



EVERGREEN BROADARES RESIDENTS' FUN WALK – 8TH APRIL17

Well done residents. 82 paid their contribution to walk and one promised to walk. Although often seen stepping it out at a brisk pace early in the morning, the young lady did not pitch at the start and broke her promise. However, Emmy, whose standard answer to my question as to why she was not walking is “Because I don’t want to” sneaked down to the start, paid her contribution and there is a photo of her walking with others to prove that she really did want to walk. Unfortunately 3 residents had to withdraw for health reasons leaving 80 starters, a new record, while 20 helpers & spectators watched the start, some wishing that they had also entered. As usual there were those who did not diarise the date & double dated while others were incapacitated.

After 3-4 bottles of champagne and very little orange juice had been consumed before the Walk, I eventually managed to move everyone outside to the starting line where I again explained the different routes to be taken, in some cases to no avail. The walkers went off just after 5.00pm followed by the dog walkers and then those doing the 700 meter dash

Included in these starters was Moira wearing her much discussed double soled slip slops with a flower power design on the straps. Pierre only walked one lap. I guess he was not comfortable wearing his old sand shoes as he had not yet replaced his walking shoes which were allegedly stolen in a burglary last year

It was very gratifying to see several residents who moved into the village when it first opened in October 2012, joining the Fun Walk for the first time. Elske & Cecil, Ivar [81], normally part of the braai masters team, Ruth [85] who was battling with a sore knee, all completed one lap. Bev, who lives across the road from me, and the only person on her side of Loerie Lane who had not walked before, eventually succumbed to my constant nagging and did the 700 meter dash together with Anne Simpson who battled a little bit.

But the biggest surprise of all was seeing Truss, over 90 years old, at the start of the 700 meter dash. She received a big round of applause for joining us for the 1st time. (I must admit that I did whisper in her ear after the October 2016 Fun Walk that she must join us for the next Residence Fun Walk)

Hats off to Henri who is 99 years young and did the 700 meter dash escorted by Heather Mutch & Oscar, the security guard, while Clifton showed off on his new motorised wheels & had to be stopped from doing a wheelie over the finish line when he finished. (After the Walk I believe Henri asked Clifton how long he intended staying around because he rather fancied his motorised wheels). Another courageous effort was from Dick Townsend who was determined to walk even though he is having chemo treatment at the moment. Well done you guys.

After checking that no one had been left behind I set off to see if everyone knew where they were supposed to walk. I found a few walkers who were meant to be doing the 700 meter dash, just following the crowd ahead of them and had to redirect them back to the route they were supposed to follow. However when Derek [81] & Grace told me after the walk that they enjoyed seeing the guinea fowls for the first time, I knew they had wander off course somewhere along the line.

I then set off to see how the rest of the walkers were doing and caught up with Bob [81], a very experienced long distance runner, who for some reason was languishing near the back of the field. As I past him his mind clicked into gear and he increased his pace to keep up with me. We past Keith and Sue Coombe on the first lap, Keith by himself on the 2nd lap with Sue trailing behind him and then past Sue again by herself on the 3rd lap. Did Sue find a few short cuts or were they playing “hide & seek” to make the Walk more interesting.

On our way back to the clubhouse after the 1st lap we saw Ossie trudging along looking very glum. However after turning at the clubhouse and coming back to Wagtail Walk, Ossie showed that he had not lost his charm with the ladies. He had a big smile on his face as he walked with his arms around 2 blondes who helped him to the finish.

Earlier before the start Henri had shown that he was still capable of picking up the ladies as he offered Lilo a seat on his walking aid and paraded her around the clubhouse.

Shirley, who we passed on her way to the finish, had to give up smoking for the 77th time as she had been without a cigarette for over an hour as she completed her one lap. She had a big smile on her face as she headed straight for her cigarette box.

Libby, having to nebulize Pico her dog every 3 – 4 hours after he was savaged by a large dog, was not looking forward to walking 1.65kms due to lack of sleep. Believe it or not, she thanked me for nagging her to walk & completed more than 1.65kms.

Val was strolling along on the 1st lap until Bob and I past her, but not for long. She quicken her pace determined to catch up and walk with us. She was wearing new walking shoe at last, and started to push the pace a little. Bob used all his long distance running experience to stay with us by taking the inside lane around every corners. However she dropped out after the 2nd lap. We were not sure whether she was just tired or had forgotten again that she had to walk a 3rd lap. Maybe the champagne was calling?

Dave & Patti Bromfield kindly changed their holiday arrangements to walk & not accumulate further black marks against their names for missing yet another walk. Patti said that she was only walking 2 laps as she was popping into their Unit to pick up her whiskey which she was afraid to leave at the clubhouse while they were walking.

We were very surprised to see a stool with 6 beers on it outside Milne's Unit. He is Emmy's husband & that was his contribution to the Walk. I thank you Sir for your contribution. However the walkers were very wary about helping themselves, not sure whether it was Castle Milk Stout or a more drinkable beverage. It was only after the leading group had worked up a thirst on the 3rd lap that they noticed the bottle opener on the stool and started to help themselves to the Amstel on offer. I think Basil was the first to thirst.

Henry, wearing his now familiar blue knee guards, set off at a tremendous pace, encouraged by 2 young lads in blue t-shirts running ahead of him as pacemakers. He claims that he was 1st to finish the 4.85km route, but as I said in my preamble before the Walk, nobody cares. Also up in the lead group were regulars Chris, Royston, Helen, Wally, Basil, Dave P, Hennie du P and a few others that Bob and I were unable to overtake, but once again, who cares. Helen said that they were betting whether I would catch up to them again this year, but it was not to be. I had received strict instructions from my Cardiologist, my Doctor, my Family and my Evergreen family to walk at a comfortable pace or suffer the consequences.

However as we turned into Robin Lane on the last lap, I saw Craig Stacey [89] ahead of us walking very well. My competitive nature raised its head and the pace was increased as we had to pass him before the finish. We finally did so as we rounded the corner into Loerie Lane. Well walked Craig.

I have forgotten to thank all the newcomers to our village for joining in the Fun Walk. Manfred & Margaret, sneaked into No. 91 on the Wednesday before the Walk. I only found out about them on Friday and hastily went up to there Unit and gave them details of the Walk plus Indemnity forms, which they duly completed and Manfred decided to walk 2 laps. Other relatively new newcomers who chose to walk were Paul, who has just turned 90, who took out his walking stick and walked with Joy his wife. I think they did 2 laps. Alan Beattie made a point of telling me that he had walked 4 laps with his dog so that he would get a mention in my report on the Walk. Angela & Pete as well as George & Maureen were also caught up in the hype of the upcoming Fun Walk going around the village and decided to join us to see what it was all about.

Now that you newcomers have seen how friendly the other residents of the village are and how they can exercise to work up a thirst and still behave themselves at the party afterwards, we hope that you will join us at the Wednesday social evenings in future.

And I must not forget the other "Golden Oldies" not mentioned above, for their achievements: Dick S [90] 2 laps, Barry Forbes [87] two laps as well as Eddie [88] and Traudi [82] one lap, Thanks to Taffy for taking the time to come help cook the boere while Liz walked, before having to dash off to sing with the Walsh choir later that evening, leaving the rest of the cooking in the capable hands of Eddie Simpson.

Thank you Pat Bayley for doing a sterling job, despite some interference from one of the organisers and the impatience of some of the walkers, of handing out name tags and collecting indemnity forms & contributions

from those too lazy to hand them in the day before the start. Also a very big thank you to all who assisted with buttering rolls, serving champagne & orange juice, food and for helping to clean up afterwards, leaving the clubhouse spick & span without a trace of the party that took place after the Walk.

I would also like to thank everyone: walkers, helpers & spectators for their enthusiasm & support again for this event. From reports I have received after the Walk you all seemed to have enjoyed the cool weather for your stroll around the village, the boere rolls with Hennie's now famous pap & sous – Hennie thank you for providing it again – drinking your preferred beverage & the party afterwards. I apologise for running out of rolls and for the ice cream arriving late. I really did try to make this event a memorable occasion so that you will continue to support it in future & we can set new attendance records.

Thanks to your generous contributions towards the cost, we just about broke square and will not have to ask Amdec to subsidise any shortfall. All I need is for someone to offer to buy the remaining 4 Windhoek Lager, 1 Savannah Dry & 4 Savannah Lights at R10 each to break even. (NOTE – the leftover 11 bottles of Pilsner from the church event are now selling at the bargain price of R5 each, or pay R50 for all & the famous Castle Milk Stout at R2 each)

Last but by no means least, I would like to thank Kiloran, our roving photographer for taking some magnificent photos to record the spirit in which everyone entered this event & the celebrations afterwards and a big thank you to my good wife who is my dependable back up to ensure that I don't screw up and forget to do everything.

I welcome any new ideas that will improve these Fun Walks in future. Prime steak, crayfish & prawns will not be on the menu unless the contributions are increased dramatically and someone knows how to prepare these items.

Suggested upcoming fun and compulsory walks are as follows:

May 2017 – Woodmead 5km Parkrun which I was told is all on paved roads.

June 2017 – event to be advised

July 2017 – Lonehill 6.7km fun run to support 67 days for Mandela.

August – to be advised

September 2017 – Melrose Arch 5km “Walking on Sunshine Spring Walk”

October 2017 – 2nd “Evergreen Residence Fun Walk” for 2017 – plenty of time to get fit

November 2017 – “Sisters with Blisters” 5km fun walk to raise funds for the prevention of abuse to women & children. Marilyn has advised that Team Evergreen will all be wearing pink tutus for this event.

December 2017 - you may take a break

Remember to “keep fit and remain evergreen”

Ernie – Team leader & persuader.



We want “Team Evergreen” T-Shirts”



Henri picked up Lilo



Helen & Dick T



Final instructions being given by Ernie at the start



And off they go!



Henri [99] watched by Ossie



Lilo leading a group behind the leaders



Moira, Bev, Truus & Emmy [evidence]



Joy & Paul lead another group



Henry charging off



Which way did Henry go?



Bob overtakes Val



Is Shirley smoking?



Chris admiring Cliff's motorised legs.



Celebrating Henri's walk & Clifton's ride



Relaxed walkers enjoying the after party



More relaxing after the Walk



When is the ice cream coming???