

EVERGREEN *News*



DEAR RESIDENTS

Now that we've unpacked our New You focus, we're moving on to celebrate living with joy. Taking joy in all our circumstances acknowledges an inescapable truth. Whatever is meant to happen always does. And because this is so, we must learn that when trouble casts its shadow, it will bring us together. Togetherness lifts our spirits and reminds us that we are loved, cared for and significant. That burdens shared can become burdens spared.

Living with joy – as Evergreen Bergvliet resident, Hermann Poelmann pointed out to me – can be promoted, stimulated and sustained by music. It can also be enjoyed in the company of others and so encourage togetherness and pleasure. Along with positive emotions, music offers us things that bring us joy. Algerian author Yasmina Khadra believes that we sing so we can hear ourselves live, and we know that babies are born with an ability to dance. Music must in some way be a part of the breath of life.

A little later in this newsletter we'll feature Herman Poelmann's music evenings at Bergvliet, which since September of 2013 – have proved so popular that we want to promote them to residents in our other villages.

All this means that as the winter becomes chillier and log fires burn, those who miss the flight of a late afternoon bumble bee may consider its musical counterpart, the interlude by Nicolai Rimsky-Korsakov, to experience the sometime sweet memory of something dear and lost. B.B King or the Beatles may be another's preference, but irrespective, research suggests that music can stimulate the body's natural feel-

good chemicals (like endorphins and oxytocin), it can help energize our mood and even help us work through problems and provide an outlet for us to take control of our feelings. Some music may allow you to sit with a mood, explore it, understand it, but not feel worse from doing so. Other music might help you change a mood, or set a new mood. This can be helpful if it helps you bring your emotions to a healthier space.

Music is an art, entertainment, pleasure, and tonic for the body and soul. Playing music is one of the few activities that involve using the whole brain. Music has surprising benefits not only for improving memory and focusing attention, but also for physical coordination and development. It improves workouts and sit-ins.

Listening to music can reduce chronic pain from a range of painful conditions, by up to 21%, and depression by up to 25%, according to a paper in the UK-based Journal of Advanced Nursing. Listening to just 30 minutes of music every day may significantly reduce high blood pressure. Music aids in recovery from a stroke, promotes relaxation (depending on the tempo), boosts immunity, fights fatigue, promotes memory and concentration. Relaxing music helps you fall asleep.

Arthur Case will miss the pace and freedom of a summer road on his motorcycle, but will no-doubt console himself with some Leonard Cohen and a bottle of the Cape's finest red. I'll leave it to Arthur to chat about the prospect of real winter growth for Evergreen.



GREAT GROWTH PROSPECTS AHEAD FOR EVERGREEN

Evergreen Group CEO: Arthur Case



It's always a pleasure to say 'I love it when a plan comes together' and to consider another milestone met. With the opening of Evergreen at Val de Vie we can look back on a fascinating passage that led two brands to come together in presenting a wonderful new retirement lifestyle option. The new village represents real collaboration and a very promising partnership.

The Val de Vie Estate between Franschhoek and Paarl ranks as South Africa's premier lifestyle estate and is home to outdoor pursuits and indoor pleasures second to none. Here, Evergreen will establish a village, idyllically situated in the Valley of Life, and offering all that the Estate and the Evergreen lifestyle has to offer.

It is for us an exciting proposition and very much on top of an international trend, where golf clubs and major lifestyle estates are adding retirement villages to their grounds in order to leverage established infrastructures, and the beauty and space of the surrounds.

Perhaps it will become the first of many villages in 'out of the way' places, where established communities will have opportunities to live with their parents close by. And those who want to live out of the city will have opportunity to do so in a relaxed and idyllic fashion.

CATERING TO OTHERS' NEEDS COMES NATURALLY TO CHRISTINE DEMPERS

Christine Dempers has been our Village Manager at **Evergreen Bergvliet** for the past three years. Before joining Evergreen she enjoyed a varied, interesting and highly accomplished career, during which, catering to the needs of others has been central to virtually all her professional endeavours.

Christine began her career as an event manager in an international marketing organisation tasked to develop the "Million Dollar" golf tournament at Sun City. From there she opened her own public relations and event management firm which she ran successfully for several years until she and her husband decided to buy and run a hotel in Grahamstown. From Grahamstown, Christine moved to Durban, where she established a public relations consultancy for a large, international advertising agency. Having reared two children, Christine took on the daunting challenge as Club Manager of Kloof Golf and Country Club. "This really tested my management skills and taught me a great deal about customer service," she says knowingly.

The Drakensberg Sun Resort recruited Christine as their executive housekeeper, an experience which has proved invaluable in managing a retirement village. "I believe I have now found my *métier* and thoroughly enjoy the challenge of providing for the needs of our residents. Being in this wonderful and fulfilling environment offers many different challenges and I love what I do every single day!"

EVERGREEN
Know your
Village



POELMANN'S MUSICAL EVENINGS DELIGHT LOYAL FANS

Evergreen Bergvliet resident, Herman Poelmann's music evenings are very popular. They are announced with monthly posters that go up on village notice boards in advance of the 'concerts'.



He carefully selects the music he will present, partly based on requests from residents and partly his own extensive range and eclectic knowledge of music.

The one question Herman is repeatedly asked is "Why do you do this and what keeps you going when the same group of residents support these evenings? His answer is his love of music – which ranges from jazz to classical – and his joy in sharing this with others.

Andrew Lloyd Webber evening

For the forthcoming music evening to be held on Wednesday, 19 July, Herman plans to feature a compilation of music from the shows of Andrew Lloyd Webber held at the Great Hall of the People of Beijing in 2001.

Amongst the performing artists are Elaine Paige, John Mills, Ken Page and a host of other well-known musicians. Come and join the evening and enjoy this delightful musical show. Crisps and peanuts will be provided, but residents and guests should bring their own liquid refreshments.

Bookings can be made with Andréa Abrahams at Bergvliet reception on 021 713 7860 or email her at andreaa@evergreenlifestyle.co.za or with Herman at poelmann@worldonline.co.za

YOU'LL BE AMAZED IF YOU CHAT TO DIEP RIVER'S DR HERMAN RÖHM

You wouldn't imagine that behind his affable and engaging smile, Evergreen Diep River resident Herman Röhm has the mind of an experimental nuclear physicist.

Born in Johannesburg, schooled at Rondebosch, Herman Röhm qualified from Stellenbosch with an MSC in Nuclear Chemistry, and went on to attain a doctorate in Natural Sciences from the Karlsruhe University, West Germany. Herman needed to master German, as his lectures, studies and thesis were all in that language. He laughs when he recalls that he was the only student to be allocated an assistant, such was the breadth and complexity of his thesis.

Herman's admiration for the value that Germany places on education lies in his own experience and career. Herman went on to work for the South African Atomic Energy Board and Eskom, where he was instrumental in establishing Nuclear Siting protocols and practices (determining lead times and design parameters for nuclear installations) to comply with international standards. Herman licensed the country's first Nuclear installation in Koeberg and went on to play an international role in Seismic licensing as Chairman of the International Export Panel, a group of the top Nuclear Scientists in the world. Herman remains a devoted husband and father and ranks his men's prayer and Bible studies group meetings as his main interest and of greater importance (by far) than his pioneering work in a key strategic sector.



Village Life

A MONTH OF SPECIAL MOMENTS, MUSIC AND MAYHEM TO REMEMBER



EVERGREEN LAKE MICHELLE RESIDENTS OUTING TO CAPE MALAY QUARTER IN BO-KAAP

Article written by Gael Culhane

On a bright sunny day on the 18th May a group of Lake Michelle Evergreen residents were privileged to experience a short walking tour of Bo-Kaap guided by a very knowledgeable resident, Brian Aldridge. Brian has had a life-long interest in the area and the Cape Malay culture, and provided the history and personal anecdotes from his friendships with many of the colourful characters.

We began on Signal Hill at one of the revered kramats (burial place or grave) and the explanation on the Muslim culture and the custom of honouring holy men who have passed on. From there we moved on to the cobbled streets and brightly coloured homes of the Bo-Kaap and walked around the friendly neighbourhood, perched above the bustling high rise empires of another world. The sound of the

traditional horn from the snoek sellers merged with the distant traffic sounds of the city. Being World Museum Day we gained free access to the small museum and an insight into the early days along with a feel of what the current homes are like inside. Of course no alcohol was served in observance of local culture. After stocking up on amazing spices at Atlas Trading Company we relaxed at the local traditional restaurant, Biesmallah, for a three course meal of Cape Malay delights.

Evergreen Muizenberg

On 24 May Alma Swanepoel, a resident living on the 3rd floor of the north side of the apartments, decided to do something different, she organised a **corridor party**. Alma made dinner and everyone brought their own drinks and fun was had by all. What a way to make new friends.



Alma Swanepoel



From Left to Right - Alma Swanepoel, Anne McLaren, Wilhelm & Hazel Sahler, Paul & Audrey Selby, James Davidson, Rae Graham, Pieter & Annaleen Erasmus & Lydia Smith

Mad Hatter's Tea Party -

held on 25 May at the Lifestyle Centre; 56 residents enjoyed a bring a platter and share afternoon tea. Winners were treated to wine, chocolates or a beauty voucher. The event was organized by Stephanie de Haas, John Morgan and Mike Connolly.



Winners: Keith and Denise Elkin, Sophia McKellar, Liz Kinman.



Joan Jackson

Evergreen Diep River

Slipper Day was celebrated on 14 May 2017 - Marie Heugh with her lovely hand knitted slippers with Lisa Poswell. Residents were treated to an afternoon tea with delicious cakes and tarts in the Bistro.

Marie Heugh & Lisa Poswell
celebrate Slipper Day on 14 May



Braai Maestros - Thanks to our two dedicated braai maestros Oscar Albrecht and Clive Whitson who always see to our Saturday evening braai. No matter what the weather brings, they supply all our Residents with delicious braai meat where everyone brings and shares.

Diep River Saturday night braai evenings with Oscar and Clive



Evergreen Bergvliet

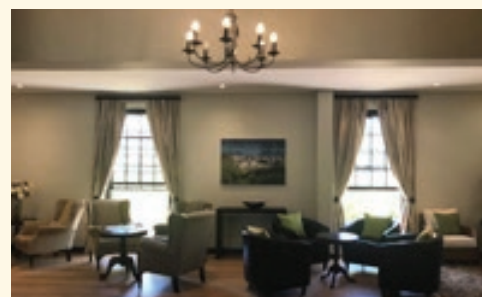
A Western themed dinner took place on Friday, 26 May, in the newly renovated clubhouse. 33 Residents enjoyed a choice of saucy barbeque ribs or southern fried chicken! Hee haa!!"



Lyn Law, Paddy Fordyce & Don Campbell



Extension to clubhouse



FABULOUSLY FLORA – OUR 2017 PHOTOGRAPH COMPETITION

The subjects and results of the Fabulously Flora pictures we have received continue to amaze us, presenting a major challenge to our judge. Once again, the latest entries are on top of the stem (or is it hedge?)



*Hibiscus taken by
Kelvin Barry of Diep River*

Kelvin Barry - Diep River



*Hybrid Arum taken by Vernon
Sutherland of Muizenberg*

Vernon Sutherland - Muizenberg



*Just Joey grown by Sue Beele of
Muizenberg*

Sue Beele - Muizenberg

Happy Fathers' Day to all dads on the 18th June. Fathers play a huge role in Evergreen villages and so it is fitting that we spend this day together honouring them and celebrating fatherhood, paternal bonds, and their influence in society.

Meanwhile, as we move ahead into 'winter beater' mode, let's remember to sing, dance or whistle our way through the blues, as we enjoy the manifold benefits of music.

Derek