

# EVERGREEN *News*



## DEAR RESIDENTS

We've felt winter's sting in the Cape this month and whilst we're grateful for the rain, we've had a tree fall on one of our walls and a real buffering from Mother Nature. At the same time, many of us have answered calls - from the church and other caring communities - to help those less fortunate than ourselves. Helping others gives us opportunity to be grateful for (and to share) what we have.

Marcus Tullius Cicero said "Gratitude is not only the greatest of virtues, but the parent of all others." He wasn't wrong. The science of gratitude makes plain the many benefits of practicing it and proves that one's perspective can always adopt gratitude — and that gratitude invariably parents joy.

Winter challenges us in many ways. It is that time of year when the spotlight shines on age, frailty and fortitude, testing our capacity for gratitude and happiness. Happiness cannot be travelled to, owned, earned, worn or consumed. It is the experience of living every moment with gratitude. To some of us, this may be something we've never considered before.

Participants in a recent research study who claimed to live this way were found to benefit in a number of ways. Firstly, they were more likely to have made progress toward important personal goals (financial, interpersonal and health-based): they had more positive attitudes toward their friends and families. Expressing gratitude was not only associated with appreciating close relationships; it was also related to feeling better about life and to result in higher reported

levels of alertness, enthusiasm, determination, attentiveness and energy.

John F. Kennedy said "We must never forget that the highest appreciation is not to utter words but to live by them." When I look at Evergreen's villages, residents and staff, I see a great deal of happiness being shared, which makes me grateful for the many key qualities in our lifestyle model which mitigate the uncertainties and storms of life. These qualities go a long way to ensuring peace of mind, without which, few people are able to live with joy.

By targeting the all-too familiar concerns regarding financial security, safety, health and loneliness, we have been able to create the conditions essential to carefree retirement living. We have also been able to live by our promises. Whilst acknowledging that there is always room for improvement, when it comes to the future we must certainly count our blessings: I'll leave it to Arthur to chat about how to make our blessings count.



## THE THINGS THAT MAKE A GOOD LIFE BETTER

Evergreen Group CEO: Arthur Case

**I am grateful for many things in my role as Evergreen Group CEO and it gives me pride to see the business grow and prosper. We have expansion plans for a number of our existing villages that will diversify our land use and make a welcome improvement to levy income, to the benefit of our residents.**

We have also launched Evergreen Noordhoek with 150 homes and 200 apartments and Evergreen at Val de Vie in Paarl with 424 homes and 130 apartments. House construction has commenced at Noordhoek with phase 1 selling out fast. Early sales at Val de Vie are also very promising. I am grateful to the Evergreen development, sales and operations teams for their efforts in growing and managing the Evergreen business.

I am equally grateful to our residents who make Evergreen what it is today. Each Evergreen Village has its own unique personality and many of our residents add enormous value via serving on residents committees, arranging functions, leading interest and activity groups and dispensing kindness to neighbours. We have much to be grateful for.

Our relatively young business is growing up quickly and I look forward to making positive announcements about the next phase of our development. While growth is important to remain commercially viable we will not lose sight of the importance of the "lived experience" in our Evergreen Villages. Many residents have shared their enjoyment with me regarding life at Evergreen and this encourages me to do more. We need to do the things that make a good life better for our staff and our residents. I believe that growth will provide the essential resources to make this possible.

**Thank you to everyone who contributes to building an Evergreen we can be proud of.**

## EVERGREEN *Know your* Village



### ROY MARTIN HAS A DREAM FOR EVERGREEN

Broadacres Village Manager, Roy Martin has been in the driver's seat for almost two years now and has become a face and a smile familiar to all who know and value him. Roy grew up in Durban, and was the youngest in a family of five. Having finished school and his National Service, Roy moved to the perfect place to begin a career in the hospitality industry, Knysna.

Roy had spent his entire career in hospitality resulting in him being General Manager at numerous hotels. Having started in Knysna, he progressed through the ranks with Protea Hotels.

His choice to join the hospitality industry was driven by his passion to serve others, not only the guests, but also to develop and lead his subordinates and as a result, he has been a mentor to many.

Roy's career has taken him all over the country, from the Southern Cape, Northern Cape, Free State, Limpopo and Lesotho. Looking back, Roy believes that the experience he has gained over the past 33 years in hospitality has been priceless. He took over at Broadacres at a time when the Village was growing and he has taken on the slogan that the Residents have made for Broadacres, "The Village of Our Dreams". As Broadacres residents all know, Roy and his team will go to the ends of the earth to live up to the mantra and help residents to enjoy life to the full in the village of their dreams.

### SEGOVIAN SONGBIRDS DELIGHT EVERGREEN BROADACRES RESIDENTS

By Sue Jackson

The Segovia Singers are a group of ladies who have been together for many song-filled years. Five of them are members of the bowling club at Bryanston Country Club, which six Evergreen Broadacres residents joined a year ago. The rest, as they say is musical history.

Evergreen Broadacres' Social Committee invited them to perform in the Club House before the regular Friday "fish and chips" lunch. The Segovia Singers put together a programme with a variety of songs guaranteed to bring back happy memories. They handed out song sheets to allow everyone to sing along, when they sang a selection of World War II songs, as part of their fabulous 45-minute performance. Segovia means 'City of Victory' and so it was appropriate to remind us that our freedom was bought at a cost. The experience was thoroughly enjoyed by over 60 residents

Instead of charging for their performance, a "tin" was sent around and the village was extremely pleased to collect R1200 for a donation to a Hospice of the Segovian Singers' choice. The singers were invited to join residents for lunch after their performance, and were split between three tables in order for them to meet residents.



### BRING FAMILY & FRIENDS - LET'S CELEBRATE CHRISTMAS IN JULY

Christmas in July is always a great occasion in the villages where it is celebrated. Residents get to invite family and friends to a scrumptious lunch or dinner and get to dress red and white, to be the entertainment they want to see and to have a fabulous time.

In some villages, carols are sung. In others, traditional roast is served, and Secret Santa gifts are handed out. July promises opportunity to observe all of the wintry Yuletide traditions that come with merry Christmases. Try it, you'll love it. Contact your village manager to make a booking.

- Muizenberg – Tuesday 25 July at 19h00
- Bergvliet – Friday 28 July at 19h00
- Broadacres – Wednesday 26 July at 18h00
- Diep River – Sunday 30 July at 12h30

## Village Life

### THE STAR NEWSPAPER'S SUPERWOMAN OF 1983 LIVING IN LAKE MICHELLE

Among the many colourful couples who have chosen Evergreen at Lake Michelle as their retirement 'spot', Graham and Joyce Futcher must surely have travelled the most. Joyce describes her life as a mine manager's wife as that of a gypsy. In fact, their Evergreen home is the 21st that they have lived in over the 60 years of their marriage. And Joyce is determined to relax and enjoy her 'little piece of heaven'.

"As a mine manager's wife, you soon get eaten up by demands to play various support roles (for free), and you have to fight hard to retain your own life," Joyce observes. And fight Joyce most certainly did. Not only was she the mother of four children, but over the years -and in many places they moved to - Joyce put her boundless energy and enthusiasm into many different roles and in the service of many noteworthy goals.

In 1963, while living in Evander, Joyce offered exercise classes to local women, in the days before Jane Fonda popularised the idea. She became a force in amateur dramatics and wrote and produced a four page Evander supplement for the major newspaper. This led her to take up photography, and once she and Graham moved to Rustenberg, she became President of the Photographic Society. She was also the President of Toast Mistress Club and ascribes the diversity of her impacts to being a jack of all trades, and master of none!

Over 1978 and 1979, Joyce and Graham established an importation business specialising in lamps and lanterns from Taiwan, and having moved to Springs in 1983, Joyce put her boundless energy into fund raising and catering for many local charities, including the Eastern Transvaal Cerebral Palsy Association. Her work prompted Graham to enter her into the Star Newspaper 'Superwoman' competition. As one of 25 finalists, she attended a gala event with Graham, and as she puts it- "can you imagine that with all those luminaries, who got to win the trip to Mauritius, but little old me."

On their return, Joyce was the only unknown (her words) invited to join 24 celebrities in participating in the Mazda 626 launch Charity Rally. Her driving skills – honed on many a treacherous gravel road - were put to the test. Joyce came joint first and won a significant amount of money to donate to her nominated (Eastern Transvaal Cerebral Palsy Association) charity.

Over their 60 years together, Joyce and Graham Futcher have travelled to 66 countries around the world and lived in 21 homes: whilst Graham still plays tennis, Joyce prefers the quiet life, spending time with 'the fascinatingly wonderful; people from all walks of life' at Lake Michelle.



### A MONTH OF SPECIAL MOMENTS, MUSIC AND MAYHEM TO REMEMBER

#### Evergreen Muizenberg



#### Celebrating with Gawie De Villiers

Family, friends and residents joined the celebration of this joyous occasion to celebrate Gawie's 90th birthday at the Muizenberg Leisure Centre. Seen here are Gawie, Hydle their son Abri and daughter Ricki. Congratulations Gawie.

#### Farewell to Bandile Mvundlela

He has worked for Western Province Caterers at Evergreen Muizenberg for the last 5 years.

He is well known for his smile, friendly and efficient service at the Bistro. He recently completed an "Internal Chef Course".

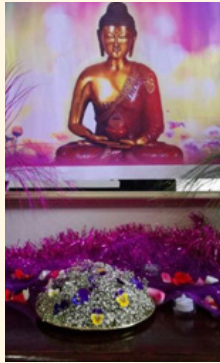
He has accepted a position at Louis Leipoldt Hospital where he will be training to be a "Store Keeper".



Bandile farewell 30 June 2017.

### Evergreen Bergvliet

Indian themed monthly social dinner held in the newly renovated clubhouse with over 20 residents enjoying curry made by The Rambling Rose on 30 June.



*Don Campbell, Paddy Fordyce, Lynn Law, Marion Thompson, David & Felicity Walker.*

### Evergreen Diep River

A group of residents attended a very interesting talk by Tanya Coetzer of Kind 2 Hearing. Free hearing tests were offered to those who took up the challenge to better their hearing. Seen here is Tanya and Colin Everett of Diep River. Kind 2 Hearing visit Diep River and Muizenberg on a monthly basis, so don't delay being able to hear, book your appointment with reception.



*Tuesday is Bridge afternoon at Diep River*

## EVERGREEN BERGVLIET SHAKEN BY LARGEST CAPE STORM IN 30 YEARS

A major winter storm made landfall in Cape on Tuesday, 6 June 2017, intensifying in the early hours of Wednesday morning. It brought powerful winds, heavy rain, huge waves and coastal flooding. According to the City Disaster Management, around 700 structures were affected by flooding. Wind gusts brought destruction throughout the region, leaving thousands of people homeless, at least eight people dead and many injured.

Our Bergvliet Village was affected when a huge Norfolk Pine tree was blown over from Firgrove Way and toppled into Units 44 and 45 causing extensive damage to property. Our maintenance department, together with the excellent contractors were onto the site fast. They managed to clear the tree, re-build the boundary wall and fix the roof and electric fence within a few days. Roof tiles and ceilings were also replaced with ongoing rain still falling over the region. As our village Manager Christine Dempers observed, "It was a fantastic team effort to get the damage repaired and our residents safe and secured by the weekend."

### FABULOUSLY FLORA – OUR 2017 PHOTOGRAPH COMPETITION

Thank you for the beautiful photos that we have received for the competition. With the tight water restrictions the beauty of nature still pops up.



*Stunning Arum Lily taken by Kiloran Townsend of Broadacres.*

Kiloran Townsend - Broadacres



*Cactus bloom from garden at no. 27 Muizenberg.*

Marlene Burt - Muizenberg



*Azalia taken at Muizenberg.*

Vernon Sutherland - Muizenberg

Weather forecasts for the coming weekend predict a cold front – good news for the Cape where the drought is far from broken. It leads me to conclude that circumstances and one's perspective of them mould the way we respond; and whilst pouring rain and biting cold are not everyone's 'cup of tea, let us be grateful for the positives.

Besides, log fires and a glass of port go a long way to making the most of winter's discomforts, as do those among us whose positive attitudes and joie de vivre is infectious and encouraging. As Marcel; Proust observed: "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." Until next time, stay warm, well and positive!

*Derek*