

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
Lifestyle
noordhoek

"If happiness is what you're after, then you are going to be let down frequently and be unhappy much of your time. Joy, though, is something else. Its not a choice, not a response to some result, its a constant. Joy is 'the feeling we have from doing what we are fashioned to do,' no matter the outcome."

MATTHEW MCCONAUGHEY

Dear Residents,

I hope you've all had a good week.

Despite the very cold and wet week we have had, I hope you are looking forward to tonight's Country & Western event as much as we are. For those of you who are not joying for dinner, please feel free to come and enjoy the live entertainment from the lounge.

The events calendar for June has really filled up nicely and there is more than enough variety for everyone to find something to their liking.

In this week's newsletter, you can read more about German scientists who believe they have discovered how to slow down the aging process. In Bon Appétit we share two 'winter warmer' beverages, covering both a non-alcoholic option and something for those preferring theirs a little stronger.

We also take a look at this year's RHS Chelsea Flower Show in Green Fingers. Apparently, weeds are the in thing!

In Health Matters we look at a few tips on how to recover from the flu faster, and we end off with some interesting statistics and choices from the Top 500 Songs from the Rolling Stones magazine.

As I put together my last Aloe Aloe newsletter before handing it over to Stephan, I would like to take a moment to thank those who have kindly contributed and also those who took the time to comment and let me know what you enjoyed reading most, and what you liked to see more of. I really hope you have enjoyed the newsletters as much as we have enjoyed putting them together for you.

Enjoy the reading!

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

Week 22

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!

Making Headlines

German scientists make a "major discovery" that could slow down the aging process

Bon Appétit

Drinks to warm you up this winter

Green Fingers

Highlights and trends from RHS Chelsea Flower Show 2023: sustainability, wildlife and weeds


Health & Wellness

Bouncing Back from The Flu!

Musical Corner

The 500 Greatest Songs of All Time

ACTIVITIES & EVENTS

MON 29 MAY	TUE 30 MAY	WED 31 MAY	THUR 1 JUNE	FRI 2 JUNE	SAT 3 JUNE	SUN 4 JUNE
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	 10h30 GARDEN TALK 1ST FLOOR LOUNGE	10h00 31 MAY CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	 15h00 MOVIE CINEMA ROOM 1				12H00 SUNDAY LUNCH BISTRO
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
			14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		18H00 FRIDAY NIGHT DINNER BISTRO		

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Johanna - ext. 2112

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

ACTIVITIES & FACILITIES

SALON

Janine's Hair Studio would like to take the opportunity to thank each and every resident for their ongoing support. We are so grateful and so appreciative of you.

We would like to inform you that we now offer manicures & pedicures in addition to the existing hair salon services.

Our operating hours will be extended from 1 June to, Tuesday – Friday from 09:00 to 16:00 and Saturdays from 09h00 to 13h00.

Please contact Janine for all your bookings on 0732949655

BISTRO NEWS



DAILY MEALS

The cut-off time for the ordering of daily meals will change from 14h00 the day before to 09h00 on the day the meal will be enjoyed. This excludes Sunday lunch and special events.

MEAL PACKAGES

10 Daily meals per month at R550 / 20 Daily meals per month at R1100



WINE LIST

A new wine list will be available from 1 June. Cape Point Vineyards "Cape Town Co." range will remain our house wine but will be available at R75 per bottle and R25 per glass. Corkage remains at R20 per bottle for all events and meals enjoyed outside the Bingo and Quiz nights.



LUNCH PROMOTION

Enjoy a glass of house wine, selected beers, soft drinks or coffee for R20 during when enjoying lunch at the Bistro. between 12h00 and 14h00.

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

MAY

GARDEN TALK - 30TH
FELLOWSHIP - 31ST
MOVIE - 31ST

JUNE

DINNER SERVICE - 2ND, 9TH, 30TH
OPERA - 6TH
BIRD TALK - 8TH
SPECIAL DINNER EVENT - 9TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

JULY

DINNER SERVICE - 7TH, 14TH, 28TH
BASTILLE DAY DINNER - 14TH
FELLOWSHIP - 12TH, 26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
CHRISTMAS IN JULY - 28TH

ACTIVITIES & EVENTS



GARDEN TALK

FOR ALL THE KEEN EVERGREEN GARDENERS

Sheila Farmer, who is a resident of Evergreen Noordhoek, will give a talk and demonstration on how to create a hanging basket from the filling, the plants, and the maintenance thereof.

WHEN: TUESDAY, 30 MAY

TIME: 10H30

WHERE: 1ST FLOOR LOUNGE

Tea & coffee will be available with a snack at R30 per person.

Please RSVP to Clare on 2039, by latest 12 noon Friday 5th to assist with setting up.

MOVIE

A disk containing mysterious information from a CIA agent ends up in the hands of two unscrupulous and daft gym employees who attempt to sell it.

Brad Pitt, Frances McDormand, George Clooney, John Malkovich, Tilda Swinton

WHEN: WEDNESDAY, 31 MAY

TIME: 15H00

WHERE: CINEMA ROOM

Please RSVP to Clare on 2039



ACTIVITIES & EVENTS

BIRD INTEREST GROUP

Mr Mike Bucham (Chairman of the Cape Bird Club) will talk briefly about the Cape Bird Club and give 2 PowerPoint Slide presentations on:

- A talk about birds in general, purposely prepared for start-out birding enthusiasts, such as ourselves
- Mike Bucham's Top 20 Western Cape Birds

WHEN: THURSDAY, 8 JUNE

TIME: 17H00

WHERE: 1ST FLOOR LOUNGE

The event will be charged at R 50, 00 per person and will include a glass of wine or fruit juice. Please RSVP to Ian on 2094



OPERA

La Traviata tells the story of the tragic love story between the courtesan Violetta and the romantic Alfredo Germont. Played out against the hypocrisy of upper-class fashionable society, Alfredo and Violetta's love threatens to shame his family. When his father directly appeals to Violetta to relinquish her one chance at happiness, Violetta submits and her act of self-sacrifice leads to her paying the ultimate price.

WHEN: TUESDAY, 6 JUNE

TIME: 14H00

WHERE: CINEMA ROOM 1

Please RSVP to Mike on 2112 or 082 900 3248.



IT'S A CELEBRATION

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

BIRTHDAYS

30 MAY

PATTY VON BORMANN - Lake Michelle
SHEILA GROBBELAAR - Noordhoek

1 JUNE

ILSE ROOS - Noordhoek

2 JUNE

PETER GILCHRIST - Noordhoek
BRIDGET PLAATJIES - Evergreen Team

3 JUNE

VAL HEARD - Noordhoek
TONY KROMBERG - Noordhoek

ANNIVERSARIES

29 MAY

PETER & GLENDA INSKIP - Noordhoek



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Pork meatballs served with mashed potatoes, gravy, and seasonal vegetables

OR

Cape chicken curry served with white rice, sambals and naan bread

TUESDAY

Roasted chicken lasagne served with a crispy garlic roll and a Greek salad

OR

Beef casserole served with parsley rice and a side garden salad

WEDNESDAY

Bobotie with yellow rice, sambals and chutney

OR

Lemon and rosemary chicken leg ¼ served with baked potato and vegetable bake

THURSDAY

Chicken and mushroom creamy penne pasta served with a green salad

OR

Lamb's liver and fried onions served with herbed mash and gravy

FRIDAY

Battered fish and chips served with tartar sauce, lemon wedge, and green salad

OR

Individual beef and vegetable pie served with roasted vegetables and sweet potato wedges

SATURDAY

Tikka steak roll served with chips

OR

Beef enchilada served with a Greek salad

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

FRIDAY NIGHT DINNER

Chicken schnitzel served with potato wedges, roasted vegetables and mushroom sauce.

R80

Battered fish and calamari with chips served with tartar sauce, lemon wedge and a green salad.

R95

Beef Burger topped with Avo and bacon served with potato wedges and a side salad.

R85

SUNDAY LUNCH - R145

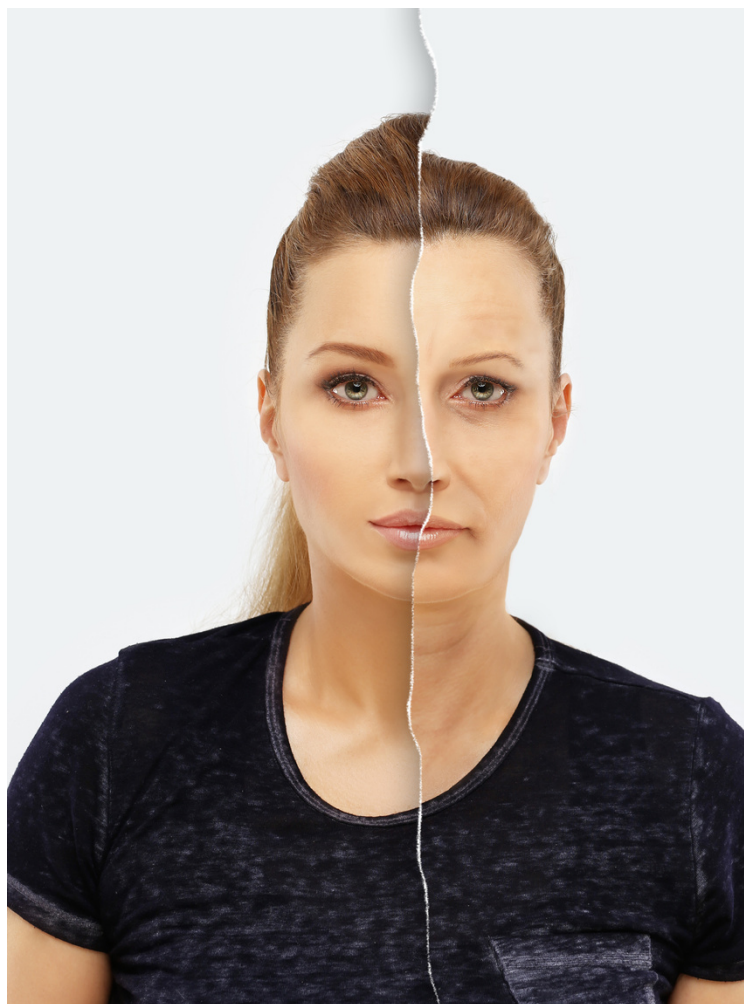
MAIN COURSE

Roast lamb served with mint sauce gravy, roast potatoes and seasonal vegetables

DESSERT

Chocolate pudding served with ice cream

MAKING HEADLINES



GERMAN SCIENTISTS MAKE A “MAJOR DISCOVERY” THAT COULD SLOW DOWN THE AGING PROCESS

ARTICLE BY: EURONEWS.COM

Despite centuries of research and progress in medicine, many mysteries remain unresolved, chief among them being an understanding of what causes aging and how can we slow it down or reverse it.

But a new study by a team of scientists in Germany, published in the scientific journal Nature, may finally have found the answers to these questions.

Researchers from the University of Cologne in Germany have not only discovered that gene transcription - the process in which a cell makes an RNA copy of a strand of DNA - becomes faster with age but less precise and more error-prone; they also found that certain processes could help us reverse this decline.

"This is, so far, the only eureka moment in my life. I mean, this is a type of discovery that you don't make every other day," said Dr Andreas Beyer, the lead researcher, calling the findings "a major discovery".

There's a storm on Twitter. Some colleagues are very excited," he told Euronews Next. Before Beyer and his team started their investigative project 10 years ago, the typical aging study would "just look at differential gene expression," says Beyer.

Previous studies, he explains, were asking questions like "When you age, which genes are getting turned on and which genes are getting turned off?" and "How does that change the regulation or the metabolism in the cell?" But nobody was asking how the transcription process changes as we age, a line of inquiry that could yield insights to help us reverse, or stop, decline.

Transcription, the key to healthy aging

Transcription is fundamental to Beyer's research as it is the process in which a cell makes an RNA copy of a piece of DNA. This copy is important because it carries the genetic information needed to make new proteins in a cell. Proteins determine the health and function of the cells, and cells then structure all living things.

Throughout our lives, our cells regenerate, "but each cell is different, and what makes them different are the different genes that are activated in it," explains Beyer. "This activation is called transcription".

Because genes give cells their purpose, their transcription needs to be flawless. "You need to create the right number of transcripts for each gene and have an exact copy of the gene sequence, but also, you need to activate the exact genes that the cell needs to function as it should," Beyer said.

There are many different types of cells in the human body: nerve cells, muscle cells, blood cells, skin cells, and so on. And because each cell fulfils a different function, a different set of genes are activated (transcribed) in each cell type.

The "machine" - as Beyer calls it - responsible for making the transcription copy of the gene sequences is called Pol II (RNA polymerase II).

And what his team discovered was that the process of transcription gets faster as we age, and this accelerated transcription causes Pol II to make more mistakes, leading to essentially "bad" copies that can lead to numerous diseases.

"If Pol II gets too fast, it makes more mistakes, and then the sequence is not identical anymore to the genome sequence. The consequences are similar to what you have when there are mutations in the genome itself," Beyer said.

Stopping bad cell copies

Previous research had already proven that low-calorie diets and inhibiting insulin signalling - blocking the signal between insulin and cells - could delay ageing and extend lifespan in many animals.

In their experiments, Beyer's team sought to find out whether these had any impact to slow down the speed of Pol II and reduce the number of faulty copies.

The investigation - a joint collaboration of 26 people across six different labs - first worked with worms, mice and fruit flies genetically modified to inhibit insulin signalling as well as with mice on a low-calorie diet to determine the performance of cell transcription in old age. In both cases, Pol II reacted and travelled more slowly, making fewer mistakes.

Beyer and his team then tracked the survival of fruit flies and worms that carried the mutation that slowed Pol II down, and the animals lived 10 per cent to 20 per cent longer than their non-mutant counterparts. When the researchers used gene editing to reverse the mutations in worms, the animals' lifespans were shortened, establishing a causal connection.

To test their experiment in humans, they worked with blood samples from young and old individuals. "And when we compared the young cells to the very old cells, in vitro, we got exactly the same results," Argyris Papantonis, one of the principal investigators, told Euronews Next.

The cross-species results confirm it is "really a general phenomenon that applies to ageing, and not just specific to the single model of, for instance, flies," said Beyer. "Our study is saying that, for instance, having a healthy diet or, this caloric restriction intervention, would improve the quality of the transcription of the RNA production in the cell. And this would then have beneficial effects for the cells in the long run".

The findings could help prevent cancer from manifesting, Papantonis notes, as "it's a late-life disease because of errors. Constraining errors might be a way of constraining cancer emergence or late-life disease". They may also allow us to "better understanding ageing, better understanding what's going on when we age," and ultimately, "better understand interventions, which I think opens up new opportunities for delaying ageing or expanding healthy ageing," said Beyer.

BON APPÉTIT



MEXICAN HOT CHOCOLATE

ARTICLE BY: BBC GOODFOOD

Serves 2

Be sure to add a frothy finish to this Mexican hot chocolate, which is warming and spiced with cinnamon, vanilla and chilli

INGREDIENTS

500ml whole milk
2 cinnamon sticks (use Mexican cinnamon sticks for a distinctly floral, sweeter taste), plus extra to serve
2 tbsp dark cocoa powder (see tip, below)
½ tsp vanilla extract
¼ tsp chilli powder
2 tbsp brown sugar

METHOD

STEP 1

Pour the milk into a medium saucepan, add the cinnamon sticks and stir frequently over a medium heat (don't let it boil) until the milk is fragrant, about 5 mins.

STEP 2

Remove and discard the cinnamon sticks, then add the cocoa, vanilla, chilli powder and sugar. Remove from the heat and whisk until the mixture is smooth and frothy – this will only take a couple of minutes. Divide between two mugs and garnish with fresh cinnamon sticks.



WINTER WHISKEY SOUR

ARTICLE BY: BBC GOODFOOD

Serves 2

This classic bourbon cocktail takes a festive turn with a splash of orange juice and edible gold glitter – perfect for Christmas parties

INGREDIENTS

crushed ice
50ml bourbon
1 tbsp fresh lemon juice
1 tbsp fresh orange juice
½ tbsp sugar syrup
2 slices of oranges
To decorate
honey
gold edible glitter

Method

STEP 1

Using a small paintbrush (or your finger), brush some honey around the rim of two tumblers and use another small paintbrush to stick edible gold glitter around each.

STEP 2

Fill each glass with crushed ice. Put the bourbon into a cocktail shaker with the lemon juice, orange juice and sugar syrup. Shake and strain into each glass, and serve with an orange slice and short straws.

GREEN FINGERS



HIGHLIGHTS AND TRENDS FROM RHS CHELSEA FLOWER SHOW 2023: SUSTAINABILITY, WILDLIFE AND WEEDS

ARTICLE BY: INDEPENDANT.CO.UK

Gardens featuring more weeds and less formality have taken centre stage at this year's RHS Chelsea Flower Show, placing more emphasis on letting nature take control. Native plants and trees, nettles, dandelions and a predominantly green palette of planting feature in many of the 36 show gardens, along with salvaged and upcycled materials. Elsewhere, huge bursts of colour remain in the Great Pavilion, while first-time exhibitors include mushroom growers the Caley Bros.

This year's show is likely to spark controversy, reckons garden designer Andrew Duff, co-chair of the Society of Garden Designers and managing director of the Inchbald School of Design. "There's a clear message about sustainability and environmental factors in an aesthetic way. There's a loss about actually, what is a garden supposed to do?" he says.

"Right across the show, the inference is that nature's taking control... maybe that it's OK to let weeds grow and let things get a little bit ruinous.

"But at the end of the day, people like a lawn, they like to look after a space – that's part of being in a garden – and it's time that we need (to address) that controversy," Duff adds.

Reflecting on the topic, Matthew Pottage, curator of RHS Garden Wisley, says: "We are having a climate crisis. We do need to garden environmentally sensitively. Is this the place to be showing that? It's arguably the world's best flower show, so this is the place."

5 HIGHLIGHT GARDENS FROM THIS YEAR'S RHS CHELSEA FLOWER SHOW

Centrepoin Garden

Love it or hate it, this garden is likely to cause a stir with its partly demolished house, so-called 'weeds' and a fallen tree. Designer Cleve West has admitted it's a 'Marmite garden' – people will love it or hate it.

"There's a sense of abandonment, which is so clever. Cleve West has done a partly demolished ruined house with the idea of nature taking over," Duff observes. "He's saying it's a metaphor for what it is to be young and homeless. There are nettles and dandelion seedheads. It's really going to question what beauty is in a plant – and I think we need to have that discussion."

Nurture Landscapes Garden

If you're looking to take home some plants with you, be inspired by the beautiful Benton irises in rich shades of pastels and deep yellows which you'll see in designer Sarah Price's Nurture Landscapes show garden, inspired by the artist and plantsman Cedric Morris.



Memoria and Greenacres Transcendence Garden

Designers Gavin McWilliam and Andrew Wilson's garden aims to deliver an uplifting spiritual space, reflecting the emotional experience at the end of life (it's going to a bereavement site after the show). "Controversially, they've used concrete, but with the idea that this concrete is going to be around for hundreds of years," says Duff. "It's not a single use concrete. It has a simple palette of planting, is cool and calm and you immediately feel rested. The minimal use of materials and colour palette was really special and a moment of calm in the entire show. It was a relief to get to it," Duff adds.

Myeloma UK – A Life Worth Living Garden

Top designer Chris Beardshaw's garden has a much more traditional garden feel, with a structured order in the colourful planting against a backdrop of clipped yew, including peonies and salvias, plus inspired woodland planting.

Horatio's Garden

Putting wheelchair access at the forefront of their design, Charlotte Harris and Hugo Bugg (Harris Bugg Studio), have created the eighth garden for the eponymous charity, which builds gardens to improve the lives of people with spinal cord injury. The wheelchair-accessible space, influenced by the ways of seeing from a bed or a wheelchair, features tactile stone cairn and a table water feature to encourage wildlife, while a garden pod provides a cocooning place for physical and emotional shelter.

After the show it will be relocated to Sheffield's Princess Royal Spinal Cord Injuries Centre. "There's an incredible depth of planting, which is mind-blowingly beautiful, and beehives of warm cut stone which kind of replace topiary – they've made topiary out of stone," says Duff.

TOP TRENDS

These are some of the key gardening trends to emerge from this year's event.

Wildlife

"Unsurprisingly, there's going to be the awareness of wildlife-friendly planting," says Pottage. "There's lots of habitat in gardens, but hopefully showing that can be beautiful as well. There are lots of logpiles, lots of water, lots of native plants, but also lots of gardenesque planting."



Reclaimed and reused

Crushed concrete, piles of rubble, bare sand, re-used bricks and other recycled material dominate many of the show gardens' pathways and form decorative features in several gardens. There's a message to get gardeners thinking about how they might reuse materials, which formerly headed for the skip.

"All the gardens have a destination, which is really important," says Pottage – the show gardens are all being relocated after the show. Award-winning designer Tom Massey, who has this year designed The Royal Entomological Society Garden, predicts: "Reuse of waste materials is going to be a big thing."

He uses crushed construction waste in his show garden, including crushed bricks and concrete to create a textured, aesthetic backdrop for the planting along with deadwood. "These waste materials are really good habitat for insects," he points out.

Plants

People will be encouraged to grow native plants, from hazel to cow parsley, while those seeking colour may go for irises, which are prevalent at this year's show. There's also a resurgence of common yew (*Taxus baccata*) and other familiar plants including a cloud pine, *Eleagnus* 'Quicksilver'

Drought-tolerant plants are also being pushed – some 55% of perennials in the show gardens are drought-tolerant, almost double that of last year, including fennel, salvia and cistus.

Weeds

Dandelions and other weeds feature in some of the gardens. Chelsea gold medallist Cleve West notes: "People get their knickers in a twist about weeds but they are the pioneer plants that stitch everything together. "It's just getting people to understand that all the things we kill with herbicides and pesticides can look quite beautiful," West adds. "Just be more tolerant, and if you have a space where you can let nature take its course, it's got to be good for wildlife and insects." Massey adds: "Dandelions are an early source of pollen and nectar for bees – and insects are in mass decline, so we need to be more considerate in the way we manage and maintain our gardens."



Sculpture

"We are seeing nature becoming the sculpture," says Duff, citing designer Sarah Price's Nurture Landscapes Garden Mediterranean cloud pine. There are pillows of yew in the Memoria and GreenAcres Transcendence Garden. Nods to the Royal Family abound, from bronze bust of the King in A Garden of Royal Reflection and Celebration, which features some of the Windsor family's favourite plants including roses and camassia, plus several crowns featuring flora and fauna.

Standing at just under 7m is the biggest driftwood sculpture ever displayed at Chelsea, a Wyvern dragon perched on a tree, the centrepiece of sculptor James Doran-Webb's exhibit. And paying homage to the unsung heroines of horticulture at The Monument is the 'Women in Horticulture' exhibit honouring the likes of Janaki Ammal, Beth Chatto and Gertrude Jekyll.



HEALTH & WELLNESS



BOUNCING BACK FROM THE FLU!

ARTICLE BY: DISCHEM.CO.ZA

Catching the flu can make life miserable, which is why a lot of advice related to immunity and health in winter focuses on prevention rather than cure.

Also, because the illness is caused by a virus and not a bacterial infection (secondary infections are not uncommon, though), a course of antibiotics¹ won't help cure an infection.

Flu symptoms², which include coughing, a sore throat, sneezing, muscle aches, fevers, chills and sometimes vomiting and diarrhoea, typically last for a week, with the most severe symptoms present for two to three days, in general.

And it is not uncommon to experience fatigue, weakness, and a cough for another few days after you've recovered. However, there are numerous steps we can take to ease symptoms and support our immune system and body to possibly bounce back sooner from the dreaded flu this winter.

1. REST

The best thing you can do for your body and to support your immune system when fighting the flu is get more rest. Stay home (this also stops you from spreading this highly infectious disease to others) and sleep as much as possible. Taking a day-time nap is ideal but you should definitely turn in early to get extra restorative sleep at night – at least 7-9 hours. And avoid any form of exercise and try to minimise all forms of stress in your life – your immune system already has its hands full fighting off the virus!

2. REHYDRATE

Your body – and your respiratory system in particular – needs fluid to deal with the symptoms commonly associated with the flu. Ensuring your body has sufficient fluid can speed up recovery by supporting blood volume, which circulates immune cells around your body to combat the virus. When accompanied by a fever, any excessive sweating can also dehydrate you, which can make symptoms worse and could potentially prolong your infection. You can also experience vomiting and diarrhoea with the flu, which also serve to dehydrate you. It is best to mainly drink water, with some added electrolytes periodically during your infection. You can also include herbal and conventional teas, adding some honey to help ease a sore or scratchy throat.

3. REPLENISH

Your body needs more fuel and resources when it's fighting an infection. While you might lose your appetite when you are sick, it's vital to eat regular meals to provide the nutrients your body needs to support optimal immune function. These nutrients include vitamins A, B6, B12, C, D, E, and folate, as well as minerals including zinc, iron, selenium, magnesium, and copper, and the omega-3 fatty acids. A wide range of fresh fruits and vegetables are the ideal natural sources for these important vitamins and



minerals, and other antioxidants that strengthen your immune system as it fights off a virus. You can also turn to broad-spectrum vitamin complexes to conveniently meet your nutritional demands while you battle the flu.

4. RELIEVE

Find ways to ease any congestion and help your body shift the mucus that can build up in your respiratory tract. Use a nebuliser to provide relief from congestion. These devices turn liquid medicine into a mist, which it delivers via a consistent flow of pressurised air through a mouthpiece. Inhaling this air can provide quick relief by helping to reduce inflammation in the respiratory system and works to open airways to ease breathing.

Placing a vaporiser or humidifier in your room overnight can provide additional relief by adding moisture to the dry winter air. This extra moisture may help ease congestion and coughing and reduce irritation in the throat and upper respiratory tract. You can get a similar benefit from a warm bath or shower as the moist steam fills the air in the bathroom. A hot bath is also a good way to relax and unwind.

And over-the-counter treatments available at Dis-Chem like expectorants or decongestants can also help to calm your hack and loosen up mucus.

5. REDUCE

Visiting a doctor as soon as symptoms start is the most effective way to reduce the duration of a flu infection. Depending on your general health and other risk factors, a doctor may prescribe antiviral medication, which prevents the virus from growing and replicating.

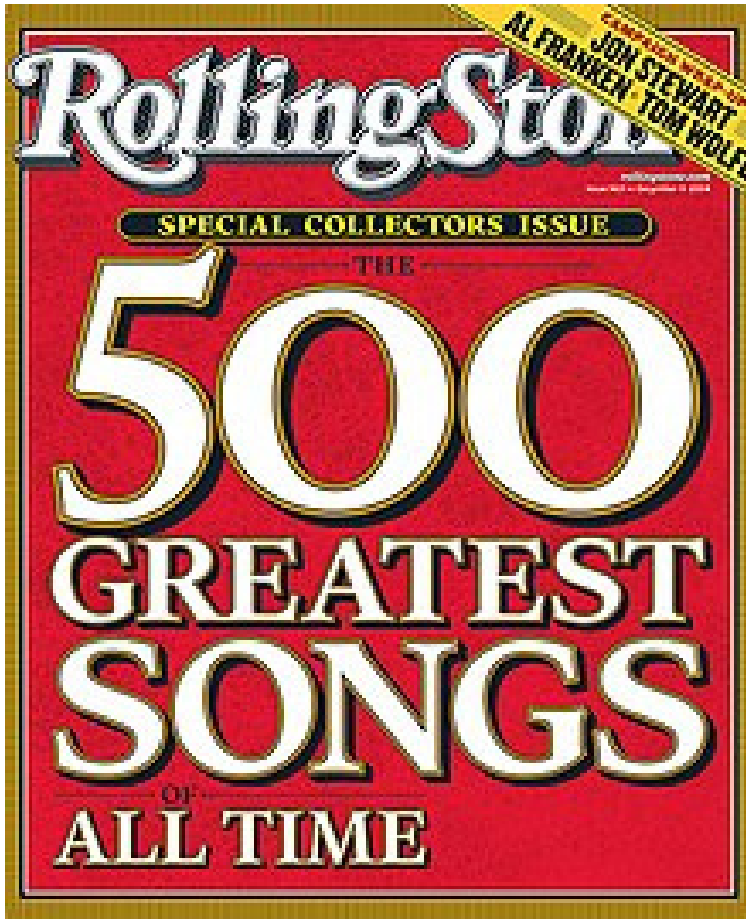
Taking antiviral medications within two days of the onset of symptoms may reduce the duration of the flu by about a day as well as the severity of symptoms. The doctor can also prescribe additional medicines to help ease symptoms and support your immune response.

Consuming additional vitamin C from high-potency supplements can get you back to health sooner, too. Studies show that vitamin C can make symptoms milder, including coughing or sneezing, a sore throat, a stuffy or runny nose, headache, fever, muscle aches or aching limbs.

Other studies show that extra vitamin C – around 1 mg per day – can shorten an infection by between 12-36 hours because this antioxidant is highly concentrated in immune cells and is consumed quickly during an infection. Giving the body more of it will help to support immune cells.

Additional supplements to consider in your flu-fighting approach include echinacea (specifically *echinacea purpurea*) and elderberry. A small sample of studies show that echinacea can reduce the length and severity of infections by 10-30%, while one study showed that taking 4 tablespoons of elderberry a day for three days shortened flu symptoms by 56%.

MUSICAL CORNER



In 2004, Rolling Stone published its list of the 500 Greatest Songs of All Time. It's one of the most widely read stories in our history, viewed hundreds of millions of times on this site. But a lot has changed since 2004; back then the iPod was relatively new, and Billie Eilish was three years old. So we've decided to give the list a total reboot. To create the new version of the RS 500 we convened a poll of more than 250 artists, musicians, and producers – from Angelique Kidjo to Zedd, Sam Smith to Megan Thee Stallion, M. Ward to Bill Ward – as well as figures from the music industry and leading critics and journalists. They each sent in a ranked list of their top 50 songs, and we tabulated the results.

Nearly 4,000 songs received votes. Where the 2004 version of the list was dominated by early rock and soul, the new edition contains more hip-hop, modern country, indie rock, Latin pop, reggae, and R&B. More than half the songs here – 254 in all – weren't present on the old list, including a third of the Top 100. The result is a more expansive, inclusive vision of pop, music that keeps rewriting its history with every beat.

THE 500 GREATEST SONGS OF ALL TIME

ARTICLE SOURCES: ROLLING STONE MAGAZINE / WIKIPEDIA

In 2004, Rolling Stone published its list of the 500 Greatest Songs of All Time. It's one of the most widely read stories in our history, viewed hundreds of millions of times on this site. But a lot has changed since 2004; back then the iPod was relatively new, and Billie Eilish was three years old. So we've decided to give the list a total reboot. To create the new version of the RS 500 we convened a poll of more than 250 artists, musicians, and producers – from Angelique Kidjo to Zedd, Sam Smith to Megan Thee Stallion, M. Ward to Bill Ward – as well as figures from the music industry and leading critics and journalists. They each sent in a ranked list of their top 50 songs, and we tabulated the results.

Who Voted for the 500 Greatest Songs?

More than 250 artists, journalists, and industry figures – from Megan Thee Stallion to U2's the Edge to Yaya Bey – helped determine the all-new list

2004 TOP 10

1. Bob Dylan "Like a Rolling Stone" ('65)
2. The Rolling Stones "(I Can't Get No) Satisfaction" ('65)
3. John Lennon "Imagine" ('71)
4. Marvin Gaye "What's Going On" ('71)
5. Aretha Franklin "Respect" ('67)
6. The Beach Boys "Good Vibrations" ('66)
7. Chuck Berry "Johnny B. Goode" ('58)
8. The Beatles "Hey Jude" ('68)
9. Nirvana "Smells Like Teen Spirit" ('91)
10. Ray Charles "What'd I Say" ('59)



2021 TOP 10

1. Aretha Franklin "Respect" ('67)
2. Public Enemy "Fight the Power" ('89)
3. Sam Cooke "A Change Is Gonna Come" ('64)
4. Bob Dylan "Like a Rolling Stone" ('65)
5. Nirvana "Smells Like Teen Spirit" ('91)
6. Marvin Gaye "What's Going On" ('71)
7. The Beatles "Strawberry Fields Forever" ('67)
8. Missy Elliott "Get Ur Freak On" ('01)
9. Fleetwood Mac "Dreams" ('77)
10. Outkast "Hey Ya!" ('03)

SONGS ON THE 2004 LISTING AS REPRESENTED PER DECADE RELEASED IN.

RELEASED	SONGS	%
1940's	1	0.2%
1950's	72	14%
1960's	203	41%
1970's	142	28%
1980's	57	11%
1990's	22	4.4%
2000's	3	0.6%

SONGS ON THE 2021 LISTING AS REPRESENTED PER DECADE RELEASED IN.

RELEASED	SONGS	%
1940's	1	0.2%
1950's	24	5%
1960's	108	22%
1970's	144	29%
1980's	80	16%
1990's	70	14%
2000's	38	8%
2010's	30	6%
2020's	3	0.6%

**ALOE ALOE EDITORS PLAYLIST
SELECTED FROM THE TOP 500**

CLICK ON THE ARTIST NAMES TO LISTED.

- #76 [Johnny Cash](#), 'I walk the line' ('56)
- #493 [The Pixies](#), 'Where is my mind' ('88)
- #447 [The Beatles](#), 'Help!' ('65)
- #429 [Queen and David Bowie](#), 'Under pressure' ('81)
- #428 [Harry Styles](#), 'Sign of the times' ('17)
- #392 [Coldplay](#), 'Fix you' ('05)
- #353 [Eurythmics](#), 'Sweet Dream' ('83)
- #321 [U2](#), 'I still haven't found what I'm looking for' ('87)
- #319 [Tears for Fears](#), 'Everybody wants to rule the world' ('85)
- #302 [Pink Floyd](#), 'Wish you were here' ('75)
- #289 [Bruce Springsteen](#), 'Atlantic City' ('82)
- #219 [Tom Petty](#), 'free fallin' ('89)
- #201 [Johnny Cash](#), 'Ring of fire' ('63)
- #199 [Aerosmith](#), 'Dream on' ('73)
- #193 [The Rolling Stones](#), 'Wild Horses' ('71)
- #182 [Simon and Garfunkel](#), 'The sound of silence' ('64)
- #179 [Pink Floyd](#), 'Comfortably Numb' ('79)
- #123 [Credence Clearwater Revival](#), 'Proud Mary' ('69)
- #133 [Journey](#), 'Don't stop believing' ('81)
- #118 [Radiohead](#), 'Creep' ('92)
- #18 [Prince](#), 'Purple rain' ('84)
- #128 [Led Zeppelin](#), 'Whole lotta love' ('69)
- #378 [The Killers](#), 'Mr. Brightside' ('03)