



ACG ARCHITECTS

The Official ACG ARCHITECTS Newsletter



RENDER OF THE CAMPBELL STAIRCASE
[WATCH VIDEO HERE](#)

DIRECTORS NOTE

2022 another year has just flown by and like many, we have experienced our share of the tumultuous global environment that all South Africans have needed to navigate. In addition, ACG has experienced tremendous losses this year with the passing of colleagues who had worked closely with us over many years.

The legacy of these people can be seen on the ground in the affordable housing sector and in the work that they have done and expertise left behind in the people who have been developed and benefitted.

We are proud of the work that has been accomplished this year, which has focussed in the Health Sector with the onset of the construction of two Psychiatric units, as well as in the refurbishments of Public sector and private sector buildings across the Cape Metro and winelands. A trend in our office over the last few years has been the use of container buildings for public sector infrastructure, which has been a great journey in re-use of building materials and contributing to more sustainable environments, which we are hard at work trying to achieve.

Despite the harshness of the times, we also need to celebrate the highs and this year. We have celebrated a staff member who had embarked on a marriage adventure and another who had written and passed his professional examinations and can now be counted amongst the industry' professionals.

✦ We would like to wish all our clients, colleagues & friends a very happy & festive holiday season. ✦

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Please note that our offices will be closed from the 16th December 2022 and will reopen on the 12th January 2023



ACG COMMUNITY PROJECTS 2023

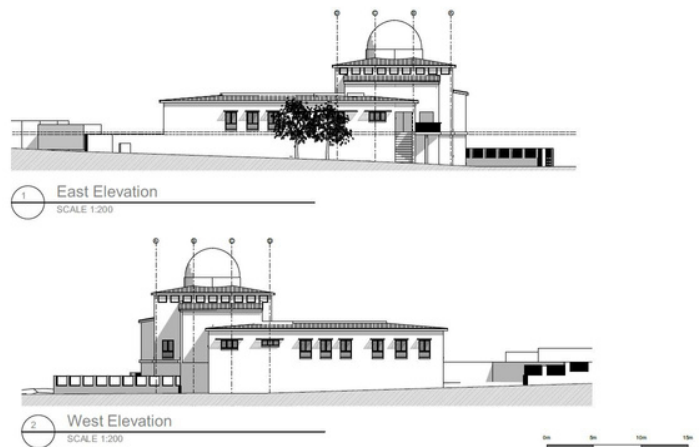
Every year ACG Architects takes on a few community / social responsibility projects. ACG offers architectural and landscape architectural services to projects at no cost. Below are some of the Social Responsibility projects ACG has undertaken during 2022.

LAINGVILLE ISLAMIC CENTRE & SIBONGILE ISLAMIC CENTRE

Laingville Islamic Centre is based in St Helena Bay and the Sibongile Islamic Centre is based in Dundee, Kwazulu Natal. Both these projects focussed on providing the community with spiritual guidance and Islamic education for children.



Concept render of the Laingville Islamic Centre



Elevations of the Sibongile Islamic Centre

FOREST VILLAGE COMMUNITY GARDEN

ACG Architects & Landscape Architects were involved for many years in the development of the Forest Village Housing Development. The project is now in the process of completion.

As an offshoot of this project, the City of Cape Town has loaned a spare piece of land to the local community for a Community vegetable & flower garden.

Western Cape Government Dept of Human Settlements has very generously fenced the area to provide security.

Representatives from CoCT, Lukhozi Engineers and ACG Landscape Architects recently met with the enthusiastic community members to discuss & show them ideas and layouts for the vegeyable garden creating much excitement. The plot will be cleared by CoCT and topsoil will be brought in.



Community members involved in the Community Garden

Compost, seeds & seedlings are still required. Donations are most welcome.

KINDERSVIRDIE KONING.

Primary community projects are based in Strand and this project focuses on the community near the Sercor street site and helps them meet their basic needs, achieve their goals, and successfully raise their children.



ACG COMMUNITY PROJECTS continued



BOORHAANOL TREE PLANTING PROJECT, BO KAAP

In 1966 the Boorhaanol Islam Movement was founded and built on the vision and leadership of two former icons of the Bo-Kaap area, namely Imam Abdurahman Bassier and Dr Achmat Davids. Following their deaths in 1998 and 2004 respectively, many of these branches parted ways with the Boorhaanol Movement.

2023 marks the centenary of the birth of Imam Bassier, as well as 25 years since the passing of Dr Achmat Davids.

The Movement would like to pay homage to their invaluable contributions by planting 100 or more trees in the area. Through outreach to the descendants of all past Boorhaanol office-bearers by planting a tree in his/her honour, thus reconnecting the family with the Movement.

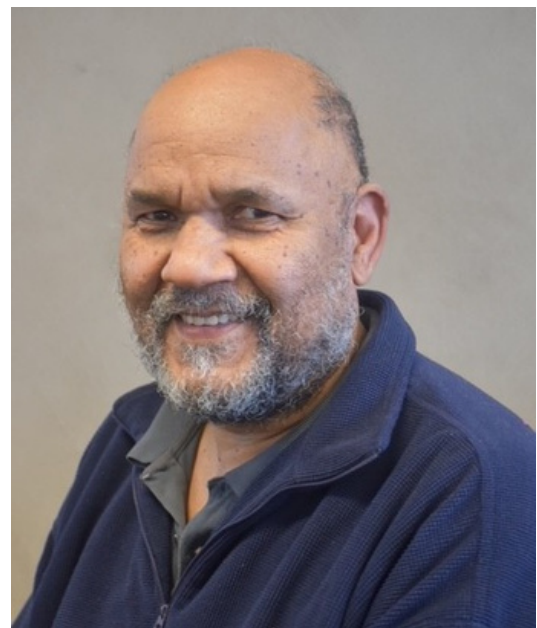
The project intends to connect the facilities in Bo Kaap that were frequented through the movement, namely the Mosque, the Boorhanul centre and the Tana Baru cemetery.

ACG NEWS

AWARD

Malcolm Campbell was awarded the Annual Award to a Heritage and/or Environmental Consultant of Integrity for 2022 by the Observatory Civic Association for the key role he played in preparing the application for Provincial Heritage Status for the Princess Vlei site.

Malcolm has served as an active member of the Princess Vlei Forum which led the successful campaign to declare Princess Vlei a Provincial Heritage Site.





HOW TO FIGHT YEAR END FATIGUE

It is the end of another year and we are all feeling tired and in need of a break. How do we deal with this fatigue?

There are two types of fatigue:

- Physical fatigue - this is when you feel tired as a result of physical tasks. It is a common fatigue that can be caused by activities such as walking to work, lifting heavy objects, working in construction, and many more.
- Mental fatigue - this fatigue influences your cognitive functions. Feeling this way makes it difficult to generate fresh ideas, concentrate and focus on small things, or find the motivation to complete various tasks.

End of year fatigue occurs when we start to show indications of exhaustion, being overwhelmed, and a lack of productivity and is made up of both physical and mental fatigue.

Some Symptoms of Year-End Fatigue are:

- Poor Concentration
- Insomnia
- Body Aching
- Feeling Irritated
- Memory Problems
- Feeling Bored
- Depressed Mood
- Anxiety



Here are some ways to deal with this fatigue:

- Speak Up
- Limit Social Media
- Support System
- Healthy Diet
- Take Regular Breaks
- Time Management
- Exercise
- Get Enough Sleep
- Self-Care
 - Go for a massage
 - Read a book
 - Take your dog on a walk
 - Take a relaxing bubble bath
 - Pamper yourself
- Seek Professional Help



FOODS TO BEAT YEAR END FATIGUE

- Unprocessed foods
- Fruits and vegetables
- Non-caffeinated beverages
- Lean proteins
- Whole grains and complex carbs
- Nuts
- Water
- Vitamins and supplements
- Bananas
- Oats
- Chia seeds



SMOOTHIE FOR YEAR END FATIGUE

- 1 cup orange juice, more if needed
- 1 teaspoon honey, or to taste
- 1 teaspoon chia or ground flax seeds
- 1/2 cup packed torn kale leaves / or spinach with stems removed.
- 1 banana, cut into quarters
- 1 small apple, cored and cut into chunks
- 1 cup frozen mango or pineapple chunks

Combine all ingredients in a blender, adding them in the order listed.

Process until smooth. You can add a little more orange juice if it seems too thick.

Pour into two glasses and serve.

ACG HEALTH YEAR END FATIGUE

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