



RESIDENTS'
NEWSLETTER

VAL DE VIE EVERGREEN

APRIL 2025
EDITION 51



WEEKLY ACTIVITIES



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

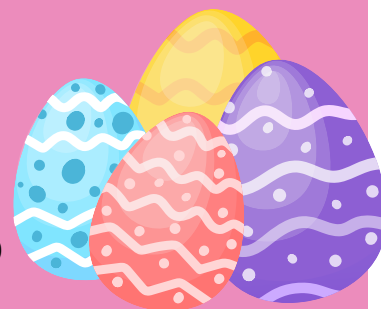
JOIN THE PÉTANQUE or BOWLS

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 - APRIL 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 9th

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

Mon 14th

ROSE TALK at 10:30am - See poster for details.
CLASSIC MONDAY - LORD OF THE DANCE. See poster for details.

Thurs 17th

EASTER LUNCH - Details to be announced.

Wed 23rd

ARRA VINEYARD - WINE TASTING & LUNCH
Booking essential with Linda or Angela. Meet in the carpark at 11:00am

Fri 25th

MONTHLY SUNDOWNERS in the Lifestyle Centre at 5:30pm
Residents' social get together.

Sun 27th

MUSICAL SOIRÉE - A variety of music
BOOK AT RECEPTION. See poster for details.



EVERGREEN DISCOUNTS AND SPECIAL OFFERS



Lize Brönn
VAL DE VIE

LIZE BRÖNN ☎ 072 868 7718
No 356 Val de Vie ✉ aebroonn@gmail.com

Xochitl Willer, a resident, wants to share this - she highly recommends the NIMUE facial, and says it's so convenient for us being on the estate. Lize is providing Evergreen residents with a discount ranging from 15% to 25%, depending on the specific treatment.

Bloway  **MULTI**
Insect and Dustmite KILLER

DEADLY TO ALL COLD-BLOODED INSECTS,
THEIR LARVAE & EGGS:

- ants
- cockroaches
- fleas
- ticks
- dust mites
- head lice & bird lice
- bedbugs
- mosquitoes
- fish moths

ODOURLESS!
TOTALLY SAFE FOR
HUMANS, BIRDS &
MAMMALS!

GREEN PRODUCT
Environmentally Friendly



Fransunette delivers to Val de Vie.
Contact her on 079 942 9902



Please share if you
hear about any
specials here or in
surrounding
Winelands.

WhatsApp Deborah
083 3026345

Eat@Goedehoop Deli

Delicious
Sunday Roasts
Contact
Rob 072 416 4493

10% discount



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



WELLNESS FARM PRODUCE

We are saddened to learn about
the closure of the Wellness
Farm. Thank you, Michelle and
Torben; we will miss the fresh
vegetables, but we will certainly
miss both of you as well!



**DeLuxe at Drakenstein Mall offers
Evergreen Residents 30% discount
on Mondays and Wednesdays. The
manicures and pedicures are great
and are open to men as well.**

U3A WINELANDS - ALAN RICHARDS

Feedback on our last meeting on the 3rd March.

96 members were entertained by KOBUS WIESE, our local Springbok legend. Kobus gave us a summary of his early life history (from birth in Namibia through schooling in Paarl), and then on to his rugby career, beginning in W Transvaal and on to the pinnacle in 1995, winning the Rugby World Cup. Kobus had some interesting advice for us on how to live a good life, and sprinkled gentle humour into his talk. Kobus lives in Val de Vie, and cannot be missed as he moves around!

The next U3A meeting is on Monday 7th April at 15:30

Our speaker for the day will be Christine Meintjes.

She will speak about social media: what it is; what it is not; different types and platforms; which platforms are useful; what is good; what is bad; etc. Everyone is interested in this subject, and we expect lots of questions!

Christine Meintjes is a visionary and dynamic entrepreneur with over 20 years of experience in visual communication, digital content creation, and online media. Known for her relentless pursuit of excellence, Christine has carved a distinguished path in South Africa's creative industry, demonstrating a keen ability to merge creativity with strategic thinking.



In 2010, she co-founded The Pretty Blog, South Africa's leading niche digital publication for women. Her next co-founded venture was The Local Edit, a curated e-commerce platform showcasing high-quality, artisanal products from South African independent designers. As CEO for the first five years, Christine played a pivotal role in shaping The Local Edit into a forward-thinking brand, positioning it for sustained growth and establishing it as a hub for local creativity. Christine lives in Val de Vie with her husband Ian, is a mom of two and a multi-disciplinary artist. We are indeed fortunate to have her as a speaker.

U3A AGM

As previously announced we will begin with a (very quick) AGM for our U3A Club. Papers will have been distributed in advance, please look out for them.



Don't miss this one: and tell your friends to come along.

There are limited seats available at the Evergreen Lifestyle Centre, 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

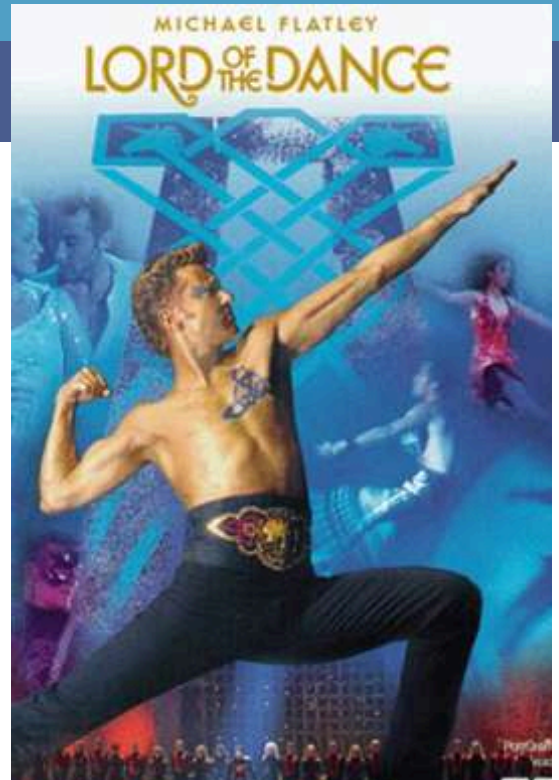
After leaving River Dance due to conflicts over creative control, Michael Flatley turned to realising an old dream and put into action a plan of creating a dance show capable of playing in arenas and stadiums instead of traditional theatres.

His Lord of the Dance officially debuted on July 2, 1996, at The Point Theatre in Dublin, Ireland. From Dublin the show went on to a run of four sold-out weeks at the London Coliseum, sold out within days of going on sale in Australia, and broke all known box office records here in South Africa.

America fell under its spell in March 1997, with thirteen consecutive sell-out shows at New York's prestigious Radio City Music Hall. Michael and the troupe delivered a scintillating performance at the 69th Academy Awards Ceremony in Hollywood, before a global television audience estimated at over 2.5 billion. 1998 was another record-breaking year for Lord of the Dance. The show performed 21 consecutive sell-out shows at London's Wembley Arena, a feat for which it still holds the record.

The story, based on ancient Irish folklore, follows Flatley's character, the "Lord of the Dance", and his fight against the evil dark lord Don Dorcha from taking over Planet Ireland. There is a secondary theme of "good girl versus bad girl", or "love versus lust".

The Lord of the Dance defeats the dark lord's invasion with help from a little spirit. This spirit is eternally positive, dancing and beaming at all times.



The show begins with the little spirit playing "The Lord of the Dance" melody, solo, on tin whistle, before the dark forces come and take over the Celts.

Michael Flatley was recorded several times in the Guinness Book of World Records; holding the World Record of an incredible 35 taps per second; as the Highest Paid Dancer and having the Highest Insurance Policy on his legs (at \$40,000,000).

2023 saw the show return to Dublin at the Bord Gais Energy Theatre where Michael Flatley and the original cast gathered onstage to celebrate 27 Years of Lord of the Dance.



**MONDAY
7TH APRIL 6PM**

**Creamy spinach stuffed
chicken served with couscous
and béchamel sauce.**

**Stuffed zucchini with couscous
and béchamel sauce.**

Caramel & banana tart.

R80pp

BOOK AT RECEPTION.

RECENT EVENTS - WINE TASTING AT UNDER OAKS - KARIN STEGMANN

Established in 1695 as a freehold by Simon van der Stel, Under Oaks Estate stands as one of South Africa's oldest farms, with a history rich in resilience—weathering storms, fires, droughts, and floods. The estate is located in northern Paarl, about 30 minutes from Evergreen. It is family-owned (Britz family) and operated. Boutique-style wines are crafted on-site by winemaker Bertus, they offer farm accommodation, and have a welcoming pizzeria known for the quality of their pizzas.

Twenty people from Evergreen set off on a hot summer day for a lovely wine tasting and lunch at Under Oaks on 5 March. Dynamic Sue Green, who has been with the estate for almost 16 years, guided us with flair, knowledge and effortlessness through the tasting in a rustic and cool environment. We tasted the Under Oaks range starting with 2 white – 2023 Chardonnay and 2024 Chenin Blanc, and one Rose (2024) wine. All three these wines are very suitable for our typical warm summer days and evenings. We then moved on to the reds where we tasted a 2018 Pinotage Reserve, 2022 Malbec and maybe the best of all, their 2017 Shiraz Reserve, which received a double gold Michelangelo award. We concluded the enjoyable outing with a very tasty Italian lunch at their pizzeria restaurant. Most of us sat outside in the shade of big trees overlooking a small lake while enjoying one of their highly recommended pizzas, while others tried a pasta dish or salad bowl. All in all, we had a relaxing and enjoyable few hours with lovely wine and food. We appreciate Angela's and Linda's efforts in organising these wine tasting events for us. Thank you!



RECENT EVENTS - MUSIC QUIZ - DEBORAH HILL

We recently enjoyed our first Music Quiz hosted and presented by Jo-Mari. She put in a tremendous effort to create a presentation that featured song clips for us to identify both the artist and the title, along with a few movie snippets.

The most challenging part was guessing the lyrics to songs, which had us all trying to sing along to recall the words. "Sounds of Silence....I've come to talk with you again.....**(the vision that was planted in my brain still remains)**. Did you get that?

Fortunately, Jo-Mari selected music from the 60s, 70s, and 80s, steering clear of rap!

We are truly lucky to have Jo-Mari, a talented performer and musician, who adds an extra layer of enjoyment with her singing and miming clues - "charades style"!

We had lots of fun, and Nicol and his team served up delicious lasagne and salad, while our waiter Kota ensured our wine glasses were full. I'm sure this will be the first of many enjoyable music quizzes to come.

Winners were team Andante: Sue & Richard Harris, Sandra vd Westhuizen, and Bonnie & Ron Whytock. Well done!



RECENT EVENTS - WINE TASTING AND LUNCH AT DELHEIM WINES - DEREK BROWN



Another scorching hot, sunny summer's day set the scene for another Evergreen wine tasting adventure, returning once more to a revered favourite venue, Delheim Wines on the outskirts of Stellenbosch.

Delheim is owned by the Sperling family. The late Michael Hans "Spatz" Sperling, was the Patriarch and also a South African wine industry legend. His wife Vera still resides on the farm. Eldest son Victor Sperling and eldest daughter Nora Thiel serve as directors of the company and live on the farm with their families.

The Simonsberg is named after the first Governor of the Cape, Simon van der Stel, after which Stellenbosch is also named. In 1699, he granted the freehold of this piece of land to Lourenz Kamfer, a German. It was originally named De Driesprong.

The farm had various owners until Mr Hans Otto Hoheisen bought it in 1938 as a retirement home for himself and his wife Deli. DELHEIM comes from the German for "Deli's home".

Sat inside the charismatic cellar, in the cool air-conditioned comfort, we began our tasting with the delightfully fruity 2024 Pinotage Rosé, noting that Delheim were the very first vineyard to produce a Pinotage Rosé, all the way back in 1976.

Following on, we tried the 2024 Wild Fermented Chenin Blanc, created with only natural fermentation to produce a delicious wine of depth and complexity. A very interesting and unusual white wine next, the 2023 Staying Alive Riesling. A nod to Delheim's German heritage, they are keeping alive an excellent example of this noble grape in South Africa, and we enjoyed the dry, distinctive and full-bodied flavour of an under-appreciated varietal.

Also on offer was the 2022 Chardonnay Sur Lie, lightly oaked and left to mature on the lees, producing a beautifully-balanced wine.

Reds came next, beginning with the 2023 Pinotage, a classic rendition of this fresh, fruity varietal, then the 2022 blend of Shiraz and Cabernet Sauvignon, nicely rounded and balanced, before finishing off with the 2022 Cabernet Sauvignon, with characteristic deep colour, blackcurrent aromas and long lingering finish. Lunch followed on, fulfilling freshly cooked fare from a varied and interesting menu. Delheim never fails to delight, and we enjoyed yet another excellent day's entertainment amongst wonderful scenery and joyous company. Many thanks to Angela and Linda for organizing another splendid outing!



RECENT EVENTS - MUSICAL SOIRÉE LOS GITANOS - DEREK BROWN

What a performance!

A beautiful late summer's evening set the scene at the Evergreen Clubhouse for a truly memorable evening of live entertainment.

Los Gitanos, otherwise meaning Gypsies, is Cape Town's premier Latin band. The band is headed by Cape Town guitar maestro Bienyameen, along with his son and two other band members, and the band has shared the stage with international groups, to name a few: Shakatak, Kaoma and the Lamda Band, from Paris.

The band has an extremely wide repertoire which makes their genre hard to categorize; one can say that it includes Mexican, Spanish, Portuguese, Italian, Greek, Turkish, Arabic, Russian, Jewish and South American, up to "Kaapse Goemma" music!

A wonderful variety of music, with flamenco and Spanish guitars, mandolin, cajon and saxophone and voice thoroughly entertained the audience in a world tour of compelling sounds.

Songs included Un Amor, Malagueña, El Condor Paso, La Cucaracha, Zorba the Greek, Hava Nagila, El Cumbanchero, Volare, Tequila and Guantanamera.

Such a privilege to enjoy such talented and vivacious entertainers in our own Clubhouse, and an evening thoroughly enjoyed by all!

Thanks, as ever, to Angela and Linda for organizing the event and to the Evergreen staff for the excellent snacks and friendly service.



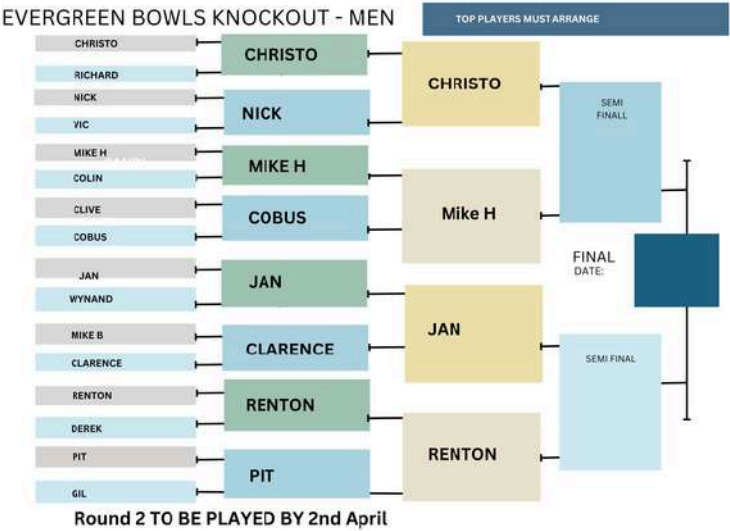
BOWLS SINGLES KNOCKOUT - DEBORAH HILL

Our Men's and Ladies' Singles Bowls Championship is coming to an end with both finals to be played on the 4th April. We started the knockout with 22 ladies and 16 men entering in January.

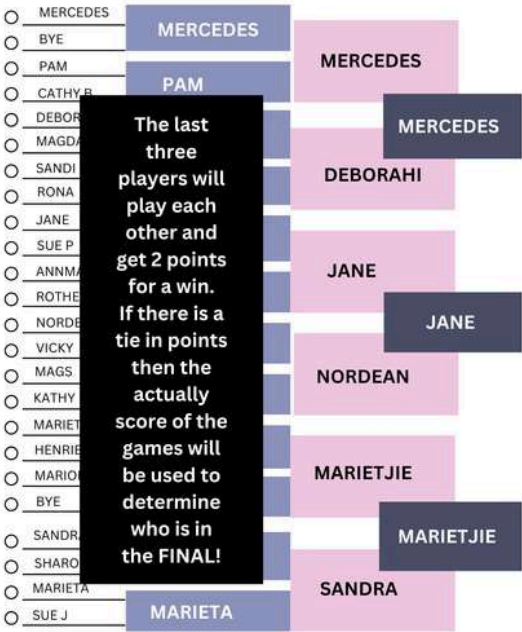
It has been a lot of fun playing and watching the rounds with thrilling games and unexpected victories!

Notably Renton Trollip who doesn't practice much, did particularly well by knocking out crowd favourite Pit Joubert who rated himself as a top bowler as he and Christo Meintjes have been playing the longest; they were virtually the only bowlers who used the rink for the first 2 years! Christo is in the semi final and he is desperate to get his name on the Mens Singles Trophy.

The two beautiful heavy glass trophies donated by Rothea Olivier were especially imported from Pretoria. We hope to display these trophies in a dedicated corner of our new expansive 4000sqm Lifestyle Centre.



LADIES SINGLES KNOCKOUT



The FINAL will be the Fri 4th APRIL





EVERGREEN WELCOMES PAUL SLEATH AND ALLY LLOYD - 21 PEROUGES STREET- WRITTEN BY ESTELLE COUSTAS

Paul & Ally moved into their new home in Perouges Street recently, from the home which they bought in Franschhoek 7 years ago when they moved to South Africa from Malta, a country which they loved but where they missed the trees and greenery which are totally absent in that part of the world. Their main reason for moving here was to be closer to a wonderful area for walks and meeting more people, and to move away from Franschhoek with the terrible 2023 flood when they were trapped in their house by 1000 m³ of sand surrounding the building, an experience they would prefer not to see a repetition of.

Ally is an ex Rhodesian, who immigrated to Johannesburg in 1990. She worked in the banking industry for most of her life, until she relocated to Prague in 2001, where she lived for 17 years and amongst others taught English to foreign students until she moved to Malta where she met Paul.

Paul was born in the UK and later moved his home to Malta where he invested in 2 seaside properties and lived for 7 years. He worked in the tyre industry his entire life (including interesting projects like, during his employment with Goodyear, being part of the tyre design team for the Formula 1 & 2 motor races). His work life had him travelling extensively and living temporarily in many foreign countries, like Kenya where he was based from 1980 - 1987. He has 2 sons, Andrew, who lives in Oxfordshire in England, and Gregory, who lives in Malta.

While Paul and Ally are busy unpacking the treasures gathered over so many years, it is obvious that Paul has invested hours into his hobbies over the years - these include compiling the Sleath family history (there are



1100 Sleaths on between 12 & 15 different family trees as far back as 1650), painting and collecting his grandfather's paintings, of which all 45 are spread between their home and various family members', and collecting classic cars of which he had 10 garaged between his 2 properties in Malta - today he has only 1 left, a classic 1973 Porsche 911 Targa which he shipped to the UK. He also enjoys sport, which has included golf, tennis, tenpin bowling and bowls (which he played at the Franschhoek Bowling Club where he served as the Vice President). He is looking forward to joining the bowls group in our village once they are settled, and Ally plans to join Jane de Villiers's bowls lessons for beginners, as well as learning to play bridge. Although Paul and Ally will miss living in Franschhoek next to Paul's sister, they know that they have made the right decision in relocating, and are enjoying all the facilities which Val de Vie have to offer, including the restaurants on the estate where they often pop in for an ale and a light lunch.

EVERGREEN WELCOMES - KOOS AND MAGDA OOSTHUYSEN – 15 PEROUGES STREET - WRITTEN BY KARIN STEGMANN

Koos en Magda Oosthuysen het aan die einde van 2024 hulle intrek in Perougesstraat 15, Evergreen geneem, nadat hulle vir sowat 27 jaar in Johannesburg gewoon het. Hulle het egter altyd graag Kaap toe gekom (so 4 keer per jaar) en wou altyd hier kom aftree. Hulle het die afgelope vyf jaar behoorlik hul huiswerk rondom aftreeoorde hier in die Wes-Kaap gedoen en nadat 'n beplande ontwikkeling in Franschhoek deur die mat geval het, het hulle keuse op Evergreen geval – die feit dat dit binne die groter Val de Vie Estate geleë is, was 'n groot bydraende faktor vir hierdie lewenslustige, dinamiese en energieke egpaar.

Magda het in 1981 aan die Vryburger Hoërskool in Germiston gematrikuleer, nadat die gesin tydens haar skoolloopbaan 'n draai deur die Vrystaat (Bothaville) gemaak het. Na een jaar mediese studie aan die UOVS (deesdae University of the Free State - UFS), begin sy by EY (voorheen Ernest & Young) in Johannesburg werk, terwyl sy aandlesings (BCom Rek) studeer het aan die destydse RAU (tans University of Johannesburg – UJ). Na voltooiing van haar klerkskap en kwalifisering as geëkspertiseerde rekenmeester verlaat sy EY vir die bankwese, meer spesifiek “Investment and Corporate Banking” in 1994. Sy werk steeds in hierdie area en spandeer asulks een week per maand in Sandton, sy kan gelukkig die res van die tyd van die huis af werk.

Koos is gebore in Virginia, Vrystaat, maar verhuis saam met sy gesin na Stilfontein op 8-jarige ouderdom waar hy aan die Hoërskool Stilfontein matrikuleer in 1979. Twee jaar weermagopleiding in Heidelberg volg daarna, alhoewel hy die meeste van hierdie tyd in Namibië gespandeer het. Hy begin by die Buffelsfontein goudmyn in Stilfontein te werk in 1982 en skryf hom in vir ingenieurswese (eers metallurgies en daarna elektries) aan die Wits Technikon. Hy sluit hom egter in 1987 by 'n IT infrastruktuurmaatskappy aan voor die afhandeling van sy studies – hier het hy gewerk (37 jaar in totaal) tot en met sy aftrede as Projekdirekteur aan die einde van 2024. Na 12



jaar het hy 'n aandeelhouer geword in die maatskappy, aandele wat handig te pas gekom het met die koop van hulle huis hier in Evergreen. Die egpaar is in 1992 getroud en het een dogter, Anja (29), wat 'n skrikkeljaarbaba was. Sy woon tans in Rondebosch en is werksaam by Ecolution Consulting, wat fokus op omgewingsvriendelike en volhoubare argitektuur, wat 'n groot passie vir haar is.

Voorts is Magda baie bly en dankbaar dat sy haar ma, wat aan demensie lei en in 'n verswakte sorgeenheid (“frail care”) in Pretoria was, kon skuif na die Evergreen Health Health Care Centre, waar sy haar gereeld kan besoek. Koos en Magda het 'n passie vir die lewe en beoog om die omgewing behoorlik te verken en te geniet. Hulle hou van stap, doen graag wynproeë en wil soveel moontlik goeie restaurante (waarvan daar nie 'n tekort hier in die Wes-Kaap is nie) besoek, omdat lekker eet en saamkuier 'n ander groot liefde vir hulle is. Hulle het ook 'n voorliefde vir reis en was al menigmale oorsee. Besoeke aan Italië, veral die platteland, toer al langs Amalfi-kus, en Venesië bly van hul gunsteling, alhoewel Spanje en Portugal met hul besondere kerke nie ver terugstaan nie. Hulle sien uit na wonderlike jare vol vreugde en nuwe ontdekkings wat vir hulle voorlê hier in Evergreen.

THE CHOCOLATE RABBIT - PIT JOUBERT

I have always been fascinated by the origin of things and how difficult it can be to trace that origin. Take the spoken language for example. It is impossible to determine when human beings developed complex communication but we do know that around 100 000 BCE women started to wear jewellery in the form of beaded seashells. From this simple fact we can determine that about 100 000 years ago Catherine must have been able to tell Johanna, "look what Shirley is doing with seashells, the sanctimonious tart!"



Once our ancestors started to talk they became unstoppable and as the centuries passed different languages evolved. The first alphabet system only originated around 1700 BCE and once that gained traction human beings could set about the impossible task of recording their history of the past 100 centuries.

One of the endearing pieces of our early history involves the goddess Eostre or Ostara who wandered the earth with her precious bird, probably a swallow, in search of spring. She soon realised that her winged companion was not equipped to endure the hardships of the winter cold and transformed the bird into a brisk, quick-footed little quadruped with long ears, a warm furry coat, and no tail to speak of, ready and able to sniff out spring wherever it may be in hiding among the icebergs.



Ostara (1884) by Johannes Gehrts.

Eostre or Ostara became the goddess of fertility as her arrival proclaimed the beginning of new life and her quadruped companion, the rabbit, the messenger of spring. Once the rabbit had spring sniffed out it turned back into its former bird mode for enough time to lay the gaily coloured eggs that are the symbol of the awakening of earth and the renewal of life.

It is impossible to determine when the legend of the Easter bunny was first told to wide eyed children in a cave somewhere, but because it is such a lovely story, and no doubt involving parents pretending colourful stones were eggs, dates back more than 50 000 years.

As I write this piece chocolate Easter eggs and Easter chocolate bunnies are on sale at basically every shop you care to visit. Cadbury produced the chocolate Easter egg after developing a pure cocoa butter that could be moulded into shapes back in 1875 and is still selling them to this day. In Western cultures and South America the giving of Easter chocolate eggs is commonplace with 80 million Easter eggs sold in the UK alone during Easter. In many cultures the chocolate eggs are hidden for children to search for them, just as children would have searched for the legendary eggs all those many centuries ago.

Legend also has it that no person over the age of 60 can gain weight by eating chocolate during Easter provided that the chocolate is in the form of an Easter egg. So be merry and indulge in Cadbury!

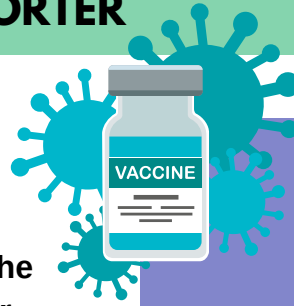


HEALTH MATTERS - PROF JENNY PORTER

Vaccines: shall I, shan't I? Yes? No? Why? Why not?

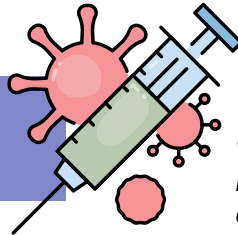
As winter approaches and the subject of vaccination against the flu virus is discussed, the question of whether or not vaccines are good or bad, continues to rage.

Before I write any further, my disclaimer up front is that I am pro vaccines but will try and give you a (reasonably) unbiased view.



We are privileged to have Prof. Jenny Porter as a resident, offering her fascinating insights on a variety of medical subjects. Recently, we've seen a surge of medical professionals joining us, so keep an eye out for Dr. Pierre de Villiers, who will be addressing the topic of aging and the brain with a talk in June.

ABOUT VACCINES



Vaccines are responsible for many global public health successes, such as the eradication of smallpox and significant reductions in other serious infections like polio and measles. Even so, vaccinations have also long been the subject of various ethical controversies.

Historically, Edward Jenner, born in England in 1749, is one of the most famous physicians in medical history. He emphasised the importance of observation: really looking and seeing. Jenner tested the hypothesis that infection with cowpox could protect a person from smallpox infection. All vaccines developed since Jenner's time stem from his work. The cowpox vaccine is the same family as smallpox, so Jenner was able to use his experience to start vaccinating local people, then this technique spread all over the world. Smallpox is now successfully eradicated and vaccination against it no longer necessary.

Robert Koch (1843-1910), a German physician who helped establish bacteriology as a science, recognised the steps necessary to identify the cause of a disease. Koch made important discoveries in identifying the bacteria that cause anthrax, cholera, and tuberculosis, at a time when understanding of microbes was just beginning.

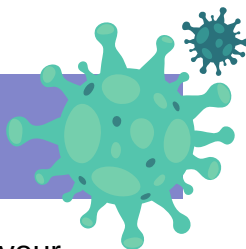
The 1954 field trial of Jonas Salk's inactivated poliovirus vaccine (IPV) was another important milestone in the use of the scientific method to test a vaccine. Many of you reading this will remember having polio vaccines before or at school - little drops of medicine on sugar squares. The Salk vaccine trial successfully showed that the vaccine helped prevent paralytic polio, and licensure of the vaccine quickly followed. The disease that once paralyzed thousands of children has now been eliminated in the Western Hemisphere.



The smallpox vaccine was the first vaccine developed. In 10th century China, a form of “vaccination” called variolation, was used to protect against cowpox. The term vaccination is derived from the Latin word for “cow” which is “vacca.” In the late 1700s, smallpox was a disease that caused periodic epidemics all over the world, with death rates anywhere from 1% to 30%. While scientists then did not know what caused smallpox, they did know that exposure to a similar disease, cowpox, conferred immunity against smallpox. It wouldn't be until the mid-1800s that Germ Theory began to be adopted as the best way to explain infectious diseases. And it wouldn't be until the 1930s that electron microscopes allowed for the visualization of viruses. (Although the theory of viruses as causative agents of disease was developed in the late 1800s.)

Overall, the development of vaccines is a collaborative effort involving scientists, regulatory agencies, healthcare professionals, and the public. This intricate process ensures that vaccines are not only effective in combating diseases but are also safe for widespread use.

WHAT DO VACCINES DO?



Vaccines are intended to prepare your immune system to fight off infections and prevent disease. They set your body up to be prepared to fight off a specific infection. Vaccines have transformed human health by preventing diseases that once claimed millions of lives. The journey from early inoculation practices to today's cutting-edge mRNA technology is a story of scientific curiosity, collaboration, and innovation. Understanding how different vaccines work helps us appreciate their role in safeguarding ourselves, communities, and in shaping modern medicine.

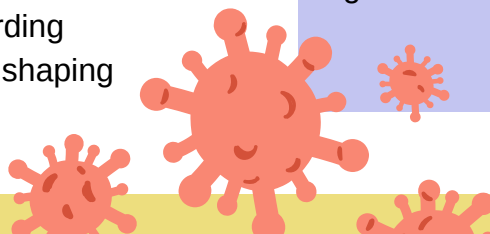
Making vaccines has changed from injecting the live bug (like cowpox) in diluted form, to present day sophisticated virus-genetically manipulated vaccines such as the mRNA vaccine used for Covid. The various methods used to produce vaccines now include attenuated vaccines (weakened lab-grown bugs) cell culture (egg, mammals, human), genetic engineering and nanotechnology (manipulating matter at the atomic, molecular, and supramolecular level). All these aim at producing a more effective and infection-specific vaccine, with minimum risk to the end user (you and me).

Live attenuated vaccines contain weakened viruses or bacteria that provoke strong immune responses without causing severe illness (polio vaccine)

MMR live viruses are attenuated (weakened: stimulate a protective immune response but cause no or mild disease) through various cell culture processes. These vaccines often confer lifelong immunity with one or two doses. However, they're unsuitable for immunocompromised individuals, as even weakened pathogens pose risks.

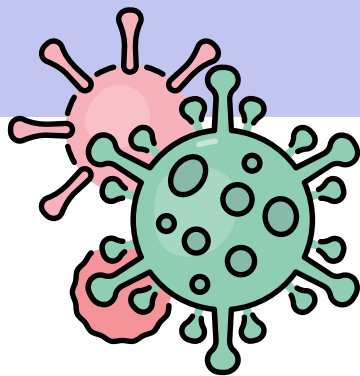
Inactivated vaccines use killed pathogens, making them safer for vulnerable populations.

While inactivated vaccines don't provide as durable protection as live ones, they're crucial for diseases like rabies and hepatitis A. For example, the influenza shot—updated annually to match circulating strains—relies on viruses grown in chicken eggs or cell cultures.



Toxoid vaccines are effective, not against the pathogen, but against the toxins it makes e.g. tetanus and diphtheria. These two are usually administered as a combined vaccination to children as the DTP where P is whooping cough or pertussis (an inactivated virus) vaccine.

And finally, mRNA vaccine is one which uses a process to copy the genetic messenger part of a virus (for example) to produce a foreign protein in a human (you and me) which mimics the virus but is not infective. This sets up our immune system to recognise this “invader” so we can set up an early and effective response against it. It is a quicker process and effective and was used to produce the corona virus vaccine during the COVID epidemic, and since.



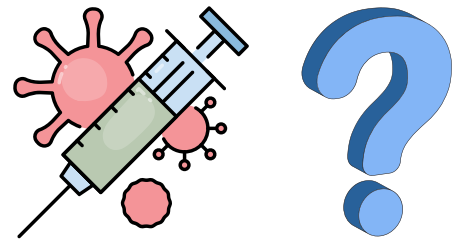
SIDE EFFECTS:

A sore arm at the site of injection, low grade fever, and aching muscles may occur. This is merely your body's immune system kicking into gear and doing what it is meant to do. It takes a couple of weeks to set up this immunity, so you will not have full protection until after this time.

You can have the flu and covid shot at the same time, but it will not be in the same injection.

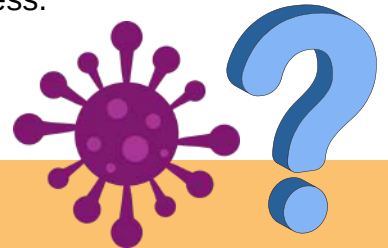
The controversial discussion around autism and other potential problems often discussed around vaccines, will not be addressed here, as this is more relevant to the paediatric population.

Other vaccines suggested for senior citizens (especially if you travel a lot) include hepatitis (A,B and C), shingles, pneumovac (against pneumonia), and boosters for MMR and DPT. Once you are 80 years old, discuss your need for vaccines with your GP.



WHY SHOULD I HAVE A FLU SHOT?

Firstly, if you are over 65 years of age. Then, to prevent the flu and its complications, reduce the risk of getting sick, and needing hospitalisation, and (especially if you have other risk factors such as asthma, bronchitis, or emphysema) it protects those around you who are vulnerable. Even if you do get sick, vaccination will reduce the severity of the illness.



WHY NOT?

You should not have a vaccine if you are allergic to any ingredients of the vaccine. If you are allergic to eggs, check that the vaccine you receive is not one with an egg-based manufacturing process. If you have any immune compromise, discuss vaccination with your GP before receiving the injection. If you are acutely ill, it is prudent to wait until you are well before having the vaccination.

The latest flu vaccines are either egg-based or recombinant/mRNA types. This depends on where in the world you are (USA, UK, SA, China etc) and the vaccine available to you. You cannot get flu from this vaccine as the vaccine does not contain a live virus. If you develop a flu-like illness after the injection, this is coincidence.

Because flu viruses can change quickly, flu vaccines are updated every year. Global flu surveillance information has indicated that, in 2025, the flu vaccine covers 3 main strains, whereas last year there was a tetravalent (4-strain). The strains (for those interested) are 2 A strains H1N1, H3N2, and a B strain: Victoria. The B/Yamgata strain has not been detected since 2020, so is not included. In the USA, the quadrivalent vaccine is available. I am not yet sure which one we will receive here. WHO has recommended the trivalent one for all countries in 2025.

The flu vaccine does not protect you from the corona virus (SARS-CoV-2) or COVID.



**For those interested the latest
FLU VACCINE is now available at our
Local Choice pharmacy**

A FINAL WORD ABOUT VACCINES

The decades-old theory that dementia could be triggered by a virus, received publicity last year (2024) when several scientific groups published findings that people who had been vaccinated against shingles were less likely to develop dementia than their unvaccinated peers. This is certainly exciting research as, eliminating the virus could prevent or treat the commonest form of dementia, Alzheimer's. Food for thought. And thank you to Chris Gibbons who brought this article in the Economist to my attention.

Another Val de Vie Evergreen wedding

Congratulations to Rudi Malan and Adri van Wyk on their marriage which took place on the Ashanti Estate outside Paarl on the 12th March. Rudi and Adri have been together for many years, and towards the end of last year Rudi decided that they needed to celebrate their love and life in this way, at an intimate ceremony with family and a few friends witnessing this happy occasion. We wish them well on this new phase of their journey together.



"Congratulations to a wonderful couple."

THE INTERESTING STORY OF THE HOT CROSS BUN

Hot cross buns have been a staple of Easter festivities since their introduction in 12th century England. Brother Thomas Rodcliffe, a Christian monk at St Albans Abbey, developed a similar recipe called an "Alban Bun" and distributed the bun to the poor on Good Friday.

Interestingly, their origins trace back to pagan traditions, predating Christianity. In ancient Egypt, small round breads adorned with crosses were used to honour the gods. The cross symbolically divided the bread into four equal parts, representing either the four phases of the moon or the four seasons, depending on the celebration. Subsequently, Greeks and Romans presented similar sweet rolls as offerings to Eos, the goddess of dawn, and Eostre, the goddess of Spring, who inspired the name for the Easter holiday.

Although the origin may be uncertain, we all love our Hot Cross buns and Woolworths has realised this and have given us these delightful buns year-round! They frequently find their way into my shopping basket alongside banana muffins!

But now, keep an eye out for the new Hot Cross Bun Loaf! Here's my latest, yet-to-be-made recipe for Easter Hot Cross Buns Breakfast.



EASTER BUN FRENCH TOAST BREAKFAST

- Woolworths hot cross loaf
OR hot cross buns
- Milk
- Vanilla Essence
- 3 eggs
- knob of butter

Slice bread into thick slices or cut buns through the middle.

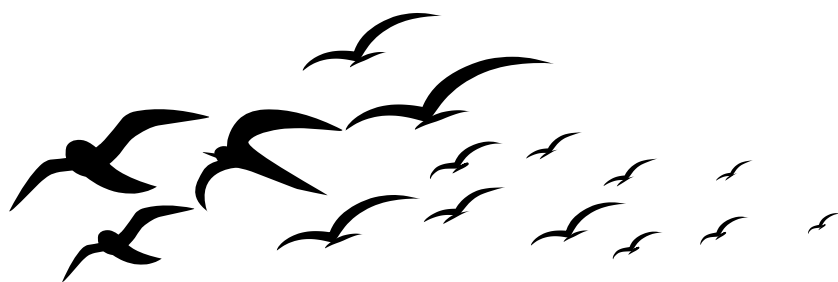
Beat the eggs with 30ml of milk, a splash of vanilla essence (or a sprinkle of vanilla seeds).

Soak the bread or buns for a minute or two.

Fry in butter until golden, and serve with crispy bacon and Maple syrup. Happy Easter!

This is a poem from “GETYE VAN TYD” a book of poems written by resident Heilna du Plooy published in 2023.

'n Bewustheid van die kwesbaarheid van waardevolle dinge en verganklike dinge onderlê Heilna du Plooy se vierde digbundel. Voortgang, verandering, bewaring en verlies word op konkrete wyse teen die agtergrond van die immer bewegende see, die jaargetye en die kortstondigheid van die menslike lewe verwoord.

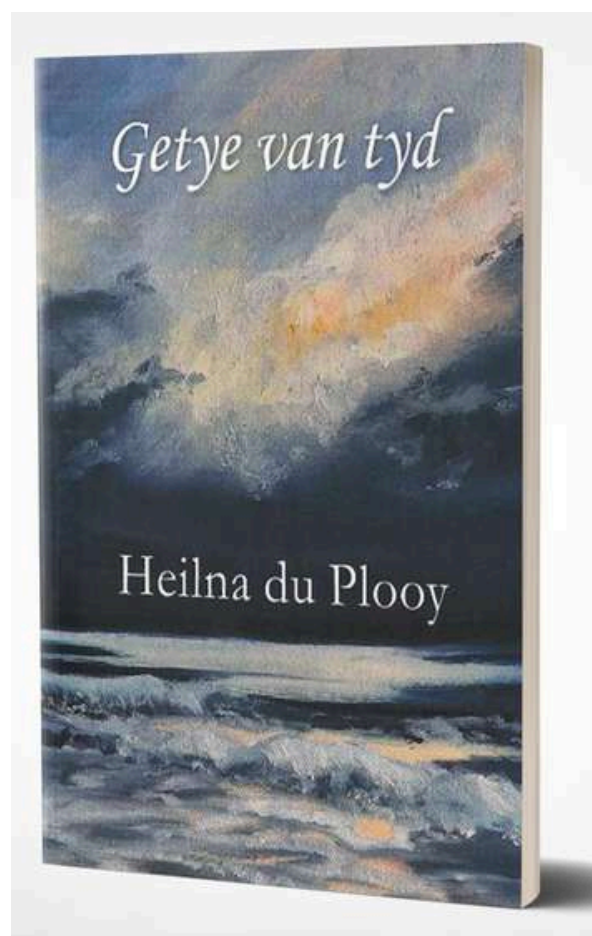


Onsienlikheid

Wat die oog nie sien nie,
wat onsigbaar is of ongesiens,
is waarteen jy aanleun,
wat jou vul, wat jou omhels.

Onsienlikheid is so ruimhartig uitgedeel
soos wind wat alle leemtes vol maak:
Dis onverstaanbaar soos die blik
in 'n wilde dier se oogopslag; die lyne in die lug
wat klein voëls skryf in hulle oggendvlug;
die numineuse vonk wat spring oor die sinaps;
jou bloed wat asem dra na elke vingerpunt.
Hoe sou jy kon verstaan dat jou selle elke een
uiteindelik sal weet juis hoe om te ontbind?

Oopgestel soos wye vensters na die wind,
soos arms na gans niks toe uitgestrek,
is daar in onsienlikheid 'n pêrel
van groot waarde te verwerf.



RECOMMENDATIONS ON NETFLIX - DEBORAH HILL



There is a lot of talk about this four part series. It is absolutely worth watching and I think we are all relieved that our children have grown up. Great acting and directing.

It is about a 13-year-old who is accused of the murder of a classmate - his family, therapist and the detective in charge are all left asking: what really happened?



When a woman's first love suddenly reenters her life, her relationship with a charming, but abusive, neurosurgeon is upended and she realises she must learn to rely on her own strength to make an impossible choice for her future.

This movie is basically a love story!



I was also tempted to watch this series when I saw it mentioned on social media, and it's based on a true story of a girl in Australia.

Two young women advocate for wellness remedies to cure deadly illnesses, unraveling their lives as they unknowingly - and knowingly - mislead the world.



The alarming story is based on a real incident, when people in the English town of Corby inhaled toxic dust that was later linked to birth defects in a cluster of children.

I confess I haven't seen it yet - it's on my list recommended by friends and gets 100% on Rotten Tomatoes.



This immersive documentary series follows the world's greatest professional golfers - on and off the course - during a season of relentless competition.

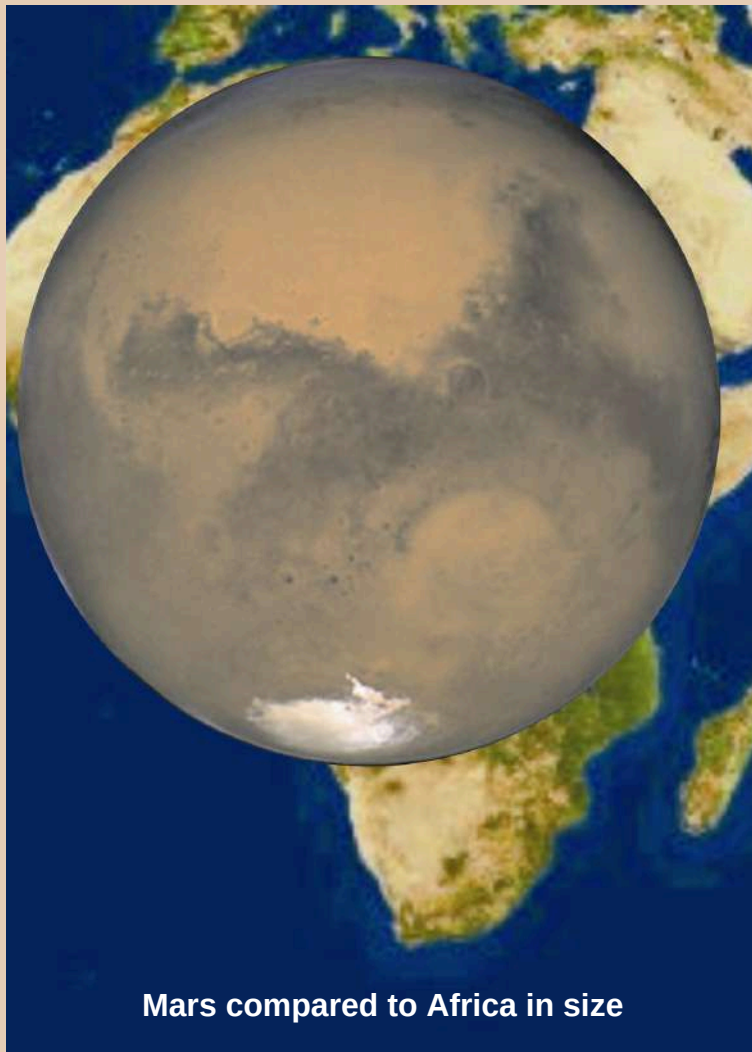
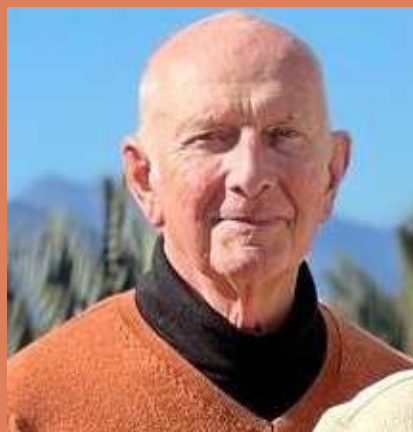
It's fascinating to realise that these elite players are just like us, leading their own lives. Golf enthusiasts are sure to appreciate this series!

April 2025

Mars is once again in the spotlight of human interest. Elon Musk who is no stranger to trumpeting on about space, has set his sights on going to Mars and forming a colony. Can it be done and what are the problems?

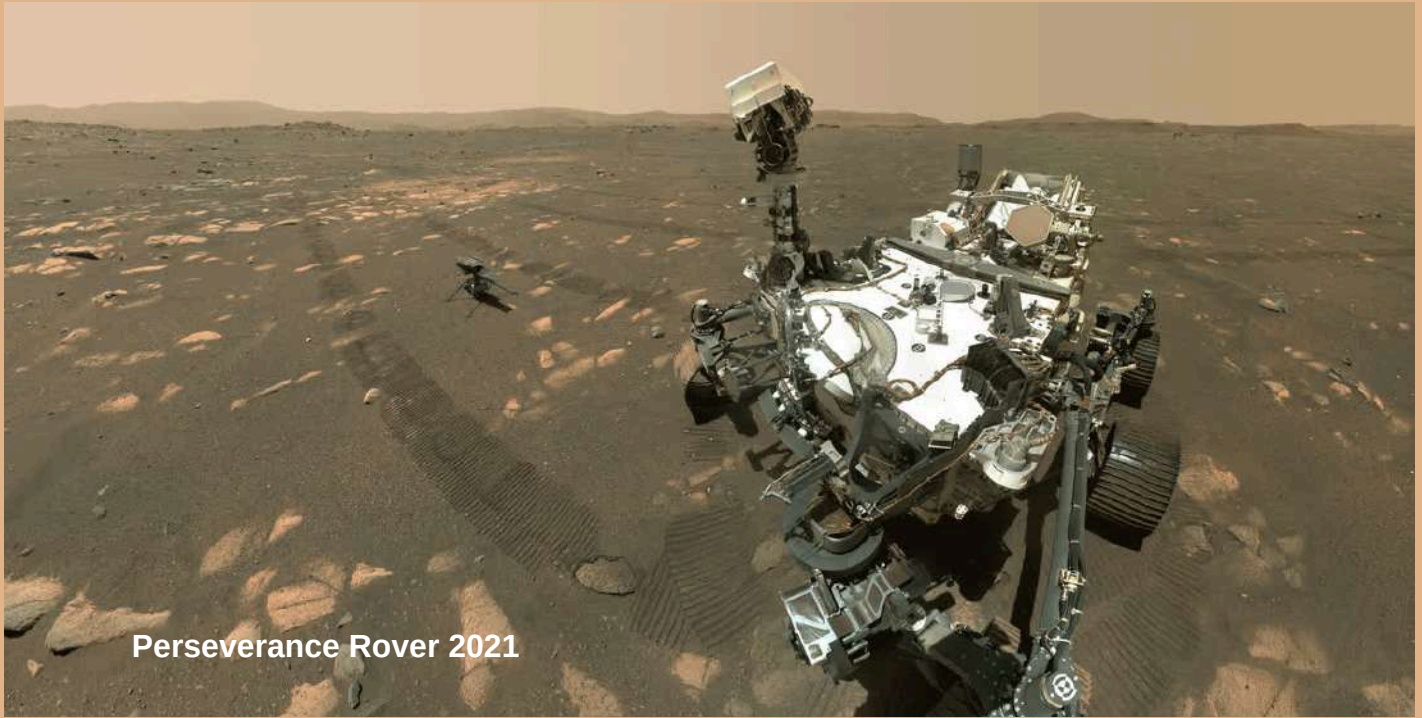
On April 5th Mars is in conjunction (close to) with a first quarter Moon in the north western evening sky. Pollux, the right hand twin of Gemini is close by and makes a good comparison. Mars (Ares in Greek mythology) was the son of Zeus and Hera, neither of whom liked him. In Homer's epic war poem (The Iliad) he is called murderous, bloodstained and the curse of mortals. Remembered as the Roman god of war, this distinctive red planet varies in brightness due to its elongated orbit around the Sun. It can be difficult to locate and identify as it often looks like another red star. Of all the planets Mars is the one that most resembles Earth, its day is almost exactly the same length although its seasons are twice as long, as its year is 687 Earth days. At its furthest distance from the Sun, its elongated orbit causes it to graze the asteroid belt and is probably how it captured its two small moons, Phobos and Deimos. It has a diameter of 6786 km, and it would take 9 Mars to equal one Earth in size.

The red planet has long been the favoured home of extraterrestrial intelligence, although recent missions to and on the planet have not discovered any to date! HG Wells's famous novel 'War of the Worlds' was based on aliens from Mars and had a profound effect on generations of science fiction stories. Vast dust storms rage across the planet and can be seen through telescopes on Earth. The Martian surface is rugged and covered in a thin red dust. The evidence of erosion on the surface means there may have been free flowing water in its past. Mars has the largest volcano in the Solar System, named Olympus Mons, it is three times higher than Mount Everest. The base of the volcano would cover an area larger than England and its caldera (crater) would swallow London. Its thin atmosphere (less than 1% of Earth's) consists of 95% carbon dioxide with only trace amounts of oxygen and water vapour. Not an atmosphere conducive to life as we know it.



Mars compared to Africa in size

The lack of a global magnetic field on Mars along with the planet's thin atmosphere, means high energy cosmic rays and solar particles shower the surface. Extreme temperatures, low gravity and lack of free water will certainly present major challenges to any human mission. High doses of radiation and the associated health risks will be a further deterrent to human activity on the red planet and for the trip there and back.



There have been a series of missions to Mars, and the US Vikings Orbiters and Landers have been particularly successful. Recently, China, India, UAE and EU have also sent successful missions to Mars. At present rovers on the surface have sent back a myriad of detail and an initial human landing was scheduled for 2025 but it appears more likely in the 2030's. The journey to Mars orbit takes about 7-10 months if a landing was made, the overall mission would take in excess of 2 years, a very long time in space.

Whilst it is theoretically possible to have sexual intercourse in zero or microgravity, the challenges are many. At present there is no recorded incident of sexual activity in space by any astronauts. The dangers for a human foetus in microgravity are enormous and it is not known whether it would be severely deformed, if it survived. Childbirth always has its own inherent

problems, and in microgravity they would be formidable. Fluids would migrate to an enlarged skull, and muscle and skeletal development severely constrained. Our typical sci-fi idea of an Alien, with its enlarged head and skinny body may well be the future of space birth. 🛸

Elon Musk appears to have his heart set on Mars for the future of humans. With the challenges that will face all Mars missions his next 14 children will not be easy. 😊



Keep looking up Lance Kinnear

Monthly

BIRD SIGHTING ON VAL DE VIE - DEREK & PAULINE BROWN



White-throated Swallow with juvenile



Cape Robin-chat



African Hoopoe

Western Cattle Egret



Male Cape Weaver

For the Bird enthusiasts - There is a WhatsApp group called - VdV & PV Birding - that highlight amazing bird photos and videos of birds on the Estate from all the residents. Contact Derek if you want to join this group.

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!



EASTER EGG COLLECTION

Until 14 APRIL

**Collection points : Box at reception,
give to Angela or Linda**

Collection for Ronwe School kids and Rusthof Home for aged

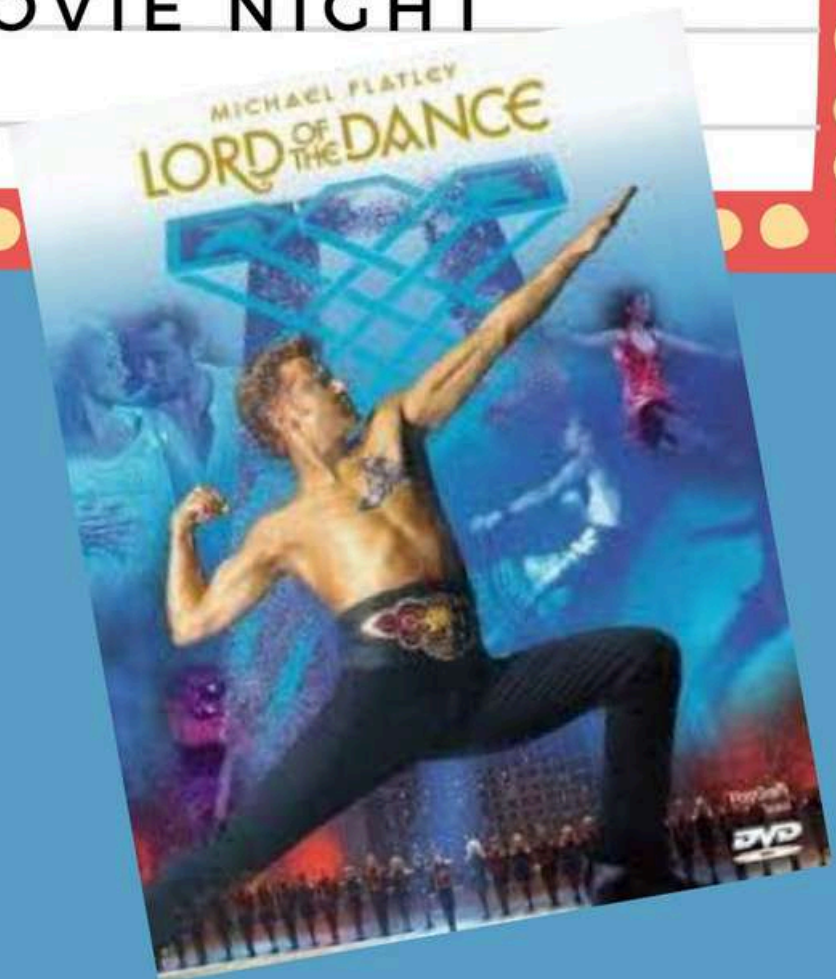


EVERGREEN LIFESTYLE CENTRE

CLASSIC MONDAY

MOVIE NIGHT

**14TH
APRIL
6PM**



**Creamy spinach stuffed chicken
served with couscous and béchamel
sauce**

**Stuffed zucchini with couscous and
béchamel sauce.**

Caramel & banana tart.

R80pp

BOOK AT RECEPTION



Rose Talk

Autumn care, new roses and more...

By Anja Taschner

Landscaper, rose specialist, farmer,
owner of Cosmafolio and daughter of
Pam & Ludwig.

MONDAY

14th APRIL

10:30am



**All welcome. Book at
Reception**

MONTHLY *Sundowners*

EVERY LAST FRIDAY OF THE MONTH



*Meet other
Residents -
Bring &
share
Snacks*

*Bar Open -
No Corkage*

25TH APRIL

5:30PM

Musical Soirée



AN EVENING OF
BEAUTIFUL MUSIC
PERFORMED BY A
VARIETY OF
MUSICIANS

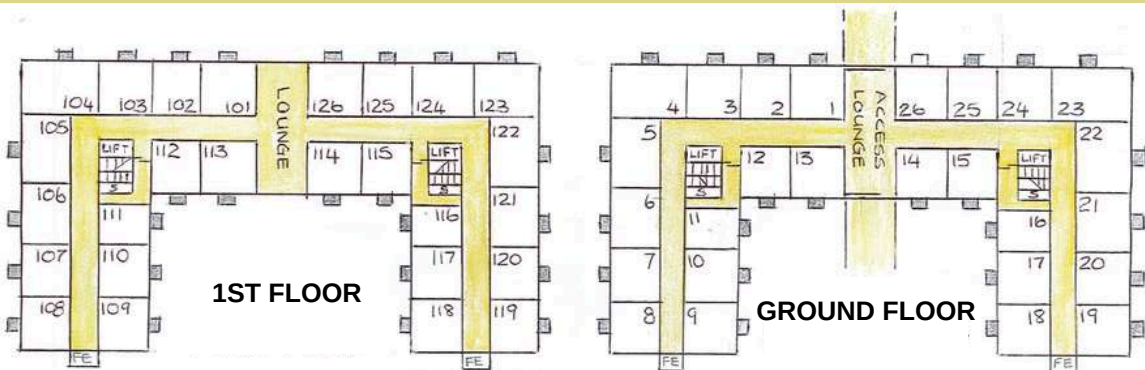
EVERGREEN LIFESTYLE CENTRE

CONCERT COST R130PP, IN CASH TO ANGELA ON 083 448 6618 OR LINDA 072 437 4608

SNACKS CAN BE ORDERED AND PAID FOR AT RECEPTION PRIOR TO THE EVENT AT R60PP.

THE BAR WILL BE OPEN. REMINDER THAT CORKAGE WILL BE R40, SHOULD YOU BRING YOUR OWN WINE.

EVERGREEN STREET MAP



1ST FLOOR

GROUND FLOOR

PAARL ROCK SUITES



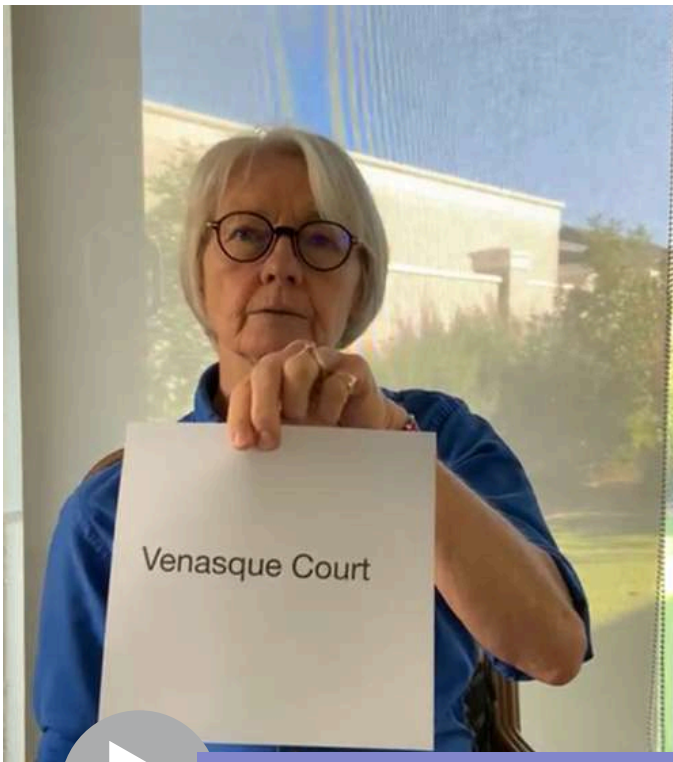
EVERGREEN STREET NAMES

Did you know ?

Our street names in Evergreen are named after small towns and villages in France. Hilary Forbes did a feature on all the street names back in 2022 for the Newsletter. Since then, a few new streets have been added, including Chilhac, Flotte, and Sisteron.

It's always amusing to meet new residents and ask them where they live, only to see them hesitate as they struggle to pronounce their street name.

So watch this video where resident Paule Stals teaches us how to pronounce the streets correctly, however there will still be "our own South African Way", otherwise it might lead to confusion, especially if you are calling in an emergency!



[Click to go to YOU TUBE VIDEO](#)



Watch out for Derek Brown's information about the Evergreen street names every week on the Hub!



HAPPY Easter

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, Pit Joubert,
Jenny Porter, Karin Stegmann

