



EVERGREEN BROADACRES RESIDENT'S FUN WALK – 22 OCTOBER 2016

I managed to convince, nag, twist arms and told 77 residents to put their names down to walk. However there were 8 late withdrawals with excuses, some weak and others hard to believe.

This left 70 walkers, who all signed their Indemnity form, who started the Fun Walk - 3 more than in March 16. The talk and hype going around the village before the Fun Walk inspired some recent & brand new residents to enter the Fun Walk. They were Judy & Ian Stuart, Chris Edwards, Cyril Rabinowitz, Wally & Rosemary Ross; Sally & JJ Branson It also inspired some of those who did not walk last time to enter: Rosemary Baird, Anne Simpson, Ruth Fidler & Catherine Plaskett. 2 old dears decided to put their names down to do the 730 meter Dash. However they chose to walk down to the start which was probably about 830 meters and were too exhausted to do the Dash. They then made their way back home again walking approx. 1.6kms which was the same distance as one lap.

It was a very hot afternoon and most of the walkers arrived at the clubhouse before the published starting time. I made the mistake of not delaying the start by 45mins to 5.30pm when it had cooled down a bit. However the walkers were all champing at the bit to start walking after enjoying the free champers & orange juice on offer while they waited to start. 6 bottles were consumed on the day and I suspect that most of them were consumed before the start. We could not tell whether those who were seen to stagger a bit during the Fun Walk were doing so because of the heat or the affect of the champagne.

When I overtook Sue & Tess they suggested that I should think of holding these Fun Walks in the winter months. I said that besides the fading light we would have to contend with, it would be very cold and everyone would probably be wearing jerseys which would cover their Team Evergreen T-shirts, which was not what we wanted.

Some of the excuses – Val withdrew on the pretence of having to go on a family outing that had been arranged at the last minute, when she heard that I may be walking Was she scared that she would not be the 1st lady home? The Bromfield's whose son had 40years to tell them that he was going to celebrate his 40th on that Saturday. Isabel who fell walking down some stairs on holiday& has the wounds to prove it: Dick T who suddenly developed dizzy spells & Pierre who had the 2nd worst excuse for not walking.

. He faked a burglary & told me that he could not walk because his walking shoes had been stolen. I told him to go to Mr Price Sports & 30 meters down on the left hand side he would find running shoes on sale for R260. When I gave him the indemnity form to sign he said that he never realised the Fun Walk was going to start so late, even though I had announced it about 3 times before. He said he could not walk as he had another function to attend. Everyone was disappointed that they would not see Moira demonstrating how to walk in her new double thick soled slops.

Brian Morgan wins 1st prize for the best excuse not to put his & Pat's name down to walk. He said they were enjoying their stay at their holiday home here at Evergreen & were just not ready to join us yet and besides he had to walk his dog in the morning. I told him that his dog could join him on the walk. He then asked how many residents were going to walk. When I told him there would be 69 he asked what my target was. I said 71 but two people had not put their names down. He said "10 out of 10" & went off to walk his dog. On Monday morning H saw Brian walking his dog & he asked her how the Fun Walk turned out. She said besides the heat

it had gone off very well. When H asked him if they would be here for Christmas he told her that they would soon be leaving to go to their residence in Port Alfred for 6 months. H told him that they could do the next Fun Walk with us in March 2017. He quickly said that he was sure that they would only be returning in April and walked off with his dog. A dog is a man's best friend, but.....

Basil told me that they could not walk as they would be away on holiday touring around Germany, Italy & Paris. However their neighbour, Chris told me that they would be back on Friday before the Walk. I promptly emailed him the details of the Fun walk plus an Indemnity form. He gave me both their Identity forms duly filled in & signed when they appeared at the start plus an extra R20 voluntary/compulsory donation.

Another who used the "Overseas trip" as an excuse not to walk was Judy S who said she would be on holiday in Vietnam which was another place to go on holiday? She did say that their daughter Karen, who walked last time, would take her place as she was coming out from England again to daddy sit Brian while she was away. However she forgot to tell Karen who made other arrangements to do something else on Saturday. That will be 2 black marks against you Judy.

Back to the Fun Walk

On the Wednesday evening before the Fun Walk I noticed that Gunner, flushed with his success of finishing joint 1st with Henri in the 600 meter dash last time, had put his name down to walk one lap this time. He said that he had been enjoying his walking lately and was walking 4.8kms in the mornings. He said that he would probably walk 3.2kms this time. I told him that he should rather not walk 4.8ms on Saturday morning and walk 4.8kms in the Fun Walk. He said "But I enjoy walking 4.8kms in the morning" – no comment.

Allan & Maureen were shattered when I told them that they would have to walk an additional 130meters this time. Maureen was also upset with me when I said that there was no chocolate sauce to put on the ice cream after the walk. I managed to wriggle my way out of this by telling her that chocolate sauce was fattening.

After I had seen every one off at the start I decided to walk the 3 laps. By that time the leading group were some way ahead. I had to tiptoe past H & Kathy as they and every one else in the village had threatened to put a dog collar around my neck to ensure that I walked at a more sedate pace in future after experiencing problems with my heart recently. I told others who I past that I was walking at a more sedate pace

Shirley Anne was walking very well, clutching her cigarette box, when I past her and she said that she had not stopped yet for a smoke break. She once told us that she had given up smoking 76 times. That works out to be once every year since the day she was born. Little Red, Daphne, tried to camouflage herself by not wearing her trademark red hat. I told her that this was not necessary as no one was checking how far she did or didn't walk. Monday morning she was out walking again wearing her red hat.

In order to get Ozzi & Eddie, both ex professional soccer players, to walk I told them that the 730meter Dash was not even one length of a soccer field. I heard that Ossi took a little tumble just after the start. He claims that he was tackled from behind. Was it by a glass of champers & orange juice? However like a true warrior he got up and joined H as she past walking with Alan, Maureen & Peta who has been out of action for a long time after having had a back operation: Good to see you back in action again Peta. We hope that all your pain will soon be a thing of the past. I think H's little group may have finished joint 1st in the Dash. However no positions were recorded so no one will ever know. Cyril was another whose arm I had to twist at exercise class one Thursday morning. He said he was not sure that he would enter as he had been battling with his walking lately. I spoke to him after the walk & he told me that he had enjoyed the Walk & it had given him more confidence in his ability to walk in the future

Eddie was a bit confused as he had put his name down to walk & also be a helper. They lit the fire for the braai before the start & it flared up as the walkers started. When he eventually had the flames under control he looked around and every one was gone. Never mind Eddie, you and Taffy did an excellent job of cooking the boere.

Eddie & Traudi did lots of training for this Fun Walk & graduated from 600 meters to 2 laps this time. On Monday morning I asked Rene why she never pitched. She said that she was there cheering everyone on. I did not notice her as she left her pom poms behind as they were not green.

Beryl & Jimmy also made a welcome return after Beryl's recent operation. They walked 1 lap & she complained that she had to keep on waiting for Jimmy to catch up

Tess & Chris double dated again but managed to do a lap or 2 & enjoyed a cold beverage before going to their other date. Unfortunately Chris did not put a jacket on after working up a good sweat in the Walk & caught a cold.

Royston, Helen, Hennie & Wally, a brand new resident, were in the leading group. I eventually caught up to them on the last lap as they were heading downhill. I thank them for walking slowly so I could catch up to them. The pace must have been very frustrating for Wally as we found out that he had completed about 13 Comrades & 14 Two Oceans. He said that the Two Oceans (56kms) was like doing a sprint compared with Comrades (88 kms). We might have a new contender for top honours in the men's section in future Fun Walks: that is if 5kms is not too short for him.

When Dave & Henry, our current men's champs, heard that no times would be taken and no one was interested whether they came 1st or last, they decided to take it easy. Dave walked with Philippe, his dog while Henry decided to walk and talk to other walker instead of walking in front by himself.

Another wolf in sheep's clothing was Ian. He was walking with ease and had not even worked up a sweat when I eventually caught up with him. He was in 5th place at the time. You will be nagged to join us next time we do a 5km Fun Walk.

As usual there were those who never listened to the directions & instead of going windy, windy, windy along every loop lane to the top of the hill at Unit 90 & then only doing 2 windy windy's along the loop lanes on the way home, they continued doing windy windy's all the way down every loop lane to the finish. Was the champers talking again? No names no pack drill Marion, Maureen & Ruth

Another mistake I am aware of making was to provide cold beers for the walkers after the Walk. I should have known better after observing Evergreeners drinking habits at our social evenings every Wednesday night, that you can take an Evergreener to the beer but they prefer wine every time. You can't please Evergreeners all the time but I think I succeeded in doing so most of the time.

A big "Thank you" to:

- Derek for persuading Amdec to sponsor the food we enjoyed after the walk
- Hennie for once again providing us with his now famous "Pap & Sous"
- All walkers who made voluntary/compulsive donations of R2 280 towards the costs. There was a surplus of R600 left over which will be paid to Rescom to keep to meet future costs of Fun Walks
- All those who helped with the cooking, buttering o rolls etc & and to those who assisted with the clearing up afterwards
- H, my 2IC, who helped a great deal with the organising & had to run around buying ice & fetching items we had left at home
- All who took part in this Fun Walk and did so in the right spirit. It was great to see that most of you brought your own and stayed afterwards to enjoy the food and to socialize with other residents, thus building up the spirit & vibe we already have in the "Village of our dreams". The few nightmares along the way are immaterial.
- Kiloran, our professional photographer, for taking these fantastic photos.
- No thanks to the rugby guru's who got the starting time of the Currie Cup final wrong which resulted in those walking 3 laps finishing at the same time as the rugby. However it really didn't matter as neither the Lions nor the Sharks were in the final this year.

I hope that this Fun Walk has inspired those of you who are not regular walkers to start walking now so that Evergreen Broadacres can become the fittest village in the Evergreen stable of Lifestyle Villages.

Remember 2 things – 1) there will be another Fun Walk in the 1st half of the New Year so I will bet nagging you again to walk & 2) remember to "keep fit and remain evergreen" so we can walk with pride in our new T-shirts next year with advertising printed on the back of them.

On a sadder note – below is an extract from an email sent by Dick S, our oldest Team Evergreen member. Sorry chaps & lasses I'll be out of action for a few days, during which time I will be hospitalised for coronary corrective procedures, as a result of which my entire overseas London to Brighton trip is cancelled. But as the show must go on, my son Russell will fly over to meet with my UK friend Richard, both experienced veteran car drivers, to drive Marilyn to attend the Regent Street Motor Show and to drive *Le Papillon Bleu* to Brighton.

Dick S we all do hope and pray for you to have a speedy recovery in the shortest possible time. You still have a lot of accolades to collect for being the oldest walker home.

Foot note –H has been used in this report to identify Heather Mutch





7.

8.

1. Residents gather at the start of their Fun Walk.
2. Head Honcho - enough said
3. Dog walkers waiting to start & some spectators
4. Helen & Royston about to lead the charge for home
5. Allan, Maureen & Peta contesting the 730m dash
6. More walkers taking it easy
7. Ladies relaxing after walk
8. Taffy & Eddie doing an excellent job of cooking the boerewors while Cyril does quality control



Thank you Fortunate for ensuring the Senior Citizens finished safely.

Should anyone like enlarged copies of any of these photos, please contact me & I will try and send them to you.

Next Walk – Sisters with Blisters –Saturday 26 November at 8am

This is the 3rd time this walk is being held in aid of the prevention of abuse to women & children. It has been moved back to Monte Casino this year & most walkers tend to dress up, mainly in pick, & men try to walk in high heels. Last year over R200 000 was raised for this worth cause.

Entry fee: R110 for adults: R35 for pensioners over 60: R35 for children under 12. T-shirts available for a cost of R62

PLEASE PUT YOUR NAMES ON LIST ON NOTICE BOARD PLUS YOUR T-SHIRT SIZE, IF YOU WANT ONE, SO I CAN DO ONLINE REGISTRATION FOR EVERYONE BEFORE 15 NOVEMBER. You can pay me for your entry and T-shirt later.

Saturday 12 November – Delta Park 5km Parkrun - Craig's son has asked him to find out if any of his walking mates from Evergreen would like to come & take part in the above. Parkrun SA & Delta Park are celebrating 5 years of running in South Africa. They want to set a **World record** for the most Parkrunners taking part in a single event. Currently the record attendance at one run is held by **North Beach Durban** with 1 854 participants, but they are hoping for over 2000. I am willing to bet that **North Beach Durban** will take back the record over the Christmas season.

If you are interested in helping them achieve the **World record**, please put your names down on the list on the notice board or contact either Craig Unit 23 or myself Unit 80 so that we can arrange transport.