



Possibly due to my constant hints, requesting and sending photos of faded Team Evergreen T-shirts to Derek, in the latest Evergreen newsletter he refers to me as “Irrepressible Ernie” Is that a new name for “Professional Nagger?”

We will have new neighbours from Wednesday next week. Roy told me that he used to be a runner. I hope Derek sends me enough extra Team Evergreen T-shirts?

Lonehill Parkrun – 18th February – As I was not well I did not organise this very well and only about 15 Team Evergreen members took part. I did not contact everyone to see if they wanted to walk. But then again is that my job? I organise these events, notify you in advance and ask you to please put your names on the list on the notice board so that I can arrange transport. I know memories are a bit dodgy these days but I ask you to please help me so that I can help you & no one is left out.

Helen was very chuffed that she was the 1st lady home but disappointed when she received the official results and saw that her time was 2 minutes slower than her personal best. Was Royston to blame for this? Ladies beware – ever since Val saw a program on Carte Blanche about Alzheimer’s she has been seen walking in the mornings: but sometimes she forgets.

I was not there to record finishing times of every member but was told that Henry did. However I sent him an email asking for these but he has not answered. From what I have heard, Dave N ran and finished in 29mins and 26secs. Dave said that Basil also ran but there were some conflicting reports about that.

Hennie walked with Dave P, a newcomer, to show him the way. He was a bit disappointed that their time of 53 minutes was a bit slow. I offered my XL Team Evergreen T-shirt to Dave to wear so he could feel part of the team but he said it was too small. I hope we can find the right size for you Dave?

When I asked Lilo how she went she said “Ag OK”. Atholie did not offer any comments either. Penny said she walked with a tall man, presumably Clive, and finished in a slow time of 57mins. I don’t know how Henry and Trevor did. Andre competed incognito as he also never read his newsletter and did not know that I was arranging for this to be a team walk, He did his best time of just over 48mins. Well done Andre. There is still lots of vooom in you even though you are 80 something years old.

Sue & Keith met up with a fellow husky owner and spent time comparing notes. Sue said that they were the last Team Evergreen members to finish and were delighted that the rest of the team were waiting at the finish to cheer them home. Well done team.

I thank Dave P & Trevor for providing the transport

Upcoming events – Saturday 18th March I propose that we enter the Delta Park Parkrun starting at 8am. It is a bit further away so we will have to leave at about 6.45am. Bruce Fordyce, of Comrades fame and also the founder of Parkruns in SA, there are now 94 venues throughout SA, has just completed his 250th Parkrun at that course. This means that he must have competed in every Parkrun since inception, missing a few to do Comrades & the 2 Oceans every year. I know that there is an Autumn braai organised for later that day at 17.00. However as you will probably be home by 10am you will have plenty of time to shower and have your recovery nap after the event. We can discuss this on Wednesday night. I have never done

this Parkrun so do not know the course. If you want to find out more about it please speak to Dave N who has done it a few times before.

THE BIG EVENT – THE RESIDENTS FUN WALK TO BE HELD ON SATURDAY 8TH APRIL, the Saturday before the Easter weekend, starting at about 17.00. **Please diarise** the date and put your name down on the list on the notice board to assist with catering requirements. We will need volunteers to assist with buttering the rolls, **servicing the free Champagne & orange juice that will be available before and after the walk** and helping to serve the food. Please will you also put your names down on the list on the notice board?

As usual, there will be 4 different distances to choose from so every resident from 59 – 99 can enter & we invite staff & management (Derek & Arthur) to join us as well. Derek, if you have not sent the new Team Evergreen T-shirts by then, perhaps you could bring them up with you if you are going to join us.

The distances may be a bit longer this year, but that should not be a problem as most of you are much fitter now having walked in both the Residents Fun Walks last year. With all the new residents we have now, let's see if we can break last year's record of 71 entrants. Afterwards you can enjoy a boere roll with pap & Hennie's famous souse.

We will ask you to make a voluntary donation of say R30 each towards the costs and we hope that Amdec will pay any shortfall again this year. If not, we will have to tap on the door of the Rescom Treasurer. Although there will be a limited free supply of cold beers & Savannah available to quench your thirst after the walk, you will have to B.Y.O wine to drink while you compare aches and pains and socialize with new residents.

We welcome spectators but would prefer it if you accepted the challenge of our motto "Keep fit and remain Evergreen" The shortest distance is the 700 meter dash for those with walkers, walking sticks and who are too bone lazy to try and walk further. I am sure that most of you could walk at least that far.

There are no prizes for finishing 1st, 2nd or 3rd & nobody cares. No one will be recording you finishing position or checking to see how far you walked. It is up to you to walk however far you feel like walking on the day. Therefore there will be no pressure on you at all and we just ask that you at a comfortable pace & enjoy the spirit & comradeship of the day. The previous events have been great fun so PLEASE come & join us.