



## From your Village Manager...

Dear Residents

During the almost four months of Lockdown, we transitioned from Level five to level four to level three, where it seems we are currently stuck.

We have tried our utmost best to ensure residents' needs were met during these challenging times and a lot of hard work went on behind the scenes to set up food deliveries, pharmacy deliveries and overall, just ensuring all our residents were comfortable and safe during lockdown.

We still ensured that groceries, medicine and essential goods were ordered, collected and delivered safely to all, ensuring nobody had to leave the comfort of their homes.

Some of our staff as well as our nursing staff moved into the Village to ensure there was always a senior staff member within the Village 24 hours a day and our carers stayed in to ensure they were not having to travel on public transport.

We have co-ordinated and delivered library books to residents who requested reading material. Our general workers worked tirelessly to ensure the landscaping in the Village was at least kept to some degree of acceptability, and we thank all the residents who assisted us during these tough times with gardening mornings that is arranged by Heather Allan. A true sense of community.

End of June saw our first COVID19 positive test in the Village and the very next week Thola Kasi our Duty Manager also tested positive for COVID19. We have subsequently had two residents returning from Bryanston Step down returned to the Village with COVID19.

We are delighted to inform you that Thola Kasi has made a full recovery and will be back at work on Sunday. Our first resident that tested positive returned home on Wednesday from Hospital and have recovered nicely. Mary Ann Brews and Neville Slaughter remain in isolation as they are both half way into their isolation but are both doing well with very light symptoms. They are being looked after by our stay in Care worker Portia.

As we head into August (Woman's month!) I can't help but be a bit nostalgic as it marks the one year anniversary for me joining the Evergreen Lifestyle Village Family and meeting all the wonderful people that makes this the Village of our dreams.

Our wonderful leader Garry Reed also celebrates his 40<sup>th</sup> Birthday on Tuesday the 4<sup>th</sup> of August and I am sure you will all join me in wishing him a fabulous year ahead!

I wish to personally thank each and every resident for the support given to Operations staff during these challenging times.

Happy Reading!





4<sup>th</sup> August 2020

# National Chocolate Chip Cookie Day



## NATIONAL CHOCOLATE CHIP COOKIE DAY

On August 4th, National Chocolate Chip Cookie Day gives us the opportunity to dunk America's #1 favorite cookie. Whether yours are homemade or store bought, pour a glass of milk and enjoy.

Without chocolate chips, the cookie would still be number one. Or would it? For that reason, we also recognize Ruth Graves Wakefield on National Chocolate Chip Cookie Day. Thanks to her inventiveness and curiosity, she mixed chocolate chips and cookie dough together and for this reason, we hover in the kitchen waiting in anticipation the moment the timer dings.

## HOW THE CHOCOLATE CHIP COOKIE BEGAN

Imagine if Ruth Graves Wakefield hadn't run out of baker's chocolate for her cookie recipe that day in 1937. Because that's what happened. The cookie recipe she was preparing called for baker's chocolate and would have blended smoothly into the dough, fortunately she ran out.

What if Mrs. Wakefield hadn't considered using semi-sweet chocolate instead? She figured it would just melt into the dough and work similar to the baker's chocolate.

What if someone had interrupted Ruth Graves Wakefield that day and caused the cookies to burn and ruin the experiment?

None of that happened, instead of interruptions or doubts, the baker added the chocolate to the dough, moments later the mouthwatering aroma began to waft from Mrs. Wakefield's oven. Perhaps the smell lured a child into the kitchen or maybe a guest at the Tollhouse Inn she and her husband owned. We may not know the finer details of the day the chocolate chip cookie came to be. We just know Ruth Graves Wakefield made it happen.

If it weren't for her, we wouldn't know the feeling of a warm chocolate chip cookie melting on our tongue. When our eyes close in heavenly satisfaction and a perfect smile graces our face. If it weren't for Ruth Graves Wakefield, generations would be denied the bliss of a chocolate chip cookie.

We could even go so far as to say she is responsible for all those other nuggets of goodness. Those morsels of butterscotch, peanut butter, and white chocolate we enjoy in much the same way we enjoy our chocolate delights. But nothing rates quite as high as the chocolate chip cookie Ruth Graves Wakefield brought to us in 1937.

## HOW TO OBSERVE

Make your favorite chocolate chip cookies and throw some extra chocolate chips into the mix! Give this recipe a try. Post on social media using #ChocolateChipCookieDay.

We look forward to seeing your chocolate chip cookie photos - email [brunwyn@evergreenlifestyle.co.za](mailto:brunwyn@evergreenlifestyle.co.za)



9<sup>th</sup> August 2020

# National Book Lovers Day.



August 9 is National Book Lovers Day, a day for those who can't live without books and reading. People love books because of their immense potential:

- They can transport you to new and fantastical worlds, or back in time in history.
- They offer escapism and can make you feel many emotions at once.
- They are a never-ending source of education.
- They carry memories from the past, seeing an old book will always transport you back to the time in your life that you read it.

In short... books are magical. So, spend today getting lost in a book!

## BACKGROUND

No one really knows how or when National Book Lovers became a part of the calendar, but people have been carrying books with them for centuries. Books were invented to substitute the heavy stones where texts and drawings were originally carved, as many people would struggle to carry them. The first books were made of parchment or calfskin, and had a cover made of wood that was wrapped in leather. In earlier years, books were large and bound with expensive leather, so only the wealthy could afford them.

The only book that most people owned at the time was The Bible. It was with the Industrial Revolution on the first half of the nineteenth century, and the wide availability of printing presses, pulp paper mills and mechanical typesetting, that cheap paperback books began being published and distributed, not only making it affordable for the masses but was also easy to carry.

Books... now available to all classes, saw a huge rise in popularity as it was a great distraction and form of entertainment. Popular American authors at the time included Mark Twain, Walt Whitman, Frederick Douglass, Herman Melville, Nathaniel Hawthorne and Edgar Allen Poe, among many others.

Today, book lovers can rejoice at a wide variety of genres, authors and books from different time periods. There are thrillers, romances, non-fiction and graphic novels; something for every taste! Best of all, books are now accessible for everyone on computers, smartphones, tablets, kindles and of course, the trusty old paperback, as nothing can substitute the feel and smell of the pages when reading a novel.

## READING IS IMPORTANT

Reading is obviously important because it helps us develop language and thinking skills and it also broadens our knowledge. However, there are many other benefits to picking up a book:

- Books can help reduce stress, as they offer comfort and a place to escape to if you're feeling down.
- They help us understand other people better, making us feel less alone and studies have shown that this causes us to be more empathic.
- Reading helps by improving our focus and concentration abilities, as well as being a great tool to enhance memory, as books force you to remember information from the narrative you are focusing on.

## WHAT TO DO ON NATIONAL BOOK LOVERS DAY

If you are an avid reader, then this day is the perfect excuse to sit down and get lost in a new book or an old favorite. It's also the perfect time to rearrange your bookshelves if you've been meaning to do for a while. If reading is not your thing, why not gift a special book lover in your life with a brandnew novel that you think they'll love!

We look forward to hearing about your favourite read to share with others - email [bronwyn@evergreenlifestyle.co.za](mailto:bronwyn@evergreenlifestyle.co.za)



15<sup>th</sup> August 2020

# National Lemon Meringue Day



## NATIONAL LEMON MERINGUE PIE DAY

National Lemon Meringue Pie Day on August 15th gives pie lovers and lemon lovers a chance to celebrate. Tart lemon curd and delicate meringue sing together in this deliciously bright pie.

When making a lemon meringue pie, the crust is usually made with shortbread pastry. The filling for the pie is lemon curd and the topping, a fluffy and crisp meringue topping.

Whip egg whites to stiff peaks to make a meringue. Add sugar to make it sweet. Meringues are baked in a slow oven so when they're finished, they come out crisp and golden.

*When life gives you lemons, make lemon meringue pie!*

Since meringue is versatile, it can be baked into individual servings with fruit fillings. Pastry chefs also like to make meringue cookies, too. By adding cocoa, coffee or any number of flavours. The light, airy cookies melt in your mouth. The same applies to meringue pies.

The meringue was perfected in the 17th century and lemon meringue pie as we know it today was developed in the 19th century.



## HOW TO OBSERVE

Whether you make a pie yourself or go out for a pie, invite someone to join you. Pie is so much better when you have someone to share it with. Enjoy it with a cup of tea or coffee and some good conversation. Click on the [Lemon Meringue Pie recipe](#) to bake your own and be sure to share your favorite recipes with us and use #LemonMeringuePieDay to post on social media.

We look forward to receiving photos of your homemade Lemon Meringue – email [bronwynd@evergreenlifestyle.co.za](mailto:bronwynd@evergreenlifestyle.co.za)



21<sup>st</sup> August 2020

# National Senior Citizens Day



Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life. Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!

## HOW TO OBSERVE NATIONAL SENIOR CITIZENS DAY

### Spend time at a nursing/retirement home

One of the kindest and most rewarding things one can do is to visit a nursing home. Sit and chat with residents. Play games and participate in activities. You can really make a difference in someone's life. Plus, you may find the experience fun and rewarding too.

### Reach out to a senior family member

Do you have a senior family member? A parent, grandparent, aunt or uncle. Visit them and spend some time together. If you can't see them in person, don't text, call or facetime. Let them hear the warmth in your voice when you tell them how much you appreciate them.

### Have fun

Are you a senior citizen? Well, today is all about you! Treat yourself, spend some time with your favorite people, go shopping, do whatever you like. This could be the day you finally try that one thing you never have time for or perhaps it's a perfect day to relax at home. You've earned this time, enjoy it.

## WHY NATIONAL SENIOR CITIZENS DAY IS SO IMPORTANT

### Seniors give wise and useful advice

Our elderly family and friends have a lifetime's worth of precious experiences (and stories) to share. For centuries, cultures across the world have looked to the seniors in their communities for wisdom and knowledge. In times of trouble or when we simply don't know what to do, seniors are often the first people we turn to for a different or even, unusual perspective. If we listen, we can learn so much from them.

### Seniors give generously

It's widely known that seniors make more charitable donations than any other age group. They have more time to devote to others and volunteer. We appreciate how much they look out for their loved ones and it's one of the qualities we love so much in our seniors.

### Seniors give us goodies!

Perhaps this stems from their generous and charitable nature, but seniors are very good at making us feel special. Grandparents dote on us when we need it, and sometimes when we don't. To every grandparent or elderly loved one that has given us a treat or made sure we ate or spoiled us in some other way, we salute and appreciate you!

We look forward to hearing how you observed Senior Citizens Day 2020 – email [bronwyn@evergreenlifestyle.co.za](mailto:bronwyn@evergreenlifestyle.co.za)



21<sup>st</sup> August 2020

# National Tell a Joke day



## WHY WE LOVE NATIONAL TELL A JOKE DAY

### JOKES CAN RELAX YOU

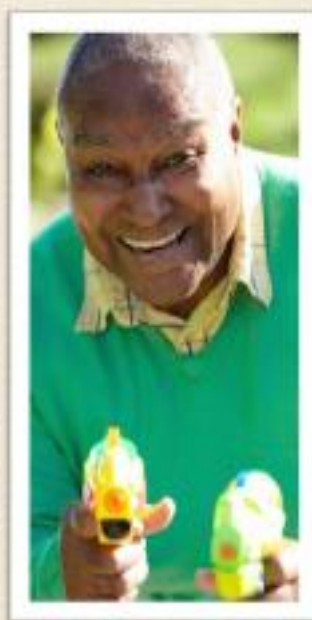
Laughter's the best stress reliever around. If you're one of those serious types, then this day's not for you. Feel free to research "I Don't Like to Laugh Day" on another website. Ha. That's a joke!

### LAUGHS CAN LIFT YOUR MOOD

A great joke at the right time can work wonders. Jokes bring happiness to those in need by temporarily distracting them from their worries.

### JOKES CAN MAKE YOU THE LIFE OF THE PARTY

Everyone loves the guy or gal who can lighten the mood during serious times. It's a great way to make new friends – assuming your jokes are well received.



We look forward to hearing some of your top jokes – email [brunwynd@evergreenlifestyle.co.za](mailto:brunwynd@evergreenlifestyle.co.za)





## EVERGREEN HEALTH ON COVID-19

### CORONO, CORONA AND COVID-19

This newsletter would be incomplete without something about the above-although we think we have read it all-there is always something new about the coronavirus or the CoVID-19 disease.

One of the most pragmatic, informative and sensible articles of late was published in the daily Maverick with renowned academic authors many in the infection prevention control discipline-it is long but really makes sense and may be of value as the latest line of thinking in prevention of CoVID019 disease.Keep it on record and refer to it frequently, and consider that which is contained in this article.

Here follows the Daily Maverick article of 26 June 2020 by Lucy Allais, Shaheen Mehtar, Francois Venter, David Francis, Shabir Madhi, Alex van den Heever, Imraan Valodia and Martin Veller entitled Distance, Dose, Dispersion: An experts' guide on Covid-19 risks in South Africa and how to manage them.

### DISTANCE, DOSE AND DISPERSION

Understand the three things that can make the most difference to easing the lockdown and reopening South Africa with the least risk, whether you are using a taxi, socialising, working, working out, or running a shop.

Our lives have been turned upside down by the coronavirus pandemic and by the lockdown, and further confused by shifting information.

You might be wondering about the role of masks, whether to wipe down your groceries, and if the lifting of lockdown means we can all relax now. You might have concerns about how you can safely travel to work, what steps to take as you reopen your business, whether to attend a religious gathering, or what to tell your grandmother about how to stay safe.



It has become clear that some countries in Asia and Europe rapidly contained their epidemics through simple and relatively easy behaviour changes, rather than relying on changes in immunity or prolonged lockdown strategies.

Our aim here is to share some basic essentials about how to minimise risk. Nothing is risk-free (for example, we take risks getting into cars, buses or taxis). But we can manage risks, which requires understanding how they intersect and amplify each other.

Understand that we may be in for a long haul, adjusting our lives for at least the next few years. Some of these changes may be permanent.

We need to enable businesses to survive, our institutions to open as safely as possible, while we live our lives as naturally social animals.

We cannot be saved by government policy alone – the things we can all do are what will save South African lives. And those things are pretty simple.

Our Summary:

- Do everything possible outdoors
- Open windows
- Wear masks
- Keep at least two metre distance from people
- Avoid crowded spaces
- When out of home, be quick.

**What causes the virus problem?**

The way the virus spreads is that when we cough, sneeze, talk, sing or simply breathe, we spray very small drops of moisture into the air; these are respiratory particles. If someone is infected, the live virus will be present in these particles. These particles in our breath can spray quite far (several metres). If there is poor ventilation and no air movement, they can hang around in the air. They can land on surfaces (where the virus may survive for some hours) and if you are close to someone they can land on your eyes, nose or mouth.

Most people who become infected get the coronavirus by direct contact with an infected person. It is possible, but less common, to be infected from touching your mouth, nose or eyes when your hands have the virus on them from touching a surface.

**What is the impact of DISTANCE, DOSE AND DISPERSION?**

**Distance:** -

The further away you are from someone who is infected, the less likely you are to be infected by them or to breathe in particles they have breathed out.

**Dose:** -

To become infected, you need to have contact with a minimum dose, which takes time and exposure to people with the virus. The longer you are exposed to an infectious person, the more people you are exposed to, and the fewer barriers (like cloth masks) between you, the more likely you are to be exposed to the virus. People who have symptoms or are about to develop symptoms, including mild illness, are generally more infectious – i.e., are able to produce larger doses of infected respiratory particles.

**Dispersion:** -

Because smaller particles hang around in the air, the movement of air makes a really big difference. The particles disperse quickly if you are outside, particularly if there is a breeze or wind. We also know that sunlight breaks down the virus. Small, enclosed spaces with closed windows are high risk, especially when they are crowded.



The three D's interact! If you are outdoors, at least two meters apart from others, for less than 10 minutes, your risk of becoming infected is incredibly low. On the other hand, if you are stuck in a room with closed windows, with someone with symptoms, your risk of getting the disease increases, whether or not you wear a cloth mask.

Large known outbreaks have arisen in indoor functions in churches, weddings, music events, and restaurants or bars: places where a crowd of people are indoors, close together and talking and singing for hours.

#### Physical distance: -

This is your major defence from infection. The good news is that although the virus spreads easily, short periods of contact will not get you infected. Passing someone in a supermarket, paying for your groceries, brushing past a runner in a park is no problem. But sitting in a taxi with closed windows, being alongside a sick co-worker at a work station, or singing in a packed church, is a problem.

#### Go for outdoors and open all windows: -

Outside air is your best friend, and we may all have to start dressing more warmly in winter as many activities move outdoors and windows stay open. Open windows whenever possible on public transport, in shops or at work.

Unfortunately, the interaction of the three Ds means that taxi rides of more than 15 minutes are risky, even if everyone is wearing a face-mask, unless the windows are open.

Businesses, factories, offices – look at your windows and work out how to get air flow. Open all windows and utilise outside space.

Restaurants, bars and shebeens should consider outdoor seating wherever possible. Streets with a number of restaurants should inquire into closing the street a few evenings a week, or every day, and putting tables and chairs outside.

Socialise outside if you can, keeping a two-metre distance. An outside braai or picnic is much safer than visiting someone in their house. Avoid visiting people or being visited inside homes for more than a few minutes. Have work meetings outdoors, if possible. If you want to have a gathering, such as a religious gathering or funeral, do it outside if you can. An outside shebeen, with physical distancing, is far safer than an indoor shebeen with masks and obsessive hand washing. Outdoor sport is very low risk, unless involving close prolonged contact. Even outdoors, don't talk to someone up close for long; maintain distance.





### Wear face-masks: -

There is now lots of evidence on the effectiveness of wearing cloth masks in the community. A cloth mask traps the virus, containing respiratory particles during breathing, coughing or talking, and helps prevent them from moving away from the mask-wearer. People who have very mild symptoms or are about to develop symptoms can spread the virus – this means that each of us might spread the virus unknowingly. If everyone wears a mask the amount of virus in the air is much reduced: we all protect each other. Therefore, you should always wear a mask whenever you are close to people other than those in your household, especially indoors. It is also vital that you wear your mask correctly – it must cover from the bridge of your nose to over your chin at all times. Wash your mask daily with soap or detergent.

Offices, factories, banks, shops, malls, government services – any indoor space where people come into contact – must require everyone to wear masks. Employers should distribute reusable cloth masks to employees. Reusable cloth masks should be distributed in communities where people can't afford them.

As important as masks are, in an indoor space they are not a substitute for ventilation and distancing – you need all three.





### People Working in your home: -

If you work in someone's home (domestic workers, plumbers, etc) or someone comes in to work in your home, insist on windows being open and don't be in rooms at the same time as them for long. Wear a cloth mask, carry and use your own hand sanitiser, and keep your distance.

### Soap and surfaces: -

The virus is incredibly fragile, and washing your hands with any soap for 20 seconds kills the virus. Make soap and water (or hand sanitisers with an alcohol solution of at least 70 percent) as widely available as possible at workplaces, malls, shops, transport and offices. Soap works much better than alcohol-based sanitiser, is cheaper, and will result in less cracked hands. Invest in mobile handwashing stations in areas with a high concentration of people, like hospitals and clinics.

It is unclear how likely you are to contract the virus from surfaces, but it is wise to clean commonly touched workspaces and public areas often. Minimise touching and wipe down frequently touched surfaces – like door handles, lift buttons, railings, credit card machines. The virus dies quickly on surfaces; in laboratories it has been found in low doses beyond 24 hours on plastic and steel (but not on porous surfaces such as park benches, or grass). Whether this is enough virus to infect you is unknown, but surface transmission is very unlikely to be the major way you will be infected. Washing your clothes after going out, or washing your car, and wiping all your groceries is not necessary; just wash your hands and keep surfaces around you clean and dry.

If there is an outbreak in a venue, or an employee tests positive, wiping surfaces down with soap and water, followed by bleach, or other common disinfectants, is very effective in removing any viral particles that may still be present. And if you can leave the venue open and ventilated for 24 hours, this should be enough. There is no need for special chemicals, or “deep cleansing” or “fogging” or “disinfection tunnels”; they are no more effective than soap and water, and are associated with other health risks, including making asthma, eye and skin conditions worse. There is no need to shut down a facility for days; once surfaces have been cleaned, dried and disinfected, and spaces ventilated, work can continue.

### Gloves are unnecessary for most people: -

You still need to wash them so you may as well just wash your hands. The one exception may be someone who handles lots of items – like a dishwasher or a cashier, where exposure may be higher (and they must wash their hands after taking the gloves off).

### Air-conditioning: -

Employers, businesses, restaurants, offices: understand your air-conditioning system. A system that recirculates air is very risky, and has been linked to several call centre and restaurant outbreaks. You are essentially guaranteeing that everyone breathes everyone else's air. On the other hand, an air-conditioning system that extracts air and brings in air from outside makes an indoor space safer. But simply opening windows, where possible, especially if combined with use of a fan, may be more effective if it increases the movement of air. If well ventilated, a room can be safe in minutes, even if someone is coughing and highly infectious.





### Hours:-

All shops and businesses that can extend opening hours to reduce crowding should do so. Limit the number of people in shops. Lines on the floor to signal distancing requirements have been very successful. Consider discounts for coming in at unpopular hours. All shops should consider having a pensioner-only (or also people with a health-risk note) hour at the beginning of the day. Older people, and people with diabetes, hypertension, HIV, cancer and obesity may be more at risk (we are still learning about the extent of risk), and enabling them to shop when it is least crowded, and when other people have not yet been into the shop, helps protect them.

Consider leaving hotel rooms empty and ventilated for a day after someone leaves, and ask guests to open the windows when they leave, to protect cleaning staff.

Factories, mines, offices and other workplaces should consider staggering work hours or days so that not every employee comes in at the same time or on the same day. Take turns in lifts (and always wear cloth masks). Tea and break rooms must be well ventilated and break times staggered to reduce crowding.

### Family socializing:-

We are social creatures; we need human contact. Many extended families have regular get-togethers. Unfortunately, if you are indoors with people who don't live in the same home, you are seriously increasing the risk of spread to your family. Even if you know who each person has been in contact with in the past two weeks (and you may not), one person who was exposed in a shop or transport or work, who is not yet showing symptoms, can expose a whole extended family, who can then expose everyone they work with. A high percentage of people are infected in their own homes and take the virus to work. In China, many infections occurred in the home, so homes with vulnerable members in them should consider wearing masks at home. Meet outdoors wherever possible.

### Children and schools:-

We know that children are much less likely to be infected with the virus and even when infected have no or mild symptoms. Going to school is unlikely to be dangerous for them (though schools have to think about protecting teachers). Children are probably also less likely to pass it on to others. But, sadly, you still may want to hold off from children hugging vulnerable grandparents for a while. One of the hardest parts of the lockdown has been stopping children from playing together. There is no easy answer here. From current knowledge it seems that there is likely to be some risk, and children's behaviour when they are together is a challenge to all three Ds. If children play together, encourage outdoors, masks or face shields and lots of handwashing (before, during and after). Consider who they come into contact with at home (an elderly grandparent, someone with diabetes) when deciding about play arrangements. Perhaps discourage hugging and kissing.

### Personal risk factors:-

People of all ages and levels of health have become very ill and have died of Covid-19. But we know that some people are at much higher risk than others. The most significant risk factors for being badly affected are older age (especially over 65), diabetes, hypertension, HIV, uncontrolled asthma and obesity. If you or your family member has one of these factors, consider getting someone less vulnerable to do the shopping, consider going to shops at opening time, before anyone else has been in them. Vulnerable people should avoid taxis, trains, buses and gatherings if they can.

### Protect others: -

Stay home if you have any of these symptoms: a fever, a cough, body aches, difficulty breathing, loss of sense of smell or taste. Encourage workers to stay home if they have these symptoms. When you are not at home, wear a cloth mask to protect others, especially indoors. Wearing a cloth mask protects other people – and they protect you.

### When should you test?

Getting a PCR test for coronavirus is less useful than many people think. A test that comes back negative does not mean you don't have the virus; it has a very high "false-negative" rate – almost a third of tests. Unless you need hospital care (in which case you will be tested), the test won't affect how you look after yourself, and if you have symptoms you should isolate anyway as you may be infected.

### How should you isolate?

If you have symptoms or have been in close contact with someone who has tested positive, try to self-quarantine. Once you understand the three Ds, self-quarantining is not difficult to understand. If living with people, try to spend time in a room on your own or spend time outdoors. Try to avoid communal spaces wherever possible; when you can't avoid using these (the kitchen or bathroom), try to spend as little time as possible, wipe surfaces, wear cloth masks, and open windows.

### Public toilets: -

There is some evidence that flushing a toilet sprays particle in the air which can have the virus in them. Tell customers, employees, and passengers on planes to put toilet seats down before flushing. Consider adding signs in all public restrooms with this message.

### What about thermometers?

Thermometers, especially the "point at your forehead" or oral ones, are actually very poor at telling your temperature, and may falsely create the impression that an infected person is not infectious. At a business or venue entrance they require close contact with the person with the thermometer. A person who has a fever from Covid-19 is likely to have other symptoms, so a simple symptom check is all you need.

### Can you fly?

Planes have very good air-circulation systems with particle filters that remove the virus from the air, which means that they are very low risk during the flight. But be careful of surfaces, and on short trips avoid the toilet if you can. You are far more likely to contract the virus in the airport while queuing, or waiting in a lounge or restaurant, than on the plane.

### Communicate: -

Have clear communication about how to manage risk at work. Managers and policy advisers should realise that although policies need to be clear and not too complicated, at the same time advice that is nuanced but actually doable has better results than advice that is very simple but unrealistic in practice.

Compare telling people they can prevent HIV by never having sex rather than by giving information about safe sex practices. The former is simpler but does not result in HIV prevention; it may be true but it doesn't help because it is not realistic. Businesses should anticipate they might have to shut down for a day and openly communicate.





### No shaming: -

Don't judge or stigmatise people with Covid-19. Getting infected does not mean they were careless or have bad hygiene. Anyone can get infected, millions of people worldwide have been, and in South Africa, for every case diagnosed there are likely to be 10 others who have it but have not been tested, and may not have symptoms; it may be you. A workplace may have an outbreak despite taking all necessary measures. There is no need to shout at people exercising outdoors without a mask but at a distance, or in the park with their family; they are not going to infect you. Be kind.

### Take it seriously: -

Covid-19 is real! If we all act together and help each other, we can dramatically limit spread, reduce deaths and protect our hospitals. Remember that anyone can get Covid-19 and become very sick. Those who were seriously ill can take a long time to fully recover. Even if you are not high-risk for severe illness, your actions create risks for others. Covid-19 is spreading rapidly in South Africa and this is the time for more, not less, vigilance.

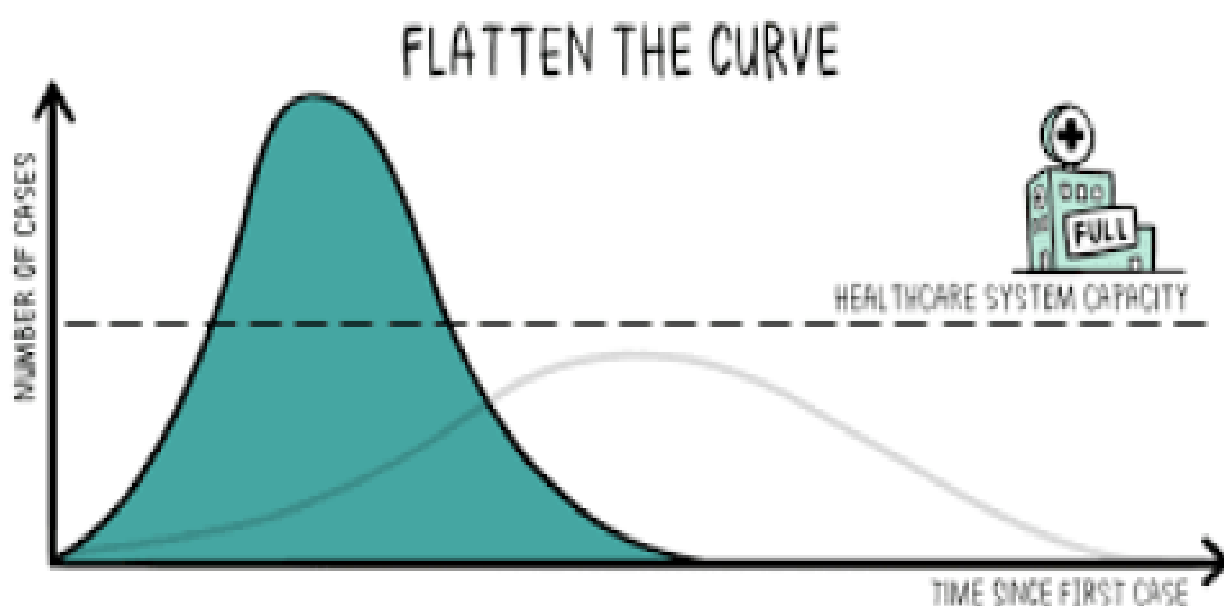
This is in our hands: Covid-19 is here to stay for a while and is rapidly spreading; but we need to live, to see each other and to work.

South Africa had an early and strict lockdown, but we always knew we couldn't do this for long. The easing of the lockdown does not mean the threat of infection has decreased. In fact, the opposite is true. We must not give up on containing spread: there is a lot practically that we as individuals, commuters, workers, managers and trades unions can do to protect ourselves and each other as South Africa reopens.

### Why has information on masks changed?

Early on we were advised not to wear masks, now we're told everyone should wear masks – what gives? Three things. First, as this new pandemic hit, there was a worldwide shortage of masks that healthcare and other emergency workers needed. It was more important for them than for the rest of us to get the masks, as they are more exposed, and also expose more people. Second, we were told initially that masks are more important for sick people than for protecting those not infected. This hasn't changed, but what has changed is understanding how much spread could be caused by people who have mild symptoms or do not yet have symptoms. This means that everyone is potentially a sick person who is spreading, and if we all wear masks, we limit spread. Third, the world is learning fast about this new disease: more information is emerging all the time about how much of an impact universal mask-wearing can have on reducing spread.

Stay safe and healthy.



# TAKE A BREAK AND PLAY A LITTLE

5	2			6	1		9	
9						4		1
6			4		9			3
4		6		8		3		
	5		1		4			8
7			2			5		4
			8	4	7	9		2
	9							
	4	7	9			1	8	

1		6				5	9	4
	4		1		9			
		2		6	7			3
5				8		4		1
2		4	6				3	
7			2		4			
4			8	3				6
6		1		7	2			
	3					2	1	5

7				6	5	3		8
6								5
	9	5			4		7	
		9	6	7		5	4	2
2	8	4				7		
				9	2			
8	5		7	4	9	6		1
	1	7				8	2	
					1			

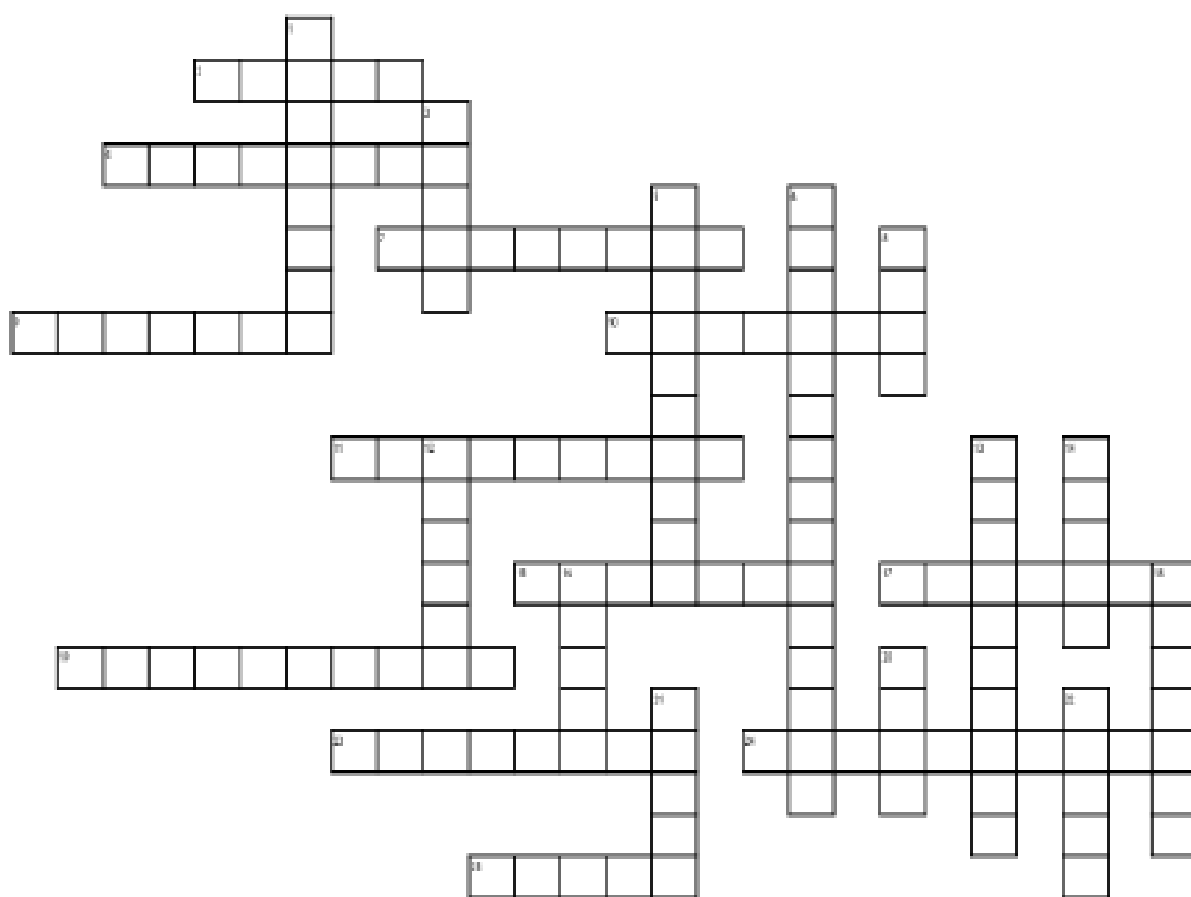
2	3		1	7	6		8	
		8					1	
	1				8		7	5
	2		6					9
8	6		7		9		3	
	9				2	7	6	
		1			4		9	6
4		9	3	6		8	2	
				9				

	9				2	5	1	8
				5				
3		1	6		8	9		
1				2			5	9
		2	5	9		3		
	4	9			3		7	
	8	5				1		
			7		5			6
	6	4	1		9	2		5

			8		1		7	
	3	7					1	
	2		4		3	5		9
9		4			2	7		
		8	7	5			2	
2					8	1		5
1	6			8	7	2	5	
7			2	6				
		2					6	7



# Journalism Crossword Puzzle

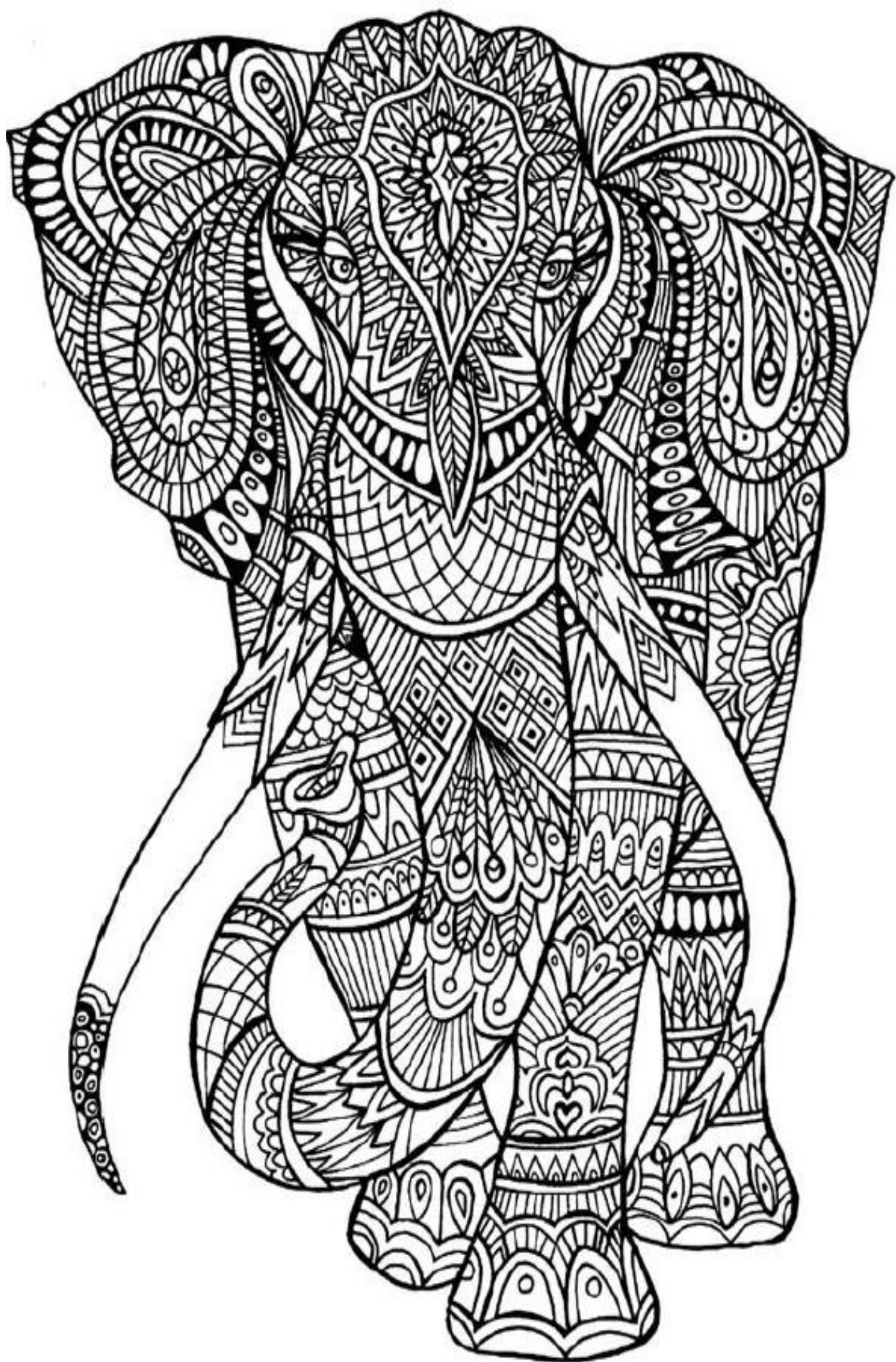


## Across

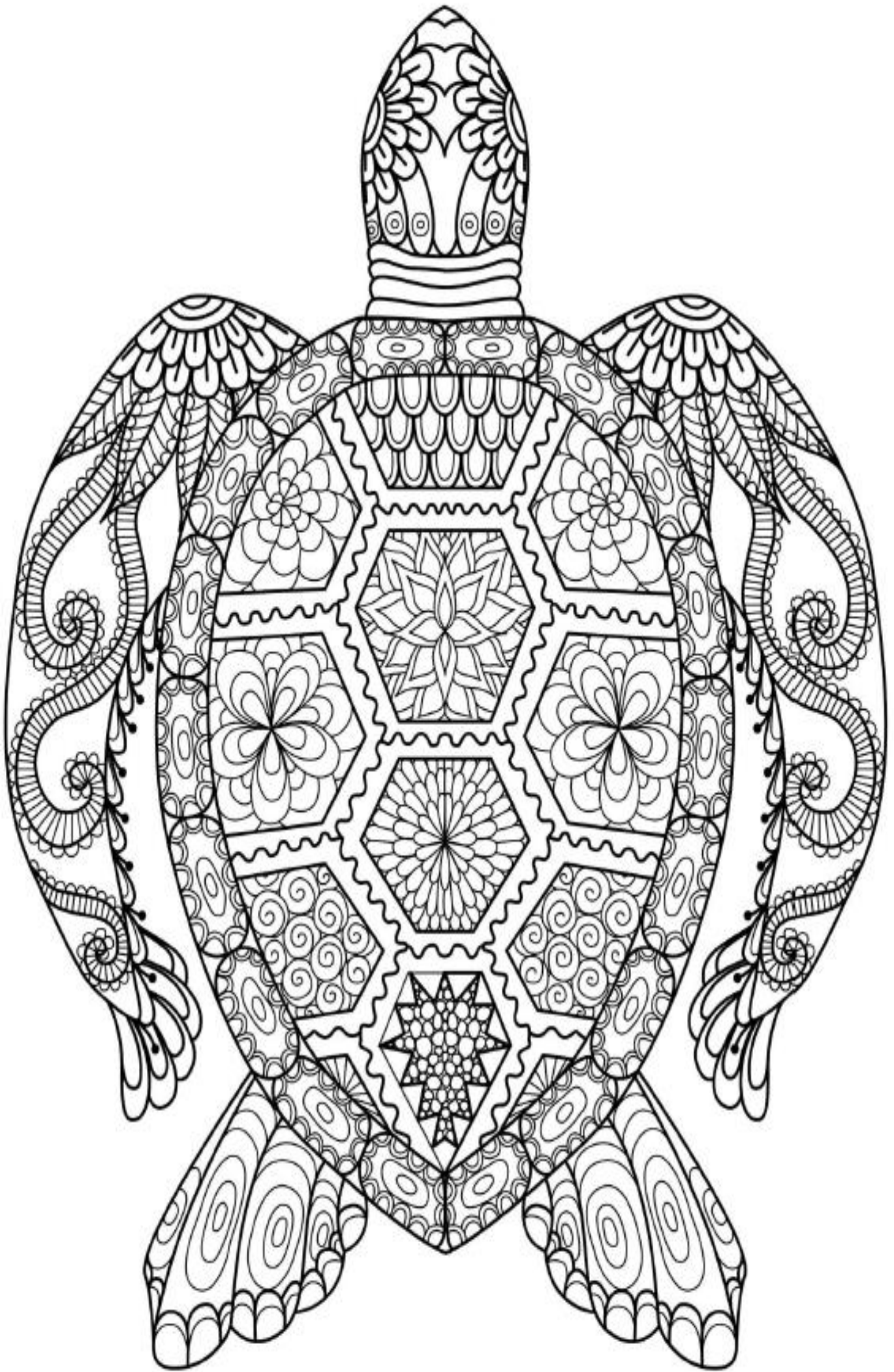
2. When you cite what somebody said word for word, that is called a what?
4. West Texas was in the news because of an immigrant tent city here.
7. Most younger people get their news from \_\_\_\_\_.
9. PBS stands for Public Broadcasting \_\_\_\_\_.
10. Name of the news museum in Washington, D.C.
11. The act of using another person's words or ideas as your own.
15. A spoken false statement
17. A person who sees a crime being committed is called a \_\_\_\_\_.
19. He is credited with creating facebook.
23. This person gathers news and then writes or films a story.
24. The action of damaging the good reputation of someone.
25. Snapchat was founded how many years ago.

## Down

1. In a photo layout there should be one larger, \_\_\_\_\_ image.
3. Aside from good light, good \_\_\_\_\_ is important in a video.
5. Most older people get their news from \_\_\_\_\_.
6. The \_\_\_\_\_ determines the how a movie will be filmed.
8. When interviewing anyone you always want to check how what is spelled?
12. This person reads television news.
13. These articles have opinions and are on their own newspaper page.
14. A published false statement
16. When taking a photo or video good \_\_\_\_\_ is essential.
18. Copyright law last for the life of the author plus \_\_\_\_\_ years.
20. This is the beginning of your story.
21. New York Times slogan appears on front page, "All the News that's fit to \_\_\_\_\_"
22. The amendment guarantees a free press.







# CHEF LYLE FROM EVERGREEN LIFESTYLE VILLAGE VAL DE VIE'S FRITTATA RECIPE

## INGREDIENTS

- 12 eggs
- 3 tablespoons full-fat dairy (heavy cream, half-and-half, whole milk, sour cream, crème fraîche or yogurt)
- ½ teaspoon salt
- 1 cup grated or crumbled cheese
- 3 to 5 cups vegetables or greens of choice (or 3 cups leftover cooked vegetables or greens)
- 1 tablespoon olive oil
- Garnish: Chopped or torn fresh, leafy herbs (basil, parsley, cilantro, or dill)

## INSTRUCTIONS

1. Preheat the oven to 180°C (casserole or mini/muffins).
2. Crack the eggs into a medium mixing bowl. Add your dairy of choice and the salt. Whisk just until the egg yolks and whites are blended. Whisk in all or half of the cheese (you can reserve the other half for topping the frittata before baking, if desired). Set the mixture aside.
3. In a large cast iron skillet (or any other large skillet that's oven safe), warm the olive oil over medium heat until shimmering. Add the vegetables, starting with chopped onions or other dense vegetables. Cook for a few minutes, stirring occasionally, then add any softer vegetables such as zucchini. Cook until those vegetables are tender, then add any garlic or greens, and cook until fragrant or wilted. Season with salt, to taste.





# 10 *Surprising* Health Benefits of GINGER

## 1. HELPS WITH MOTION SICKNESS

People who struggle with motion sickness can use ginger as a helpful and quick remedy to decrease the nausea associated with this problem.

## 2. IMPROVES BLOOD FLOW

Ginger is composed of magnesium, chromium, and zinc, which are known to help improve blood flow in the body.

## 3. TREATMENT FOR COLDS AND FLU

It is recommended to take two tablespoons of shredded ginger root two to three times daily to help with symptoms.

## 4. BETTER NUTRIENT ABSORPTION

This means you are likely to be less tired, and you will probably notice an improvement in your metabolism.

## 5. DECREASES THE RISK OF DEVELOPING COLON CANCER

regular consumption of this ingredient may decrease your risk of developing this type of cancer.



## 6. MINIMIZES STOMACH DISCOMFORT

Ginger is especially helpful with the digestion process. Since it improves food absorption, it can also minimize the likelihood of developing a stomachache.

## 7. AIDS IN OVARIAN CANCER TREATMENT

Several studies suggest that the ingredient can assist in the death of cells that cause this type of cancer.

## 8. PROMOTES RESPIRATORY HEALTH

People who are struggling with respiratory diseases like coughs or pneumonia can use ginger as a helpful resource.

## 9. STRENGTHENS THE IMMUNE SYSTEM

A small dose can decrease the risk of developing a stroke because it prevents fatty deposits from building up in the arteries.

## 10. MINIMIZES MORNING SICKNESS

If you are pregnant, ginger is a wonderful natural remedy against morning sickness.







## AUGUST BIRTHDAY AND ANNIVERSARIES

- 1<sup>st</sup> Hennie Du Preez (81<sup>st</sup>)
- 2<sup>nd</sup> William Stanton (80<sup>th</sup>)
- 2<sup>nd</sup> Nora Quinn (79<sup>th</sup>)
- 5<sup>th</sup> James Goodwin (76<sup>th</sup>)
- 6<sup>th</sup> Sharyn Breval (68<sup>th</sup>)
- 8<sup>th</sup> Trevor Morgan (73<sup>rd</sup>)
- 9<sup>th</sup> Cecil Fann (76<sup>th</sup>)
- 9<sup>th</sup> Anthony Pitman (78<sup>th</sup>)
- 13<sup>th</sup> Pat Duthoit (80<sup>th</sup>)
- 15<sup>th</sup> Dick Sheppard (94)
- 15<sup>th</sup> John Branson (85<sup>th</sup>)
- 16<sup>th</sup> Daphné Larkin (83<sup>rd</sup>)
- 17<sup>th</sup> Ron Mackie (79<sup>th</sup>)
- 18<sup>th</sup> Isabella Labuscagne (70)
- 20<sup>th</sup> Prudence Hall (76<sup>th</sup>)
- 22<sup>nd</sup> Sue Edwards (74<sup>th</sup>)
- 24<sup>th</sup> Cliff Preacher (75)
- 27<sup>th</sup> Peter Hubner (74<sup>th</sup>)
- 27<sup>th</sup> George Privett (78<sup>th</sup>)
- 28<sup>th</sup> Ness Hills (76<sup>th</sup>)
- 29<sup>th</sup> Maureen Springorum (82<sup>nd</sup>)
- 29<sup>th</sup> Sandra De Villiers (73<sup>rd</sup>)

### Anniversaries

- 4<sup>th</sup> Colin & Edna Grenfell (2<sup>nd</sup>)
- 14<sup>th</sup> Chris & Linda Brennan (25<sup>th</sup>)
- 23<sup>rd</sup> Arthur & Ness Hills (53<sup>rd</sup>)
- 26<sup>th</sup> Chris & Sue Edwards (53<sup>rd</sup>)