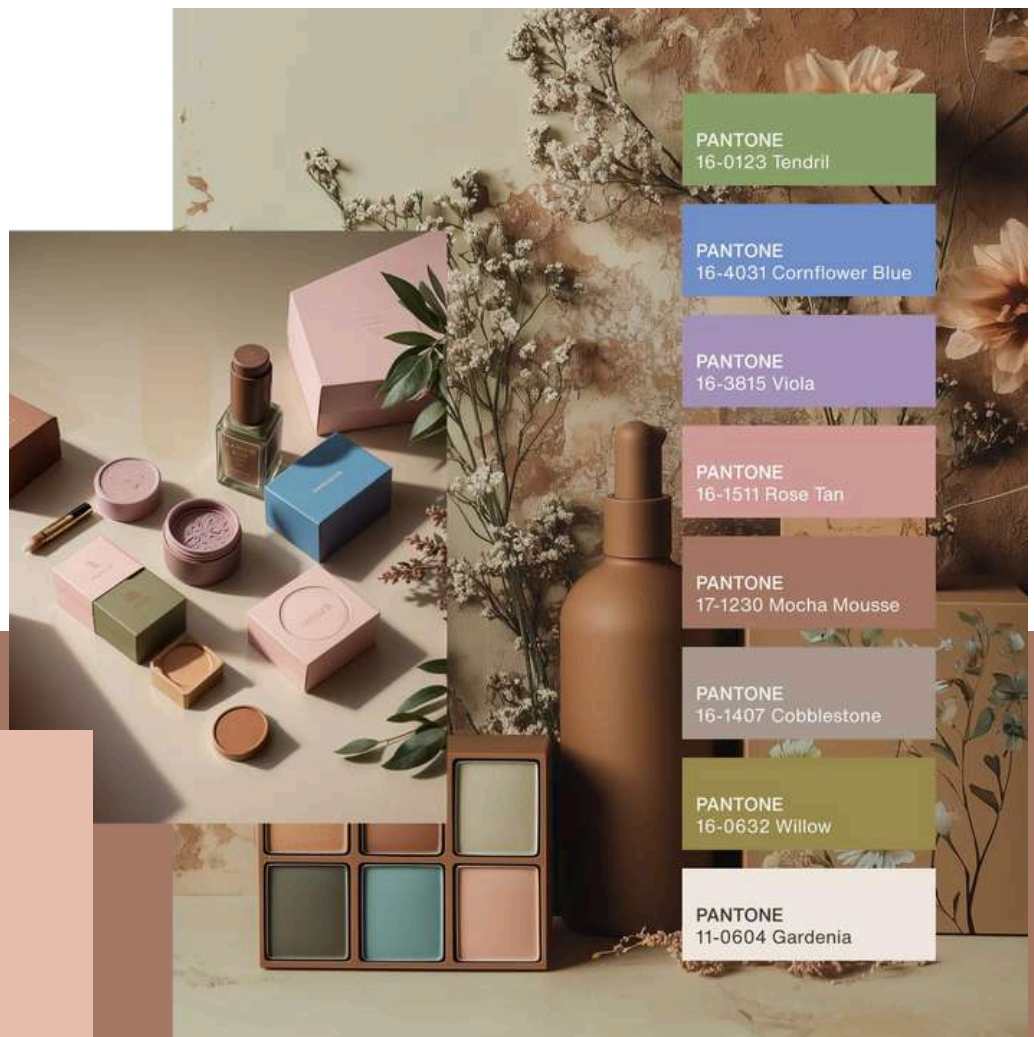


PANTONE®
17-1230 TCX
Mocha Mousse

Mocha Mousse

Capturing a Global Mood of Connection, Comfort, and Harmony. For 2025, the Pantone Color Institute selects PANTONE 17-1230 Mocha Mousse, a warming, brown hue imbued with richness. It nurtures us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort.

So now you know if you are decorating go for the Mocha Mousse



RECENT EVENTS - MELLASAT VINEYARD - DEREK BROWN

A warm sunny day set the scene for our first December outing, revisiting the small vineyard of Mellasat, nestling under the Klein Drakenstein mountains. We opted to enjoy our tasting indoors rather than risk the sunshine on the terrace and settled in for a broad range of wines to taste. Mellasat Vineyards was created by the Richardson family in 1996 from the original farm Dekkersvlei which was established in 1693.

It is located near Paarl, in the heart of South Africa's famous winelands just 45 minutes from Cape Town. The vineyard enjoys a spectacular position under the dramatic Klein Drakenstein mountains and panoramic views of the Paarl and its famous granite domes. We began our tasting with the unwooded Chenin Blanc, a light and fragrant example, followed by the 2019 Viognier, with some depth of flavour and sharp acidity. Next came the 2023 Shiraz Rose, uncharacteristically full-bodied and very amenable!

On to the red wines, beginning with the Revelation, a blend of Shiraz and Cabernet Sauvignon, surprisingly medium-bodied, before taking a step upwards into the Tempranillo, an unusual grape varietal in South Africa, this example a non-vintage, matured in a combination of American and French oak barrels and producing a robust, serious wine, with hints of cherries and berry fruits and lingering tannins on the finish.

Finally, we tried the 2017 Cabernet Sauvignon, the range's flagship, and a lovely, full-bodied, and rounded wine to enjoy. We had lunch at Mellasat, with prepared platters of cheese and/or charcuterie to end our visit.

A change in ownership, a new winemaker; smaller than average tasting portions, limited information about the vineyard, winemaking, and wines, and the disappointment of having no White Pinotage available for us to sample ensured that this was unlikely to be one of our more memorable wine-tasting experiences. However, we still enjoyed a lovely day out, enjoyed each other's company, and ate and drank well!

Our thanks as usual to Angela and Linda for organizing our day!



RECENT EVENTS - OUR ANNUAL BRIDGE PARTY - DEBORAH HILL

The bridge players gathered to celebrate their year-end party and their love of bridge and friendships formed along the way. This year we welcomed numerous new residents, and we see a bright future ahead, especially once we move to our new Lifestyle Centre in June 2025.

At present there are three Bridge days:

- **Mondays Casual Bridge 10-12:30 at the Lifestyle Centre.**
Contact Person: Christine Bengsch.
- **Wednesday Duplicate 9-1pm in the house 18 Locronan Street.**
Contact Person: Sue Partridge.
- **Thursdays Social Bridge 2 - 5pm at the Lifestyle Centre.**
Contact person: Deborah Hill.



Thank You

A gift voucher was given to Paddy and Brian Goodwin by all the duplicate players as a token of appreciation for initiating the Duplicate Bridge sessions on Wednesday mornings back in January 2022, which began with just four tables and many beginners. Currently, we often have seven tables, our maximum capacity for now! Since then, they have dedicated every Wednesday afternoon to manually scoring, which is quite labour-intensive. The moment has now arrived for them to relax and enjoy their bridge games, as Sue Partridge, Francis Jacobs and Carol Lewis, along with a new computer scoring app, will be taking over the scoring duties.

RECENT EVENTS - CAROL SINGALONG – SUE HARRIS



On 12th December the Evergreen Singers, (under my baton), presented a programme of some well-known carols, some less well-known carols and other songs, in English, Afrikaans and even a bit of German, just because they are beautiful, and we love them.

Peter Lay, who is the founder and maestro, had planned to present this occasion, but suddenly became very ill and unable to do it. However, the group decided to go ahead as best we could without him and present the songs in his honour.

It was never intended to be a “concert” as such, but more of a social evening involving everyone and it was gratifying to see how many of our attending Evergreeners joined in. Well done! They even organized their own Encore with a good rendition of Jingle Bells. I now expect to welcome many of them to the next meeting of the singers! (Wednesday evenings at 5.30). After all, singing together is an enjoyable and natural social activity.

Our piano accompanist, the amazing Andrea Minnaar, as always has done a wonderful job, cleverly transposing into different keys, with Rien our equally talented guitarist always willing to adapt as required. We were especially

pleased to have Lizanne on the violin and her two girls, Leah and Jenna, join us all the way from Hermanus.

Our singers all worked really hard at the songs and carols and some accompanying descants. We were delighted to have Sandra sing “Op Blouberg se Strand” in her lovely rich voice, and JoMari sang “O Holy Night” in her beautiful, pure and soaring voice. What talents we have here!





Joe Quinn manfully took on the job of MC for the evening, introducing the occasional carol and making a few well-chosen jokes along the way. Thank you, Joe.

The programme was not too long, so it was decided to present it all first, without an interval, and then we enjoyed a nice light supper of cottage pie and salad, followed by a delicious dessert, produced by our new chef, Scott, accompanied by liquid refreshments (this is the Winelands after all) and much merriment.

But the best thing about it was that we all had so much FUN, from our first rehearsals to the final performances. Congratulations and thanks to our Singers, and thank you, Evergreeners, for joining in.



RECENT EVENTS - SANTA PAWS PARTY - DEREK BROWN

The VdV Dog Park was the venue for the second Santa Paws Party. Bathed in lovely, warm summer sunshine, we gathered in the late afternoon to celebrate the impending holidays, each other, and, of course, our furry friends!

Open to all comers, the party, organized again by Rosanne Howarth, a VdV resident, was a resounding success, with dog owners and dog lovers from Evergreen and VdV sharing a glass of wine, some festive snacks, and of course, multiple treats for the doggies!

Much fun, laughter, and bonhomie were enjoyed as we watched all the dogs having a great time chasing around the park, seeking out treats, and zooming to their hearts' content.

We were delighted to have a professional photographer, Charl Bence, in attendance to take some wonderful pictures to enable some lovely memories.



Rosanne also raised funds for a local animal welfare group; further contributions are welcome!

<https://www.deadanimalswalking.co.za/#donate>





RECENT EVENTS - THE ANNUAL CHRISTMAS MARKET - DEBORAH HILL

Congratulations to Angela Parr and Linda Slabber for successfully organizing the fourth Evergreen Christmas market! The event was a tremendous success, featuring over 45 outside vendors offering a delightful variety, including dresses, cushions, cakes, books, wooden tables, earrings, bags, scarves, and even plants! A whopping R62 000 was raised!

WHITE ELEPHANT TABLE

Though the stall rentals bring in revenue, the real profit generator is the White Elephant Table, made possible by the generous donations of unwanted items from residents. These items were collected and stored at the Locronan house for several months leading up to the market. It's wonderful to witness these items being recycled into new homes or up-cycled! The total amount raised from this was R17 844.

A big thank you to Steve & Janice Golding, Dave Hatfield and Lynda Hales for managing the stall. All unsold items were given to the Evergreen staff.



TOMBOLA

Another lucrative source of income is the Tombola stall, where all the prizes are generously donated, making ticket sales pure profit, this year it was R10 850. Thank you to Pit Joubert for bringing his granddaughters and their friends to purchase tickets; the girls had a blast and kept buying more! There's just something enchanting about the thrill of chance and the joy that comes with a lucky win!



The lucky grandkids with their prizes!



The Tombola prizes



Nick & Ros Read who won the Investec Prize



Tony Heath won a prize with his grandsons



David Finkelstein with his Voucher from The Barber Club



Pit with his bottle of Gin, Sue Partridge who won a shopping trolley and Kathryn Van Mastrigt with the Reza Ferreira Sunglasses that were donated.

THE CHALLENGE IS ON FOR NEXT YEAR ...

Table vendors at the market worth a mention was David Finkelstein, who crafted his special Limoncello, and Lesley, who prepared her renowned grandmother's "Pickles", alongside Marion Elliot, who bottled her olive oil. Together, they generously donated all sales proceeds, totalling R4040. We hope this inspires residents for next year... the challenge is on!



THE RAFFLE WINNER



Thanks to Howie from Viljoen Jewellers who donated a beautiful Silver necklace which was raffled. Father Christmas did the draw at the market, and Evergreen resident Annmarie Siebrits was the lucky winner. She had already left the market when I phoned her to give her the good news...her reaction was, "Really, I never win anything ...Are you sure!" The raffle made R12 100.



FATHER CHRISTO CHRISTMAS WAS WONDERFUL

This year Father Christmas made an appearance and handed out gifts to the children. They also enjoyed the face painting and the candy floss!



Thanks to the Ladies who baked Cakes!



Amount raised from cakes R5640.

A big thank you to the Evergreen staff, who consistently show their willingness and enthusiasm to participate in our events!





Thank you

To all the residents
who donated money,
prizes and their unwanted
items!
Without you this market
would not be possible!

LOOKING FORWARD TO NEXT YEAR...

This is the final year our market will face size constraints. With the opening of our new Lifestyle Centre next year, we anticipate an increase in food options, cakes, and hopefully residents showcasing their products! We also hope to see the return of the Pancake ladies! Our goal is to involve more residents by creating various committees to support Angela and Linda in organizing the market, fostering a vibrant community spirit within our village!



Thank you to our **Sponsors**

**Viljoen Jewellers
Fleet Coffee
L'Huguenot Winery
Four Paws Winery
Investec
Bril Paarl Optometrist
Reza Ferreira Boutique Optometrist Paarl
La Main Laundry
Cape Vue Winery
The Local Choice Pharmacy
The Polo Pavilion by Backs
The Valley Restaurant
Paarl Nursery
Hey Day
Nuxe Hair
The Barber Club
Louisvale Winery
Family Wealth Custodians
May Flower Nursery
The Generous Residents of Evergreen**



RECENT EVENTS - CHRISTMAS LUNCH 20TH DEC - ESTELLE COUSTAS

What a wonderful lunch to prepare us for further Christmas delights over the next week - Pat Nankivell's thank you message summed up the sentiments as we all left the building after a leisurely lunch: *"My Heartiest Congratulations to the chefs for a most delicious Christmas lunch, to Jo-Mari for the table decor and to all the staff involved - you all make Evergreen a super place to be"*.

Chef Scott, Nicol and the rest of the kitchen team provided us with a spread which included starters like prawns and avo with Marie Rose sauce and cold meats with mustard and pickles, mains of rare roast beef, and cherry & pineapple glazed gammon with vegetables, including delicious roast potatoes, and malva pudding with custard and mince pies for dessert.

This year's lunch was sold out and I have no doubt that next year the residents will book early in order not to miss this special occasion in our new Lifestyle Centre.





EVERGREEN WELCOMES - ANITA HEYSTEK - 10 PEROUGES STREET BY ESTELLE COUSTAS

Anita moved into her home in Perouges Street 3 years ago, from the Somerset Lifestyle & Retirement Village in Somerset West, where she had lived for 6 years. Shortly before she moved she needed major orthopaedic surgery so her eldest daughter came down from Windhoek to manage her move, and it was quite some time before Anita was ready to integrate into Val de Vie Evergreen.

Born in Johannesburg and schooled in Tzaneen, Anita's formal study of Fine Art kicked off at the Pretoria Technikon, but after a year's study there her dad persuaded her to go off and do something to train herself for a "proper job" where she would be able to make a living. She kept her creative side alive by sketching and attending pottery classes while she lived in Pretoria for 40 years, married and raised their family of 2 daughters (her second daughter has recently returned to South Africa after living in the UAE) and a son who lives in Switzerland.

Very sadly, in 1993 Anita's husband passed away at a relatively young age after a terminal illness, and during the time that he was ill he encouraged her to pursue her Art dream once she no longer needed to care for him. And so it was that she registered at the Open Window Art Academy in Pretoria, and completed her 3-year Fine Arts diploma as a full-time student, a decision she has never regretted as it acted as therapy, and it was so liberating and fulfilling to achieve a lifetime aspiration at a mature age.

After Anita's children vacated the nest, she moved to Swakopmund in Namibia, where she lived for 13 years (before her move to Somerset West) - there she had had her first art exhibition while still living in South Africa, won various competitions and completed commissions like a large triptych for The Namibia Diamond Trading Company.

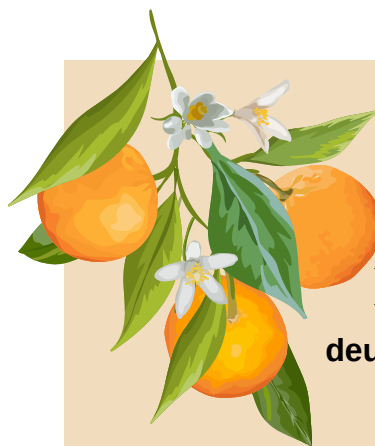


Anita's art can be described as Contemporary/Surrealism with recognisable objects depicting her experiences/views and issues of the world around her. She loves the art process which keeps her mind stimulated, with her always thinking and making decisions as part of her thought processes. The artwork currently on her easel, in the photograph attached, illustrates this approach. Selling her art is a bonus, but it's certainly not her main aim. Anita loves living in Val de Vie Evergreen, not only in her own private space with her garden, the birds and bees, but also surrounded by lovely neighbours, the wider community and good healthcare when she needs it.

EVERGREEN WELCOMES HEILNA DU PLOOY - 1 MENERBES STREET WRITTEN BY ESTELLE COUSTAS

Heilna moved into her home in Menerbes Street in September, from Jeffreys Bay, where she and her late husband of 54 years, Dries, who passed away in May this year, had lived for the last 6 years. Prior to their decision to move to what was their holiday home in Jeffreys Bay for many years, Heilna and Dries lived in Potchefstroom for 32 years, both teaching at the university where Dries was the Dean of Theology and Heilna the Professor of Afrikaans en Nederlands and Literary Theory, finally retiring as an Extraordinary Professor at the end of 2023. Heilna looks back on a life enriched by not only her work including teaching and research, but also extensive travel to foreign countries to present at conferences, attend meetings and accompany her husband on his business trips through his work with the Association of Commonwealth Universities, and his position as Director and Head of the Greenwich School of Theology in latter years.

In addition to her work in academia, Heilna is an artist (oils and water colours) and an author of numerous literary works, including short stories, a novel and 4 volumes of poetry. She also serves on various Literary Advisory committees, including a committee tasked with a new Afrikaans translation of the Bible (the 2020 Direkte vertaling). As with many other Val de Vie Evergreen residents, Heilna's children are spread across the globe (her youngest of 3 sons lives in New Zealand with his family and the other 2 in Pretoria) and her daughter, Jannet, is closest (and responsible for her mother moving to Val de Vie when there was no suitable retirement property in Hout Bay where Jannet lives with her family). Heilna looks forward to settling in her new home, with her little dog, Patroon, who has been part of the family for 8 years.



Lemoene deur Heilna Du Plooy

*Sy pluk lemoene in die tuin.
Hoeveel lemoene, vra die vrou,
kan ek in my hande hou?*

*Sy wil vir almal van die vrugte vat.
Hoeveel lemoene, wil sy vra,
kan mens in jou arms dra?*

*Buite die tuin waai 'n woedende wind.
Hoe ver gaan ek kom? dink die vrou,
en sy buig oor haar vrag soos oor 'n kind.*

*Een lemoen val, dan val daar meer.
Vir hoe lank, wonder die vrou,
kan mens so teen die wind in beur?*

*Jare daarna kom die vrou
weer te staan voor 'n boom.
Sy dink oor haar lewe soos oor 'n droom.*

*Sy gee nie meer om oor hoeveel nie.
Waarheen, vra sy nou, waarheen?
Lemoene is padkos. Die vrou pluk net een.*

DISCOUNTS FOR PENSIONERS IN CAPE TOWN - DEBORAH HILL

Although I felt a twinge of sadness upon turning sixty, I focused on the few positives, one of which brought me joy: the ability to get a pensioner's discount!

I did attempt to bend the rules a few years ago when we had friends visiting and decided to ride the cable car at Hartbeespoort Dam. Since they were all older, I confidently requested four pensioner tickets. When the attendant asked if I was a pensioner, I quickly said yes. However, she then asked about my birth year, which completely caught me off guard. Instead of subtracting seven years, I accidentally added seven, and she smiled, saying, "I think I caught you."

Now I'm on a mission and have been known to tell my husband to wait until Wednesday to buy the screws he needs at Builders so he can get a discount!

The good news is that by mid-January, all the children and working adults will have returned to their routines, making it the perfect opportunity for you all to organise some pensioner's outings.



Specials



- **Kirstenbosch Gardens** – Free to all pensioners on Tuesdays except on public holidays
- **Robben Island Museum Tours** – Pensioners pay R250.00 on Mondays and Wednesdays
- **City Sightseeing Red Bus** – Pensioner price: R175.00
- **City Sightseeing Red Bus and lunch** – Pensioner price: R244.00
- **City Sightseeing Canal or Harbour cruise** – Pensioner price: R40.00
- **City Sightseeing Canal or Harbour cruise and breakfast** – Pensioner price: R100.00
- **Ceres steam train to the Elgin Market** – Pensioners receive a 10% discount
- **Spur Steak Ranches** have a Seniors' menu, which is valid from Monday to Thursday.
- **Ster Kinekor** offers pensioners a 22% discount on all of its ticket types.
- **Metrorail offers free train rides** to all pensioners on a Tuesday, to any destination in the metropole during off-peak times (9am – 2pm)
- **Cape Point** – Pensioner price: R60.00 for a return funicular ticket.
- **Table Mountain Aerial Cableway** – Pensioner price: R110.00 for a return ticket.
- **Boulders Beach** – Pensioner price: R10.00
- **Two Oceans Aquarium** – Pensioner price: R165.00
- **The Iziko South African Museum** – Pensioner price: R15.00
- **Castle of Good Hope** – Pensioner price: R25.00

And my favourite which is **FREE!**



**Entry is free to all S.A citizens every
Wednesdays from 10:00am - 1:00pm**

It is at the V&A Waterfront. If you haven't been, it's worth a visit if not for the Art then for the Architecture!

NEW TRADITIONS - PIT JOUBERT

Any society, however small, develops traditions without even knowing they do. More often than not and with the passing of time, the origin of these traditions are shrouded in obscurity. A recent case in point is the closing of the Wilgenhof residence at the University of Stellenbosch because some of its traditions, probably dating back more than 150 years, were found to be offensive.

Traditions play an important part in the lives of people to give them a sense of belonging to a society and serve as a form of security in an ever changing world. I remember a movie I enjoyed many years ago called Fiddler on the Roof about the traditions of the Russian Jewish people to which they cling despite all the adversities they faced. One of the songs in this musical, sung by Tevye, the main character, and called 'Traditions' exhorts the villagers to remember and cherish their traditions as their world crumbles around them and they are forced to leave their village.

We are the first generation of residents here at Val de Vie, Evergreen, and without even knowing it we have started traditions that will no doubt still be followed many decades from now. A good example is Deborah's walking group called Walk Mont, and named after Montresor Street and not a mountain like the name Mont would suggest. During Covid the Montresor Rebels started to walk in the mornings to avoid the strict lockdown regulations and later other walkers joined. We started to record the distances we walk and mapped a route from Val de Vie to Cairo in Egypt. As at the end of this year we have recorded 3350 km and are only 6700 km from Cairo. I can just imagine how in fifty years from now retirees will be wondering why they are mapping out their walks in places all over the world.

Just walking for the fun of it spawned another traditional walk called the Moon Walk in February during a full moon. We set off as the full moon rises in the early evening joined by people on their buggies. Everyone has strict instructions to make as much noise as possible as we rouse and aim to annoy the people in Val de Vie and Pearl Valley. Last year we only had two official complaints to the HOA and this year in February we will aim for more.



NEW TRADITIONS



We also started a bowling tradition with a spectacular championship doubles trophy with the first two names on a little plate on the trophy being Mercedes Brink and Christo Meintjes. There is space on the trophy for many decades of champions to be added.

Another recent tradition that has the makings of outliving us by many decades is Ingrid Kassner's drinks at the fountain near Paarl Rock executive suites. Anything that has fun and wine written all over it will endure.

Fortunately future generations here at Evergreen, Val de Vie may be able to research the origin of their traditions by working through ancient copies of our monthly newsletters. I can just imagine a granny in the year 2075 peering at a mounted photo in our new Lifestyle Centre of the first doubles bowls champions and muttering 'my o my, but this Christo Meintjes was such a handsome hunk'.

NEW
TRADITIONS
TRADITIONS
TRADITIONS



FIRST FOUNTAIN PARTY
4th Dec 2024



FIRST TWO DOUBLE CHAMPIONS 2024
Mercedes Brink & Christo Meintjes



RESIDENTS SHARE THEIR TRUSTED RECIPES - LESLEY FINKELSTEIN

Cheese Cake - Solomons family

PASTRY

(I use this pastry for all my baked tarts - easy & delicious)

SHORTBREAD PASTRY

- 1 good cup Flour
- 3 TBS Castor sugar
- ½ tsp Baking powder
- Pinch salt

Mix together, and add 125g melted butter (NOT margarine!) to bind, and press into your pie dish.

FILLING

I just throw all ingredients into my Magimix & mix till blended...do not over-blend or cream cheese "breaks down" and gets too runny.

- 2 well-beaten Eggs
- 1 tsp Custard powder (dissolved in a little milk)
- ½ cup Sugar
- 1 cup Thick cream
- ½ tsp Vanilla
- 2 tubs Cream cheese

Pour filling into lined pie dish and bake 190deg C for 25-30 mins (can leave a little longer if want it firmer, depends on your oven).

Leave to settle on a cooling rack before cutting.

Serve warm or cold.

I also sometimes make in a slightly deeper dish and make one-and-a-half-times the recipe, as then you get a nice thick filling, but then also make a bit more of the pastry.

Recently, Lesley taught me how to make her "pickles", she showed me her treasured recipe book and I asked her to share the story...

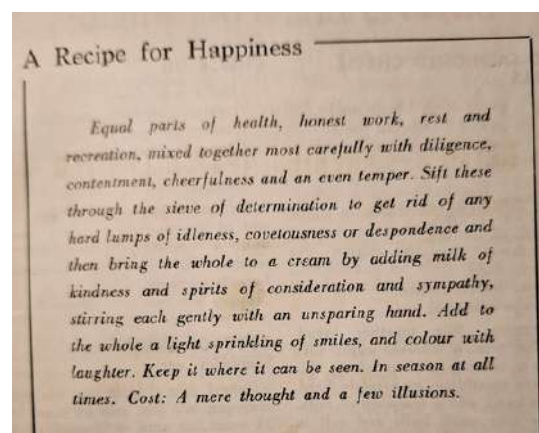
The Story of my Granny's recipes...

"My recipe book no longer has a cover but it was put together by a group of charitable ladies, including my Granny Rosie, in 1949 to raise funds to donate to the underprivileged. They each contributed their "special" recipes and had the printing sponsored in Port Elizabeth. It sold really well and was reprinted a number of times to meet the demand. A treasured little book in many a household."

"This is a typical recipe from my Granny ...note the accuracy of the quantity of flour required...I love it, but this is how I was taught to cook as a little girl!"



This was the foreword in the recipe book... and the best recipe of them all!



RESIDENTS SHARE THEIR TRUSTED RECIPES - DAVID FINKELSTEIN

PAELLA for AFRICA: Special Recipe



This recipe for Spanish paella (pronounced "pa-ay-ya") was brought to South Africa in the 1960's by a Spanish relative, passed on lovingly and amended slightly over the years to cater for South African tastes. It is ideally meant to be cooked in a genuine paellero (round, shallow steel pan with side handles) on an open fire, for the ultimate gastronomic and socially enjoyable experience.



Ingredients (for 6): ** indicates optional

- Tsp olive oil (or vegetable oil if needs be)
- 6 chicken thighs (cut into 12 portions)
- **1 pkt streaky bacon (cut into 1 cm wide strips) (or chorizo sausage)
- 1 large onion; or 2 medium/small ones (chopped)
- 1 green pepper (cut into thin short strips) (or green/red pepper combo)
- 2 cups Tastic rice (1/3 cup of rice per person); 2 ripe tomatoes, diced
- 1.5 Telma (or other) chicken stock cubes, dissolved in 5 cups boiled water
- Infuse the stock with several strands of saffron (or a generous pinch of turmeric)
- 1 pinch cayenne pepper; 1tsp tomato paste, 1tsp sugar; **1 cup white wine
- S & P seasoning to taste (stock should not be bland)
- 250g calamari rounds/strips
- **12 tiger prawns (in shells) de-veined
- **12 black mussels (scrubbed & de-bearded) in shell or half-shell
- **12 black olives (or peas or chopped green beans) to decorate
- 4 small cloves garlic (or 2 large ones), finely chopped and mixed with handful fresh chopped parsley to decorate.





Method

Heat generous splash of oil in paella dish (paellero), ideally on open fire or grill over gas, until smoking hot - and brown chicken pieces on 1 side quickly. Add bacon, stir fry briefly; add onion and green pepper, stir fry for about 2 mins, or until onion beginning to brown (& bacon beginning to crisp slightly).

Scatter rice evenly and stir fry briefly; add tomatoes and continue frying for a few minutes only, until rice translucent, turning light brown or beginning to stick.

Immediately pour on just over half the chicken stock evenly.

Ensure chicken pieces are attractively arranged, brown side up.

Quickly add cayenne pepper, immerse tomato paste, sprinkle sugar and pour on white wine; S & P to taste (rice/stock mix should be flavoursome, not bland)

ENSURE PAELLERO IS LEVEL ON FIRE AND DO NOT STIR AGAIN.

Simmer for about 10 mins, then add remaining stock when rice visible but moist. Simmer for another 10 mins or so, then add calamari and press gently onto rice.

After a few minutes, arrange prawns, mussels and olives on top of paella and cook through gently for about 5 mins, until rice tender, separate and fluffy.

Sprinkle chopped parsley and garlic, drizzle 1tsp olive oil over dish.

Cover (with foil or lid or similar), remove from heat and allow to settle for 5 mins.

Place on heat resistant mat or stand in middle of dining table, remove cover and acknowledge gasps of hungry amazement. Provide deep serving spoons and invite diners to delve deeply and tuck in. They will, time and again.

ENJOY!

Well Done Dave for sharing a recipe ...hope this inspires other men to do the same!

Letters to my Mother. by Kumi Naidoo.

Review by Kathleen Krynauw

I bought this 'struggle' memoir noticing that Professor Jonathan Jansen said on the cover "I finished this deeply moving gift of a book in one sitting".

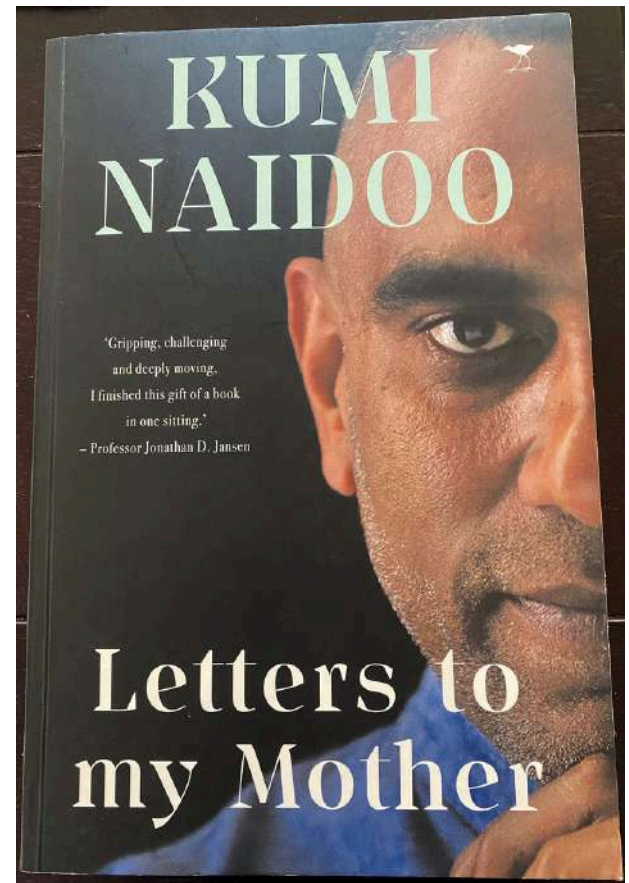
Kumi Naidoo, an Indian Durbanite was born in Chatsworth in 1965. He writes a courageous, personal memoir of his activism during the days of Apartheid. It was a call to action in troubled times.

His mother died by suicide when he was only 15 years old, shattering his life. He received much intentional advice but an Uncle gave him wisdom. "My boy, I don't know how you will recover from this, but one thing I do know is that however bad things are for you now, there are people in our country and in the world who are suffering so much more. One way to deal with the loss of your Ma is to live with purpose and work for the dignity of all people".

Thus he began an extraordinary life with over 40 years of being a good troublemaker, reminding us all to make meaningful contributions to humanity. He became a target of security police surveillance, was detained and he fled into hiding to complete his university exams. Eventually in 1987 at the age of 22 he left South Africa to pursue a Rhodes scholarship at Oxford University.

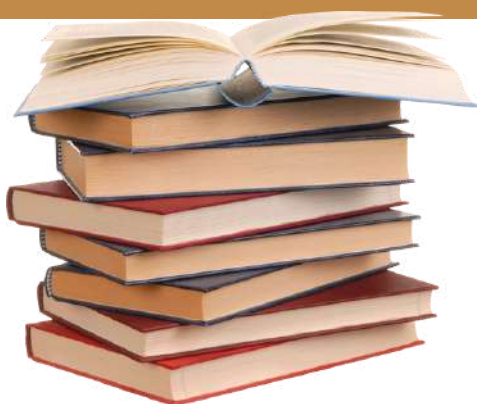
Kumi Naidoo became a former Secretary General of Amnesty International and a former Director of Green Peace International and remains a global figure with social movements in South Africa and worldwide. Kumi Naidoo took to heart the advice of his Uncle and found a way to live with purpose and work for the dignity of all people.

Letters to my Mother is only half of his memoirs. The sequel is much anticipated.



COMMUNITY PROJECTS

BOOKS WANTED



The library has reached its full capacity, so we kindly request that only novels intended for our collection be donated. However, Les Message is partnering with Rotary in collecting and distributing books to underprivileged local communities.

If you have any books that you no longer need, such as coffee table books, recipe books, children's books, educational or sports books please let him know.

You can contact Les 082 557 2478 or simply leave the books at the library.



SWEET PACKET PROJECT



The 200 sweet packs, which residents generously donated and packed, were provided to HEART for distribution to the children at the Christmas party in early December.

They were delighted!

We had 35 packets left over so we gave them to Evergreen staff for their children.

Thank You

COMMUNITY - BE PART OF OUR COMMUNITY DRIVE - SCHOOL SUPPLIES - DEBORAH HILL

Christmas is barely behind us, there is no time to relax for the industrious ... David Finkelstein and I have been brainstorming and have come up with a "SCHOOL SUPPLIES PROJECT".

We all remember how nice it was to start a new school year with some new pens and pencils! What a better way to encourage children to make a good new start to their school year!

After the success of the soup and sweets projects, we recognised that while individuals try and help, as a community we can truly make a substantial impact!

Our new initiative aims to provide essential school supplies to children who might otherwise start the year without them. We plan to collect donations of pens, pencils, exercise books, rulers, and other necessary items, creating kits that will be distributed to local under privileged children.

Volunteers are welcome to join us in organising and packing these supplies, making it a fun and fulfilling community effort. Let's come together to inspire young minds and give them the tools they need to succeed. Whether you contribute supplies, or a small donation, every bit helps make a difference. Together, we can help students start their school year with confidence and joy.

★ ★
**Collection
Box at the
Lifestyle
Centre**



✓ Shopping list: Pritt glue, Bic pens, rulers, erasers, small scissors, exercise books and sharpeners. Available at Checkers.

✓ If you prefer to make a cash donation instead, Dave and I will handle bulk shopping at Makro.



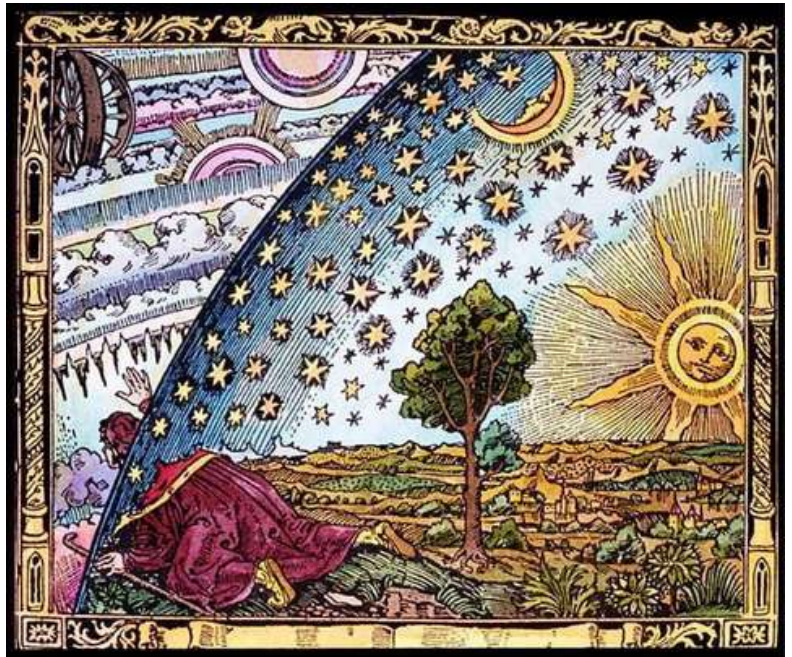
JANUARY 2025

“It’s Never Been a Better Time to Look Up”. Scientific American December 2024. Astronomy is a bright spot amid turbulence on Earth.

An understanding of the world around us and the universe as a whole is something that has made humans what they are today. As a human we are considered a species of primate in the greater understanding of life on Earth. At present humans appear to be the only species on Earth that can reason, compose music, create intentional art and write both fiction and non fiction stories. To be able to project these attributes into an understanding of things even at vast distances and the unseen, appears to be a purely human attribute.

Astronomy since Galileo has made enormous strides in understanding the world around us and the universe. However, the study of space and its often intangible products is queried by the general populace as expensive and unnecessary.

But in fact, astronomy has directly affected peoples lives. The rapid development of computers for satellites and spacecraft is testament to and the subsequent advance of solar power has fast-tracked the solar panel technology we use on Earth. Mobile phones and GPS tracking systems are a direct result of space exploration and the development of CCD cameras. Airport scanners and security



An early view of how the Earth and its surroundings worked.

systems have progressed extensively due to their use in space. Portable X-ray machines and MRI scanners required in space exploration has benefited the medical industry and human health. Furthermore, viewing Earth from space has helped us understand our changing climate and even drawn humans together in appreciating the fragility of our world.

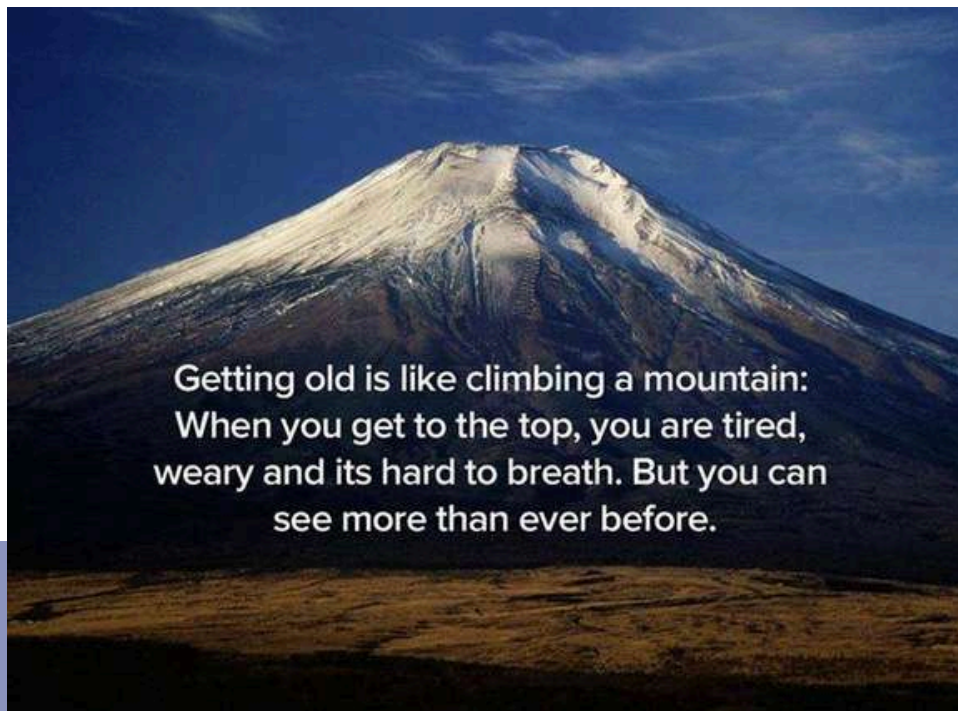
As our large cities and urban centres have developed, light pollution has mushroomed and the stars that we can now see with the unaided human eye in our night skies has diminished substantially. Since 1966 when Pauline and I arrived in South Africa, light pollution in the Johannesburg night sky has increased and the number of stars now visible are substantially less. The human eye can detect 5000 stars in the night sky but with light pollution this is often reduced to a couple of dozen or less. Migratory animals, birds and insects are drawn off their intended paths by the bright lights of urban light pollution. Birds are known to collide with buildings and other structures when confused by the light.

Our ancestors used the rising and setting of the constellations to navigate and even today a rudimentary knowledge is advisable in the advent of technical malfunction. Galileo used the telescope to view and prove many theories about the night sky. As telescopes improved our knowledge of the night sky increased yearly. Space telescopes were an obvious development with the light pollution from Earth far below. The Hubble Space Telescope which orbits the Earth, was launched in 1990 and is one of the major contributors to the rapid expansion of our knowledge of the galaxies, stars and planets. With the launch of the James Webb Space Telescope in 2021, our knowledge has expanded exponentially. Orbiting the Sun JWST, with 50 billion bytes of data being recorded daily is now viewing the edge of the observable universe.



Vera C Rubin Observatory - Chile

Back on Earth, extensive intervention has reduced light pollution in many areas particularly at high altitude. The Vera C Rubin Observatory will begin operation in 2025. Being Earth based at a cost of \$473 million, it is substantially less than the JWSP which was an 'astronomical' \$10 billion! What is equally impressive is that the Rubin Observatory will collect 20 trillion bytes of raw data per night!



As we age, many of our body parts are not as efficient as they used to be. Our eyes are an extraordinary organ which record information, in many instances without our direct knowledge. Keep them safe and never tire of their ability.

Keep looking up
Lance Kinnear



Monthly

BIRD SIGHTING ON VAL DE VIE - DEREK & PAULINE BROWN



Malachite Kingfisher



Spotted Eagle Owl



Peregrine Falcon



Red-billed Quelea

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!

EVERGREEN LIFESTYLE CENTRE

CLASSIC MONDAY

MOVIE NIGHT

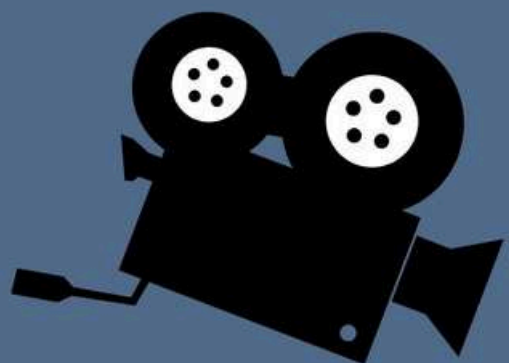


13TH JANUARY 6PM

BOOK AT RECEPTION

CHICKEN & BUTTERNUT LASAGNE WITH
SALAD - VEGETARIAN OPTION

R80PP



Evergreen Lifestyle Centre

Italian Night

MENU

Main Course

Creamy Chicken and Potato Gnocchi

Roast Chicken Cooked in a Creamy Parmesan
Sauce with Potato Gnocchi & Cinnamon & Honey
Roasted Butternut

Or

(Per Request)

Pomodoro Potato Gnocchi

Potato Gnocchi Tossed in Pomodoro Sauce
Served with Cinnamon & Honey Roasted Butternut
& Rocket

Dessert

Berry Pannacotta

Berry Infused Pannacotta with Chantilly Cream
and Fresh Berries



R175pp

17 January

18:00

Bookings with Reception | RSVP 13 Jan

FIERCE PRO RECOVERY

the best in Sports Recovery



Brain Health | Recovery | Wellness Talk

- General Brain Health Pre-Screening Annually
- Neuro-degenerative diseases
- Food Intolerance
- Medication Guidelines
- Cryotherapy
- Oxygen-therapy
- Acute & Chronic injury recovery

22 January
10H00
Book with reception

Dr Marisa van Niekerk | Psychologist Talk

- Grief Therapy
- Alzheimer's Disease
- Parkinson's Disease
- Cancer
- Divorce
- Marriage Therapy
- Suicide
- Personal developments

CHER

TRIBUTE



29 January 2025 | 18H00

R80pp Dinner menu to be advised

Book with Reception

Evergreen Lifestyle Centre

Musical & SOIRÉE

SUNDAY 26TH JANUARY 6:00PM



A TRIP DOWN MEMORY LANE” IS A DYNAMIC AND COLOURFUL SHOW,
FEATURING A TRIBUTE TO SOME OF THE BEST MUSIC AND ARTISTS FROM THE
1950S TO THE 1990S, SUCH AS ELVIS PRESLEY, THE BEATLES, CLIFF
RICHARD, THE EVERLY BROTHERS, ROY ORBISON, THE PLATTERS, ABBA,
NEIL DIAMOND, MARILYN MONROE, CHER AND MANY MORE.

EVERGREEN LIFESTYLE CENTRE

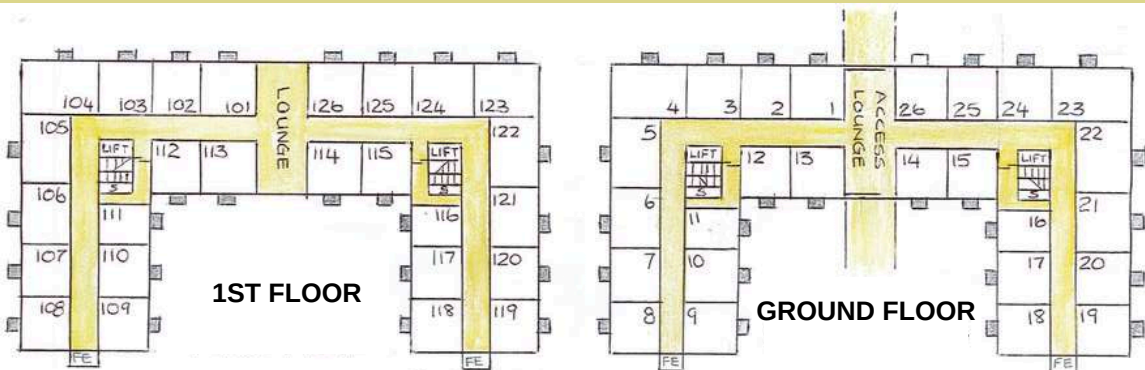
CONCERT COST R130PP CASH

SNACKS R60PP CAN BE PRE-ORDERED

BOOKING ESSENTIAL WITH

ANGELA ON 083 448 6618 OR LINDA 072 437 4608

EVERGREEN STREET MAP



PAARL ROCK SUITES





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.

Would love to hear from new residents
all contributions welcome -
articles of interest or photographs.

