



All comments made below are from things said, heard to be said and done.  
They are not meant to be personal & should be taken in jest.

## **EVERGREEN BROADACES VILLAGE FUN WALK – 24<sup>TH</sup> MARCH 2018**

The “Rain Gods” shone down on us in more than one way. Firstly they provided us with a perfect, rain-free evening and secondly, the heavy downpour earlier in the week caused all flights to Egypt to be postponed. This meant that Judy Stowell could not go on holiday and was able to come down and join us, with Brian, to do the Village Fun Walk (VFW) and she thoroughly enjoyed herself: so many people to talk to. When Judy told Brian on Saturday that they were going to do the VFW that evening, he set off immediately with his carer, to do a training walk before coming down. However when it became time for him to line up for the start of the 700m dash, I saw him hesitate and look uncertain. I offered him a cold Castle and told him to sit down and watch. His ever present smile became even bigger as he sat down to enjoy his beer and watch others do the walking.

At a previous social evening, Peta Nesbitt told me that she was not a cripple anymore and was going to do the full 3 laps. I told her that she was only allowed to do one lap and Dave agreed with me. I saw her after she had completed one lap and she said that she was not going to push it to do another lap. I said “I told you so. It looks like I know your body better than you do”

Marion du Preez told me that evening that even she was going to walk. I rebuked her and said that she was already a veteran walker having done at least 3 VFW’s before. Felicity Morgan was adamant that she was not going to walk when she arrived at the start, but changed her mind when she was given a Team Evergreen t-shirt. She surprised herself and Kevin by walking with him around the route. I told her that it was amazing what you can do if you really try.

When I saw Phillip & Lillian’s name on the entry list I did not know who they were as they are fairly new residents. However I recognised them as soon as I saw them at the start. She was delighted when I gave her a Team Evergreen t-shirt: unfortunately I did not have one in Phillip’s size. She was so inspired by this that she dragged Phillip around one loop as well, which was further than the 700m dash they had intended to do. She would have walked further if Phillip had not started to complain that his feet were becoming sore. Well done you two.

That lady who in previous years told me when I asked her why she was not going to join us said “Because I do not want to walk” also joined us officially for the first time: She sneaked in and paid her donation the previous time and we have a photo to prove that she had walked. I also gave her a Team Evergreen t-shirt. After the Walk she said that she had enjoyed the Walk and was inspired to walk again next time now that she had the t-shirt (Note no name mentioned).

Others who were determined to walk were Robin, with his sore back, and Maureen Slogrove with her wonky foot. Perennial spectators Grace & Derek Schuurman were caught up in the hype and decided that they would walk this time. I saw them afterwards and they were very proud of their achievement. However I noticed that Derek was looking a bit out of it and found out that it was because he never had a Team Evergreen t-shirt. He cheered up when he was holding one 5 minutes later.

Jenny & Tom Hammond came out of hibernation to join us: Jenny to walk with her corset on as she was suffering with her back and Tom to wander around telling his dog joke and a few others. It was good to see both of you again after such a long absence. Patti & Dave Bromfield have recovered from all there injuries: hip replacement and all, and were able to join the Team again. They entered their names on the list on the notice board without being nagged to do so. Welcome back.

Henry & Henni returned early from their holiday to be able to walk. Henry hung around talking to those in the middle of the group until he ran out of partners to do the last lap with him. He then set off at a great pace to try & catch the leaders. I'm not sure whether he succeeded or not.

It was also great to see Dick T wearing his Team Evergreen t-shirt again after his long battle with cancer. Dick S and Catherine also joined us. Welcome back Dick S and well done Catherine. Married life certainly is agreeing with you.



Cyril with Dick T



Catherine and husband Dick S

Wally & Robin Davey were the first to hand in their Indemnity forms and pay their compulsory donation. I gave Wally a Team Evergreen t-shirt some time ago, before he had all his medical problems. Every time he saw me during that unhappy period he offered to return it to me, but I refused to take it back. I told him that I was sure that he would soon have the opportunity to wear it. Thankfully he has fully recovered from all his operations and has no more discomfort. Robin was proud to be able to walk with him wearing her new Team Evergreen t-shirt. (Robin phoned me this morning to thank me for a well organised and enjoyable Fun Walk. She said that regrettably they would miss the next one planned for the 6<sup>th</sup> October as they would be away in the Kruger Park. I told her that the date was not cast in concrete and there was plenty of time for me to inform everyone if the date were to be changed)

Before the start I said a very big THANK YOU to Marilyn & Isabella for making and donating all the pink tutus for us to wear at the “Sisters with Blisters” (SWB) fun walk. They were all beautifully displayed by the Team except for the 2 very tall men who refused to wear them. Heather Morgan so enjoyed wearing hers that she wore it again to the VFW on Saturday and paraded around to show it off. What I neglected to say & apologies for not mentioning it, was that I had collected R450 from members who walked in the SWB walk, which was to be paid to them towards their cost of the tutus. However they both refused to accept the money & gave it back to me to go towards the cost of the upcoming VFW. We really appreciate your generosity very much.



Helen, Anne, Lyn & Lettie relaxing before the Walk



H, my 2IC, checking everything

Before the start I told the walkers that they had to walk up past the top dam and then turn into every Lane on the way up to the top, ignoring the one pathway, and then wind all the way down into every lane again. However when they emerged from Starling Lane they were to go down Heron Drive towards the clubhouse. They were not to turn right into Loerie Lane as it was a one-way and they would be going the wrong way.



Walkers receiving instructions at the start

Erika Barton arrived back from Cape Town just in time to do the Walk. She could not believe the number of residents who were wearing Team Evergreen t-shirts and the positive vibe she noticed in the Clubhouse when she arrived at the start. As was to be expected, she joined the leading group, who were surprising lead by Royston who had abandon his wife at the start as she was no longer a pain in the butt: sorry I meant she no longer had a pain in her butt. Royston had assembled former Comrades runners, Wally Ross, Bob Haselum and Ron Mackie into his leading group. Afterwards Erika told me that she had battled to keep up with these Comrades runners especially as this was a Fun Walk and she was not allowed to trot gently down the hills. She said that they had all held hands as they finished their 3 laps so that no one would have bragging rights to say that they had finished first, not that anyone cared.



Comrades' legendary runners Bob, Ron and Wally with Erika

Meanwhile Helen teamed up with Gerd to walk their 3 laps. He turned out to be a very good listener as she chatted away, as usual, throughout the Walk. Lilo said that Ossie was not going to walk. However he was also caught up in the hype and found two lovely ladies to walk with him as he did the 700m dash. Thank you Heather (H) and Anne for preventing him from doing a victory lap by offering him a cold beer. Well done Oss.

Jimmy & Pauline Green approached me before the Walk and said that their grand daughter, Canny, had come along to support them as she was so concerned that they would not make it all the way. They asked if I could "bend the rules" and allow her to walk with them. I said I would on this occasion provided they did not show off and try to finish first. I saw them afterwards and they were in high spirits having impressed their grand daughter. Jimmy was still promising to show me a gold medal that one of the athletes he used to train with had won.

George & Maureen Privett were able to join us before they set off for there annual 6 month stint in Vancouver. Unfortunately I never had any Team Evergreen t-shirts in their size either. Lettie persevered and finished 3 laps walking on her own. We are proud of you Lettie. Kathy and Isabella, my former early morning walking partners until I forgot to put on my underarm deodorant (?) one day, also walked 3 laps at a comfortable pace and finished just in time to have a boerie roll and the last of Hennie's famous pap & sous before others came in for seconds.

Pauline Mackie put her name down to walk 2 laps as she owed me for renegeing to walk on previous occasions or maybe it was to stop me from nagging her, (Me nag!? Never!). Afterwards she apologised for only walking one lap. I think the smell of the boerie cooking convinced her to stop walking. Norma & Andy Johnston were not going to walk as they were going to a family lunch. However when Norma heard that champagne would be available before, during and after the Walk, she hurried back from their lunch to join us.

Basil, Manfred, Dennis & Cynthia went and did a very casual Lonehill Parkrun to clock up another one for them as they strived to reach a Parkrun milestone. However, Margret was very disappointed that she could not wear her Team Evergreen t-shirt as Manfred was wearing it.

The long awaited clash between Cliff and Henri on their motorised wheels did not materialise and it was my fault. I was so busy chasing up the rest of you for your Indemnity forms and compulsory donations that I forgot to phone Henri to remind him to turn up for the challenge. However this did not stop Cliff from bragging afterwards that he came first in the 700m dash.

A Big THANK YOU to all 85 of you (75 walkers) who took part to make this another successful VFW. We were 5 short of the record number of walkers. However there were 29 residents who took part in the last VFW who were unable to make it this time for various reasons. (Not because they were still overhung from the most enjoyable Wednesday street braai which was held in place of the normal social evening as it was a holiday) It was very pleasing to note that there were 33 residents from Phase 3 who entered this time. The future looks really great. If you know of any resident who did not take part, please tell them how much you enjoyed it and encourage them to walk next time.

We made a profit of R340, thanks to the generous donation of R450 from Marilyn & Isabella. I will give the profit to Cecil Fann, our Rescom treasurer, to keep so we can offset it against the costs for the next VFW to try and keep the compulsory donation at R35 again. You certainly get value for your money: Champagne & orange juice before, during and after the Walk, (9 bottles of champagne consumed this year) bottled water for the walkers and others plus a boerie roll with Hennie's famous pap & sous and a beverage of your choice to enjoy after the Walk.

**Special thanks must go to:**

**Kiloran**, our roving village photographer, for running around to take photos of the walkers to capture the spirit of the event

**Eddie & Taffy** our village Braai Masters for once again cooking the boerie to perfection

**Hennie** for again providing his now even more popular famous pap & sous

**Pat Bayley** my very efficient secretary who, despite some unwanted help from others, very diligently highlighted the names of every resident as they clocked in and ensured that everyone paid their compulsory donation

**Gloria**, who was uncertain whether she would be able to come down to man the very popular watering hole (champagne & orange juice) as her husband, Vince, had had a stroke & was in hospital in the CCU ward. However they decided to keep him in for observation over the weekend & she very bravely came down to help. We all wish Vince a very speedy recovery and hope we will soon see him wearing his Team Evergreen t-shirt again.

**To all others** who assisted both before and after the Walk and helped to clean and tidy up when we left. There wasn't a single clue to indicate that the VFW had taken place. Well done Team.

Last and by no means least to **my very capable 2IC, H**, who helped me to remember all the things I had forgotten and constantly reminded me what I had to do!

**This selection of photos was chosen from many others that Kiloran took.  
If you are not in them there are more photos on Facebook.**



Pat Bayley registering Residents as they clocked in



Gloria, Anne, Helen and Marion buttering the rolls



Dogs and their owners, with pooch bags, waiting to start



And they are off to a good start



Manfred is all concentration at the start



Trevor & Henni lead the way from Kathy & Isabella



Bob & John S with Millie & Robin behind them



Jenny striding out



Gerd & Helen stop for photo



Marion and Felicity



Heather in tutu with Henry, Trevor, Kate & Norma



Atholie, Elsbeth & Libby stopped by dog



Graham B, Dennis, Hennie & Basil



Maureen, Pauline & Candy with dogs in a tangle behind them



Cliff with Peta & Atholie



Glamour girls Pauline, Sue, Judy & Emmy, Felicity & Maureen



Anne & Heather (H) escort Ossie home



Braai Masters Taffy & Eddie with Wally D





What, no beverages after the Walk? Did we run out?

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**“Wanted – Better and Alive”**  
**You should see the other guy.**  
**He has not got a single scratch on him**

## Breaking news



**Dave Nesbitt's** only interest in walking when he first moved into the village was to walk Philippe around the village. That was until I persuaded (?) him to join us and walk in the Netcare Cansurvive 5km Fun Walk. We walked together and although we finished in just under 42mins did not brag about it as a woman with a wooden leg beat us by over 100 meters. He then joined us when we walked some 5km Parkruns. However he soon became bored with that and started running them and did very well finishing in the top 100 on many occasions.

His son then invited him to join him and his daughter to do a 10km race and shortly after that a 21km half marathon. The running bug then bit him. He joined Fourways Gardens Running Club where they did training on Tuesdays & Thursdays and a training run on the weekends. He really enjoyed this and put his name down to do the Comrades Marathon this year at the ripe old age of 65. He failed in his first attempt to complete a 42.2km marathon in less than 5 hours.

However about 3 weeks later I received a call from him on a Sunday morning and he said, "As you were the one who got me into this, I want to let you know that I qualified for Comrades this morning". I was overjoyed especially as his training took a set back through injury over the Christmas period.

Well done Dave. I think you have set an Evergreen record by being the 1<sup>st</sup> person to qualify for Comrades since you moved into an Evergreen village. We hope and pray that your training will go well and that you will do well. Don't be daunted by the distance of the Comrades. Just think of it as being two 42.2km marathons and a 5km Parkrun or just 18 Parkruns.

**PARKRUN MILESTONES:** The following residents have reached milestones  
Erika Barton – with approx 129 Parkruns and earned a "Black 100 Parkrun" t-shirt  
Norma Johnston – earned her "Black 100 Parkrun" t-shirt on Christmas day  
Dave Nesbitt – earned his "Red 50 Parkrun" t-shirt  
Andre Oosthuizen – has completed 54 Parkruns for his "Red 50 Parkrun" t-shirt  
Ernie Mutch – has completed 51 Parkruns for his "Red 50 Parkrun" t-shirt  
While Gerd Pontow and Manfred Leitner are fast approaching their 50<sup>th</sup> Parkruns

It is good to see that you "keep fit and remain evergreen". Are we the fittest Evergreen village?  
Ernie – Team leader