

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

One day at a time is enough, don't look back and grieve the past, its gone..... don't be troubled about the future, it has not come yet..... live in the present and make it so beautiful it will be worth remembering.

Wendy Chamberlain

Dear Residents,

I hope you all had a great Christmas with your family and friends. This weekend marks the last of 2022 and also the first day of 2023.

On Saturday evening we will be hosting many of you at the New Year's Eve Spit Braai and I would like to share a few details:

- Dinner guests can join from 18h00 on
- Brian Roos will be overseeing the music for the evening and we estimate that the dancefloor will open by 20h30 latest.
- All residents that are not joining for the dinner are also more than welcome to swing by for some dancing and to welcome the new year in with friends.
- As the Bistro team will only be in from 10h00 on Sunday we ask that the same clearing arrangements that are applied at the Quiz and Bingo Nights be followed.

Please note that the Bistro will only be open from 10h00 to 16h00 on the 1st and 2nd of January due to the public holidays.

As it is a new year, we bring you a slightly refreshed newsletter too, with a few tweaks and new pages.

We look at how exercise can help manage stress in today's hectic lifestyle in the Health & Wellness page and going forward, the articles will now detail overall wellbeing and no longer solely on medical aspects. In the Home and Garden section, you'll notice that we have expanded on the garden to include the home too and this week we share 11 great tips on how to declutter your home. Hacks & Tips will be filled with short cuts and clever stuff for every day use but also valuable information like how to shop safely online. In our Book Club, we feature top new releases and also best sellers. Your suggestions for this page will be most welcome.

On that note I would like to wish each and every one of you a truly wonderful weekend and a very happy and blessed 2023.

Regards
Riaan and the Evergreen Team

WEEK 1

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration
Birthday's, Anniversaries & New Residents

What's On The Menu

Delicious meals on offer this week!

Health & Wellness
Stop stressing out!
Exercise to manage stress in today's hectic lifestyle

Home & Garden
11 Declutter tips for a new year clean-out.

Hacks & Tips
Tips for safe online shopping

Book Club
Diddle Squat. A year on the farm by Jeremy Clarkson

Hiking Cape Town by Evelyn Holtzhausen

Thrive. Healthy recipes that break the diet rules by Nicci Robertson

ACTIVITIES & EVENTS

MON 2 JAN	TUE 3 JAN	WED 4 JAN	THUR 5 JAN	FRI 6 JAN	SAT 7 JAN	SUN 8 JAN
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 Restart 10 Jan CalLenetics ACTIVITY ROOM 1	09h00 Restart 4 Jan STRETCH CLASS 1ST FLOOR LOUNGE	08h45 Restart 12 Jan LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 14 DEC CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		
		15h00 LINE DANCING PRACTICE ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2	17h00 RESIDENT SOCIAL MAIN LOUNGE		From 12h00 SUNDAY LUNCH BUFFET BISTRO
GAMES ACTIVITY ROOM 2	14h30 TABLE TENNIS TABLE TENNIS ROOM	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h30 TABLE TENNIS TABLE TENNIS ROOM	18h00 DINNER BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM

UPCOMING EVENTS

JANUARY

FRIDAY NIGHT DINNER - 6, 13, & 20TH

RESIDENT BRING & BRAAI - 27TH

FEBRUARY

FRIDAY NIGHT DINNER - 3, 10, 24TH

VALENTINES DINNER - 14TH

QUIZ NIGHT - 16TH

CONTACT DETAILS

STRETCH CLASS - SUE 072 212 0277

AQUA AEROBICS - RENATE 082 519 443

GAMES - CECILE EXT. 2011 / NORMA EXT. 2089

CalLenetics - LOUISE EXT. 2143

BRIDGE - CECILE EXT. 2011

TABLE TENNIS - RONNIE EXT. 2035

GOLF CROQUET - NORMA EXT. 2089

CHRISTIAN FELLOWSHIP - JOHN EXT. 2018

LOW IMPACT CARDIO - LOUISE EXT. 2143

TÁI CHI - ROBERT EXT. 22129

KNITTING GROUP - JEN EXT. 2026

BACK CARE YOGA - CLAIR 083 453 5539

IT'S A CELEBRATION

BIRTHDAYS

5 JANUARY

CHRIS GOLDSBURY - Noordhoek

6 JANUARY

ALAN DEUCHAR - Noordhoek

7 JANUARY

ALDYTH THOMSON - Lake Michelle
JOHANNE DE BEER - Noordhoek

8 JANUARY

ROGER PAYNE - Lake Michelle

ANNIVERSARIES

6 JANUARY

PAUL & SALLY JOHNSON - Noordhoek



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

DAILY MEAL

ORDERS BY 12H00

MON 2 JAN	CHICKEN & BROCCOLI BAKE, RICE & ROASTED BUTTERNUT	BEEF & VEGETABLE STIR-FRY WITH EGG NOODLES
TUE 3 JAN	BEEF BURGER WITH CARAMELIZED ONIONS & POTATO WEDGES	CHICKEN SCHNITZEL, CHEESE SAUCE, MASHED POTATOES, CARROTS & PEAS
WED 4 JAN	PORK BANGERS WITH GRAVY, MASHED POTATOES & PEAS	CHICKEN A LA KING TAGLIATELLE & GREEK SALAD
THUR 5 JAN	BEEF & ONION POT PIE, BABY POTATOES, SWEET BUTTERNUT & BABY MARROW	FRIED CHICKEN STRIPS, CHEESE SAUCE, MASHED POTATOES & SALAD
FRI 6 JAN	FRIED FISH, TARTAR SAUCE, CHIPS & COLESLAW	BACON, BUTTERNUT & FETA QUICHE, GREEK SALAD
SAT 7 JAN	BEEF LASAGNE & GREEK SALAD	CRUMBED CHICKEN BURGER, SWEET CHILI MAYO & POTATO WEDGES
SUN 8 JAN	SUNDAY 2 COURSE LUNCH MAIN COURSE ROSEMARY ROASTED BEEF, REDWINE JUS, ROASTED BABY POTATOES & SEASONAL VEGETABLES DESSERT CHOCOLATE PUDDING & CUSTARD	

FRIDAY NIGHT DINNER

STEAK (200G SIRLOIN)
with chips, side veg or salad
R95

BARBEQUE CHICKEN WINGS
with chips & side salad
R75

BARBEQUE PORK RIBS (400G)
with chips, side veg or salad
R95

PULLED PORK BURGER
with smashed avocado, tomato, onion & coriander salsa with chips.
R75

HAKE & CALAMARI
with chips, side veg or salad
R95

DAILY MEAL - R65 | SUNDAY LUNCH - R125 (LAMB R145)

HEALTH & WELLNESS



STOP STRESSING OUT! EXERCISE TO MANAGE STRESS IN TODAY'S HECTIC LIFESTYLE

In today's fast-paced life, where the economy, crime and job security are everyday worries, stress is a major factor in just about everyone's lives. The fact is, stress is a natural part of life and it is experienced by all living things at some point or another.

THE FIGHT OR FLIGHT RESPONSE

The most primal stress-response system is the fight-or-flight reaction humans and animals experience when there is an imminent threat. Any dangerous or stressful situation initiates a cascade of physiological responses in the body that prepare it for the impending action, be it to fight or escape (flight). These responses include the release of catecholamine hormones like adrenalin and noradrenalin, as well as the stress hormone cortisol. These hormones work together to increase your heart rate, dilate your pupils and the blood vessels in the muscles, and release energy.

DYSREGULATED STRESS RESPONSE

These adaptations would all return to normal once the threat or stressor was no longer there, as the stress response is self-regulating.

It would, therefore, automatically decrease hormone levels and return your body to normal state once the perceived threat had passed.

As such, stress can actually have a positive effect on your body, making you more alert, aware and prepared for action. This type of stress is known as eustress. However, modern living amplifies and prolongs the stress response, to the point where people develop chronic physiological conditions due to the state of constant stress we generally find ourselves in. We are exposed to an almost endless barrage of acute and chronic stressors on a daily basis in the form of work anxiety, concerns over money, family pressures, crime, work-life imbalances, traffic, politics... the list goes on. Without relief from this stress through sufficient rest, relaxation and stress relief we become over-stressed. In this state our bodies are constantly bombarded by cortisol and the other stress hormones, which results in overexposure. This can wreak havoc on our autonomic nervous system and affects our general well-being and overall health.

The three stages of stress (developed by Hans Selye):

Alarm stage:

An imminent threat or danger causes your body to go on red alert and prepare for "fight or flight".

Resistance stage:

After the initial extreme reaction your body tries to adapt to the continued stress. It remains on alert but at a lower level while it tries to resume its normal functions. If the stressor is removed your body can start returning to a state of homeostasis. However, if the stress becomes chronic you move to the third stage.

Exhaustion stage:

Your quickly burn out due to the stress overload.

WHEN STRESS MANIFESTS PHYSICALLY

This continuous form of negative stress is commonly referred to as distress and can manifest in a number of physical symptoms. These include headaches, chest pain, skin conditions, hair loss, respiratory problems, ulcers, diabetes, hyperthyroidism, obesity, tooth and gum disease and psychological issues such as fatigue, anxiety, OCD and depression. Stress sufferers also tend to experience sleeping problems, which further exacerbates the problem. And chronic stress directly affects your body in numerous ways, impacting heavily on a numerous important systems.

Cardiovascular system

Stress hormones initiate increases in blood pressure and heart rate, and diverts blood flow from nonessential organs to your muscles. This is done to prepare your body to either fight or flight. However, when these 'triggers' do not subside, blood pressure and heart rate can remain elevated for prolonged periods of time, resulting in hypertension (chronic high blood pressure) and tachycardia (elevated heart rate). This places a great deal of strain on your cardiovascular system and can lead to various life-threatening conditions.

Immune system

Chronic stress can impair immune system function, which may make us more susceptible to illness and infection from a wide range of pathogens. This can also mean that illnesses are more frequent and severe, and may be prolonged.

Digestive system

Due to the restricted blood flow to nonessential organs caused by vasoconstriction, chronic stress can damage your digestive system or even shut it down.

Reproductive system

Sustained stress can decrease the likelihood of ovulation, as well as your libido, which negatively affects your reproductive system.



EXERCISE MORE TO MANAGE STRESS

With such myriad negative consequences, the management of stress in our modern lives is a vital part of a healthy and balanced lifestyle. Thankfully, in the pursuit of a better body or sporting performance, we are also helping to reduce stress in our lives.

Regular exercise is one of the best ways to deal with stress. It releases endorphins, which are the neurotransmitters that improve your mood. Exercise also releases tension by distracting you from daily worries, while the improvements it makes to your cardiorespiratory system enable you to cope with daily stress more effectively.

Exercise helps to control your weight, which can increase during times of chronic stress as cortisol leads to increased fat storage, especially around your abdominal area, which raises your risk for heart disease and diabetes. Cortisol is also a major culprit when it comes to cravings for sugary and fat-laden foods.

You can also improve your stress levels by taking more time out to relax and free your mind. Take a walk, do some yoga, listen to some music or immerse yourself in a good book for a bit of escapism.

HOME & GARDEN



11 DECLUTTER TIPS FOR A NEW YEAR CLEAR-OUT

A new year always inspires us to quit bad habits and declutter our homes. However, once we're back at work and settled into old routines, our best intentions fall by the wayside. So how do we make decluttering a reality in 2023? Here are 11 simple tips to help you tackle your clutter in 2023:

1. WORK OUT WHERE IT'S ALL GOING

Do this before you start. The satisfaction you feel when clutter leaves your house is huge, but the irritation you feel when you trip over boxes in the passage for a week is almost as powerful. Decide which charity you'll donate to and stock up on rubbish bags or boxes. Keep a box aside for recyclable items and one for those destined for the rubbish dump.

2. DON'T GET OVERWHELMED

This is the number one reason that good intentions fail. We start off with a huge rush of energy, and then after a few hours, 'decision fatigue' sets in. Don't think, "This weekend, I've got to clear it out." Instead, say, "This weekend, I'll devote three hours to sorting through my clothes."

3. BIN WHAT'S OUT OF SIGHT

Moving stuff into an attic or garage is not decluttering; it's simply building a bigger problem for later. Rather than keeping something on the off chance, you might need it, resolve to get rid of items. You'll forget you've got it if it's in the garage.

4. SWAP ROLES

This has the potential to cause a fight, so tread carefully. The fact is that it's easier to throw out someone else's junk than your own. You don't feel any remorse about chucking your husband's old golf shoes (he's got new ones), your son's old textbooks (he's left school) and the large collection of shoes your daughter no longer wears. In turn, you need to let them get a bit ruthless with your blind spots. Be prepared to negotiate, and don't get rid of anything without the owner's permission.

5. BE CLOSET SAVVY

Follow Marie Kondo's simple rule: if it doesn't make you feel good when you touch it or put it on, don't keep it. Yes, we all have a few items we'd like to keep for nostalgia, but limit yourself to four. Do you have clothes you may get into again or that may come back into fashion? They all need to go.



6. BE RUTHLESS

If it's broken and you haven't found a moment to fix it in the past year, you never will. Found stuff that's not even yours? Give it back. If no one knows who it belongs to, get rid of it. Don't keep items "just in case" you might need them. Chances are that if the occasion ever does arise, you won't be able to find the item anyway.

7. TRY A NEAT NOSTALGIA TEST

Sentimental attachment is a major reason for holding on to things. Try the emergency services test... what would you grab if there was a fire? Second easy criteria... what items make you happy? Store items you love in a memory box, but make an edited choice. You're unlikely to remember the things that aren't there.

8. RECOGNISE (AND MOVE PAST) GUILT

If you've started keeping things (like those watercolour paintings done by your great aunt) just because you feel bad rather than because they really mean something, get over it. It's time to free yourself of guilt and dispose of them.

9. DONATE IT

Be generous and give away as much as you can afford. Transporting bulky items like furniture can be a logistical and cost problem for some potentially grateful recipients, but it's possible to source cheap delivery services by searching on Gumtree with a filter for your area. If you're clearing out books, most urban areas have a charity bookstore which will gratefully take your old volumes.



10. SELL CLUTTER

There's an online market for almost anything these days, and selling second-hand goods is easy. Post your items at a competitive price on Facebook or Gumtree (use the Price Checker feature), and you'll be amazed at how much you can make. If speed is of the essence, then go low and say, "first to collect it gets it". If you're prepared to take a little longer, then go a little higher. Always post a clear picture of the item and describe it as well as you can.

Selling furniture and household goods is usually easy at the beginning of the year because so many people are moving into new rental accommodations. Refrigerators are the third most searched-for item on Gumtree, so you should be able to quickly shift your old one or that spare drinks fridge.

11. TAKE YOUR TIME

Take a moment to revel in the bliss of your clearance, and don't immediately replace old unwanted stuff with a new load of future clutter. Only buy items in 2019 that you really need or, as Marie Kondo would say, that will bring you genuine pleasure.



HACKS & TIPS



TIPS FOR SAFE ONLINE SHOPPING

With many South Africans spending more time from home following lengthy lockdowns last year, retailers have seen a dramatic increase in online shopping. From groceries to clothing to more pricey gadgets and appliances, South Africans have been spending much less time inside physical stores. While online shopping comes with a number of benefits – most notably convenience – it also brings with it a greater risk of being duped. The teams at Afrihost and the Internet Service Providers Association (ISPA) share some tips on how you can better protect yourself against dodgy online retailers.

DO YOUR HOMEWORK

If it isn't a website you've used before, be more cautious. Check online for reviews and user feedback before parting with your money. If you find any alarming reports from clients, steer clear of the site.

SAFE PAYMENT

Avoid paying via Electronic Fund Transfer (EFT) since you cannot lodge a dispute or reverse the transaction should something go wrong. EFT payments are also less secure than your standard debit and credit card options.

If an e-commerce site doesn't offer any standard payment options aside from EFT, be careful.

DOUBLE-CHECK THE DETAILS

Many scammers often give unsuspecting buyers a fake address, name, and contact info. Do an independent check to determine everything is legit before committing to a sale. If it means having to drive out to the address they've provided, do it. If it's too far, you can also check it out on Google maps, or ask a friend who lives nearby to go have a look on your behalf. Don't simply take everything being said and promised at face value. It's also wise to do a reverse image search on Google to check if the items for sale, and the sellers, are what and who they say they are.

THAT OLD ADAGE

If an offer seems too good to be true, it probably is. We've heard this warning countless times, but when money is tight a shiny offer on an otherwise expensive item could be very tempting. However, in many instances the item simply doesn't exist and you end up saving no money at all.

ASK AWAY

When speaking to a seller directly, don't be shy to ask as many questions as possible. Find out why they're selling the item, whether they have all the necessary papers, whether there's any damage and any other questions that might come to mind. The more informed you are, the better.

LOOK FOR THE LOCK

Check whether there's a little padlock next to the web address. This means the site is secure and has the relevant security certificates to ensure your personal information is encrypted and safe.

IS FOR SECURE

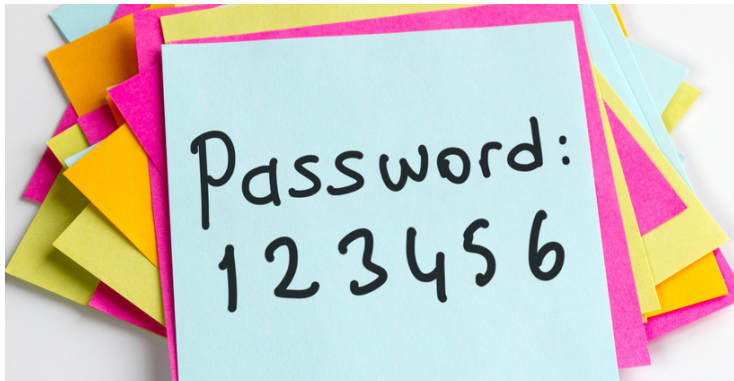
Whenever you make a payment online, ensure the web address starts with “https” and not just “http”. The extra “s” indicates that any sensitive information (such as your credit card number or CSV code) will be scrambled once you submit it.

SHOP WHERE IT'S SAFE

It's always better to shop online using your own internet connection. If you can, avoid using public Wi-Fi hotspots since there's a better chance of fraudsters intercepting your personal information, usernames and passwords over a less-secure connection.

CAREFUL WHAT YOU CLICK

Always go to the preferred online store directly instead of clicking on a link within an email or SMS. It's also a good idea to bookmark the reliable sites you've used so you can easily access them the next time you want to shop.



PASSWORD POWER

Ensure you use strong passwords and change them every couple of months. If you struggle to remember your passwords, you can make use of a password manager.

BE ALERT

Check your bank statements on a regular basis to ensure no unauthorised transactions and/or charges are being processed on your account. Inform your bank of any suspicious transactions immediately and change all your passwords as well.



ANTIVIRUS IS YOUR FRIEND

There are several reliable and free antivirus options available and they can help protect you against any nasty viruses or spyware. Ensure you scan your computer regularly (at least once a month) for any threats and ensure your antivirus is updated.

TWO-FACTOR AUTHENTICATION

Whenever you log in to an online store, see if there's an option to activate two-factor authentication. Once this is enabled, you will be asked to input a second pin that's usually sent to you via SMS or email before you can log in or perform any transactions.

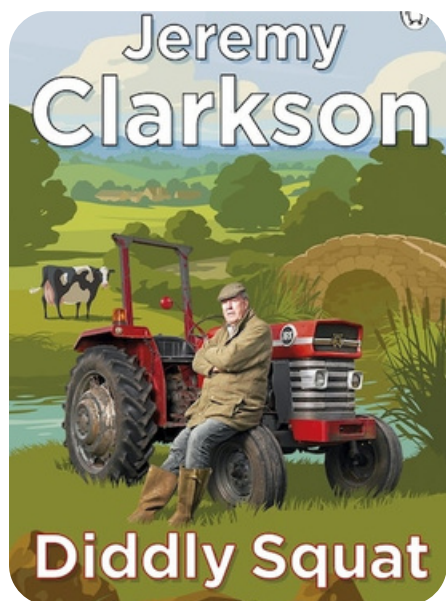
GET THE APP

When using apps to make purchases, make sure you download the app directly through the official retailer. If you're not sure whether the app you've downloaded is the legitimate version, you can always contact the retailer for assistance.

PAPER TRAIL

Keep all your invoices, purchase confirmations and shipping and tracking numbers in a safe place. Should things go wrong, at least you would have the documents to prove you've made a purchase.

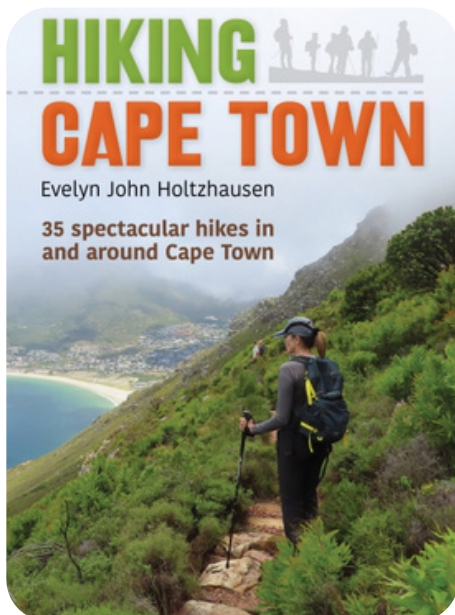
BOOK CLUB



DIDDLEY SQUAT. A YEAR ON THE FARM BY JEREMY CLARKSON

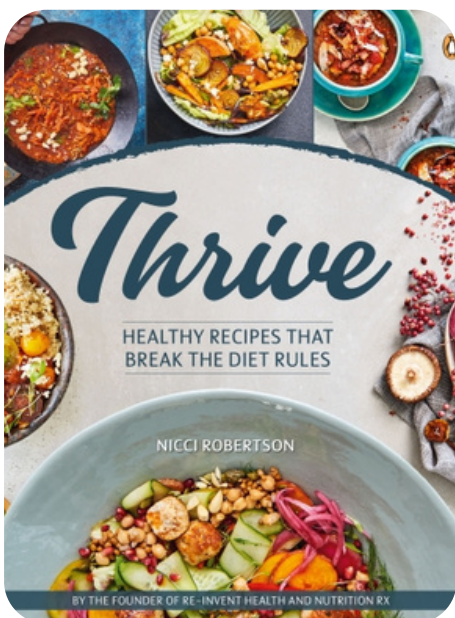
Jeremy Clarkson takes us into the pitfalls (and pratfalls) of his new life as gentleman farmer in this thigh-slapping collection of stories from a year on Clarkson's Farm. Welcome to Clarkson's farm. It's an idyllic spot, offering picturesque views across the Cotswolds, bustling hedgerows, woodlands and natural springs. Jeremy always liked the idea being a farmer. But, while he was barrelling around the world having more fun with cars than was entirely reasonable, it seemed obvious that the actual, you know, farming was much better left to someone else. Then one day he decided he would do the farming himself.

After all, how hard could it be? Well . . .



HIKING CAPE TOWN. 35 SPECTACULAR HIKES IN AND AROUND CAPE TOWN BY EVELYN HOLTZHAUSEN

The mountains and forests in and around Cape Town are a hiker's paradise, offering an array of excursions to suit both new converts and seasoned rambles. Hiking CapeTown covers 35 exciting hikes on the Cape Peninsula and further afield, ranging from easy to moderate, with a number of more demanding trails for those who want to up their game. From classic hikes up the front face of Table Mountain and half-day hikes in the remote Cape Point, to gentle rambles along the coast and walks in mountains and nature reserves a short drive from the city, this book encompasses the area's must-do routes.



THRIVE. HEALTHY RECIPES THAT BREAK THE DIET RULES BY NICCI ROBERTSON

Eating well should be one of life's pleasures but, for many people, this is not the case. Struggles with weight, nutrition-related health issues and low self-esteem can result in food being condemned as an 'enemy', to be conquered at all cost. Nicci Robertson understands, and she uses her personal experience to guide readers towards improved health and wellbeing by taking a different approach to nutrition. In Thrive, she explains how to exchange bad habits for better ones, recognise and eliminate stress factors that can contribute to lifestyle diseases, and understand the role that proteins, carbs, fats, fibre and water play in keeping us healthy. She also unpacks some common nutrition facts and myths.