

# EVERGREEN *News*



## DEAR RESIDENTS

Have you also noticed how there's more daylight around, and a crispness in the air? That means we're waking up to Spring and the end of the year is peeking over the horizon. But as we look forward, we invariably look back, and so you find me in a contemplative mood as it is also Heritage Month in South Africa.

You don't need me to tell you that it has been a challenging year for our country, but South Africans are resilient and resourceful. We are tough and 'Built to last' as the Isuzu ad used to say! So it is with pride that I think of this sunshine country of ours, inclusive of its faults, because it is a place like no other. The sweeping scale of its natural beauty alone, is worth celebrating. Coast to coast there is abundance. Look to the northeast, and the Blyde River Canyon, the world's largest "green" canyon, outstretched at the northern tip of the Drakensberg range. Cast an eye down and across, to where the Table Mountain stands watch over the number one tourist attraction on the continent.

Yes, believe it or not, but more people visit the V&A Waterfront every year, than go to the pyramids at Giza!

But what does all of this mean? To me it speaks of good fortune and quality of life. And it also has echoes here at Evergreen, where we work hard at creating environments where our residents can thrive. This sense of community lies at the heart of Evergreen. Our connection with you enables your connections with each other and these are partnerships that benefit us all.

The light side of Heritage Month is National Braai Day on 24 September. Let's make it a bit of an occasion this year and dress up in our South African colours – or the South African flag, if that's your kind of thing! Send your best Braai Day pics to your Village Manager and you could be featured in the next newsletter. You're also invited to include your best braai tips, or delicious side dishes, and we'll share them. Because what is a braai without those mouthwatering bits on the side?!



## BUILDING OVER TIME

Evergreen Group CEO: Arthur Case

It's hard to know where this year has gone. So much has happened and I suddenly realised that I've been back at Evergreen for more than a year. It's really good to be back and I've enjoyed the progress that has been made. I recently attended the fifth

Evergreen AGM for the year and I can safely say that all is well within the group.

Yes, there is still a lot to do and one of Derek's goals is to

ensure that the Evergreen lived experience gets even better in our established villages. As some of you may know, phase 1 of our Evergreen Noordhoek village is almost sold out and house construction is moving ahead apace with roofs already having gone up on many of the homes. It's going to be a great place to live, with a total of 350 units upon completion. We have also started selling Evergreen homes within the beautiful Val de Vie estate outside Paarl, which will eventually boast 554 units. Construction will commence before the end of the year.

Notwithstanding pleasing growth, Evergreen residents remain at the heart of our business and I want to thank you all for putting your faith in us. I hope you will continue to enjoy the Evergreen lifestyle and the friendships you have made in our villages.

## EVERGREEN *Know your* Village

### GLYNIS SMITH Village Administrator at Evergreen Muizenberg

Glynis has been working with Muizenberg Village Manager, Melanie Carstens, for almost three years. Her role is administrative and she assists with the daily running of the village. She loves working at Evergreen and enjoys interacting with residents. "I'm proud to be part of such a successful brand and enjoy helping our residents transition into retirement lifestyles," she says.

Glynis, who grew up in Queenstown in the Eastern Cape, completed a diploma in Human Resource Management in Port Elizabeth, before going to work in England in 1995 and 1996. She had itchy feet back then (brought on by a severe case of "the travel bug"! ) and saw much of Europe, falling in love with San Sebastián in Spain.

Glynis and David have two sons, Foster (16) and nine-month-old laatlammetjie, Connor. This little youngling has really turned their lives upside down. "With his arrival my hobbies had to take a backseat – in fact, pretty much all my free time!" she laughs.



## COLOURFUL HISTORY



When we're little, we all want to change the world "one day when we grow up", but Professor Richard Ernest (Dick) van der Ross, can lay claim to having done exactly that. This resident of Evergreen Bergvliet has spent large parts of his 96 years adding colour to the fabric of South African society and leaving his mark on our history. In his time, he has worn many hats, including teacher, politician, journalist, researcher, author, historian and ambassador.

Of all the things he's been involved in, including the anti-apartheid struggle, education is closest to his heart. He says, "My life and my living has been in education."

His grandparents planted the seed early on. They were farm labourers but they knew the value of learning and education, and it rubbed off on their son, David, Richard's dad. Just like their father, Richard and his siblings Bob and Edith all became teachers. His father was

one of the first two people of colour to graduate from the University of Cape Town (UCT). In 1952 Prof van der Ross received his PhD in Education from UCT, and he went on to receive honorary doctorates from four South African universities. In 1975, he was named Rector of the University of the Western Cape.

He has waged a lifelong battle against racial injustice, identifying very strongly with his own ethnic group and says with conviction, "I am Coloured and I will say it and sing it and talk it." He authored many articles and a number of books, including his autobiography, *A Blow to the Hoop*, which illustrates his love and dedication to education, and his efforts to contribute to the transition of South Africa and the improvement of conditions for Coloured people. He was also co-founder and first leader of the Labour Party of South Africa and the first editor of the Cape Herald newspaper. A remarkable life, lived to the full!

## KEEP YOUR HEART HEALTHY

Once thought to be a disease of the elderly, heart disease now affects younger people too, with more than half of deaths occurring in people under the age of 65, according to the Heart Foundation of South Africa. Of course this does not mean that we can neglect the health of our hearts – on the contrary. Here are 10 tips that you could incorporate into daily life.

### 10 WAYS TO IMPROVE YOUR HEART HEALTH

1. Give up smoking.
2. Live an active lifestyle.
3. Manage your weight.
4. Eat more fibre.
- 5 Cut down on saturated fat.
6. Five-a-day fruit and vegetables.
7. Cut down on salt.
8. Eat oily fish, like tuna, salmon, mackerel and sardines.
9. Drink little or no alcohol.
10. Read food labels and educate yourself about what you're consuming.

Adapted from BBC Health



Afterthought... After careful consideration, Arthur suggests one can probably maintain a healthy lifestyle by following nine of these tips. After all, what would an Evergreen function be without a glass of wine?!

## BRRRRACING START TO WOODLANDS PARK RUN

Illness and an icy morning combined to pose a chilly challenge for participants at the start of the August Woodlands Park Run. However, 18 Team Evergreen walkers set out in their winter woolies, undeterred.

Even though it was an icy morning, Park Run participants were rewarded with plenty of wildlife sightings, including dassies, squirrels, springbok, impala and blesbok. The course was different than before, but it remains one of Johannesburg's most popular Park Run routes, with paved roads and paths that line the way.

One of the newcomers who joined Team Evergreen on the day, is new resident and veteran marathoner Ron Mackie. Ron counts two Comrades ultramarathons among his many miles underfoot.

Team Evergreen did us proud, making good time. Dave Nesbitt again finished in the top 100 out of 749 participants; Bob Haselum managed a personal best; and Helen Knowles finished strongly by setting a good pace over what felt to some like a never-ending hill, near the end of the course.



## SAVE THE DATE

**EVERGREEN BROADACRES, LACE UP SO LONG!**

**Sat 14 Oct @4pm** Lonehill Park 6.7km fun run

**Sat 28 Oct @5pm** Residents Fun

Walk over four different distances, 700m to 5km



## BERGVLIET JONATHAN LIVINGSTON SEAGULL - Themed dinner



Anneke and Ton Weber, Paddy and Bettye Ball, and Sheila and Bill Kirkwood.



Lyn Wilms, Willy Poelmann and Paddy Oberhofer.



Ronnie van Reenen with the seascape décor that echoed the Jonathan Livingston Seagull theme.

*"You have the freedom to be yourself, your true self, here and now - and nothing can stand in your way!" - from Jonathan Livingston Seagull by Richard Bach*

## MUIZENBERG WOMEN'S DAY was celebrated in fine style at Evergreen Muizenberg, with a delicious three-course brunch.



Leslie Smith, Lydia Smith, Felicity Menzies, Gawie de Villiers, Hydle de Villiers, Barbara de Vries, Marietjie Hadley and Rosalie McDermid.



Marietjie Hadley, Rosalie McDermid, Melanie Carstens, Daphne Smith, Leslie Smith and Lydia Smith.



**EVERGREEN BROADACRES** HAPPY BIRTHDAYS!



**Craig Stacey, 90**  
 "Thanks to all who came to join me and my family in celebrating my entry into the 'Nineties'. A very big thank you for the generosity you showed in the number of gifts I received. I'll certainly not need to make a visit to the bottle store for some time!"



**Daphne Larkin, 80**  
 Daphne's 80th celebrations were joy-filled and jolly. Daphne's great genes are the envy of many of her fellow Evergreeners!

**EVERGREEN  
 DIEP RIVER**

SPRING IS IN THE AIR!

The ladies at Evergreen Diep River ushered in Spring with these beautiful handmade blossoms.



**BEST WISHES, PAT!**

Pat Carlean marked his 96th birthday with his wife, Barbara, and their grandchildren – Isabelle, Philippe and Héloïse Carlean-Jones – who flew in from Paris for the big day.



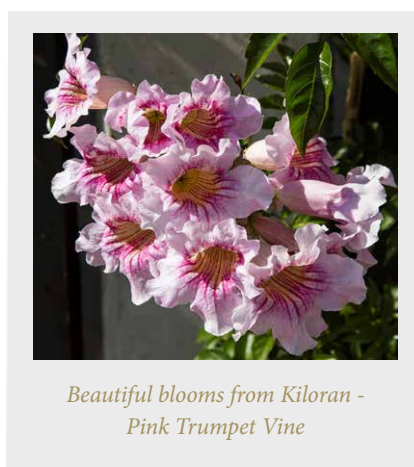
**FABULOUSLY FLORA – OUR 2017 PHOTOGRAPH COMPETITION**

More beautiful flower pics have reached us this month. Thank you to all of you who have kept your eyes open to collect yet another colourful "crop" for us! Here are three of them.



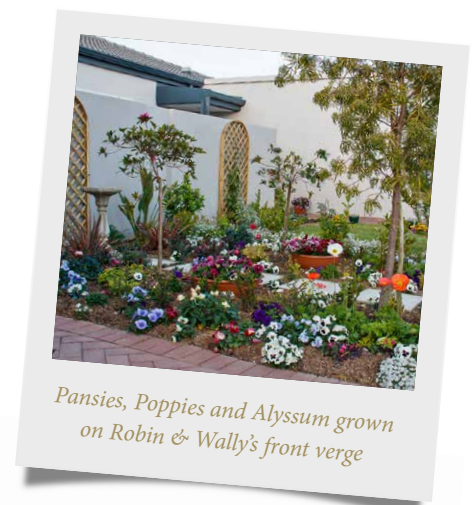
*Jenny Barclay 7 year old Begonia taken from her patio at Bergvliet*

Jenny Barclay - Bergvliet



*Beautiful blooms from Kiloran - Pink Trumpet Vine*

Kiloran Townsend - Broadacres



*Pansies, Poppies and Alyssum grown on Robin & Wally's front verge*

Robin & Wally Davey - Broadacres

Apart from Heritage Month, we're also marking Arbour Week in September. Our trees of the year are the ebony tree (*Euclea pseudebenus*) is our rare tree and the buffalo thorn (*Ziziphus mucronata*) is our common tree.

And as we light our braai fires on Braai Day and relish one of our favourite national pastimes, let's remember how lucky we are to live where we do.

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