

FROM THE MD'S DESK | 9TH EDITION

EVERGREEN *News*

SEPTEMBER | 2016



DEAR RESIDENTS

By the time you read this, spring will officially have begun. Or is it sprung? The August storms in the Cape and Gauteng carried a real sting in the long tail of winter, even blowing down a panel of our new Broadacres hoarding, which – no doubt – will have been fixed by now.

I said last month that new beginnings are glorious in so many ways: and with work starting on the Broadacres clubhouse, we are ready, willing and able to make the most of the verdant promise of spring! In August we celebrated Women's Day, remembering the national march of women in 1956 to petition against legislation that required African persons to carry the 'pass', and severely curtailed their freedom during the dark days of apartheid.

'Life, liberty and the pursuit of happiness' are essential and inalienable rights that make our human existence both meaningful and worthwhile. They are worth fighting for! Yet, while we enjoy these rights under our South African constitution, safeguarding our ability to enjoy them in old age is a far trickier proposition. Arthur Case touches on the challenges that women in particular face in his column below.

After a comparatively quiet month where social events are concerned, spring will – no doubt - energize us all, adding colour and flowers to village life, with rose planting on Arbor Day (from Latin meaning 'Tree') at Broadacres and bright new faces to add to our flourishing Residents' Committees. So, lots to look forward to in the month ahead.

SAFEGUARDING WOMEN'S INDEPENDENCE & HAPPINESS

Evergreen Group CEO : Arthur Case



I've always been a Beatles fan (the fab four, not the crawling kind) and enjoy the poignant hope of the lyric 'will you still need me, will you still feed me?' in their song, 'When I'm sixty four.'

Of course the song assumes that both spouses will be around when the singing one reaches sixty four, and since most of our residents are older, it begs a question. Women

show a longer life expectancy than men in almost every human society. Women face a challenge because they are statistically likely to outlive their husbands and so face the prospect of living alone for the remainder of their own lives.

The loss of a life partner can have devastating effects on the surviving spouse. Since the spouse is (statistically) more likely than not to be a woman, not only may she lose her closest friend, his company and his strength, but his role in areas of home management, maintenance and the financial affairs. Loneliness, lethargy and an inability to cope are common results of such a loss. In the quest for peace of mind, many women often overlook

a powerful weapon that could help them fight depression, speed recovery, slow aging and prolong life: **friends!**

Community is an important part of being human and by neglecting its importance, many seem to have sacrificed a vital life secret that our forebears understood and upheld. Victorian anthropologist Sir Francis Galton observed: "Prosperous communities are distinguished by the alertness of its members' busyness, by their taking pleasure in their activities, and by an honest pride in their community." Prosperous communities are also remarkable for the variety of activities, special interests and hobbies in which some of their members are engaged, and are notable for their consequent enjoyment of life and enthusiasm for the future.

So how do we safeguard ourselves against the dangers of loneliness and depression? We take the advice of the Beatles on another song, 'I get by with a little help from my friends!'

At Evergreen, being part of a community full of laughter and friendship is one of life's real pleasures. The best way we can sustain health, hope and happiness is to put our time and energy into friendships that endure: the stuff that makes life evergreen.



Bettie Hastie & June De Jonge
of Evergreen Diep River

MAKE THE MOST OF THE WEST COAST

Cape village residents are in for a real treat with the wildflowers now in full bloom. Try to catch the **Darling Wildflower Show from 20 – 22 September** with its beautiful displays and entertainment.



Tips for fantastic flower viewing

1. Plan your journey so the sun is behind you when you drive. If you don't, colourful fields actually appear grey because flowers all face the sun.
2. The flowers are 'open' between 11h00 and 15h00 every day.
3. The sun must be out for flowers to open, so pick a sunny day.
4. The day temperature must be at least 18 degrees.

People travel from around the world to see Mother Nature perform her miracle every year on the West Coast. So, talk to your friends and make up groups to travel together and enjoy the best that the Cape has to offer.



With the Muizenberg and Broadacres Clubhouses now connected, here's a reminder to make full use of the broadband access and services.

Easy, affordable, amazing!

- Reception will show you how to get on-line and to connect
- You can buy a voucher (R20.00) which gives you access for a week
- The code you will get covers one device only (laptop / tablet) so you need to select which device you plan to use
- You can also connect for free for 15 minutes daily every 24 hours which starts from the time you connect.

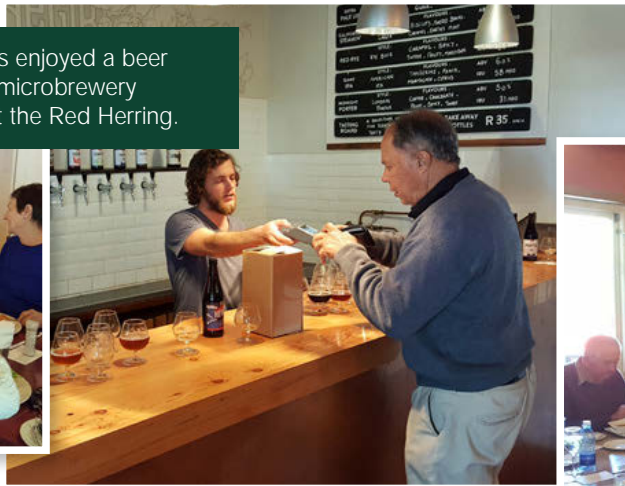


Lee Bonehill of VOX Telecom Fibre demonstrated the various packages offered to the residents at Broadacres for fibre connectivity into their homes.

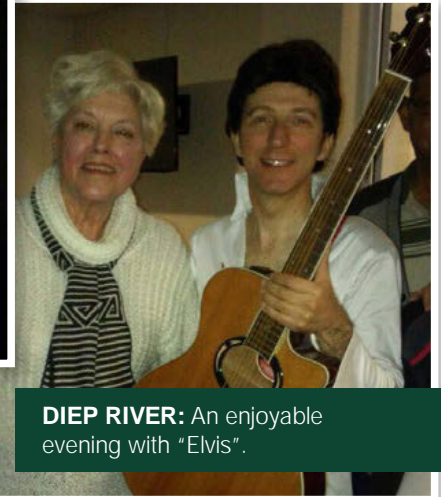
We hope that "Evergreen Connect" will put you in touch with your family and friends, allow you to explore your interests and provide many, many hours of pleasure.

Village Life

LAKE MICHELLE: Residents enjoyed a beer tasting at a local Noordhoek microbrewery followed by a superb lunch at the Red Herring.



BROADACRES: DnD Fashions brought their range of clothing to the village so that residents could enjoy the convenience of shopping at home.



DIEP RIVER: An enjoyable evening with "Elvis".



MUIZENBERG: The "Son Dassies" in the lounge chatting and knitting.



MUIZENBERG: An organised trip to Constantia Village.



DIEP RIVER: Colleen Welch with the knitted toys she makes to sell at gift shops.

Photos by Kelvin Barry, resident at Diep River unit 218, who belongs to Cape Wildlife and Landscapes. "A selection of recent winter photos taken around the South Peninsula. Some are taken as themes set by the Facebook group I belong to (Cape Wildlife and Landscapes) and some for other FB groups (Making Waves and Surfing in the South) and some just for the kicks."



It's been a busy month for the Sales Team with events at Broadacres & Muizenberg.

BROADACRES

We have concluded a number of resales and believe that the remaining Phase 3 units will soon be sold. With work on the new Lifestyle Centre beginning in September and the consequent availability of specialist frail care facilities, we expect that interest in the beautiful Broadacres village will result in a resurgence of sales.

MUIZENBERG

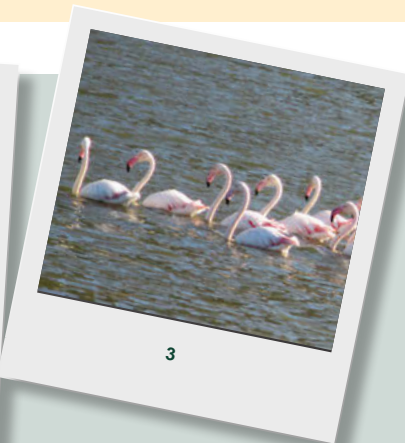
Over 90 people attended two sales events held at the village. With the completion of our Health Care Centre the enquiries have increased considerably. Muizenberg apartments offer great value for money, with the superb Lifestyle Centre offering space for communal living at its best.



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PHOTO 1: Mockingbird
Jim Raubenheimer - Muizenberg

PHOTO 2: Cape Robin-Chat at Kirstenbosch
Martin Harrison - Muizenberg

PHOTO 3: Flamingos floating along at Lakeside
Sue Beele - Muizenberg

As always, another 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. I've had a few observations from residents of one village (which will remain nameless) that they don't see enough about their village in our newsletters. The good news is that it is up to you to get your pictures and stories to your village manager! Keep them coming and we'll publish them.

In conclusion, they say that the more candles on your cake, the hotter you get but I don't necessarily agree. Aging is not for sissies and can often present some tough challenges. That's why Evergreen, along with our village communities, promote the kind of social events and clubs and spaces that draw even the most reticent wallflowers out. As Arthur (or was it the Beatles) said, the best way to get by is with a little help from your friends. Jewels are not meant to be kept in boxes and life - at whatever age - is worth living. And with the return of spring, now is your chance to shine.

Until next month, stay Evergreen. *Derek*