

# NEWSLETTER

## WHAT'S HAPPENING

*"Pretty women wonder where my secret lies. I'm not cute or built to suit a fashion model's size but when I start telling them, they think it's lies. I say, it's in the reach of my arms, the span of my hips, the stride of my step, the curl of my lips, I'm a woman phenomenally. Phenomenal woman, that's me."*

MAYA ANGELOU

Dear Residents,

I hope you've all had a good week and have made the most of the rain-free days and warm sunshine, especially over the past two days.

As most of you would have seen by now, the refurbishment work on the Clubhouse started this week and the team is all settled in our temporary home at House 24.

Although some of our activities have been displaced, very few have had to be put on hold, and with the sun rising earlier and the days getting warmer, I am sure if we get creative we can start planning get-togethers on the lawn in a few weeks.

Thank you to everyone who supported the first social dinner at Lime Tree Café. I have only had good feedback and I believe there are plans to add even more to this arrangement.

This past week we successfully hosted two exercise classes and a wine tasting in House 24 so it is truly business as usual...ish".

In kicking off National Women's Month and celebrating all the moms, grandmothers, sisters, wives, and daughters in our lives we have focused on the ladies in this week's What's Happening.

In "Health and Wellness" we tackle those pesky dark marks that seem to appear as we age, and in a special section called "Women's Month" you can read more about 10 Inspiring South African Women making their mark in and around our country - and the World. Whether a singer, a surgeon, or even a fighter pilot, these ladies are showing that if you possess grit and determination, nothing should stand in your way of obtaining the success you so richly deserve.

In "What's Cooking" we make a good old Durban Curry with another South African icon and the doyenne of South African cooking, Ina Paarman.

In this week's "Book Club", we're keeping the feminine theme and have chosen 3 lady authors whose stories will thrill and entertain in equal measures.

Wishing you all a wonderful weekend.

Regards

Riaan and the Evergreen Team

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# IT'S A CELEBRATION

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*"The more you praise and celebrate your life, the more there is in life to celebrate". — Oprah Winfrey*

## BIRTHDAYS

**8 AUGUST**

TRULA HUMAN – House 45

**9 AUGUST**

HANS HAMMEL – Apartment 111

**11 AUGUST**

PADDY HAWTHORN – HOUSE 70

## ANNIVERSARIES

**14 AUGUST**

MARGARET & ALAN BAXTER – House 14

ALISON & IAN MCDONALD – House 18

# ACTIVITIES & EVENTS

*For more information on any events or activities kindly  
contact Reception on ext. 3200*

<b>MON</b> 7 AUG	11h30 HOUSE 24 <b>ANTI-AGING</b>	14h30 MEADOWRIDGE BOWLS CLUB <b>CANASTA</b>	
<b>TUE</b> 8 AUG		14h00 HOUSE 24 <b>SCRABBLE</b>	
<b>WED</b> 9 AUG	11h30 HOUSE 24 <b>ANTI-AGING</b>		
<b>THUR</b> 10 AUG		14h00 <b>ART CLASSES</b>	
<b>FRI</b> 11 AUG			
<b>SAT</b> 12 AUG		10h00 CLUBHOUSE LAWN <b>BOULE</b>	
<b>SUN</b> 13 AUG			

# ACTIVITIES & EVENTS



## EVERGREEN LIFESTYLE RWC PREDICTOR

As we eagerly await the Rugby World Cup in September, it is only natural that South Africans will take more interest in the Springbok games but with a whole tournament to cover, I thought we could inject a little friendly competitiveness as the tournament progresses.

For those who have heard of, or played SUPERBRU, this will be very similar. The more players we get, the more interesting it becomes. Below is a short introduction on how it will work. It is very simple and you don't have to be an expert to play or to do well.

### HOW IT WORKS?

A prediction sheet will be issued per player on which predictions are made per match. Submit your predictions at reception or by email. You don't need to predict all outcomes at once, as long as you get the pick for each game in by the start of play or as communicated for games over weekends.

### HOW DO I PREDICT?

This is very simple. All you need to predict is:

- The outcome of the game. "Who you think will win."
- By what margin you think your team will win, or draw.



### RESULTS

Each week will be seen as a 'Round' and an official update will be shared on the Monday after each round. The Player with the highest score for the round will be announced as the 'Player Of The Round' each week. Should there be a tie at the end of the tournament, the player who has won the most "Player Of The Round" awards will be announced as the Ultimate Winner.

### HOW DOES THE SCORING WORK?

Points will be allocated to each player as follows:

- 5 POINTS for a correct winner predicted.
- 3 POINTS for a winning margin of 5 points or less of the prediction.
- 1 POINT for a winning margin of 10 points of the prediction.
- 1 BONUS POINT for an exact prediction.

If you are interested in participating or have any questions or suggestions on how to make it even more fun, please contact me directly on [riaang@evergreenlifestyle.co.za](mailto:riaang@evergreenlifestyle.co.za). | Results will be shared on notice boards and also on Whatsapp - please indicate if you would like to be part of the Whatsapp group. This will only be to update results and an administrated group to be deleted post-tournament. An entry fee of R50 per player will be charged and can be paid at reception. All funds will go directly to the winning prizes. One overall winner and a 'Best in Village' player will be announced after the final game.



# HEALTH & WELLNESS



## DITCH YOUR DARK MARKS

ARTICLE BY: DICHEM MAGAZINE

**Summer is certainly the season for showing off your skin. Longer days and sweltering temperatures call for shorts, short or sleeveless tops and, for the ladies, naturally less make-up. With more of your skin showing you might notice some areas of discolouration on your face and body. There's a name for those dark spots and uneven patches of skin and you're not the only one who has them.**

**Hyperpigmentation is the umbrella term used to describe areas of skin that become darker due to excess production of melanin – the pigment that gives skin its colour. It occurs most often in people with medium to dark skin tones but just about everyone, regardless of skin colour, can be affected by areas of uneven tone.**

**While skin discolouration of this kind is usually quite harmless, you may feel self-conscious of brown shadows on your face or blemishes on your body that stand out against your natural colouring. There is no need to fret. We're breaking down everything you need to know about hyperpigmentation and how to stop dark marks from getting in the way of putting your best face forward.**

### WHY IT HAPPENS

Your body starts to produce more melanin for various reasons: excessive sun exposure, fluctuating hormones, as a response to medication and even the way the skin heals after injury.

To help dark marks fade, and prevent them from coming back, you'll need to be able to identify the type of hyperpigmentation affecting your skin so that you can seek out the best treatment and adjust your daily habits, too.

### WHAT TO LOOK OUT FOR:

#### Age Spots

Sometimes called sunspots, these marks appear as freckles on areas of your body most frequently exposed to the sun, such as the face, hands, neck and shoulders. While sunlight is essential to good health, catching too much sun for lengthy periods of time will cause the skin to produce more pigment to protect itself.

#### Melasma

Most commonly known as the 'mask of pregnancy', melasma refers to patches that are brown or almost grey in colour. These patches often show up on the face, cheeks and forehead and even the arms and stomach. It is thought to be triggered by fluctuation in hormone levels coupled with sun exposure. The condition will usually fade away after pregnancy or once you stop taking contraception (basically once your hormones balance out again). In some cases, however, melasma can persist for years.

#### Post Inflammatory Hyperpigmentation

There's a reason you were told not to pick at pimples and why you shouldn't scratch skin affected by eczema or dermatitis. As the name suggests, this type of hyperpigmentation occurs because of skin healing from inflammation. Repeatedly rubbing at scabs on your skin while it is trying to heal from injury, the more likely it is that the healing process will leave behind dark spots where cuts, pimples, or scrapes used to be. It can occur anywhere on the body and, much like age spots, is made worse by exposure to sunlight.

### WHAT YOU CAN DO TO HELP EVEN OUT YOUR SKIN TONE

Sun exposure is the most common trigger of hyperpigmentation, so it is best to avoid the outdoors between 10am and 2pm. You should also wear a broad-spectrum sunscreen with a sun protection factor of at least 30 and reapply as often as needed throughout the day to guard against both UVA and UVB rays.

For smaller areas of hyperpigmentation, such as sunspots and post inflammatory hyperpigmentation it is recommended that you incorporate resurfacing exfoliators such as alpha-hydroxy acids (glycolic acid, lactic acid and kojic acid) to gently slough off old cells and make way for healthy new ones. To help fade existing marks, reach for moisturisers and serums that contain holy grail brighteners like niacinamide and vitamin C.



Stubborn patches of discolouration that have been left untreated and which may have settled into the deeper layers of the skin will require more concentrated topical creams. Your dermatologist can prescribe a mixture containing skin lightener hydroquinone in a controlled dosage to help treat severe cases of melasma. The doctor can also prescribe a milder topical treatment to help maintain your appearance once the dark marks have been banished.

You might also consider treatments such as chemical peels and microdermabrasion which remove the top layer of the skin. After a few sessions the dark patches will be removed while boosting new cell turnover for smoother, clearer, blemish-free skin. Speak to the experienced beauty therapist at the Skin Strategy Salon instore at Dischem for advice and book an appointment for a facial to treat hyperpigmentation.

### A FEW THINGS TO KEEP IN MIND WHEN TREATING HYPERPIGMENTATION

The frequency and effectiveness of both over-the-counter and professional treatments depends on your individual needs. What works for one person may not work for another. This is especially true of treatments which contain a stronger concentration of lighteners and acids as these ingredients can agitate skin that is sensitive and more prone to breakouts. In an effort to find a quick fix you may be tempted to try to bleach your skin (even the areas that aren't affected by excess pigment) in order to become a shade or two paler than your natural skin tone. When choosing skin care products to treat pigmentation concerns take special care to only use formulations that are backed by solid research and testing. The last thing you want to do is alter your skin colour entirely. Your natural colour will always return and often hyperpigmentation will go on to resolve itself, given enough time.

Even when you do everything right, your skin can still react adversely to professional treatments. Post inflammatory hyperpigmentation often happens as a response to ingredients designed to even out skin tone. For this reason, it is best to tread lightly when targeting marks that lie within the deeper layers of the skin.

### THE TAKEAWAY

Hyperpigmentation is nothing to be ashamed of – almost everyone will experience some form of discolouration as a result of daily life. There are many factors that can trigger overproduction of melanin, some of which are beyond your control, such as genetics, hormonal fluctuations, and certain medications. But you can control how you take care of your skin once dark marks start to appear. Protect your skin against sun damage by applying broad spectrum sunscreen daily, ensure your skin care regimen contains ingredients that gently exfoliate and brighten the skin and avoid any skin lightening products that have not been prescribed by a dermatologist. When it comes to your skin, small but consistent changes most often yield the best results.

# WOMEN'S MONTH



She unequivocally believed in the power of women to change South Africa and at the FEDSAW inaugural conference, Ngoyi asked her audience as to why they “have heard of men shaking in their trousers, but who ever heard of a woman shaking in her skirt?”

## HELEN SUZMEN

An anti-apartheid, human rights activist and politician who pursued racial and gender equality. She was the founding member of the Progressive Party. For 13 years she was the only consistent voice in parliament to uncompromisingly oppose all apartheid legislation. During this time, she made 885 speeches and posed 2262 questions. As a result, she was accused by politicians of embarrassing South Africa overseas. Her bold reply was, “It is not my questions that embarrass South Africa; it is your answers.”

## WOMEN TO CELEBRATE: 10 INSPIRING SOUTH AFRICAN WOMEN

ARTICLE BY: SACAP

**This month we celebrate the many inspiring South African women and the changes that they have enabled. These ten strong, courageous women are shining beacons; making a difference in their fields and opening up new doors for other women to step through.**

### LILLIAN NGOYI

Known as “the Mother of Black Resistance”, was a powerful anti-apartheid public speaker who focused on women’s rights and the emancipation of black women in South Africa. She was the first woman elected to the ANC Executive Committee and also served as President of the ANC Women’s League. In 1956 Lilian became president of The Federation of South African Women (FEDSAW) which she had helped to form. In addition, the same year she helped lead 20 000 women in protest against the inclusion of women in pass laws.



### MIRIAM MAKEBA

Also known as “Mama Africa”, and “the Empress of African Song”, Miriam was a South African singer and human rights campaigner who was in exile for 31 years. She sung in Xhosa, Zulu, Sotho and English. She was the first African recording artist to win a Grammy. Mama Africa stood up against Apartheid by using her music to sing about her life and her fellow South African’s experiences. Post-Apartheid, she became a South African United Nations Goodwill Ambassador. And through her foundation, championed HIV/AIDs awareness, drug abuse and provided a home for abused and destitute girls. She believed that, “Girls are the future mothers of our society, and it is important that we focus on their well-being.”



### DR PREGALUXMI GOVENDER

Dr Pregaluxmi (Pregs) Govender is a feminist human rights activist who was the second South African Human Rights Commissioner. As a Member of Parliament and Chair of Parliament's Women's Committee, she was particularly instrumental in advancing South African women's rights and initiated the Women's Budget which has had an impact on budgets globally. She advocates that "Our rights are indivisible, inter-dependent and equal. It is time to use all the power we have, wherever we are, to assert women's rights as human rights."



### PROFESSOR THULISILE MADONSELA

Professor Thulisile (Thuli) Madonsela, was the Public Protector (2009 – 2016) who is currently the Law Trust Chair, Social Justice Research at Stellenbosch University. As a lifelong activist, she has championed social justice, rule of law and good governance. She was one of the South African Constitution drafters and co-architect of democracy promotion and protection laws, such as The Promotion of Equality. A symbol of justice and courage, described as having had power that was only used for what was good and right, Professor Thulisile believes that: 'It's vital that every girl determines, as early as possible, who she is and what her contribution to humanity will be.'



### NICKY NEWTON-KING

The first woman to have run Africa's biggest stock exchange, the Johannesburg Stock Exchange (JSE), in its 125-year history. She has been instrumental in writing regulatory legislation, like the Insider Trading Act. She is an outspoken advocate for the promotion of women's roles in business and within society. Her reflective advice is that: "For most of my life I knew about women who worked hard. From negotiating prices to dinner table conversations – there was no barrier for women. Women could do anything: They had a place at the table. You have to earn that place – Study hard, work hard and put up your hand."

### PROFESSOR MAMOKGETHI PHAKENG

Named the most influential woman in academics, Professor Mamokgethi Phakeng is the vice-chancellor of the University of Cape Town. She is the first South African black woman to have a PHD in Mathematical Education and is the founder of the Non-Profit Organisation, Adopt-a-learner, which supports learners who require financial assistance. Passionate about the difference women can make and the opportunities afforded to them, she believes that: "We women in leadership need to be mindful that we are [doing this] not just for ourselves but for the women who come after us. So, let's get on and do it boldly."





#### **DR ELMI MULLER**

A general surgeon and activist, Dr Elmi Muller is changing organ transplant practices across the world and advocating for change over making do with situations. As an organ transplant pioneer, she risked her career in 2008 to perform the first HIV-to-HIV transplant. She champions the promotion of organ transplants, specifically, in Africa and developing countries. Noted as someone who: Bends the rules, changes guidelines and makes history; she highlights that “You can have success, but not happiness without significance or meaning”.



#### **DR MOSADI MOHAKO**

The first black woman to qualify at Stellenbosch University as a plastic surgeon, Dr Mosadi Mahoko's passion is cleft lip and palate reconstruction surgery. She received the Jack Penn medal award for the best final plastic surgery results in South Africa. It is only the second time this award has been given in 25 years. Reflecting on her achievement she said: “If you hunker down, study the work and are passionate about the work you do, you'll be successful.”



#### **MAJOR MANDISA NOMCEBO MFEKA**

She is the first black woman to be a South African Combat Fighter Pilot Major Mandisa Nomcebo Mfeka is blazing a new path for women and girls. She is the first black woman to be a South African Combat Fighter Pilot. In partnership with the UN, she protects the South African borders. If a potential threat arises, she is one of the first to investigate and, if need be, engage the enemy. Her advice is: “When you set a goal, and you follow it with a plan, eventually, you start attracting the scenarios that enable you to get closer to that goal. Before you know it, you achieve what you set out.”

# WHAT'S COOKING



## DURBAN LAMB NECK CURRY

RECIPE BY: INA PAARMAN

**This dish was a real hit with all the men! The flavour of lamb compliments our Durban Curry to perfection. Also good with beef chuck.**

### YOU WILL NEED

- 2 whole lamb necks, each cut lengthwise into 2 pieces
- Ina Paarman's Garlic Pepper Seasoning
- 1 onion, cut into quarters
- 1 whole head of garlic, cut in half through the waist
- 2 sprigs of fresh rosemary
- 1 ½ cups (375 ml) water
- 2 T (30 ml) Ina Paarman's Beef Flavour Stock Powder
- 1 x 250 ml Ina Paarman's Durban Curry Cook In Sauce

### METHOD

Adjust the oven rack to one slot below the middle position and preheat the oven to 160°C, or cook on the stove top.

Place meat (seasoned lightly with Garlic Pepper Seasoning) into a heavy oval casserole dish with a lid. Add onion, garlic, rosemary, water and Stock Powder. Before putting the lid on the casserole/pot cover the meat with baking paper making a 'false lid' right on top of the meat to prevent excessive evaporation. Now cover with the regular lid.

Bake for 2 hours until very tender or simmer slowly on top of the stove.

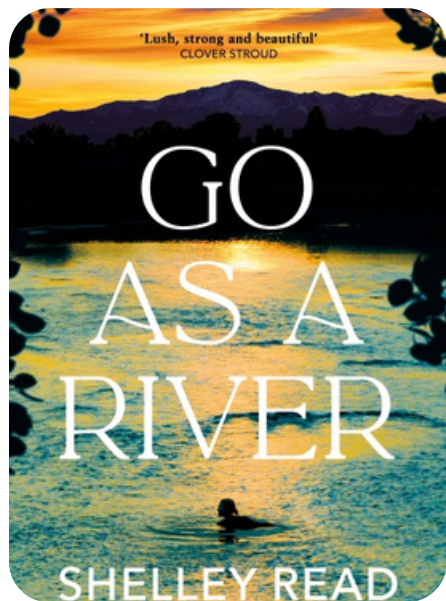
Ideal done the day before. Next day, remove any excess fat.

Add Curry Sauce, stir and finish cooking for a final 10 minutes with lid off.

**Click [here](#) to read more about Ina Paarman**



# BOOK CLUB



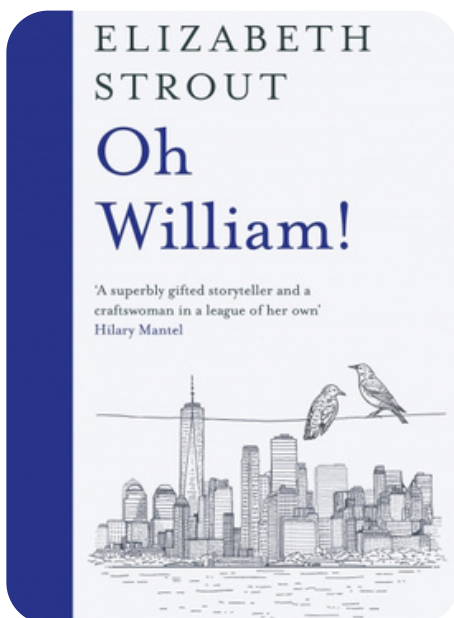
## GO AS A RIVER, BY SHELLEY READ

For fans of *WHERE THE CRAWDADS SING*, *GREAT CIRCLE*: lush, immersive, soaring tale of a young woman's journey to becoming, of love and loss, home and resilience, and finding those where least expected, and a breathtaking exploration of our connection to nature

'Shelley Read's lyrical voice is a force of nature and when she lends it to a woman leading a hardscrabble life in rural Colorado, the result is tragic, uplifting and completely unforgettable' - BONNIE GARMUS, author of *LESSONS IN CHEMISTRY*

'A beautiful, compassion-filled debut' - DAILY MAIL

'A compelling tale of love and a heroine fighting back' - PATRICK GALE



## OH WILLIAM!, BY ELIZABETH STROUT

An exquisite new novel by the Pulitzer Prize-winning, Number One New York Times bestselling author of *My Name is Lucy Barton*. Lucy Barton is a successful writer living in New York, navigating the second half of her life as a recent widow and parent to two adult daughters. A surprise encounter leads her to reconnect with William, her first husband - and longtime, on-again-off-again friend and confidante. Recalling their college years, the birth of their daughters, the painful dissolution of their marriage, and the lives they built with other people, Strout weaves a portrait, stunning in its subtlety, of a decades-long partnership. *Oh William!* is a luminous novel about the myriad mysteries that make up a marriage, about discovering family secrets, late in life, that rearrange everything we think we know about those closest to us, and the way people continue to live and love, against all odds. At the heart of this story is the unforgettable, indomitable voice of Lucy Barton, who once again offers a profound, lasting reflection on the mystery of existence. 'This is the way of life,' Lucy says. 'The many things we do not know until it is too late.'



## GIRL, GODDESS, QUEEN, BY BEA FITZGERALD

The feminist myths of Madeline Miller meet the #spice of Sarah J. Maas (with a hefty slice of *Bridgerton*'s sexy, witty banter) in this fierce, fresh and enormously fun YA fantasy retelling from a growing TikTok superstar. To hell with love, this goddess has other plans... Thousands of years ago, the gods told a lie: how Persephone was a pawn in the politics of other gods. How Hades kidnapped Persephone to be his bride. How her mother, Demeter, was so distraught she caused the Earth to start dying. The real story is much more interesting.

Persephone wasn't taken to hell: she jumped. There was no way she was going to be married off to some smug god more in love with himself than her. Now all she has to do is convince the Underworld's annoyingly sexy, arrogant and frankly rude ruler, Hades, to fall in line with her plan. A plan that will shake Mount Olympus to its very core. But consequences can be deadly, especially when you're already in hell...