

RESIDENTS' NEWSLETTER

VAL DE VIE EVERGREEN

**JANUARY 2024
EDITION 36**

WEEKLY ACTIVITIES

TUESDAYS

10am - Craft & Coffee morning
3pm - Rummikub in the Lifestyle Centre

WEDNESDAYS

8.30am - Duplicate Bridge in the Art/Bridge house 18 Locronan Street

THURSDAYS

10-12am Afrikaanse Bybelstudie
Kontak Joanne Swart (5031), will resume on the 18th January.
2-5pm - Social Bridge in the Lifestyle Centre
3pm - Rummikub in the Lifestyle Centre
5:30pm - Singing Group in the Lifestyle Centre will resume on the 18th Jan.

FRIDAYS

3pm - Canasta in the Lifestyle Centre

OTHER

JOIN THE PÉTANQUE or BOWLS WHATSAPP GROUP.

If anyone wants to play and is looking for people to join them simply post the date and time on the group. Bowls and Pétanque balls are available in the Lifestyle centre library. Contact Deborah 083 302 6345 for the Whatsapp link to join the groups.

FYI

The Evergreen Lifestyle Centre is available for use after hours. Residents can make use of the facility at any time. The centre has a generator to provide power during load shedding. The key to the front door of the Lifestyle Centre is placed in the key safe located at the front door. Please ensure that you lock the Lifestyle Centre after use and replace the key in the safe. The code to access the key safe is 1234.

SOCIAL CALENDAR - JANUARY 2024

For more information and booking for events please contact

Angela on 083 448 6618 house EXT 5071 or Linda 072 437 4608 house EXT 5047

MON
15th

CLASSIC MONDAY - Chicago

Note 6pm for 6:30pm. R75pp includes supper menu: Roast chicken, with salad. Vegetarian option: Roast vegetable pie with salad.

Dessert: Fruit salad and ice cream.

Book at Reception - cost added to your levy.

WED
17th

ARRA WINE FARM - Wine tasting and platter lunch. R50pp wine tasting. Platters for 2, either cheese, or mixed cheese and cold meats, R230.

Please book with Angela or Linda.

Meet at car park at Lifestyle Centre at 11:15am.

FRI
19th

Pétanque Fun Day

Sponsored by DASH-E RSVP by Tues 16th Jan.

MON
22nd

SCAMS AND BANK FRAUD - KALYANI PILLAY

10:00am in the Lifestyle Centre.

RSVP: Reception

FRI
26th

SUNDOWNERS Come and meet new residents

5:30pm in the Lifestyle Centre. Bring your own snacks and drinks.

SUN
28th

MUSICAL SOIRÉE - Elna van der Merwe on piano and Minette du Toit, mezzo soprano, will delight us with beautiful songs and music.

6 for 6.30pm in Lifestyle Centre. Concert cost R130pp, in cash to Linda or Angela.

Please note change in snacks arrangement.

A plate of snacks can be ordered and paid for prior to the event at R45pp. The bar will be open. Reminder that corkage will be R40, should you bring your own wine.

WED
31st

4 PAWS WINE TASTING at the Lifestyle Centre at 5pm.

R50pp for cheese platter. Booking at Reception.

WELCOMING NEW RESIDENTS AND WISHING HEALTH AND HAPPINESS IN 2024

As we enter the new year, we extend our warmest wishes for good health and prosperity to all our residents. We're thrilled to see so many new faces in both the houses and apartments at Val de Vie Evergreen. It's wonderful to see that so many of you are already joining in on community functions.

We're grateful for the positive feedback we receive on our newsletter. We're glad that it's both read and enjoyed by everyone. We owe it all to our amazing team of regular contributors:

Derek Brown, Estelle Coustas, Pit Joubert, Lance Kinnear, Jenny Porter and Alexis Webb. We also thank all the residents who help me with recipes and book reviews. Thanks to Angela & Linda for organising all the events that keep us occupied.

If you're a new resident, we welcome you to share your contribution. Don't hesitate to contact me if you're interested in getting involved. We invite Afrikaans content as well!

Deborah Hill

083 302 6345

dhill@netactive.co.za



EVERGREEN DISCOUNTS

Yoga @ The Yard

A group of women have discovered the joys of yoga classes and have signed up after their free trial.

If you are still interested:

Mondays at 11 - 12pm

Thursdays at 11 - 12pm

Evergreen special R1000 for 6 weeks

Contact Alex for more info

082 600 3288

HEYDAY HAIR at the Yard - 10% Discount to Evergreen residents on Mondays

BACKS RESTAURANT at the Polo Pavilion also offer a 10% discount for Evergreen card holders.

Lunchtime from Tuesdays to Saturdays and will include beverage discount as well. Please note only available on presentation of your Evergreen card. The Stables lunch menu has options all under R100.

PEARL VALLEY RESTAURANT offer Evergreen residents a "BREAKFAST SPECIAL" on Tuesdays for R170 pp.

PANTONE COLOUR OF THE YEAR 2024 PEACH FUZZ



“A cozy peach hue softly nestled between pink and orange, Pantone 13-1023 Peach Fuzz brings belonging, inspires recalibration, and an opportunity for nurturing, conjuring up an air of calm, offering us a space to be, feel, and heal and to flourish from whether spending time with others or taking the time to enjoy a moment by ourselves,” says Leatrice Eiseman, executive director, Pantone Color Institute.

“Drawing comfort from Pantone 13-1023 Peach Fuzz, we can find peace from within, impacting our well-being. An idea as much as a feeling, Pantone 13-1023 Peach Fuzz awakens our senses to the comforting presence of tactility and cocooned warmth.”





Pétanque FUN DAY

Join us for a game of fun
pétanque, boerie rolls and
refreshments!



FRI 19TH JAN
12 -3pm

sponsored by

DASH-E

RSVP:
Lifestyle
Reception

Residents will have an opportunity to meet the team and test drive the *DASH-E* golf carts. They also offer a service on repairs, batteries and services, etc. on *CLUB* and *EZEE GO* golf carts.

FORTHCOMING CLASSIC MONDAY - RIEN VELVIS

Set in the jazz age, *Chicago* is a 2002 American musical comedy crime film based on the 1975 stage musical and the 1926 play of the same title by reporter Maurine Dallas Watkins, about actual criminals and crimes on which she reported. The story is a satire on corruption in the administration of criminal justice and the concept of the "celebrity criminal".

The film stars an ensemble cast led by Renée Zellweger, Catherine Zeta-Jones, and Richard Gere. The film went on to win six Academy Awards in 2003, including Best Picture, making it the first musical to win Best Picture since *Oliver!* in 1968. For her performance, Zeta-Jones won the Academy Award for Best Supporting Actress, the British Academy Film Award for Best Actress in a Supporting Role, and the Critics' Choice Movie Award for Best Supporting Actress. Zellweger won the Golden Globe Award for Best Actress and Gere won the Golden Globe Award for Best Actor.



The story centers on Velma Kelly and Roxie Hart, both imprisoned for murder and awaiting trial. Fighting for the fame that will keep them from the gallows, Roxie not only steals Velma's limelight, but also her lawyer Billy Flynn. As Roxie cannot afford to pay him, Billy tries to make money by giving the tabloids a "new version of the truth", turning Roxie into the most popular celebrity in Chicago.

But her headlines are soon replaced by the latest sordid crime of passion and to put her back on the front page she seduces a doctor into confirming she is pregnant. But Billy exposes holes in Roxie's story that allows him to use her husband Amos as a pawn.

The trial date arrives, and the now freshly terrified Roxie is calmed by Billy suggesting she will be fine as long as they make a show of the trial. Roxie once again steels Velma's tricks prepared for her trial and Billy gets Roxie acquitted. But just as the verdict is announced, some even more sensational crime pulls the press away, and Roxie's fleeting celebrity life is over. Billy leaves, done with the case, admitting that he only did it for the money.

The final scene cuts to a Chicago Vaudeville theatre, where Roxie and Velma, trying to revive their Vaudeville careers, are performing a new act in which they sing bittersweetly about modern life, and thereafter thank their audience.

CHRISTMAS LUNCH ON FRIDAY 22ND DECEMBER - DEBORAH HILL

Heralline and her team put together a scrumptious Christmas buffet to close out the year at the Lifestyle Centre. Over 90 residents joined in the festivities, filling the facility to capacity.

It's exciting to think that this time next year, we'll be enjoying our brand new, large, and sophisticated clubhouse.

Thanks to the reception girls for all the nice little touches like the table decor and table number cards.

Christmas
Lunch





Great food and lots of fun and laughter



“ORIGINALS” CELEBRATE THEIR 5TH CHRISTMAS IN EVERGREEN

The first few residents moved here when Evergreen opened during July 2019, and lived behind the green barrier on the other side of Locronan Street for six months before the rest of Evergreen became occupied. This group styled themselves as the 'Evergreen Originals' and recently had a lamb on the spit at the Lifestyle Centre to celebrate their fifth Christmas anniversary in our village.

When they arrived there was no Lifestyle Centre and the corner unit June Stanley now occupies was used by management and also doubled as the Clubhouse. When the present Lifestyle Centre opened nine months later they were amazed by the sheer size and luxury of it. The residents have now outgrown this Lifestyle Centre and eagerly await the opening of the permanent one and hope to be dazzled once again by sheer size and luxury.

This event also doubled as the farewell function for two Evergreen “Originals”, Alastair and Dagmar Davidson, who have moved to Cape Town.

A big thank you to Anne, Marietjie, Smittie and Dave for organising the event, to Alastair for supplying the wine and Jenny for the tasty Italian ice cream wafers!





*They styled themselves
the 'Evergreen Originals'*



RECENT EVENTS - BOXING DAY BRAAI

The day after Christmas used to be called Boxing Day, and for many Evergreen Residents lunch was a braai at the Lifestyle Centre.

The menu was wide and varied, and included succulent lamb chops, boerewors, chicken sosaties and corn on the cob, with a variety of salads.

Just in case your Christmas lunch lacked punching power, this was your time to make up for it, and the plates laden with food suggested many residents just cannot resist a braai!



What is Boxing Day and why is it celebrated?

Boxing Day hailing from Victorian England, extends beyond the boxing sport association. Its nomenclature originated when affluent boxed surplus items for the less fortunate. Servants, lauded items for their toil, received "special Boxes" filled with treats.

SANTA PAWS PARTY - VAL DE VIE DOG PARK - DEREK BROWN

A beautiful warm summer's late afternoon saw an enthusiastic gathering of dog lovers from all across Val de Vie, Pearl Valley, and Evergreen, with a host of dogs (and people!) of all ages, genders, shapes, colours, and sizes, to have a fun time in the park.

The event was arranged by Rosanne Howarth, our industrious and warm-spirited fundraiser to help raise awareness and generate some welcome funding for the worthy cause of the Animal Welfare Society of Stellenbosch. Drinks and snacks were shared, between both dog lovers and dogs, much good-hearted bonhomie was in evidence aplenty, and we all enjoyed seeing so many playful, excited - and almost totally well-behaved - dogs having a great time letting off steam among their friends.

What a splendid occasion for a gathering among friends and some welcome donations were generated in the process! Many thanks to all of those who so generously donated to AWSS!

Several voices were suggesting we make this a regular get-together; perhaps another one around the Easter holidays?



*Every dog must have his
Day!*

RECENT EVENTS - FAREWELL CELEBRATION FOR KARIEN BOTHA

Residents gathered at the Lifestyle Centre for tea and scones, to bid farewell to Karien Botha who has left to return to the wine industry!

We will miss Karien who has been a valuable member of the Evergreen team since the village opened in Val de Vie on the 1st of July 2019.

Over the years Karien has dealt with every kind of issue - from leaking roofs to barking dogs, missing cats, and a few medical emergencies thrown in!

She will be greatly missed ... however in her speech she revealed that she was relieved to no longer have to handle any more patio enclosure variation applications in the future! Thank you and good luck, Karien!



Thanks to Anne Porter and Dave Hillhouse for organising the collection and the event!



EVERGREEN WELCOMES RONNIE & SALLY FRIEDMAN - 32 MONTRESOR STREET

Ronnie and Sally moved into their new home in Val de Vie Evergreen in July 2023, after the sale of their home in Simbithi, at Ballito on the KZN North Coast, an estate quite similar to Val de Vie. The sale went way quicker than they ever imagined so there was some speedy planning and packing required, (6 weeks in fact). Imagine their surprise when they discovered that their one set of neighbours in Montresor Street, the Gowers, were also from Simbithi but they did not know them there, and they are now living next door! The Youngs, who live on the other side of them, are also from KZN. After chatting to the Youngs one day they found another coincidence - the Youngs' son was at High School with Ronnie and Sally's son!

Ronnie and Sally spent virtually all their lives in the Durban/KZN area, with a few years working in Johannesburg. Ronnie, having matriculated at Northlands Boys High, went on to study Engineering at Eskom. He changed careers completely for a few years and worked as a 'bookie' in Durban. Then he worked in the Scrap industry, culminating with the company merging with the Reclamation Group, until he went from permanent employment to a permanent vacation (NOT retirement in his words). He has always treasured his outdoor activities, one being cycling. He has ridden The Argus, 94.7 and the Durban Classic (Pietermaritzburg to Durban) cycling races. He has also run 2 Comrades and the 2 Oceans Marathon. To keep fit, he now enjoys long walks in Val de Vie, and cycling occasionally on the estate. Another hobby was riding his BMW motorbike. He enjoyed long trips with his friends, even visiting Cape Town from KZN on 2 occasions. With moving down to Val de Vie Evergreen, the motorbike was sold and he bought a BMW scooter, with Sally joining him on trips to places like Franschhoek (something she was not keen on doing when he had the big motorbike).

After leaving school, Sally nursed for a few years, before becoming a homemaker and bringing up their children, doing volunteer work at a local township care centre/feeding scheme for kids and the elderly for many years.



Coming from a very creative family she enjoys many creative pursuits, including photography, gardening and dabbling in various forms of art, working in different mediums from Oils to Inks. She is now enjoying creating abstract work, which is her preference these days.

Ronnie and Sally have 2 children, a daughter and a son - their daughter, who manages the AeroPet business (movement of pets overseas), recently moved to Windsor in the UK with her husband and dog. Their son Clinton, who lives in Kloof, KZN, is a very successful photographer designer, who has many irons in various fires, including interior product design, professional image-making services and doing the design, photography and publishing for books, e.g. "Durban Curry" with Erica Platter. Clinton is in the process of opening a studio/showroom in Cape Town, so, who knows, in the near future, he may also be 'semi-grating' to the Cape!

Ronnie and Sally are now able to enjoy seeing their 2 grandchildren from KZN, their granddaughter, Ella, who is studying in Cape Town and their grandson, Ethan, who is working in Cape Town. Ronnie also has a brother that lives in Cape Town, and a few 'lifelong' family friends that live in the Western Cape. One of the only drawbacks of living down in the Western Cape is the fact that Ronnie and Sally now live much further away from the Kruger Park, which they visited every year, but they are guaranteed to work out a way to get back to their special holiday spot. They also are planning to do a trip to Namibia, which is an area they have not yet visited.

EVERGREEN WELCOMES NATALIE DELBOUX - 13 PAARL ROCK

Natalie was one of the first residents to move into Paarl Rock on the 2nd October, after a few months on a Franschhoek estate while the first block of Val de Vie Evergreen luxury suites was being built. As the youngest resident in the block, she is frequently called upon to assist other older and more frail residents, something she does willingly with her highly developed social conscience. She is currently starting to set up a small satellite library (with books from the library at the Clubhouse) and plan functions in the Paarl Rock lounge, which will assist the residents who are less mobile to socialise with the rest of the residents living there.

Natalie was born in Johannesburg, one of three daughters, and matriculated at Hyde Park. From there she moved to London 22 years ago, invested in property, amongst others a Canary Wharf apartment, and retired there 3 years ago after working for several organisations in executive assistant roles, the last being a law practice. Natalie had always dreamt of retiring in the countryside, specifically in Winchester because of the calm chalk streams, and fly-fishing opportunities in nearby Stockbridge, but when it was time to look for property in Winchester she found that the city had changed over the years and so decided to settle in Egham, a stone's throw from Windsor Castle, instead. No stranger to voluntary work (Natalie had served as a chaplain at the Canary Wharf Multifaith Chaplaincy when she was living there), she went on to assist the St John's church in Egham as a volunteer.

With no family in the UK, other than a niece in Liverpool, Natalie eventually decided to return to South Africa where she had bought a Val de Vie Polo Village property at the time that they were first launched, 7 years ago.



Both her sisters live in the Western Cape, one in Hermanus and the other on Val de Vie. So the natural route for her was to acquire Life Rights in Paarl Rock, and we look forward to her contribution in terms of the integration of the residents living there into the greater Val de Vie Evergreen village, including their newsletter introductions.



RESIDENTS SHARE THEIR RECIPES - MYRA LANGE

Spinach and strawberry salad

A nice light summer lunch

Salad:

1 x packet baby spinach

1 x ripe avocado

250g strawberries

1 x cashew nuts (best served if toasted in butter and drizzled with honey - leave to cool before adding to the salad) - can also use walnuts.

Dressing:

2 x TBS wholegrain mustard

2 x TBS honey

6 x TBS white wine vinegar

6 x TBS grapeseed oil

Salt & pepper to taste

Method:

Put all salad ingredients into a bowl

Make the dressing:

Put the honey & mustard in a bowl and mix well. Add the white wine vinegar in and mix well. Add the oil, mix well and then drizzle over the salad.

Serve with crusty bread and a full-bodied syrah red wine.

Bon Appétit 🍷



A little extra info about Myra - after renting in Evergreen, Myra knew she had found her forever home. Her son, daughter-in-law, and grandchildren reside on the greater Estate, making it the perfect place for her. She was the first person to sign for a luxury apartment, and waited patiently for ten months for the construction to finish. Now Myra is thrilled with her new home, which she says feels like a posh hotel. She's a regular at the Lifestyle Centre, where she enjoys lunch and participates in various activities, making her a familiar and friendly face in the community.



THE MENACE OF SMARTPHONES - PIT JOUBERT

Our generation got swept along with cellphones. In the beginning in the nineties I shunned the cellphone until it no longer felt that I was getting any respect for my demonstration of individuality and I caved in and bought an Ericson cellphone which had an antenna. I still have the same cellphone number that was allocated to me almost forty years ago.

We have quite a number of chat groups here in Evergreen on WhatsApp. The main one, Evergreen Neighbours, involves all the residents who care to join, and presently has 210 participants. As our numbers increase so will the participants and it is a useful tool for sharing information. What I like about it is that when the electricity suddenly goes out and it is not loadshedding or the water in the taps run down you will almost instantly have a discussion about these issues on the Evergreen Neighbours chat group and can relax knowing that you are not the only household with this problem.

Every group chat has people referred to as Group Admin. They are responsible for ensuring that no content that may amount to hate speech or may be construed as violating the Constitutional rights of others is published and will delete messages or video clips considered to be inappropriate. In this regard Group Admin will err on the side of caution. I am the Group Admin for a group of male students of our University Residence in the seventies and frequently have to delete offensive messages and then the offender will remind me that I am hardly in a position to decide what is offensive given my own rather inadequate moral standards as a student. After deleting one of these offensive messages I couldn't resist the temptation to pass it on to my brother and accidentally forwarded it



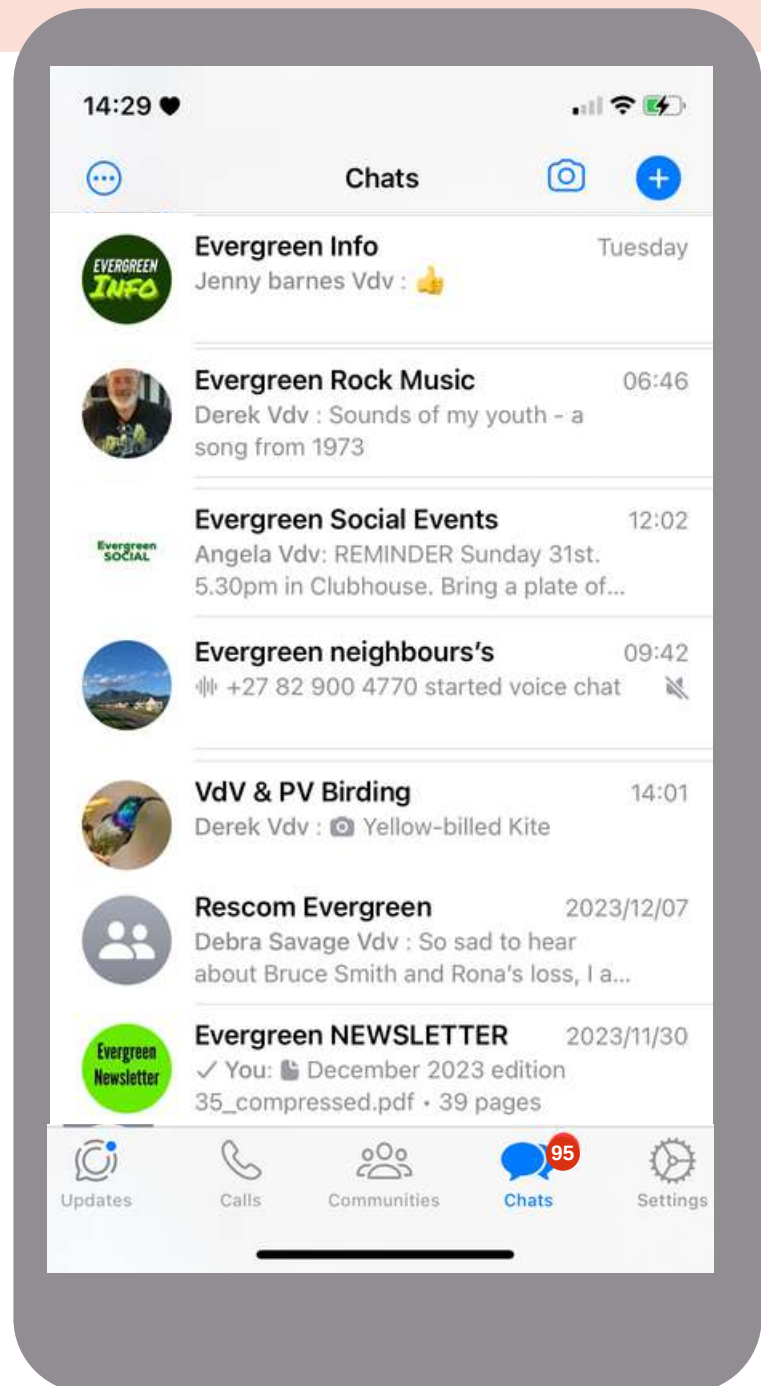
to the Evergreen Neighbours chat group. I quickly deleted it but not before some residents registered outrage. It frequently happens that you post something to the wrong person or group and some people do not know how to then delete this message. What you do is press on the message until it is highlighted. On the top you will see a little dustbin logo and if you press on it you will have two options. Delete for Me and Delete for Everyone. Press Delete for Everyone and the offending message will disappear.

Just sometimes a message you send can become a horror story. Mine involves a message I drafted to send to my wife. It had sensual undertones and was meant to give her a giggle. I sent this message to a friend of my wife by accident. She responded later by saying that she did not realise that I had these feelings for her and now when she visits I notice that she has taken to wearing heavy makeup to disguise the fact that she is pushing 80 and eyes me playfully.

Recently WhatsApp added a feature to a group chat where you can press a button and initiate a Group Phone Chat. When someone starts a phone chat you are invited to join the chat. People on Evergreen Neighbours went wild with this feature and group chats were initiated at the drop of a hat. I also joined one and had a hearty chat with five other people about the presence of dog poo on the sidewalk in the new section of Montresor Street. We all agreed that the dog is not to blame but that the owner should be shot for not picking up after his dog. With that being said we ran out of conversation and we all hung up.

Although Evergreen Neighbours was the original chat group it has spawned many other groups. People complained about rock music video clips and George started an Evergreen Rock Chat Group that is thriving. We also have a number of sub groups like Evergreen Info and almost every street has its own chat group to discuss street affairs. Whenever people on Evergreen Neighbours get too chatty on a certain topic someone is bound to suggest they form their own chat group for that topic to keep it from being posted on Evergreen Neighbours.

In fact at least 20% of the content of messages on Evergreen Neighbours involves complaints. I seriously think it is about time that the complainers form their own group called Evergreen Complainers Chat Group. I will be one of the first to join this group and my first complaint will be that we do not have security cameras on our streets so that we can identify and shoot the owner of the dog who did not pick up after his dog pooped on the pavement in the new section of Montresor Street.



A CHANGE OF PERSPECTIVE ON JOINT REPLACEMENTS - DEBORAH HILL

In the past I had always believed that hip and knee replacements were reserved for older individuals who led an excessively active lifestyle. After all, my father had both knees and one hip replaced, by the age of 78, but he had engaged in activities such as rugby, racing hydroplane boats and motocross that had worn out his joints.

However, my perception changed as I got older and some of my friends began discussing their knee, hip and shoulder replacements. Then later on, I started experiencing discomfort in my hip while playing golf. I decided to focus on walking and exercising, hoping that it would alleviate the issue, only to find it made it worse.

My solution at first was denial, and for ages I told everyone, including myself, that when I walked 5-6 km, 6 days a week, it felt better! Some days my walking friends asked me why I was limping, and eventually I owned up to a bit of hip pain.

When I started swallowing anti-inflammatories, and had an aching hip at night, I thought just maybe I should see an orthopaedic surgeon. He sent me for an X-ray and the next thing I was booked for a hip replacement. I decided to end 2023 with a quick hip replacement so I could get ready for the new year!

Well, all I can say is that joint replacements have come a long way... I had what is called AMIS surgery (Anterior Minimally Invasive Surgery). It was a breeze - apart from the nature of the surgery, maybe an epidural, rather than a general anaesthetic, aids recovery, i.e. it is quicker. Two days in hospital, and out on the third day, doing my grocery shopping at the supermarket next to the hospital on the way home!

So, if you have been taking anti-inflammatories, and having sleepless nights, consider surgery! I have realised joint replacements are quite common and definitely trending!



The bad hip that walked 1248 km in 2023



The hip measurements for my new parts!



SHOULDER REPLACEMENT IS AN OPTION! - RONNIE DE ROBILLARD

I have always loved sport, and played tennis and squash for years, before taking up golf, which I have played for the last 30 years of my life.

Whether golf actually caused my shoulder problems I'm not sure, but for the last 10 years my shoulders have ached during and after a game. So about 10 yrs ago I had a rotator cuff op on my left shoulder which sorted the pain out, but not long after that my right shoulder started giving me problems. I resorted to anti-inflammatories before a game, then it became cortisone injections periodically, until they had no effect.

At this stage my doctor sent me for X-rays and broke the news that I needed a shoulder replacement. The X-ray showed that there was literally no cartilage left in my joint so it was bone on bone - result of osteoarthritis which is basically "wear and tear". The op itself took over 3 hours, followed by lots of pain.

But 5 months later I am back on the golf course, without pain, so of course it was worth it.



No thoughts on shoulder or hip replacements back in 2020!



In October 2020 playing in a golf tournament at Fancourt!



HEALTH MATTERS - JENNY PORTER

We are thrilled to have Jenny back this month, with another of her insightful health articles. As a former Professor of Anaesthesiology at Red Cross Children's Hospital in CT and now retired, we are fortunate to have Jenny as our very own resident advisor on multiple medical issues.

ANAESTHESIA: EYES AND EARS ARE WATCHING AND LISTENING!!!!

By this stage of our lives, very few of us have not experienced some form of anaesthesia. The visit to the dentist may well have been more traumatic than it was without the knowledge that the offending tooth was going to be “deadened” before any work would be attempted. Anaesthesia provides loss of sensation to pain. Incredible though it may seem, there is a very rare group of people who have a Congenital insensitivity to pain (they are born without the ability to perceive pain)!

Throughout recorded history attempts at producing a state of general anaesthesia remained elusive. It was only in the late 18th and 19th centuries that significant advances set the stage for modern anaesthetic techniques.



Two major developments contributed to this: the realisation that antiseptic techniques were needed for good surgical outcomes, and advances in the understanding of physiology and pharmacology which led to development of drugs to provide general anaesthesia for pain control.

The ability to appreciate pain, however, is necessary to protect us from hurtful stimuli such as placing your hand on a hot stove plate – you immediately withdraw your hand because your hand senses exquisite pain. However, some forms of pain are detrimental to the body, causing metabolic and hormonal changes which are not good for you.



General Anaesthesia (GA)

General Anaesthesia (GA) is a temporary state that causes unconsciousness, loss of memory, lack of pain, and muscle relaxation through the administration of drugs. The medicines used are called anaesthetics and may be given by injection (intramuscular or intravenous), inhalation, topical lotion or spray, as eye drops, or as a skin patch. However, local anaesthetics are often used in conjunction with a GA as these drugs, because they are given before the surgeon cuts the skin, are potent agents in preventing the pain cycle from starting.

THERE ARE THREE TYPES OF ANAESTHESIA USED, WITH EACH ON ITS OWN, OR IN COMBINATION:



LOCAL ANAESTHESIA

Local anaesthesia: is used on a small part of the body such as for lumps and bumps. Occasionally this method may be used for larger procedures, but the dose of the local anaesthetic used, to avoid inadvertent overdosage, needs to be carefully titrated. One would usually be awake and alert during this procedure. Infiltration of the area being operated upon causes numbness so this surgery is painless (or should be). If sensation remains, this is usually due to insufficient time given for the local to work.



REGIONAL ANAESTHESIA

Regional anaesthesia: aims to use the nerve anatomy of an area to block the nerve and thus render the area numb. This is of particular value for surgery on limbs, and the lower body, where the spine may be targeted as the site to block the nerves. For those of you who have had hip or knee replacements, this may have been done under epidural or spinal anaesthesia (with a little milk of amnesia to help you tolerate the noise of the surgery!). The difference between an epidural and spinal anaesthesia is where the anaesthetist injects the anaesthetic in your spine: an epidural goes into the epidural space, and the spinal goes into the cerebrospinal fluid of the spine. A catheter (a very thin little tube) may be left in place to provide analgesia in the postoperative period. This would also make the start of rehab much more tolerable. The drugs used for regional anaesthesia, in general, are local anaesthetics, but opiates or sedatives may be added. These choices will all be discussed with you, the patient, as part of the pre-operative consent and planning for the surgery, and you will be expected to sign for consent for the anaesthetic choice taken, as well as for the surgery.





FACTS AND MYTHS



One of the most common misconceptions about anaesthetists (or anaesthesiologists in the USA) is that, immediately after inducing anaesthesia (putting you to sleep), they leave the operating room and return only when the surgeon has completed his surgery. In reality, anaesthetists see patients preoperatively (but gone are the days of visits the night before – cost containment by private hospitals and medical aids) and remain monitoring their patient all the way through the operation, until after the surgeon has completed the surgery. He/she will then take one through to the recovery room or intensive care unit for safe recovery from the anaesthetic. The safety of anaesthesia and therefore surgery is one of the driving factors in modern anaesthesia. The drugs you may be given all have side effects but efficacy in humans is always balanced against safety. If you have had a bad reaction to an anaesthetic (nausea and vomiting are the most common), always mention it to your anaesthetist for subsequent operations, as most can be avoided.



PHARMACOGENOMICS

Pharmacogenomics reflects the impact that one's genes have on the individual response of each patient to drugs. This is particularly important in anaesthetics where certain syndromes or genetic variations react badly to general anaesthetics, so that a family history of a death on the operating table is crucial information to the anaesthetist. I foresee that in the not-so-distant future, each person will have his or her own recipe for safe anaesthesia. With modern day anaesthetic techniques, tiresome side effects such as nausea and vomiting can be minimised by the use of different medication, so your personal experiences – negative and positive - should be shared with any anaesthetist you have for surgery or any investigation requiring sedation.



CONSCIOUS SEDATION

Conscious sedation seems like a contradiction in terms, and it not used much in paediatrics, but it is a drug-induced state of sedation and pain relief which allows procedures to take place without anxiety. The patient is able to respond purposefully to commands but may remember very little afterwards. It is a technique used frequently with local and /or regional anaesthesia for a very good experience.

THE ETIQUETTE OF WHATSAPP CHATS



As our village grows, our resident numbers increase, and so does the number of members on our various WhatsApp groups. Our main “Evergreen Neighbours” WhatsApp group has increased from 166 residents to 210. Many residents have left this chat group because they became irritated with all the shenanigans.

WhatsApp groups are a wonderful way to communicate and share things these days, however there are downfalls and one therefore needs to be mindful of the following:



Try not to have long one-on-one conversations in the group. Switch to private messages.

Hold finger down on the person’s message you want to reply to ... tap on “more” tap on “reply privately”



Do not post in any group between 21:00 and 07:00 unless it is an emergency. By emergency, we mean the “fire, floods, and broken bones” type of emergency, not the “I need a scone recipe at 2 am because I had the munchies” type of emergency.



- Please don’t send in a hundred “thank you” messages. If you feel gratitude towards someone – tell them in a private message.



- **Sharing certain information is useful on a Group chat**

For example...when Kathy Prowse digs something out her garden, she posts “anyone interested, come and fetch a piece of spekboom”!

Or if Fred has specials on garage door insulation or olive oil for sale

Or if someone wants to know if the Franschhoek pass is open, etc.



- **The group is not a political platform. No arguing, no heated opinions, no fear-mongering, no hyped-up drama, no fake news. Check your sources before you share.**

Think before you just forward a story, photo or video! You may just like the music but remember the video could have political undertones that others might find offensive!



NO VOICE CHATS ON THIS GROUP



WhatsApp have introduced a new feature called Voice Chats! Great if it's your family group, but not on a general group! If you touch on this icon, it will start a voice chat!

Members of the group will be asked to "Confirm". Not a good idea to have a group chat when there are so many people on the group!



ACTIVATE MUTE

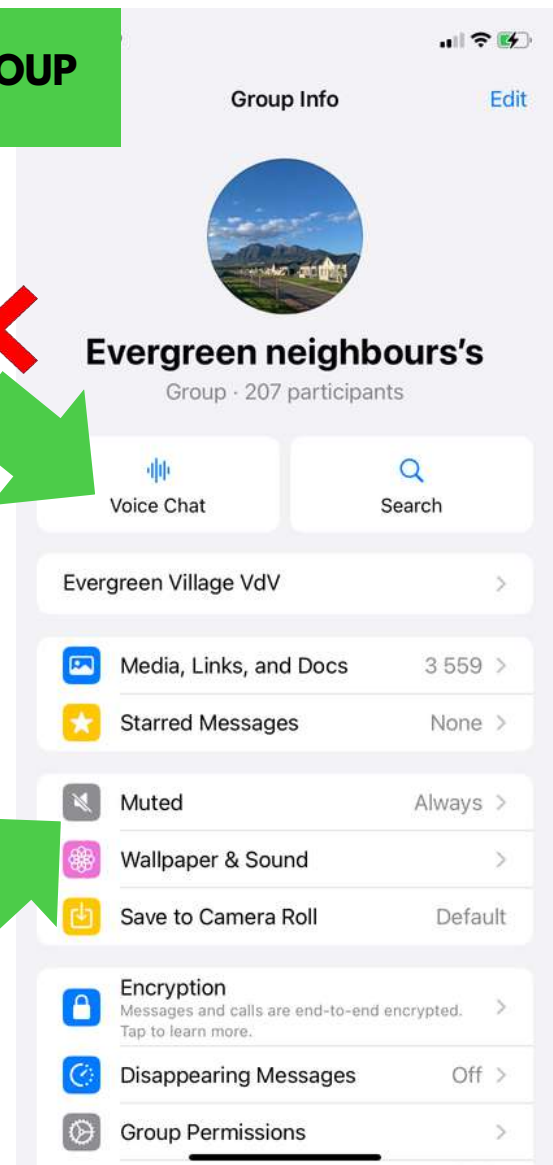
Hit "Mute" on your WhatsApp group. This is a sanity saver. You will still receive all the messages, but your phone won't buzz or make a noise for every one of them.



GENERAL SOCIAL CHAT

Remember this group is a **GENERAL** community group, so it is social in nature!

If you get annoyed with what is posted because it doesn't interest you, then exit the group - it's your choice!



- Remember important stuff is sent out by Management to your email address.
- All social days are sent out by Angela on a **SOCIAL EVENTS** WhatsApp group.
- Residents' issues of importance may be sent out by Debra on the **RESCOM RESIDENTS** WhatsApp group.
- See birds galore on **VDV & PV BIRDING** WhatsApp Group, to join contact Derek.
- And of course for good music videos, join George's **EVERGREEN ROCK MUSIC** WhatsApp Group.

MONTHLY BIRD SIGHTING ON VAL DE VIE

- DEREK & PAULINE BROWN



Brimstone Canary



Gymnogene



Yellow-billed Kite



Karoo Prinia

Everyone enjoys Derek and Pauline Brown's bird photos that they share on the Val de Vie Birding WhatsApp chat! So we will include bird sighting as a regular feature in the newsletter.

If you have any photos of birds you have spotted in Val de Vie please send your photos to Derek on derekbrown45@icloud.com to be included on this page!

ELECTRICAL BACK-UP/UPS SYSTEMS - A REMINDER

Eighteen months ago Brian Coustas, a Montresor Street resident, shared pertinent information on ways in which residents could navigate the load shedding reality, including advice on acquiring appropriate inverters and batteries to meet the Evergreen residents' needs, obtaining the necessary permission from Evergreen for the installation, and using electrical appliances in such a way that maximise the longevity of the back-up equipment purchased.



The load shedding of the last few weeks, as well as the events of the 11th December when there was a shutdown of power to the greater Val de Vie Estate from 08h00 - 17h00, followed by 2 hours of load shedding from 18h00, resulted in Brian being asked for assistance from residents who were at risk of flattening their batteries as a result of using certain appliances.

In this process we discovered that a number of residents had not received/read the communication regarding the planned shutdown so were using their backup resources without understanding the consequences. A suggestion was made that we re-publish the information below, particularly for the new residents who have bought homes with electrical back-up systems pre-installed.

THE LIST OF DO'S AND DON'TS

Please remember that Amps as well as Wattage have limitations:

- Don't change anything once the Electrician has left!!
- Do remember to regularly check EskomSePush app!!
- Do plan your energy use accordingly.
- Do allow at least an hour & a half between outages for battery to recharge (this is extremely important).
- Do remember to read the Inverter & Battery operation manuals and keep them in an easily accessible place!
- Do remember to have your electrician's contact details!



DON'T USE ANY OF THESE APPLIANCES DURING OUTAGES, E.G.

- | | |
|--|-----------------------------|
| ● Kettle 10A 2200w | ● Toaster 4A 900w |
| ● Air Fryer 10A 1200w | ● Tumble Dryer 10A 2500w |
| ● Washing Machine A++ 15A 500w, or 2000w | |
| ● Iron 8A 2000w. | ● Coffee Machine 5A 1000w |
| ● Hairdryer 10A 2000w | ● Vacuum Cleaner 7A 1500w |
| ● Food Mixer 6A 900w | ● Dishwasher 10A 2000w |
| ● Heater 9A 2000w | ● Air Conditioner 15A 3000w |
| ● Oven 35A 3500w | ● Stove 35A 3000w |
| ● Power Drill 8A 1500w | ● Geyser 16A 2500w |

The above is a short list of what NOT to use during power outages, however you are responsible to ensure that you are compliant with your systems' requirements and limitations.

- Don't open and close your fridge/freezer unnecessarily during power outages (modern fridge/freezer should be able to last at least 48 hours without power).
- Don't change anything on your DB (distribution board).

Finally, where large appliances need replacement, please consider investing in those items, e.g. fridge/freezers, washing machines, tumble dryers and microwaves, with inverter technology as there will be significant power saving - look out for the sign on the appliance.

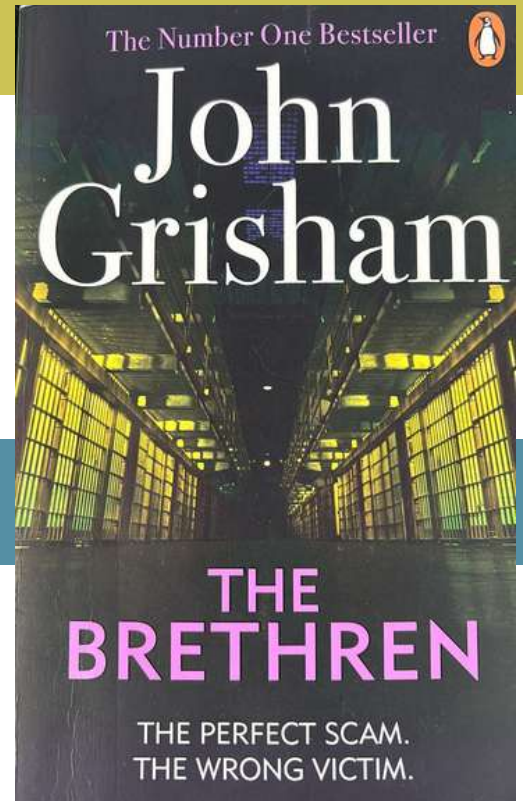
BOOK REVIEWS BY RESIDENTS

These and many other books
can be found in the Lifestyle
Centre library

The Brethren - John Grisham **Book review by Henriëtte Holtzhausen**

Trumble is a minimum-security federal prison, home to drug dealers, bank robbers and three former judges known as The Brethren.

Outstanding, gripping! Excellent read by a slight variation of the usual Grisham.



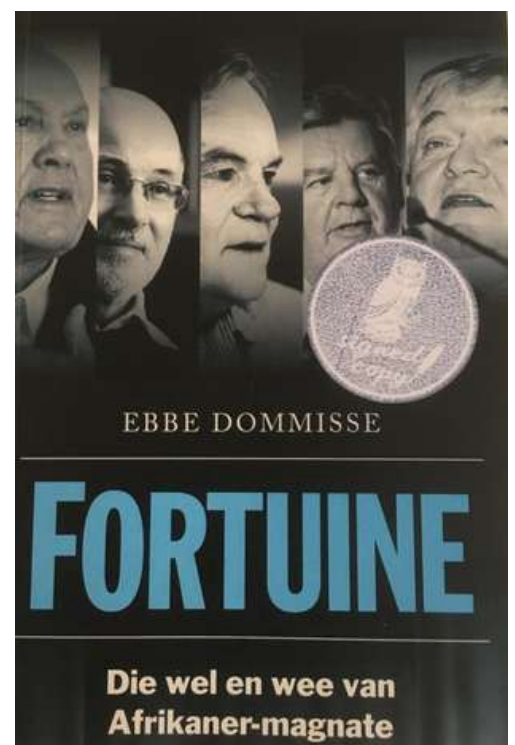
FORTUNE BY EBBE DOMMISSE **Review by Wynand Louw**

Waarskynlik een van die beste boeke wat ek onlangs gelees het, geskryf deur Ebbe Dommisse, 'Fortune....Die wel en wee van Afrikaner-magnate'.

My liefde vir die feitelike, veral biografie en outo-biografie, asook die entrepreneurs en megaboere van ons tyd, het my laat gryp na hierdie boek. Fokus val veral op Afrikaners wat uitgestyg het, sommige as 'n groep, ander as individue, wat suksesvol in besigheid was; of steeds is.

Die besondere kenmerk wat sedert 1994 met 'n demokratiese bestel na vore getree het, was die opkoms van Afrikaners in die sake-wêreld. Wat vir my 'n riem onder die hart is, is dat ons hier op Evergreen 'n integrale deel vorm van die groter Val de Vie, geskep en met sukses ontwikkel deur Afrikaner entrepreneurs. Maatskappye ter sprake sluit onder andere in Naspers, Remgro, Pepkor, Shoprite, Capitec, Investec Batebestuur, FirstRand, PSG, Auto & General, om net 'n paar te noem.

Voorwaar 'n boek wat ek baie geniet het.



Bitterbessie dagbreek deur Ingrid Jonker

Bitterbessie dagbreek
bitterbessie son
'n spieël het gebreek
tussen my en hom

Soek ek na die grootpad
om daarlangs te draf
oral draai die paadjies
van sy woorde af

Dennebos herinnering
dennebos vergeet
het ek ook verdwaal
trap ek in my leed

Papegaaibont eggo
kierang kierang my
totdat ek bedroë
weer die koggel kry

Eggo is geen antwoord
antwoord hy alom
bitterbessie dagbreek
bitterbessie son



STARFALL - LANCE KINNEAR

Sky at Night January 2024

The terrestrial planets

Five billion years ago when the Solar System formed, all of the planets would have a gaseous composition. A young hot Sun would have stripped the closer ones of their original gaseous content relatively quickly. Only the outer planets would have been far enough away from the Sun, and large enough to retain their vast gaseous envelopes. As the debris around the Sun cooled over millions of years, individual planets would have increased in size by accretion (other smaller bodies colliding with and sticking to the larger ones). As further time passed the inner planets would have started to form atmospheres of their own, with outpouring of gas from volcanic activity and further cometary and meteoritic impacts. Eons would pass and the Sun and planets would cool even further before life began to form. The Solar System is largely composed of four inner, (rocky terrestrial) and four outer (gaseous giant) planets. A ninth distant small rocky planet/asteroid along with innumerable smaller asteroids, planetesimals, comets dust and gas make up the rest.



In January this year, Mercury, Venus and Mars are visible in the early morning sky, along with the Moon. Mercury and Mars are faint objects and more easily found when close to the Moon, especially in twilight. With binoculars or telescope, look in the vicinity of the Moon, and a small disc will be seen. Stars nearby are always points of light and cannot be confused with a planet.

Mercury - the winged messenger

Mercury - named after the Roman god of commerce, property and wealth, is the closest to the Sun.



Because of the planet's fast movement in the sky, it is best remembered for its swiftness and 'mercurial' nature. Named Mercury by the Romans and Hermes by the Greeks, this was one of the best known and loved of the gods. He was also the shrewdest and most cunning, and was known as a Master Thief. Jupiter (Zeus) was his father and Maia, daughter of Atlas, his mother. He was graceful and swift of motion. With winged sandals and helmet, he carries the Caduceus (herald's staff - two snakes twined around a staff with wings). He became associated with magic and science, and his caduceus was used to symbolise medicine. Mercury appears more often in tales of mythology than any other god.

Mercury is so close to the Sun, it is only seen from Earth in the morning or evening twilight, and many people, including astronomers, have never seen it.

Through binoculars or a telescope it will appear as a small pinkish disc which shows phases like the Moon. It is most easily seen at its greatest elongation (distance from the Sun), and when another planet or the Moon is in the same field of view (conjunction). For those early birds, look for it in conjunction with the Crescent Moon on January 10 just before Sunrise. It is a rocky body heavily pockmarked with craters, similar to the Moon and can have a daily variation in temperature of over 600 degrees Centigrade (+430 during the day and -180 at night).



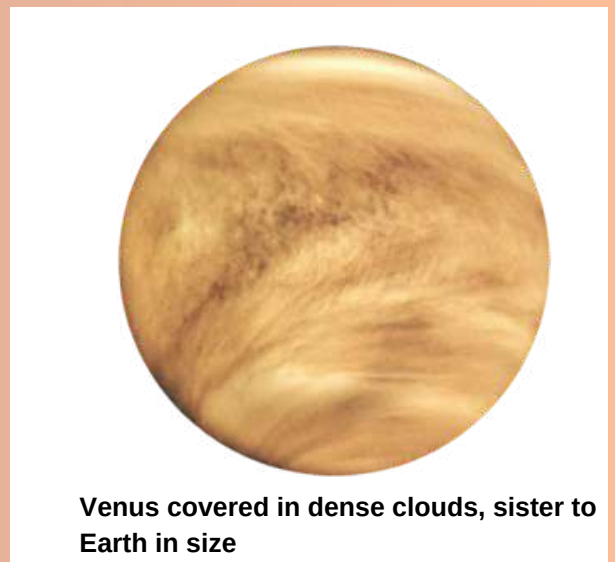
Mercury

Venus (Aphrodite), goddess of love and beauty



Venus - the Greek god Aphrodite, is the goddess of beauty and love who enchanted gods and men alike. In Greek mythology her name is derived from 'Aphros' (foam) and is said to have sprung from the foam in the sea. Venus is the closest planet to Earth and similar in size, and is the brightest object in the sky after the Sun and Moon.

It is often referred to as the 'morning or evening star', due to it being seen in the evening just after sunset, and in the morning before sunrise. Due to its brightness it is easy to identify in the night sky, and on a clear night it may cast a faint shadow. Although often referred to as 'the sister planet to Earth, due to its size, it has a dense carbon dioxide and sulphuric acid atmosphere which traps heat from the infrared ground radiation causing an extreme runaway 'Greenhouse Effect'. Its surface is covered with volcanoes making it the hottest planet with a temperature in excess of 460 degrees centigrade. Due to its axial tilt (177 degrees), it spins backwards (retrograde) compared to all other planets in the Solar System. Its dense atmosphere also rotates independently, taking 4 days to circle the planet, which along with its other anomalies, makes it a very inhospitable place. The dense atmosphere also slows the planet's rotation and causes the change in direction of its spin, and is responsible for a Venus day (spins on axis 243 days) being longer than its year (225 days). Known as an 'inferior' planet (between Earth and the Sun like Mercury) it shows phases. Easy to find due to its brightness, look for it in the early morning sky in conjunction with Antares (heart star of the Scorpion) on 7th January and the Crescent Moon on January 9th.



Venus covered in dense clouds, sister to Earth in size

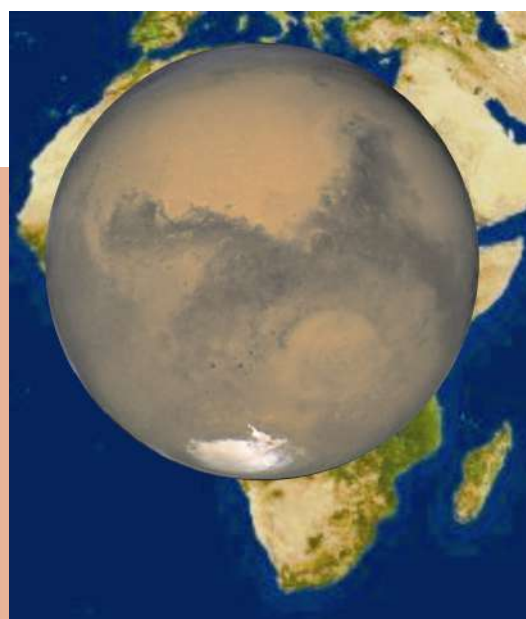
Mars (Ares) - Greek god of War, has two moons named Phobos (terror) and Deimos (panic), the hounds of war. In Greek mythology he was the son of Zeus and Hera, neither of whom liked him. In Homer's poem, "The Iliad", he is called murderous, bloodstained and the curse of mortals. The Romans liked Mars better than the Greeks liked Ares, to them he was invincible in shining armour. Neither Mars nor Ares feature greatly in mythology, being little more than a symbol of war.

Mars god of War



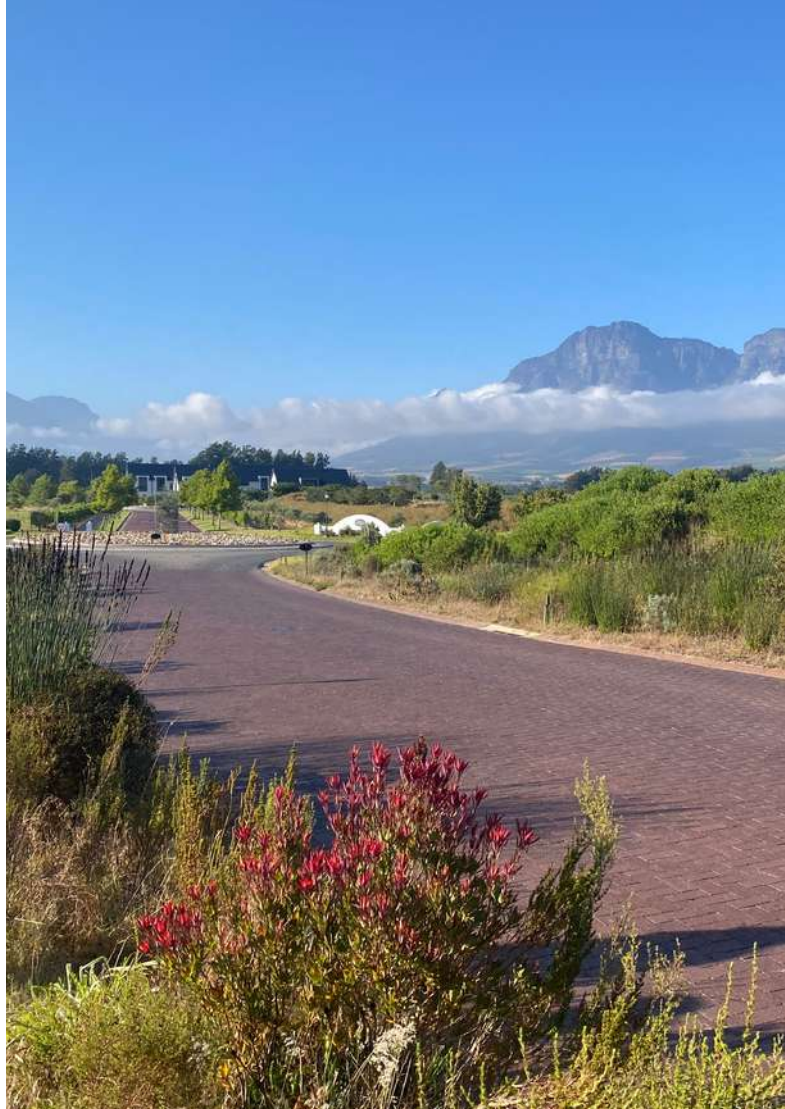
The fourth planet from the Sun, it is the first of the superior planets (further from the Sun than Earth). Its orbit around the Sun is elongated and at its furthest (aphelion) it grazes the Asteroid Belt and this is probably how it captured its two moons.

The red planet has long been the favoured home of extraterrestrial intelligence, although recent missions to and on the planet have not discovered any to date! HG Wells' famous novel, "War of the Worlds", was based on aliens from Mars and had a profound effect on generations of science fiction stories. Vast dust storms rage across the planet and can be seen through telescopes on Earth. The Martian surface is rugged and covered in a thin red dust. The evidence of erosion on the surface means there may have been free flowing water in its past. Mars has the largest volcano in the Solar System, named Olympus Mons, it is three times higher than Mount Everest. The base of the volcano would cover an area larger than England and its caldera (crater) would swallow London. Its thin atmosphere (less than 1% of Earth's) consists of 95% carbon dioxide with only trace amounts of oxygen and water vapour. Of all the planets however, Mars is the one that most resembles Earth, its day is almost exactly the same length. Due to its elongated orbit it varies in brightness, and can be difficult to locate. Look for it in conjunction with the Crescent Moon in the early morning sky on January 11th. Mars is also in conjunction with Mercury just before sunrise on January 27th.



Mars compared to Africa in size

Keep looking up - Lance



**Thanks to everyone for
their contributions
Please share anything of
interest to**

Deborah at dhill@netactive.co.za



**Thanks to all the regular
contributors
Lance Kinnear, Derek Brown,
Estelle Coustas, Pit Joubert,
Jenny Porter and Michelle Else.**