

NEWSLETTER

WHAT'S HAPPENING

*"We must free ourselves of the hope that the sea will ever rest.
We must learn to sail in high winds."*

ARISTOTLE ONASSIS

Dear Residents,

I hope you've all had a good week and that you are looking forward to the weekend as much as I am. My excitement however is possibly due to the massively important and very much anticipated rugby match between South Africa and Ireland tomorrow night.

Thank you to everyone who booked for the dinner before the match. As advertised, tomorrow night will see us celebrate Heritage Day a day early, and where we will host just short of 30 residents at the braai.

Unfortunately, the weather has not been overly "spring-like" this month and next week we step into October with more of the same. My mother always told us to never put away our winter clothes before the middle of October, and she definitely got it spot on this year!

On the Event pages, you will also see that we will be hosting another Bingo Evening on the 25th, a Music evening on the 4th of October, and the monthly SWIGS get-together on the 5th.

Our temporary lounge in House 24 has been pushed to its limits but it is working extremely well. Thank you to everyone who is helping to arrange and host events, and to everyone who attends. You have all done amazing work to keep our social calendar nice and busy come wind or rain, and all without a Clubhouse!

In this week's newsletter, we're keeping to the Heritage theme where possible.

In "What's Cooking" Food24 had readers vote for their top local dessert and in "Bottoms Up" read more about how the Western Cape and South Africa took top honours in producing the World's Best Brandy.

In "Health & Wellness" you can read more on a somewhat sensitive topic - Dementia - and what we can do to try and be a little more accommodating to those around us who are affected.

In "Making Headlines" we share interesting articles on two 'problematic' topics - electricity supply and the national housing crisis, and how Cape Town and the Western Cape are leading the way in addressing these serious issues we face in South Africa. A positive reminder that we live in the best province in the most beautiful country in the world.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

Health & Wellness

What those living with dementia want people to know

What's Cooking

What is SA's favourite dessert?

Bottoms Up

Brandy from Stellenbosch wins World's Best for the second time this year

Making Headlines

Cape Town starts wheeling electricity for the first time in big move to end load shedding

Cape Town NPO aims to end national housing crisis with new design

IT'S A CELEBRATION

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

BIRTHDAYS

25 SEPTEMBER

MERLE TRIMINGHAM – Apartment 108

27 SEPTEMBER

PENNY MAREK – Apartment 9

28 SEPTEMBER

ROY SIEGFRIED – House 50

29 SEPTEMBER

Gael Foster – House 48



ACTIVITIES & EVENTS

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

MON 25 SEPT	11h30 HOUSE 24 AGELESS GRACE CLASS	14h30 HOUSE 24 CANASTA	
TUE 26 SEPT		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 27 SEPT	11h30 HOUSE 24 AGELESS GRACE CLASS	15h30 HOUSE 24 Private Function	
THUR 28 SEPT		14h00 ART CLASSES	
FRI 29 SEPT			18h45 HOUSE 24 BINGO NIGHT
SAT 30 SEPT		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
SUN 1 OCT		CLUBHOUSE LAWN BOULE	21h00 HOUSE 24 RWC SOUTH AFRICA VS TONGA

ACTIVITIES & EVENTS

CANASTA

On Monday, 25th September, Canasta will be held in House 24 and not at the Meadowridge Bowls Club.

Please note numbers are limited

For more information contact
Jacky Orton on Ext. 3031



RSVP AT
RECEPTION OR ON
EXT. 3200

ACTIVITIES & EVENTS

BINGO NIGHT

FRI DAY | 29 | SEPT
2023

18H45
HOUSE 24

**Book at
Reception or on
Ext. 3200**

PLEASE NOTE:
There will be no
catering due to
venue constraints but
you are welcome to
bring your own
snacks and drinks.

ACTIVITIES & EVENTS

Music Evening

4 OCTOBER | 19H00

PROGRAMME

BRAHMS VIOLIN CONCERTO D MAJOR

Violinist Janine Jansen

Conductor Haiting

Chamber Orchestra of Europe 2018

CARMEN SUITE Nr 2

Conductor Anja Bihlmair

City of Birmingham Orchestra

BORODIN PRINCE IGOR POLOVTSIAN DANCES

Conductor Andrzej Kuzybala (2015)

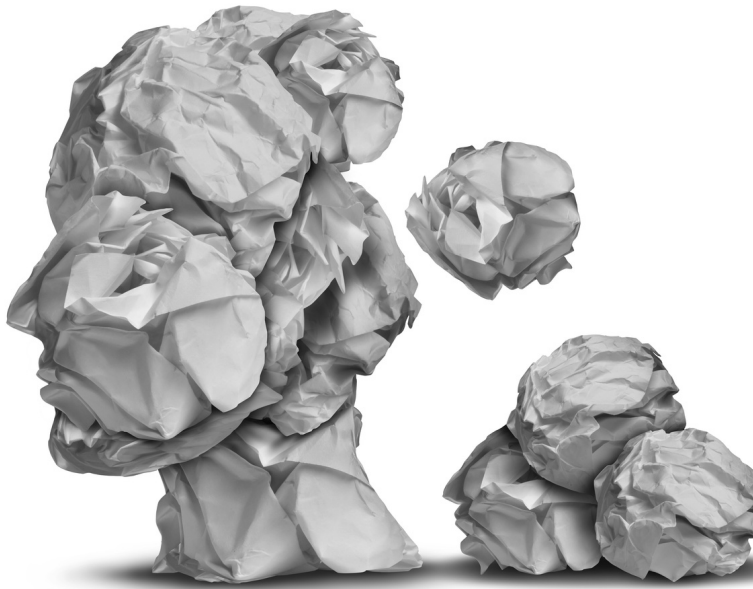
Polish Nationwide Music Schools Symphonic
Orchestra competitions

KHACHATURIAN ADAGIO OF SPARTACUS
AND PHRYGIA

Conductor P Kogan (2021)

Moscow State Symphony Orchestra

RSVP AT RECEPTION OR ON EXT. 3200



WHAT THOSE LIVING WITH DEMENTIA WANT PEOPLE TO KNOW

ARTICLE BY: BBC.COM

Across southern Africa, nearly 300,000 people were estimated to suffer from dementia in 2019, according to The Lancet Public Health journal. Across the UK, 850,000 people are living with dementia – and soon, if predictions are correct, there will be a million. Here, some of them, and their families, share their tips for living with the condition, how to talk to people with dementia, and how they have learned to adjust to their changing brains.

DON'T TALK DOWN

Tommy Dunne, who has Alzheimer's disease, says: "If someone said to me, 'How would you communicate with a person with dementia?', I'd say the first thing you want to do is talk to the person, not the dementia.

"The second thing you want to do is get down to the person's level – if the person is sitting on the couch, don't stand over them and talk down, get down to the person's level, maintain eye contact.

SPEAK IN SHORT SENTENCES

"Don't ask multiple questions at once – you know like, 'Who, what, why, where and when?' all in the one question – because we can't process that.

"Think about the questions you're asking – don't ask, start a question by saying, 'Do you remember?'

"A lot of people aren't comfortable with silence, so they'll start saying something instead. "If a carer is with you, they start talking for the person with dementia because they don't like that silence, so they don't want the person with dementia to be embarrassed, so they'll answer the question for them. "And what happens then is if we don't use it, we lose it. So if we're not answering the questions ourselves, we lose the ability to answer for ourselves and end up going further and further into ourselves."

GET ORGANISED

"My top tip to cope is to have a diary," Dreane Williams, who has vascular dementia, says.

"Also, with telephone numbers, I've got a photograph of the person or place saved with the telephone number.

"So with the doctor's surgery, I've got a photograph of the surgery.

"That helps me an awful lot.

"I've got a special clock that is quite big and shows me the time, date, day, and year because sometimes I haven't got a clue what day it is or what month it is."

Paul Hitchmough, who also has Alzheimer's, says: "Living alone, you get into a routine.

"I have a checklist on the door – keys, money, credit card, glasses, everything that I need.

"I've got a bus app, so I know the times of the buses.

"I have a set routine and I write everything down anyway.

"All the things you can't remember, you need to make lists and you need to prompt yourself to look at these lists as well."

DON'T GIVE UP HOPE

"My top tip for people that have just recently been diagnosed is don't live your life in fear," Tommy says.

"Don't sit on the couch and vegetate.

"Peer support is so important because we're the only people that can truly have empathy about what it's like to actually live with dementia.

"Join groups of your peers, talk to your peers, learn from your peers, listen to your peers, and in years to come, you teach your fellow peers who are going to be diagnosed what you've learnt because you're the best teacher of what it's like to live with dementia."

Paul says: "When people get diagnosed with dementia, they need to get help as soon as possible.

"They don't need to sit in an armchair and look at television all day, because they're just going to go downhill.

"They need to get out and about.

"They need to understand it's not the end of the world.

"There is hope - you're not going to die tomorrow.

"You carry on with your life and do the best you can."

ASK FOR HELP

Christine, who cares for her husband, Gilly, says: "When we got the final diagnosis, nobody told me the parts of the brain that were affected, until probably three years later.

"So I had no idea why Gilly was so angry and why he couldn't make a decision.

"He used to be very loving and he wasn't anymore - he wouldn't hold my hand, there was no empathy.

"Then we saw a psychiatrist and he explained to me that the sections of the brain where the brain cells had died, they were in the parts of the brain that affected decision-making and empathy.

"And it was just like somebody had shone a light on our lives - I wish they'd have told me that before.

"If I was giving advice to other carers, I'd say find out what services are in your area and take advantage of them - sign up to everything.

"Fill your lives with positive things - get a really good group of friends around you who can cope, because some people can't cope with dementia.

"And don't be afraid to ask for help, because I wasn't very good at asking for help.

"You've got to look after yourself as well, because if you don't look after yourself, who's going to look after the person that you love and care for?"

MAKE LIFE EASIER

Marion says: "My dementia is a funny name but we call it PCA [posterior cortical atrophy].

"It affects my vision and my spatial awareness.

"I have yellow painted on the doorframes - and that helps me so I know where I am.

"Everything was painted white before - and if everything is white, for me, I don't know where the door stops and the wall starts.

"The colour yellow stands out very well.

"This makes me stay in my house and be independent, which I really want to do."

KEEP SMILING

"Just because I've got dementia, doesn't mean I've lost all my faculties or anything - it's not the case," Chris, 45, who has familial Alzheimer's disease, says.

"You've got to smile - live life as you can, when you can."

Tommy says: "I am still me, even though I've got dementia.

"I've got dementia, dementia hasn't got me - that's one of the greatest sayings we use, you know."

WHAT'S COOKING



haven't yet discovered that any Heritage Day celebration is that much sweeter with a sweet ending, we hope this article will inspire you to whip out your baking trays, don your aprons, and get cooking and baking with us.

HOMEMADE IS WHERE THE HEART IS

Where we weren't disappointed is with the number of South Africans who believe homemade just tastes better. We wholeheartedly agree with the 90% of our community who said they prefer homemade desserts over store-bought.

We're also proud to see that only 3% of the Food24 community said they "never" have dessert after family lunch – 40% are on the right track, sharing that they "always" have dessert, while the majority (57%) are more balanced eaters, saying that they "sometimes" have dessert. We hear you ... everything in moderation, right?

PEPPERMINT CRISP TART LEADS THE WAY ... BUT ONLY JUST

So, when you are making and eating dessert, what are you enjoying? Again, some surprises lay in store. While this Peppermint Crisp tart remains Food24's most viewed recipe, it seems many of you are ready to try something new, with only 44% voting Peppermint Crisp tart as the ultimate dessert. Koeksisters came a close second (with 41% of the vote), even more closely followed by trifle (39%). Also earning some points were malva pudding (31%) and milk tart (21%).

WHAT IS SA'S FAVOURITE DESSERT?

RECIPE BY: FOOD₂₄

With Heritage Day around the corner, we had to know with which dessert South Africans will be rounding off their celebrations.

At Food24, we're always looking for an excuse to dig into a sweet treat, and Heritage Day is no exception. But we had to know we're not alone. So, we asked you, the Food24 community, if dessert plays as big a role in your Heritage Day celebrations. And, we must admit, the answer was more ambivalent than we'd expected, with only 59% saying yes. 59%! What is the world coming to, we exclaimed! But for those of you who



Click [here](#) for Food24's Peppermint Crisp tart recipe

BOTTOMS UP



BRANDY FROM STELLENBOSCH WINS WORLD'S BEST FOR THE SECOND TIME THIS YEAR

ARTICLE BY: CAPETOWN{ETC}

Van Ryn's has once again clinched the title of World's Best Brandy Trophy, marking the second triumph in just four months.

This time, the honour went to Van Ryn's 12-year-old potstill brandy, which earned the coveted distinction for brandies aged 11 years and older at the 2023 International Spirits Challenge held in London.

The International Spirits Challenge stands as one of the foremost spirits awards ceremonies globally, known for its rigorous blind tastings. A distinguished panel of industry experts evaluates brandies from across the globe, making this recognition a testament to Van Ryn's exceptional craftsmanship.

In May, Van Ryn's 15-year-old potstill brandy seized the title of World's Best Wine Brandy at the 2023 World Brandy Awards, also hosted in London. This victory was a resounding win over formidable competitors from France, the United States, Australia and South Africa's leading brandy producers.

Van Ryn's brandies are crafted at its Stellenbosch distillery, adhering to the traditional French Cognac methods. These brandies are born from wine grapes, double-distilled in copper potstills and aged in oak barrels without any additives or preservatives. The stringent French regulations dictate that only brandy produced within the Cognac region can bear its name.

Marlene Bester, the master blender at Van Ryn's, highlights that while their production methods resemble those of Cognac, their brandies possess a distinctive South African signature flavour.

She notes, 'The warm South African climate lends itself to creating brandies with a fruity character, balanced acidity and complexity – it's like sunshine in a bottle! Our brandies are smooth, refined and lingering, earning us the reputation as one of the world's leading fine brandy houses.' Bester expressed her immense pride in achieving two World's Best titles in a single year, emphasising that crafting fine brandy is a labour of time and patience. She views this recognition as a profound privilege, acknowledging their unwavering dedication to creating world-class, proudly South African brandy.

Van Ryn's 12-Year-Old Potstill Brandy features scents of dried fruit, red berries, vanilla, cinnamon and sweet tobacco on the nose. It unfolds with hints of coffee spice and delicate oak, culminating in a lingering, elegant finish.

Visit the Van Ryn's Distillery in Stellenbosch with its Provencal-style buildings for brandy tastings, brandy cocktails, special events and sundowners with live music sessions.

MAKING HEADLINES



CAPE TOWN STARTS WHEELING ELECTRICITY FOR THE FIRST TIME IN BIG MOVE TO END LOAD SHEDDING

ARTICLE BY: BUESINESSTECH.CO.ZA

The City of Cape Town's wheeling pilot has kicked off, with private companies now supplying power to others using the city's infrastructure.

Wheeling is a process where electricity is bought and sold between private parties, using the existing grid to transport power from where it is generated to end-users that can be long distances apart.

In theory, the process should provide greater access to renewable and independent energy, which should go a long way in helping businesses (and one day, residents) escape load shedding, while also pulling demand of Eskom's generation arm. According to Growthpoint Properties,

it has become the first party to wheel renewable electricity in the city in collaboration with licenced electricity trader Etana Energy.

The two groups were selected to be part of the city's six-month wheeling pilot project, which includes 15 wheeling participants representing 25 generators and 40 customers.

Through Etana, solar energy generated at Growthpoint's The Constantia Village shopping centre in Constantia is being exported into Cape Town's electricity grid for use at Growthpoint's 36 Hans Strijdom office building in the Foreshore, the home of Investec and Ninety One. A wheeling agreement between the city and Growthpoint was signed at the end of August and solar power from The Constantia Village was successfully injected into the city's energy grid for the first time on Sunday, 10 September 2023. "The pilot will lay the groundwork for future wheeling in Cape Town and enable businesses to use energy from rooftop solar panels across multiple locations, encouraging them to optimise solar capacity instead of limiting it to individual building use," the group said.

Overall, Cape Town is planning to add up to one gigawatt (1,000MW) of independent power to end load shedding in the city over time. “The exact mix may vary, but we expect wheeling to contribute up to 350MW to the grid in time,” it said.

Cape Town’s other “end load-shedding” plans include wheeling electricity, partnering with independent power producers, paying households and businesses ‘Cash for Power’ generated by solar PV, the ‘Power Heroes’ incentive scheme for households to reduce energy demand, solar PV farms, and further optimising of the Steenbras Hydropower plant.

The city said its wheeling pilot aims to test and validate the contracting framework and billing engine for full-scale implementation.

Virtual wheeling

While the Cape Town pilot and successful implementation by Growthpoint and Etana is a traditional wheeling project, Vodacom and Eskom have been working on a different kind of “virtual wheeling” project to achieve similar goals. Traditional wheeling typically involves a one-to-one relationship between an IPP and a buyer using the national grid to convey their energy.

However, in Vodacom’s case, this arrangement is not possible due to complexities associated with having over 15,000 distributed low-voltage sites across the country that are linked to 168 municipalities.

Virtual wheeling allows licensed third-party traders to contract with one or more IPPs for part or all of the IPPs’ energy generated into the Eskom grid. The trader then effectively sells parts of its contracted energy from the IPPs to a basket of customers, with shorter off-take terms than the trader’s power purchase agreements (PPAs) with the IPPs.

In a virtual wheeling arrangement, the customer get its normal electricity supply bill as usual from the electricity distributor (Eskom or municipality), and separately gets a rebate (or excess bill) from the trader.

Click [here](#) to listen to "wheeling" explained.

Click [here](#) to listen to Cape Town Mayor explaining "wheeling in Cape Town.

Click [here](#) to read more about Vodacom’s “virtual wheeling” deal with Eskom





CAPE TOWN NPO AIMS TO END NATIONAL HOUSING CRISIS WITH NEW DESIGN

ARTICLE BY: CAPETOWN{ETC}

A Cape Town-based non-profit organisation is gearing up to start work on the second phase of a radical design model that aims to address the national housing crisis.

Urban Think Tank Empower's (UTTE) Empower Initiative has already provided more than 350 Khayelitsha residents with 72 homes that were designed with their needs, aspirations and cultural values in mind.

Delana Finlayson, managing director at UTTE, says the RDP housing programme does not always meet the needs of the people living in the units.

'We're confident that scaling up and replicating our housing model can help to deliver the promise of "housing security and comfort" for all South Africans, as enshrined in the 1955 Freedom Charter.'

The organisation launched the first phase of the Empower Initiative in 2013. Some of the innovations include building upwards instead of outwards to make the best use of scarce available land, and residents can also participate in the design process, resulting in safe and decent housing for families, Bizcommunity reports.

Now, drawing on lessons learnt during the first phase, UTTE plans to build another 70 Empower homes along public spaces and shared assets such as a community hall, an urban farm and a solar installation.

According to Bizcommunity, UTTE aims to expand the project to nine more sites in Khayelitsha.

Alderman Eddie Andrews, deputy mayor of Cape Town and Mayco member for human settlements, says the City is very supportive of UTTE's work. 'The team has shown us how much we can achieve through visionary collaborations that combine proven technical know-how with bold innovation to address the very real challenges facing people living in our informal settlements.'

'Further to this, their innovations support our goals to reduce our carbon footprint by using nature-based solutions to our challenges. Cape Town is a growing city, facing the many pressures of emigration and urbanisation. We have to be mindful not to remain reactive in our efforts, and it is equally important to look through a proactive lens to ensure we sustainably respond to these pressures.'

'The Empower Upgrade Model also places the wellbeing and aspirations of the community at the forefront of the housing process by restoring dignity, security and hope to community members. This model is a sustainable response to a growing city.'