



3RD SEPTEMBER 2017 - MELROSE ARCH – 5KM “WALKING ON SUNSHINE SPRING WALK

Remarkably, 28 Team members and 3 family members were at the clubhouse by 6.45am to leave before 7.00am. Lilo arrived a little later and still forgot to wear her new Team Evergreen T-shirt. I wonder what she thought she should do with it when I gave it to her. Penny doubted my ability to guess each persons t-shirt size and ordered the wrong size. Luckily I was able to change hers to the size I said she would need and it fitted her perfectly. There were also no possible problems with Heather Morgan’s t-shirt.

Last year only 15 Team Evergreen members entered this Walk. The 29 I managed to get to enter this year was a big improvement. (I call myself the Team Manager now as I manage to get members to enter events) However, being a Sunday, some members went to church: to confess their sins? I asked them to say a pray for us as we pounded the streets around Melrose Arch & the park. (To quote Jimmy Sletcher “Please Lord pick up my feet, I will put them down myself”). Others are still trying to recover from illness and injury.

We welcome back a few regulars who have been missing for a while including our brand new pensioner, Kathy, who turned 60 the day before: this means that she now has the right to join the rest of us young pensioners more regularly on our monthly outings. Lyn, after mutch nagging, also made her 1st appearance. She is very shy and tried to hide at the back when we took the team photo. She was very polite & held back on the Walk to finish with Sue J in 56mins 15secs. With all the early morning walking she does, we know she could have been quicker than that. Maybe now she has met the Team she will show us her true colours next time she joins us.

Another regular making an appearance after being missing for a while was Isabella. Ever since she and Kathy stopped walking with me in the mornings, she has unfortunately been plagued with ill health. Was she sick of walking with me or did I make her sick? Ian, the dark horse among the male walkers, as he does not train, was also there because his wife told him to walk.

Although we arrived at 7.30am, in plenty time to collect our numbers, we did not go down to the start immediately and as a result were not in our customary position near the start and had to weave our way through everyone before we could really get going. Dave N did have a clear start and we never saw him again until the finish where he was recording the finishing times of each member. We did not see Charles & Irene before the start but I caught up to them shortly after the start. I passed them and said “Have a good walk” Charles must have thought “Cheeky young pensioner, I’ll show him what I can do” and came past me like a steam train. Irene also showed that they had definitely being putting in extra training: they missed last week’s walk so that they could go to the Berg to do some hill training. She walked with Hennie and was 1st team

lady home in 49mins 36secs. Well walked Irene. They were just 3 seconds behind Ron. The bug has really bitten him. Soon after he finished he came & asked me when we were walking again.

I managed to get a fairly good start and set off, at a comfortable pace, with my Energade bottle in hand, waiting for Dave N, Dave P & Chris to catch up & pass me. It was only after the 3km marker, when I took a sip of Energade, that I heard Dave P behind me say that he was going to report me for taking illegal substances. We finished together as we could not catch Charles.

H put in a much better performance finishing in 50mins 45secs to be the 2nd lady member home. Keith & Sue also put in a great performance setting a new PB of 51mins 48secs for both of them. We are not sure who dragged whom up the hills. Bob finished with Ian in 52mins 40secs but went walk-about after he finished causing great concern among those who came with him. We even asked the MC to call Bob over her mike and tell him that the rest of the team were waiting for him, but he never heard her. He eventually came strolling back saying that he had been talking to a couple, “what’s their name?” When we returned to the cars, Bob could not find his parking ticket. However Dave N eventually organised another ticket for him.

Tess, normally one of the front lady walkers, had been suffering from bronchitis lately and Chris gallantly offered, or was told, to walk with her. Gerd followed them home in 54mins 54secs with Craig, our oldest member at 90, just 46secs behind him. Craig told us that due to a rugby injury he sustained, he had been wearing his knee guard ever since 1945. We think it has some kind of secret potion in it to help him keep up with the other young pensioners. Lilo, accompanied by Penny, also did well finishing in 60mins 30secs: maybe Penny does not talk as much as Elsbeth, her normal “Walkie Talkie” partner, who withdrew as “2 walk in 2 weeks was 2 much”

We saw a repeat of a sight we had seen before when Kathy & Isabella dragging Pierre across the finish line again, just ahead of Milly who danced a jig at the end as her troublesome knee did not worry her. Linda, who had been complaining for months about a sore back, brought her daughter and grand children along to help her to the finish. Trevor & Heather finished well down the field in 66mins 11secs. Was it because Trevor has become a cell phone photoholic and took pictures of everything along the way. It took him about 2mins to photograph the finish banner before they crossed the line.

Judy Mac decided not to leave Ada behind in her dust and very kindly encouraged her up those 1st 2 hills. Once they past the 3km sign, Ada was happy to increase the pace to the finish. Thank you Judy Mac and well done to both of you

The MC for the day soon noticed the many Team Evergreen members finishing and announced the arrival of team members as they finished. She also read out the logo on the back of our T-shirts “It’s not how old you grow but how you grow old that matters”.



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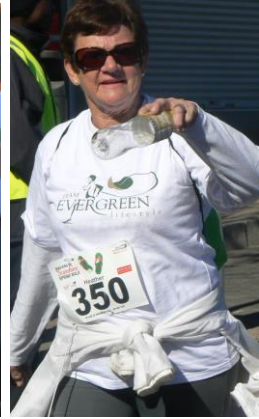
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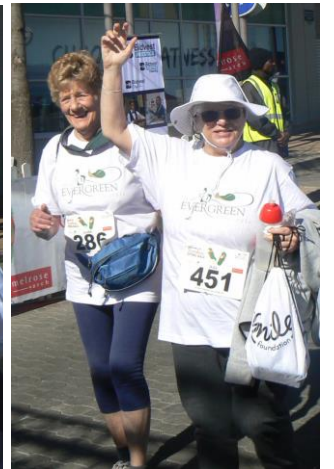
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14.

1 Lilo – “T-shirt – what t-shirt?”

2 Charles, Dave P with Dave N checking their finishing times

3 Ron – “Finished already. When’s the next one?”

4 Irene dashing in front of Hennie to be the 1st team lady home

5 H putting in a much better performance to be the 2nd team lady home

6 Keith & Sue setting a new PB for both of them

7 Chris, Tess & Heather – Smiley faces at the finish. Taken by Trevor on his cell phone

8 Lyn & Sue striding out at the finish

9 Milly dancing a jig – no knee pain today

10 Kathy & Isabella dragging Pierre across the finish line again

11 Ada & Judy celebrating finishing

12 Heather & Trevor at the finish – no smiley faces? – taken on Trevor’s cell phone

13 Hlubi – MC for the day

14 Most of the Team after the race

WALKING ON SUNSHINE SPRING WALK –
3 SEP 17

No	Name	Spring Walk time	
1	Dave Nesbitt	45mins	Estimated
1	Charles Carroll	45mins 50secs	
1	Dave Powell	47mins 14secs	
1	Ernie	55mins 24secs	Wrong
1	Ron Mackie	49mins 31secs	
1	Irene Carroll	49mins 36secs	
1	Hennie du Preez		
1	Heather Mutch (H)	50mins 45secs	
1	Keith Coombe	51mins 48secs	
1	Sue Coombe		
1	Bob Haselum	52mins 40secs	
1	Ian Stuart		
1	Chris Sleigh	53mins 58secs	
1	Tess Sleigh		
1	Gerd Pontow	54mins 54secs	
1	Craig Stacey	55mins 41secs	
1	Sue Jackson	56mins 16secs	
1	Lyn O'Rourke		
1	Penny Henegan	60mins 30ses	
1	Lilo Kauzil		
1	Kathy Mohlig	66mins 14secs	
1	Pierre Theron		
1	Isabella Labuscagne		
1	Milly Haestier	65mins 17secs	
1	Linda Brennan	65mins 40secs	
1	Lesley-Ann Rogers		
1	Tarryn Lee Rodgers		
1	Kelly Rogers		
1	Trevor Morgan	66mins 11secs	
1	Heather Morgan		
1	Judy Mac	70mins 30secs	Estimated
1	Ada Rebelo		

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Last finishing time recorded was 90mins.

Well done Team! Thanks to the drivers who helped lift team members to the Walk & back.

Entered but did not walk

Elsbeth Hallbauer	2 valk in 2 veeks 2 much
Judy Powell	Twisted her knee
Jamie Pretorius	Sadly lost her dog

NOTE

“Spring Walk” were trying out a new timing system for future walks & asked for a report back, which I have done.

My time is clearly wrong as Dave P & I finished together

Estimated - I could not find their names on results published

Upcoming events for Team Evergreen

14 October 17- Lonehill Fun Run on Saturday afternoon @ 4pm – distance & venue still to be advised. Plenty of time to have your afternoon naps beforehand so I expect a big turnout. The majority of us will be walking this event.

28 OCTOBER 17 – THE BIG ONE - EVERGREEN RESIDENTS FUN WALK. This is on a Saturday afternoon starting at about 5pm. Every resident, staff member and dog (only one on a lead) can enter as there will be 4 different distances to choose to walk from the 700 meter dash to 5kms. So dig out your training kit and start training. Along the way will be bottled water for you to drink & afterwards you will be given a boere roll, with Hennie's famous pap & sous, plus a beverage of your choice. BYO and stay afterwards to compare aches & pains and meet others you may not have met yet. Newcomers, ask the other residents how much fun it was in April when we had 80 walkers & 20 spectators. We can easily beat that record with all the newcomers that have recently moved in, hey Angela. Everyone has to sign an Indemnity form beforehand, as required by Amdec. There will be a charge of R40 for all walkers, helpers & spectators to cover the costs. **Diarise now before double dating (that includes you Judy Stowell)**

PLEASE COME ALONG & ENJOY THE AFTERNOON & SEE WHAT TEAM EVERGREEN IS ALL ABOUT. YOU TOO ARE WELCOME TO JOIN US ANYTIME ON OUR MONTHLY OUTINGS

Other News

Atholie - When Bob & I went for our morning walk on Monday we saw Lilo & Atholie walking the dog. Atholie has just had an operation and it was good to see her walking her way back to full fitness again. It was however a bit concerning that she was carrying an empty whiskey bottle in her hand. Go for it Ath. Use whatever helps

Dick S – at the age of 91, has decided to get married again. I told him that he must be a bugger for punishment. But as most of us know “Love is a very splendid thing” He gave me the best excuse I have ever heard for missing a Walk. He said that he was building a nursery in his Unit. Does he have to get married?

Graham – When we returned to the village on Sunday, he was walking up the road with his grand son to prove he & Caroline really were baby sitting one or all of their 5 grand children. See you both on the 14th October Graham

Tips for muscle and joint pains

Ice Man gel with Arnica oil – I fully recommend you use this to relieve these pains. I have been using it for some time now and it does work. Whenever I have a pain in my legs or back I rub Ice Man on it and it works wonders.

Osteoeze – recommended by Ruth's daughter for joint pains. She was the team manager for the SA Olympic Gymnastics team. However I have not tried it.

Until next time, remember to **“keep fit and remain evergreen”**

Ernie – Team Manager - Unit 80 Ext 180 for any further details – not complaints