



14th October – Otter Estates 5km Fun Run/Walk

In order to clear the confusion as to when I have to send in the Group entry form and pay the entry fee of R60, it is not today, but next Tuesday 10th of October when I have to submit the entry form.

Please help me to help you by putting your name down on the list on the notice board and paying your entry fee **as soon as possible** so that I don't have to chase after you to find out if you will be joining us or not. I have told the organisers that I will be bringing a team of at least 30 members. Please help me to keep my promise

Newcomers who would like to join us and do not have a Team Evergreen t-shirt, please contact me and I will check if I have your size in stock.

28th October – EVERGREEN BROADACES RESIDENT FUN WALK

Don't forget to start training for this fun event. We need to break our previous record of 80 entrants set in April 2017. If you are a newcomer and would like to find out what fun it will be, speak to any of the other residents who have done this Walk before.

Parkruns

I made a mistake in the contact details for Manfred.

He is in Unit 91 and his extension number is 1091.

You must contact us by the Friday before the event if you want to do a Parkrun so that transport arrangements can be made if you require a lift.

Remember to "keep fit and remain evergreen"
Ernie Unit 80 ext 180