

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
Lifestyle
at lake michelle

"You can't make decisions based on fear and the possibility of what might go wrong."

Michelle Obama

Dear Residents,

As we leap into February you will see the social calendar has filled up with a variety of talks and events, over and above our regular activities.

February kicks off with the Mediclinic Constantiaberg launching their sessional doctors rooms in our Village. They will start with group of five specialists from various disciplines who will be available on an appointment basis. The rooms will have a dedicated coordinator based on site. On the 7th of February Dr Roger Melville - Neurosurgeon will host a short talk at the launch of the rooms where the doctors will also be introduced. We have limited seats for the event so please RSVP at Reception as soon as possible.

We have also added a Garden Talk to the calendar on the 8th and on the 15th please feel free to join The Bird Interest Group for a meeting.

In this week's newsletter we send shivers up your spine while you embark on an interesting walk in Simonstown in Out & About. In the wellness section you can look at a few tips how you can get rid of dark marks on your skin, and especially for the car fanatics, a maybe slightly upsetting sight for the purists but a very pleasing-to-the-eye reworked version of a classic car I'm pretty certain we'd all love to have in our garages.

As usual, in our Book Club, we feature top new releases and also current best sellers. Your suggestions for this page will be most welcome.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

WEEK 5

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!

Out & About
Walk with ghosts in a haunted village and hear chilling historic tales

Health & Wellness
Ditch the dark marks

Boys & Their Toys
Porsche 356 reborn for 2023

Book Club
Happier Hour - How to spend your time for a better, more meaningful life. By Cassie Holmes

Burchell's African Odyssey. By Roger Stewart & Marion Whitehead

The Light We Carry. By Michelle Obama

ACTIVITIES & EVENTS

MON 30 JAN	TUE 31 JAN	WED 1 FEB	THUR 2 FEB	FRI 3 FEB	SAT 4 FEB	SUN 5 FEB
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 25 JAN CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h00 BRIDGE ACTIVITY ROOM 2			From 12h00 SUNDAY LUNCH BISTRO
GAMES ACTIVITY ROOM 2			14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
				18H00 DINNER BISTRO		

UPCOMING EVENTS

FEBRUARY

FRIDAY NIGHT DINNER - 3RD & 10TH
 MEDICLINIC EVENT - 7TH
 GARDEN CLUB - 8TH
 MOBEE CARWASH - 8TH & 22ND
 VALENTINES DINNER - 14TH
 BIRD INTEREST GROUP - 15TH
 QUIZ NIGHT - 16TH

MARCH

PSG TALK - 16TH
 ST PATRICK'S PUB NIGHT - 17TH
 BINGO NIGHT - 23RD
 MOVIE - 29TH

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
 SALON - JANINE 073 294 9655

ACTIVITIES & EVENTS

MEDICLINIC 
CONSTANTIABERG



YOU ARE HEREBY CORDIALLY INVITED TO JOIN US AT THE OFFICIAL LAUNCH OF THE MEDICLINIC CONSTANTIABERG SESSIONAL ROOMS AT EVERGREEN LIFESTYLE NOORDHOEK.

DATE: Tuesday, 7 February 2023

TIME: 17h30 – 19h00

VENUE: Lounge/Dining Room, Evergreen Lifestyle Noordhoek

GUEST SPEAKER: Dr Roger Melvill; Neurosurgeon

RSVP DETAILS: RSVP at reception no later than Friday, 3 February 2023 on ext.2400. Kindly indicate any dietary preferences. Please note that numbers are limited.

We look forward to hosting you at this event!

EXPERTISE YOU CAN TRUST.

ACTIVITIES & EVENTS



GARDEN CLUB TALK

Johan Fourie is a soil scientist who is going to talk about soil composition and how to get the maximum out of your soil.

He will talk about general principles that apply across very diverse growing requirements in diverse soils. He will cover how to improve the soil and what to use when, to achieve the best growing results.

Questions and general discussion on our particular gardening challenges here at Evergreen will be welcomed.

Date: Wednesday, 8 February
Time: 14h30
Venue: First Floor Lounge
Tea and coffee available at R10pp

RSVP to Val Stockden by Monday, 6 February
on ext. 2056
or email: valstockden@gmail.com,



BIRD INTEREST GROUP

We will be presenting videos, in particular, one of the Cape Parrot, which is the Birdlife SA, Bird of the Year. The Cape Parrot is endemic to SA and is restricted today to Montane Forest mostly in the Southeast of SA.

We are starting with a discussion to assess the overall interest of outings and walks, and possibly Pelagic Boat trips to see the ocean birds.

Date: Wednesday, 15 February
Time: 14h30 for 15h00
Venue: First Floor Lounge
Tea and coffee available at R10pp

RSVP to Ian Alexander by Monday, 13 February
on ext. 2056

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

NEW RESIDENTS

ILSE MARIE ROOS
Noordhoek - Apartment 31

BIRTHDAYS

31 JANUARY
PATRECIA VAN DER WALT - Noordhoek

1 FEBRUARY
DOUGLAS SMITH - Noordhoek
ROBERT HAINS - Noordhoek

4 FEBRUARY
GUY COUVREUR - Lake Michelle
TREVOR JONES - Noordhoek
LINDA STEDALL - Noordhoek

5 FEBRUARY
SHARON ZAZERAJ - Noordhoek

ANNIVERSARIES

2 FEBRUARY
TREVOR & SUE DOUGLAS - Noordhoek
FRED & MARION NELSEN - Noordhoek

3 FEBRUARY
SEAMUS & ANNEMARIE DALY - Noordhoek
VICTOR & JOAN POLLACHI - Noordhoek

5 FEBRUARY
ROY & SHARON ZAZERAJ - Noordhoek



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

DAILY MEAL

ORDERS BY 12H00

MON 30 JAN	TUSCAN CHICKEN WITH BASMATI RICE, SWEET BUTTERNUT & PEAS	SALMON & SPINACH QUICHE, POTATO WEDGES & ROASTED BEETROOT
TUE 31 JAN	BEEF BOBOTIE, YELLOW RICE & SAMBALS	CHICKEN SCHNITZEL, CHEESE SAUCE, SAVOURY RICE & SEASONAL VEGETABLES
WED 1 FEB	CHICKEN & MUSHROOM PIE, MASHED POTATOES & SEASONAL VEGETABLES	BEEF CURRY SERVED WITH BASMATI RICE, SAMBALS AND POPPADUM
THUR 2 FEB	PORK BANGERS & MASHED POTATOES, ONION GRAVY AND ROASTED VEGETABLES	HONEY & MUSTARD CHICKEN, BROWN RICE & SIDE SALAD
FRI 3 FEB	BEER BATTERED HAKE, CHIPS & SIDE SALAD	BEEF STROGANOFF, WHITE RICE & SIDE SALAD
SAT 4 FEB	BEEF CHEESE BURGER & CHIPS	CHICKEN A LA KING, WHITE RICE & ROASTED VEGETABLES
SUN 5 FEB	SUNDAY 2 COURSE LUNCH MAIN COURSE ROAST PORK SERVED WITH ROAST POTATOES, APPLE SAUCE, CRACKLING & SEASONAL ROAST VEGETABLES DESSERT POACHED PEAR & CUSTARD	

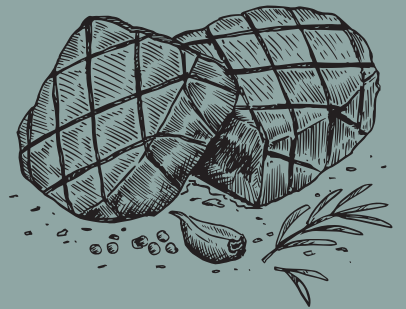
FRIDAY NIGHT DINNER - R95

STEAK (200G SIRLOIN)
WITH CHIPS, SIDE VEG OR SALAD

PANKO CRUMBED CHICKEN SCHNITZEL
WITH CHIPS & SIDE SALAD

BARBEQUE PORK RIBS (400G)
WITH CHIPS, SIDE VEG OR SALAD

HAKE & CALAMARI
WITH CHIPS, SIDE VEG OR SALAD



SEE CALENDAR FOR DINNER SERVICE DATES

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

OUT & ABOUT



WALK WITH GHOSTS IN A HAUNTED VILLAGE AND HEAR CHILLING HISTORIC TALES

Discover the mysterious Lavender Lady, an unsinkable coffin, butchering barbers, exhumed skeletons and meander through an historic burial ground. Walk the historical mile in the village of Simon's Town as you listen to tales about interesting buildings of yesteryear from an expert guide. Finish off by walking through the historic burial grounds in Seaforth (1813). There's safe parking with a reliable car guard on Jubilee Square.

WHAT CAN YOU EXPECT?

During the walk, learn about a mass murderer, baby killer, a mysterious Lavender Lady who haunts the museum, an unsinkable coffin, butchering barbers, exhumed skeletons plus a host of other interesting tales of the unknown.

GHOST GUIDE

André Leibbrandt is a qualified Western Cape Tourist Guide who has been leading these walks for three-and-a-half years. Andre and his business partner have delved deep into Simon's Town's history at local libraries and museums to create this ghost walk tour experience.

SUITABLE FOR THE WHOLE FAMILY

The majority of the walk takes place at a leisurely pace on the sidewalk. Children of all ages who are brave enough and can handle a two-hour walk are welcome, and they particularly love the graveyard walk at the end. Andre can easily facilitate groups of up to 30 at a time.

HOW TO JOIN THE GHOST WALK

The Ghost Walk costs R150 per person and takes place every Friday and Saturday evening.

Times vary: in winter, the walk starts at 5:30pm and in summer at 6:30pm. You can stay up-to-date with events by checking out the Simon's Town Ghost Walks' Facebook page.



You can book by calling Andre on 076 190 4081, send a WhatsApp, Facebook messenger, or email andreswalks@gmail.com.

HEALTH & WELLNESS



DITCH YOUR DARK MARKS

Summer is certainly the season for showing off your skin. Longer days and sweltering temperatures call for shorts, short or sleeveless tops and, for the ladies, naturally less make-up. With more of your skin showing you might notice some areas of discolouration on your face and body. There's a name for those dark spots and uneven patches of skin and you're not the only one who has them.

Hyperpigmentation is the umbrella term used to describe areas of skin that become darker due to excess production of melanin – the pigment that gives skin its colour. It occurs most often in people with medium to dark skin tones but just about everyone, regardless of skin colour, can be affected by areas of uneven tone.

While skin discolouration of this kind is usually quite harmless, you may feel self-conscious of brown shadows on your face or blemishes on your body that stand out against your natural colouring. There is no need to fret. We're breaking down everything you need to know about hyperpigmentation and how to stop dark marks from getting in the way of putting your best face forward.

WHY IT HAPPENS

Your body starts to produce more melanin for various reasons: excessive sun exposure, fluctuating hormones, as a response to medication and even the way the skin heals after injury. To help dark marks fade, and prevent them from coming back, you'll need to be able to identify the type of hyperpigmentation affecting your skin so that you can seek out the best treatment and adjust your daily habits, too.

WHAT TO LOOK OUT FOR

Age Spots

Sometimes called sunspots, these marks appear as freckles on areas of your body most frequently exposed to the sun, such as the face, hands, neck and shoulders. While sunlight is essential to good health, catching too much sun for lengthy periods of time will cause the skin to produce more pigment to protect itself.

Melasma

Most commonly known as the 'mask of pregnancy', melasma refers to patches that are brown or almost grey in colour. These patches often show up on the face, cheeks and forehead and even the arms and stomach. It is thought to be triggered by fluctuation in hormone levels coupled with sun exposure. The condition will usually fade away after pregnancy or once you stop taking contraception (basically once your hormones balance out again). In some cases, however, melasma can persist for years.

Post Inflammatory Hyperpigmentation

There's a reason you were told not to pick at pimples and why you shouldn't scratch skin affected by eczema or dermatitis. As the name suggests, this type of hyperpigmentation occurs because of skin healing from inflammation. Repeatedly rubbing at scabs on your skin while it is trying to heal from injury, the more likely it is that the healing process will leave behind dark spots where cuts, pimples, or scrapes used to be. It can occur anywhere on the body and, much like age spots, is made worse by exposure to sunlight.

WHAT YOU CAN DO TO HELP EVEN OUT YOUR SKIN TONE

Sun exposure is the most common trigger of hyperpigmentation, so it is best to avoid the outdoors between 10am and 2pm. You should also wear a broad-spectrum sunscreen with a sun protection factor of at least 30 and reapply as often as needed throughout the day to guard against both UVA and UVB rays.

Continued...

For smaller areas of hyperpigmentation, such as sunspots and post-inflammatory hyperpigmentation it is recommended that you incorporate resurfacing exfoliators such as alpha-hydroxy acids (glycolic acid, lactic acid and kojic acid) to gently slough off old cells and make way for healthy new ones. To help fade existing marks, reach for moisturisers and serums that contain holy grail brighteners like niacinamide and vitamin C.



Stubborn patches of discolouration that have been left untreated and which may have settled into the deeper layers of the skin will require more concentrated topical creams. Your dermatologist can prescribe a mixture containing skin lightener hydroquinone in a controlled dosage to help treat severe cases of melasma. The doctor can also prescribe a milder topical treatment to help maintain your appearance once the dark marks have been banished.

You might also consider treatments such as chemical peels and microdermabrasion which remove the top layer of the skin. After a few sessions the dark patches will be removed while boosting new cell turnover for smoother, clearer, blemish-free skin. Speak to the experienced beauty therapist at the Skin Strategy Salon instore at Dischem for advice and book an appointment for a facial to treat hyperpigmentation.

A FEW THINGS TO KEEP IN MIND WHEN TREATING HYPERPIGMENTATION

The frequency and effectiveness of both over-the-counter and professional treatments depends on your individual needs. What works for one person may not work for another. This is especially true of treatments which contain a stronger concentration of lighteners and acids as these ingredients can agitate skin that is sensitive and more prone to breakouts. In an effort to find a quick fix you may be tempted to try to bleach your skin (even the areas that aren't affected by excess pigment) in order to become a shade or two paler than your natural skin tone. When choosing skin care products to treat pigmentation concerns take special care to only use formulations that are backed by solid research and testing. The last thing you want to do is alter your skin colour entirely. Your natural colour will always return and often hyperpigmentation will go on to resolve itself, given enough time.

Even when you do everything right, your skin can still react adversely to professional treatments. Post-inflammatory hyperpigmentation often happens as a response to ingredients designed to even out skin tone. For this reason, it is best to tread lightly when targeting marks that lie within the deeper layers of the skin.

THE TAKEAWAY

Hyperpigmentation is nothing to be ashamed of – almost everyone will experience some form of discolouration as a result of daily life. There are many factors that can trigger overproduction of melanin, some of which are beyond your control, such as genetics, hormonal fluctuations, and certain medications. But you can control how you take care of your skin once dark marks start to appear. Protect your skin against sun damage by applying broad spectrum sunscreen daily, ensure your skin care regimen contains ingredients that gently exfoliate and brighten the skin and avoid any skin lightening products that have not been prescribed by a dermatologist. When it comes to your skin, small but consistent changes most often yield the best results.

BOYS & THEIR TOYS



PORSCHE 356 REBORN FOR 2023 WITH 718 GT4 RS POWER

Porsche Vision 357 is one "of many" 75th anniversary presents for German car maker.

Porsche has revisited its beginnings with this new design concept, created as one of "many" 75th-birthday presents the sports-car company will be gifting itself over the coming year.

The Vision 357 is a modern take on the 356, which in 1948 became the first production car to bear the Porsche name and went on to provide the framework for the iconic Porsche 911 – which itself turns 60 this year.

The 357 evokes the rakish and narrow design of the 356, also featuring a modern take on its front end, a rounded rear and bullish flared wheel arches.

However, although it "liberated" itself from any regulations that apply to road cars, such as those concerning safety, Porsche opted not to bring back the 356's iconic split windscreen design.

The 357 wears a special livery with 75th-anniversary logos adorning the doors and the bonnet, giving it the look of a road-going racer.

Michael Mauer, vice-president of Style Porsche, the team that created the concept, called the 357 an "attempt to combine the past, present and future with coherency" while also showcasing "details that visualise the outlook for the future."

Despite these comments, Mauer wouldn't confirm whether the 357 provides an immediate look into the brand's future stylings and said that it doesn't preview the next-generation 911.



However, he added that "there are elements that maybe will make it one day into production" and hinted these could include the bug-like headlights and body-integrated tail-lights. "It's one possible solution, or vision, or you could almost say dream," he said.

The 357's virtual exterior mirrors, which are used by Porsche sibling brand Audi on the Audi Q8 E-tron, are also likely to feature on future cars.

Perhaps surprisingly, the 357 doesn't have an electric powertrain. Being based on the revered Porsche 718 Cayman GT4 RS, it instead has a mid-mounted 493bhp 4.0-litre straight-six engine, albeit recalibrated for running on synthetic fuels.

This represents a very significant upgrade over the Volkswagen Beetle-derived 35bhp 1.0-litre flat four found in the original 356.

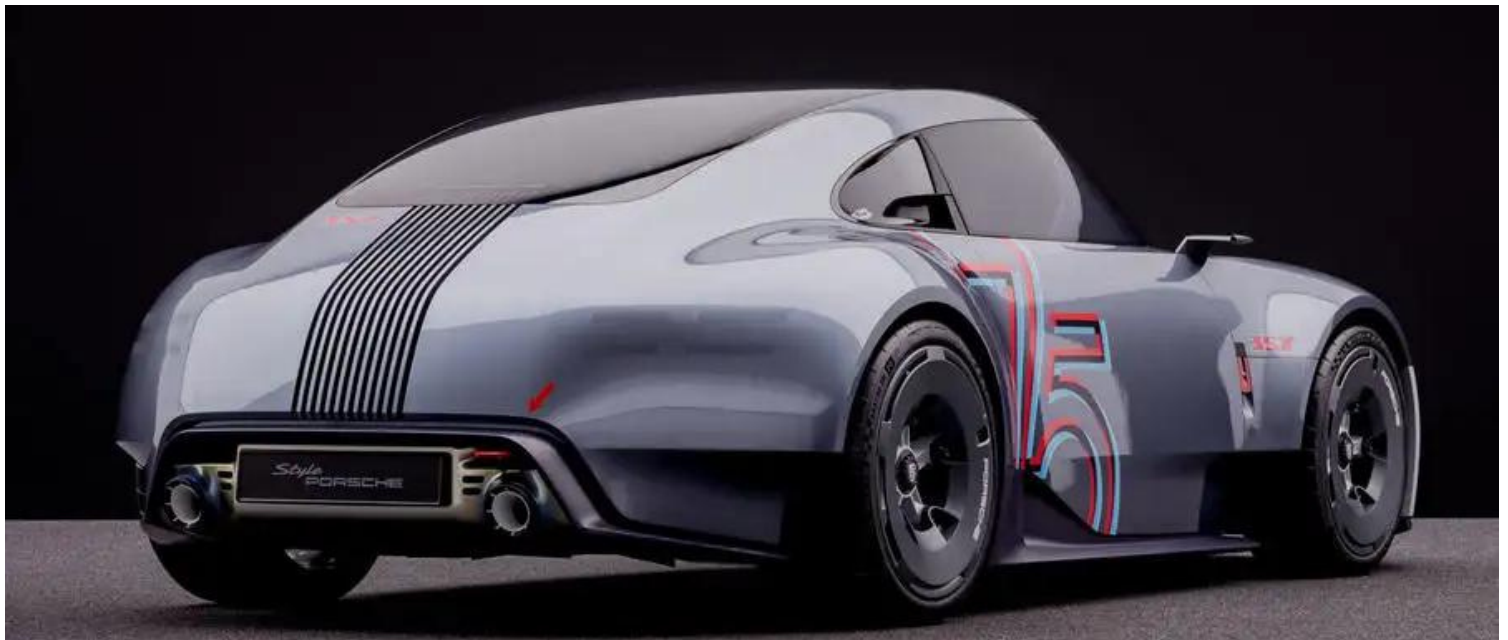
As in the GT4 RS, a seven-speed dual-clutch automatic gearbox sends power to the rear wheels, in this case special 20in alloys.

Besides the engine, nods to the 718 underpinnings include side-mounted air intakes just behind the driver's head.

No interior has been created for the 357, Mauer said, but we imagine that one similar to that of the 718 Cayman would be likely if this car were put into production.

Asked if we could ever see this happen, Mauer said "it would be possible", adding: "We always try to do concepts that aren't just for the sake of doing something. But again, [the 357] is really born as a birthday present. I would love to have this car as well."

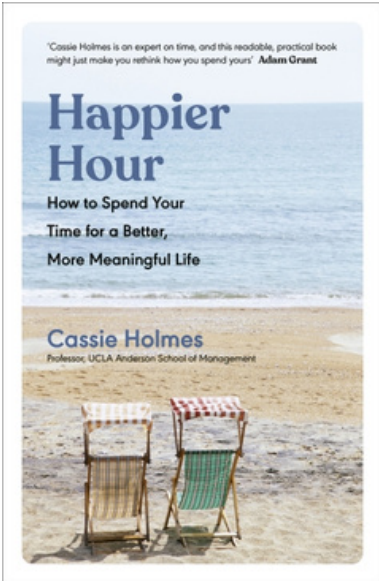
When probed about what else Porsche might have in store for its 75th-birthday celebrations, Mauer told reporters to "wait and see".



BOOK CLUB

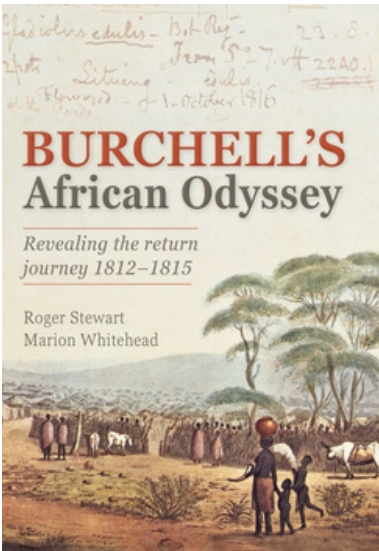
HAPPIER HOUR – HOW TO SPEND YOUR TIME FOR A BETTER, MORE MEANINGFUL LIFE, BY CASSIE HOLMES

Money is often thought of as the secret to a good life and the ultimate metric of success, yet research suggests a whole other story: time is the true yardstick of our lives. Organising our time can lead to huge benefits and a happier life, even amidst the many pressures of the modern world. Drawing on her hugely popular MBA course at UCLA, as well as psychology, behavioural science and management thinking, Professor of Decision-Making Cassie Holmes is here to help you make the most of your hours, weeks, months and years. Learn the difference between meaningful and wasteful uses of time; piece your hours together to make happier weeks; make even dull tasks like chores or commuting pass more easily. Whether you're looking to engage more with your family, avoid burnout, increase your productivity or simply feel less time-starved, this is your personal, practical guide for how best to invest your time.



BURCHELL'S AFRICAN ODYSSEY: RETRACING THE RETURN JOURNEY 1812-1815, BY ROGER STEWART & MARION WHITEHEAD

The English naturalist William Burchell arrived in Cape Town in June 1811 to explore the flora and fauna of the vast southern African interior. Over a four-year period, and travelling in a custom-built ox wagon, he amassed an astonishing 63000 specimens of plants, bulbs, insects, reptiles and mammals – many not previously documented for science – as well as over 500 paintings and illustrations. While the outbound trek is well described in Burchell's famous *Travels in the Interior of Southern Africa*, little has been published about the challenges and discoveries made on his return journey to Cape Town, from 1812–1815. This pioneering book traces the homeward leg of Burchell's epic odyssey – through the arid northern Cape, the Great Karoo, the warravaged eastern Cape, and along the Eden-like southern Cape coast. Drawing on primary and secondary sources, including Burchell's letters and the detailed map he created to record his trek, the authors have crafted a thought-provoking and beautifully illustrated account that encompasses both the genius of the man and the natural history of the region that so intrigued him.



THE LIGHT WE CARRY: OVERCOMING IN UNCERTAIN TIMES, BY MICHELLE OBAMA

The *Light We Carry* offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully overcome various obstacles -- the earned wisdom that helps her continue to "become." With trademark humour, candour, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness. A rewarding blend of powerful stories and profound advice, *The Light We Carry* will inspire readers to examine their own lives, identify their sources of gladness, and connect meaningfully in a turbulent world.

