

EVERGREEN *News*



DEAR RESIDENTS

In this year's first newsletter our focus is personal wellness under the banner of New Year New You. After all, it's never too late to keep your resolutions. One of these could be to exercise a little more ... just a little could make a big difference.

Exercise is not the fountain of youth, but it is a good long drink of vitality, especially as part of a comprehensive program. The average person gets less sleep in maturity than in youth and may not even need to set an alarm clock. At Evergreen we believe no man can stop the clock, but every man and every woman can slow its tick. Simply put, resting is rusting. "That which is used develops; that which is not wastes away." Hippocrates got it right, about 2,400 years ago. To keep your body as young as possible for as long as possible, keep it moving. You do the work, you reap the rewards.

People who prefer discretion with their exercise can develop a safe and effective home programme for themselves. Time in the pool is another great way to exercise.



Once you have decided to reverse the effects of inactivity, join the walking and hiking clubs and get active. The 'Broadachers' walking club do not ache! Dick Shepard continues to chalk up awards for Team Evergreen, being the oldest competitor to complete various 5km courses (at 90). Ernie Mutch's humorous reporting paints a picture of deep community spiritedness and enjoyment for all in Team Evergreen. They've got it right!

Exercise is your gift to yourself and a gift that keeps giving. When you start to feel better; you want to feel even better and to treat yourself well, so you start watching your plate, your scale and your mirror. Although exercise can do much to remove the rust of aging, it can't do it all. That's where watching what and when we eat plays a role: this is our topic of next month's newsletter.

I have observed that change is seldom simple. Old habits do die hard. Transitioning from the couch to the gym may be a journey of significant virtue, but it requires a smart decision and deep determination.

MATCHING LIFESTYLE TO LIFE STAGE

Evergreen Group CEO: Arthur Case



Being part of the ever growing, ever changing and ever adapting Evergreen Lifestyle business is a privilege that I do not take for granted. Our organisation now comprises many talented people and we have the most awesome residents whose unique personalities add colour and character

to our villages. Each Evergreen community is different; they have their unique characters that make life interesting and rewarding. I tell my friends that some of the best parties I go to are in our lifestyle villages. I often don't want to go home and have had to order an Uber taxi on a least one occasion!

There is no shortage of Evergreen residents who enjoy red wine as much as I do and who do not have far to walk when the party is over. The oldest of these villages is Evergreen Muizenberg that comprises 70 houses and 147 apartments, with some residents that have been at Evergreen for eight years already.

With the turning of the wheel and some of the challenges that Father Time sends our way, some of our first residents have decided that they no longer need a large house to be happy and fulfilled and that life in an apartment, close to our leisure and care facilities makes more sense. In other words their lifestyle needs are changing in step with their life stage. We became aware of this when Charles & Marlene Burt and Gawie & Hydle de Villiers enquired about moving from their beautiful homes to one of our new Muizenberg apartments. We were able to accommodate their request and we now have a model to assist other residents who want a seamless shift from house to apartment. The Burt's and de Villiers's are much loved members of the Muizenberg community and we wish them much happiness for many years in their new apartments. We have therefore succeeded in matching lifestyle to life stage at Muizenberg and in the process a new Evergreen product has been born.

I love my role at Evergreen and feel that at my present life stage I am fortunate to be in the right place at the right time. Without an ounce of arrogance I believe that Evergreen will change the way people retire in South Africa and establish a new paradigm. As the Carpenter's song goes, "We've only just begun".

EVERGREEN *Know your* Village



The Broadacres ResCom for the year ahead.



Graham Langmead – Chairman

Graham spent his working life in the advertising industry, as a partner in a number of agencies, servicing the likes of BMW, SAB, Unilever, Gillette and Spar. Throughout his career, Graham involved himself on a number of industry bodies and in lecturing on brands and branding.

This dedication to his profession was balanced by his dedication to his faith: he has served his church, and the Christian community on numerous boards and ministries. Married to Aileen for over 50 years and with two married daughters and four grandchildren, Graham continues to stay busy. He has written a book on marriage and one on retirement, but he does find time for Golf.



Robin Slogrove – Deputy Chairman

Rob had no sooner qualified as a CA (SA) in 1967 than he left the auditing profession to join a German Multinational Chemical Company in general management. In 1998 Rob joined a French Multinational Company, where he worked in the financial field until retiring in 2003.

Rob is an old hand at the committee game. He and his wife were among the first residents to move into Evergreen Broadacres in 2012; he was elected to the first Residents Committee as Treasurer, before becoming the Deputy Chairman - the position that he continues to hold.



Basil Bold - Projects

Basil and Marlies joined the Broadacres community a year ago. He was the MD of various engineering companies including Matheson & Bremner and Harvey Tile and founded the water meter company Meinecke/Sensus. He is an active member of the Water

Research Commission and involved in studies related to water management and remains a consultant/facilitator in the industry. Basil is a keen do-it-yourselfer, tennis player and road runner. He and Marlies have two sons with families based in Hamburg and Lucerne.



Hennie du Preez - Environment

Hennie ran his own business for 30 years and is now officially retired. He trained as a mechanical engineer, but at heart, he is a farmer and civil engineer. His passion is the environment and with Broadacres' extensive wetland and parkland he's in his element. When he arrived in October 2012, both could best be described as wastelands. With a lot of help from the residents, Evergreen and Amdec, they have been transformed, but there is still much work to be done – a challenge that Hennie relishes!



Cecil Fann - Treasurer

Cecil retired in 2009 and has have been a resident at Evergreen Broadacres since 2012. After qualifying with a B.Com and AIB he went on to pursue careers in commercial and merchant banking with Barclays Bank, auditing with Price Waterhouse and UDC, financial management and finally large scale financial systems design and implementation for Xerox.

Cecil was elected to the ResCom in 2013 to manage the Treasury Portfolio, which now also includes reviews of the village finances and budget.



Sue Jackson - Social

Sue purchased in Phase 1 but did not move into the Village until November, 2013 - some 12 months later. She has been looking after the Social Portfolio together with Jean Spurr since February, 2014 and they regularly arrange several monthly activities.



Jean Spurr – Social

Jean has lived at Evergreen Broadacres since the opening of Phase 2 in August 2013. Jean is a "Jo'burger" at heart and spent over 25 years in Victory Park where her three children were raised, schooled and completed university. Jean has worked in Admin at various organisations. Since 2000 she worked with her

husband as a director of their satellite broadcasting business until they both retired in 2010. Jean has an interest in business and current affairs, loves travelling, music and theatre.



Atholie Preacher – Healthcare

Atholie is a Retired Deputy Head and has been in the teaching game for over four decades. She and her husband moved to Evergreen in October 2013. They have one daughter. Atholie is very active in their church.



Derek Schuurman - Governance

Derek has practised law for most of his career, specialising in property conveyancing and commercial law. He also had forays into the corporate world. Derek moved to Evergreen Broadacres five months ago with his wife, Grace.



Tess Sleight – Security

Ex entrepreneur, Tess moved into phase 1 of Evergreen Broadacres with her husband Chris in 2012. She says that it was one of the best decisions they could have made. She manages the Security Portfolio with the help of Chris.

THE IMPORTANCE OF BEAUTY SLEEP

Experts tell us that every hour of sleep **BEFORE** midnight is equivalent to sleeping **DOUBLE** that time after midnight! A bit like the old adage, "early to bed, early to rise makes a young man healthy, wealthy and wise". Question is, can we apply this same logic to older persons. The sleep experts say yes. The extra energy that your body has before midnight can explain this. You see, the repair and detoxification that makes us feel revitalized after a good night's rest is actually energy driven.

Your body needs energy to sweep away the clutter and rejuvenate your organs – it's a LOT of work!



SMOOTHER JOURNEYS AHEAD AT BROADACRES



Infrastructural failure and decay is a real challenge in a country that is struggling to make ends meet. Thankfully at Evergreen we have the skills and resources along with the good intentions to pave our own road to the future. And at no cost to our residents. Take a moment to appreciate that if this was not an Evergreen Life Right village, a special levy of R1,5 million would be required to fund the roadworks. However, like the new clubhouse under construction, these roadworks are being funded by Evergreen Property Development (EPD). At Broadacres we're busy lifting the existing pavers, stabilising the base, replacing the pavers and soon, your journeys will be far smoother. Additionally, EPD Managing Director, Cobus Bedeker reports that progress on the new lifestyle centre is ahead of schedule (can you believe it!!!!). With the foundations in, columns up, the first floor slab cast and brickwork in progress, the centre should be opening its doors in the last quarter of 2017. So let's get ready to party!

VALENTINE'S DAY AT MUIZENBERG

Romance is thankfully alive and continues to stimulate global demand for approximately 8 billion chocolate or candy hearts before Valentine's Day. If you lined them up they'd stretch all the way to Valentine in Arizona - the only place in the world where every day is Valentine's Day.



BERGVLIET

Our themed evening "Surf & Turf" took place on Friday, 24 February. It was a wonderful evening enjoyed by our residents, with delicious food & wine.

EVERGREEN MANAGEMENT VISIT HOTEL VERDE

The Operations management team were shown around Hotel Verde, an extraordinary internationally recognised green hotel and they came back with many ways to protect the environment within our Evergreen Villages.

Energy saving, water efficiency, effective use of grey water indoors and out, are many ways in which Evergreen could possibly make a difference.

From Left: Patrick (Maintenance), Christine (VM Bergvliet), Ronell (Property Manager), Roy (VM Broadacres), Melanie (VM Muizenberg), Andrea (PA to Derek), Kim (VM Diep River & Lake Michelle) & Derek





DID EVERGREEN'S ACCOMPLISHED NEUROSURGEON OPERATE ON HIMSELF?

At the time of writing, Professor Jacques de Villiers is recovering from a neurosurgical operation which he pioneered in South Africa in the late 1960s. In completing a circle that he began, Prof de Villiers had time to reflect on an extraordinary career that began after he matriculated in Klerksdorp, with his undergraduate medical studies at UCT, 4 years as a general practitioner in Swellendam and went on to lecture the first two medical classes at Stellenbosch, subsequent neurosurgical training in London and a scholarship to study in the USA in 1964.

His wife took ill and they returned to South Africa where she died. De Villiers subsequently remarried (him and his wife enjoyed 47 years together before she passed away last year). In 2009 he was awarded the UCT Book prize for his double-volume medical history of the Anglo Boer War. The only one of its kind, 'Healers, Helpers and Hospitals' combines a rich historical thread with stories about the interesting personalities of the war, and draws anecdotally from Prof de Villiers' extraordinary memory and painstaking research – a labour of love that began in 1965. Always active and forever engaged, Prof de Villiers remains an honorary president of the World Federation of Neuro Scientists; he has authored hundreds of Medical papers and documents of local and international interest. Fluent

in Dutch and German (he admits to being a Huguenot who needs more than a little help with his French) he has also translated numerous books and papers. UCT's web site lists him as a living legend: he is the former head of the Department of Neurosurgery at UCT, he was also awarded a Gold Medal by the Simon van der Stel Foundation for his work to start and establish the Cape Medical Museum.

In 2011, he published what he refers to as his 'discards' – stories he collected in researching the Anglo Boer War. "Dwarstrekke, dweper en dokters", which provides a fascinating read. It is after all, the product of an extraordinary mind.

In December 2016, Prof de Villiers in association with two co-workers published a book "Yeoman of the Karoo", the first history of the extraordinary War Hospital at Deelfontein. It abounds in stories.

With so many stories still to share, Evergreen Bergvliet Residents will be looking forward to having Prof JC De Villiers back. Prof has been recuperating in our Care Centre at Evergreen Muizenberg. Get well soon.



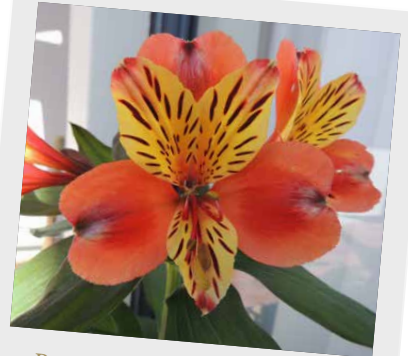
Kalanchoe blossfeldina grown in a pot plant at apartment

Hugh Till - Muizenberg



Agapanthus - Diep River gardens

Kelvin Barry - Diep River



Peruvian Lily taken at Norah Robson's garden

Jim Raubenheimer - Muizenberg



FABULOUSLY FLORAL – OUR 2017 PHOTOGRAPH COMPETITION

Cameras, flowers, shrubs and trees come together in our 2017 competition, so start clicking and sending your pictures and you could enjoy fame and fortune this time next year!

As always, my perennial reminder that we'd like to publish your news, accomplishments, projects, community initiatives and views in our forthcoming newsletters. Please keep sending them to us. I look forward to publishing them next time.

We spoke up-front about getting active and a real commitment to exercise. Let's get smart and get going. You'll get to feel better; and you'll want to start to treat yourself well. Next month we'll be considering that we are what we eat. Fruits and nuts is what we want. And no more couch potatoes. 'Till then,

Derek