

# NEWSLETTER

June 2022

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## From the Village Manager Wilma Swart



As we soldier on through the cold winter, we are reminded that the longest night and shortest day of the year have already come and gone. We are halfway through the year and before we know it, Christmas will be on our doorstep.

The AGM was held in June when the new ResCom committee was elected. Members have hit the ground running. Congratulations to each Rescom member, we are delighted and grateful that you have volunteered to assist with the important work we do in the Village.

Although we experienced chilly weather, we celebrated Fathers Day lunch with a braai that everybody enjoyed. There is nothing quite like a warm hug from your father to warm one's heart and soul.

The Evergreen Health Talk presented by Elize Porter (MD Evergreen Health) was very well attended and very insightful. Many questions were asked and I hope that residents used this opportunity to get clarity on the services offered and how they are billed. Were I to take one thing away from this talk, it would be that I understand the benefits of my chosen medical aid plan better. I have gone to my medical aid and asked for an updated benefit plan so that I am sure what is covered and how I can access my benefits.

With a new Communications portfolio leader elected, we have co opted Edna Grenfell who has agreed to assist with our newsletter. We are lucky to have Edna with her wealth of knowledge and expertise. We look forward to the newsletters to come. Edna can off course not do this by herself and we therefor ask that residents send her photos of events and activities as well as any other content that she can use. We will welcome feedback from you on what you would like to see added to the newsletter or perhaps, don't want to see.

We look forward to a busy July and hopefully some warmer days. We are also delighted knowing that the "Christmas in July" function is again being planned after a lapse of two years because of the Covid restrictions .

That is all from me, keep warm and snug!

## What's happening in July



- Classical Evening – 7 July
- Wimbledon Celebration Lunch -10 July  
*followed by Men's Final*
- Audiologist – 19 July @ 9am
- 'Christmas in July' Dinner – 27 July
- Movie nights – 14,21 & 28 July

## ResCom Committee - 2022/23



**Laurraine Lötter**  
Chairman



**Cecil Fann**  
Vice Chair / Finance



**Colin Grenfell**  
Infrastrucure & Estate  
Development



**Brenda Brophy**  
Hospitality



**Andy Johnston**  
Communication



**Dave Nesbitt**  
Safety & Security



**Dr. David Presbury**  
Health



**Hennie du Preez**  
Past - Chairman

## Village Rainfall

Rainfall by month for the past year		Rainfall for June over the years	
Jul '21	0.0	2013	0.0
Aug '21	0.5	2014	0.0
Sep '21	0.0	2015	1.8
Oct '21	87.1	2016	13.0
Nov '21	72.5	2017	0.0
Dec '21	154.1	2018	6.0
Jan '22	119.5	2019	0.0
Feb '22	174.0	2020	15.5
Mar '22	54.0	2021	0.8
Apr '22	150.0	2022	14.0
May '22	7.8	<b>Average</b>	<b>5.1</b>
Jun '22	14.0		
<b>Total</b>	<b>833.5</b>		

The month of June again reflects a typical pattern for this time of the year. Short of some unusual occurrence little can be expected for the next few months.

Dam levels across the country show a marked improvement since this time last year, at 93% vs 84%. Unfortunately the same cannot be said about the Eastern Cape, in particular the city of Gqeberha where the situation is dire.

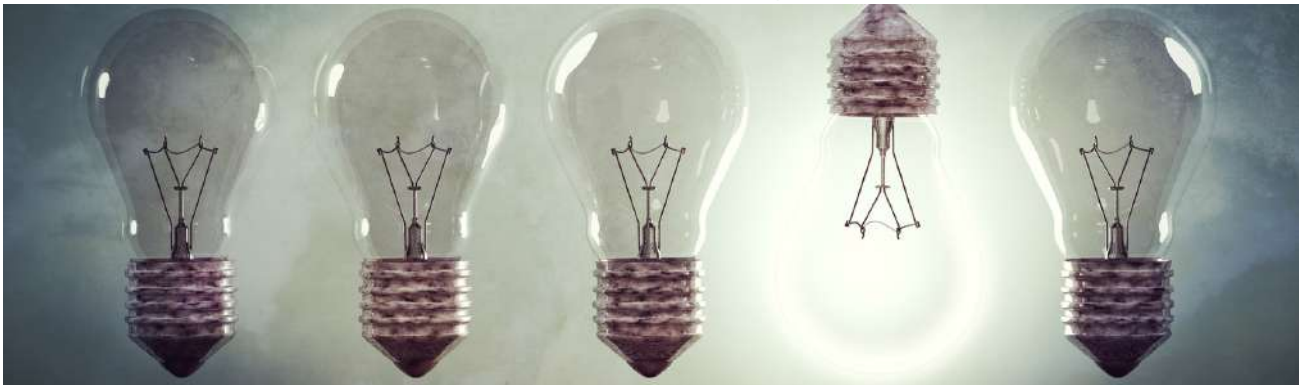
This data is as at 21 June 2022.

For this and much more weather-related information visit the website:

[sawx.co.za/state-of-dams](http://sawx.co.za/state-of-dams)



## Electricity



**From Andy Johnston**

### **Why we should care about using electricity in peak periods!**

Why we should care about using electricity in peak periods! Through out the world the electrical supply utilities experience two electrical demand peaks, occurring in the morning and in the evening as a result of domestic loads. South Africa is no exception and these peaks are generally supplied by generators known as "peaking plant", which in South Africa are pumped storage generators or gas turbine generators.

Pumped storage is a system where there is a low elevation dam and a high elevation dam. Water is pumped from the lower dam to the higher dam normally at night or weekends when there is spare electricity capacity and it is thus cheaper. In peak demand the water is returned from the higher dam to the lower through the pumps which now turn into generators of electricity. South Africa has four pumped storage installations: 180MW Steenbras and 400MW Palmiet (both near Sir Lowry's Pass), 1,000MW Drakensberg (near Oliviershoek Pass) and 1,332MW Ingula (near De Beer's Pass). The capital cost of these schemes is enormous so electricity costs are significant.

Electricity from gas turbine generators (which operate on diesel oil) is very expensive and two of the biggest installations in South Africa are the 1327MW Ankerlig (at Atlantis) and 740MW Gourika (at Mossel Bay).

Evergreen Broadacres (ELV) buys electricity in bulk from Eskom at an annual cost of approx. R1.9m (Financial Year 2022). The Eskom tariff is fairly complicated in that it is dependent on the season being High (winter) and Low (summer) Demand Seasons and time of use being Peak, Standard and Off Peak.

Approx. 59% of this is resold to housing units (through MeterMan), apartments (through Smartmatter) and Evergreen Health. This electrical energy is paid for on a simple cost per kWh basis and not dependent on season or time of use.

The balance of 41% of the cost is distributed to various ELV cost centres and reclaimed from residents through the levies paid.

The time of usage thus affects the overall Eskom bill which is ultimately paid for by residents. It therefore makes sense to try and avoid using electricity in Peak periods particularly in the Winter period. The attached table shows these times and the very approximate present cost of energy (kWh) during these times. Note the very high cost of High Season Peak power.

The simplest way to achieve cost savings is by setting the geyser timer to Standard or even better to Off Peak periods. This would generally not be any inconvenience to residents. Another way is to move cooking and washing machine to these times if possible. Kettles and microwaves are big power users but as they are on for short durations don't have any real effect. So let's reduce our costs by simply using electricity at the cheapest times!

**So let's reduce our costs by simply using electricity at the cheapest times!**



## Electricity Continued

Hours	Low Demand Season									High Demand Season									
	1 Sep to 31 May									1 Jun to 31 Aug									
	Week Days			Sat			Sun			Week Days			Sat			Sun			
	Off Peak	Standard	Peak	Off Peak	Standard	Peak	Off Peak	Standard	Peak	Off Peak	Standard	Peak	Off Peak	Standard	Peak	Off Peak	Standard	Peak	
0-1	X			X			X			X			X			X			
1-2	X			X			X			X			X			X			
3-4	X			X			X			X			X			X			
4-5	X			X			X			X			X			X			
5-6	X			X			X			X			X			X			
6-7		X		X			X					X	X			X			
7-8			X		X		X					X		X		X			
8-9			X		X		X					X		X		X			
9-10			X		X		X				X		X		X				
10-11		X			X		X				X		X		X				
11-12		X			X		X				X		X		X				
12-13		X					X				X					X			
13-14		X					X				X					X			
14-15		X					X				X					X			
15-16		X					X				X					X			
16-17		X					X				X					X			
17-18							X						X			X			
18-19			X		X		X					X		X		X			
19-20			X		X		X				X		X		X				
20-21		X		X			X				X		X			X			
21-22		X		X			X				X		X			X			
22-23	X			X			X			X			X			X			
23-24	X			X			X			X			X			X			
<b>Approx kWh Costs on ELV Eskom Miniflex Tariff</b>																			
	Off Peak		R0.73								Off Peak		R0.85						
	Standard		R1.16								Standard		R1.55						
	Peak		R1.68								Peak		R5.17						



Backgammon



Rummikub

Interested in playing  
Backgammon or Rummikub

**Please contact Lisa Nuttall  
on ext 11020**



### Emergency Numbers

Reception Desk	087 209 3366
Guardhouse (Thornburn Security)	071 173 2406
Care Centre (Health) Siphon	079 579 4297
Sister Marius	082 218 4206

**Remember to wear your Buddy Band  
and carry your emergency button**



Graham Langmead tells the story that his father always boasted that 21 June is the longest night and therefore the best time to party.

***Graham provided the information (Wikipedia) below for us.***

*A solstice is an event that occurs when the Sun appears to reach its most northerly or southerly excursion relative to the celestial equator on the celestial sphere. Two solstices occur annually, around June 21 and December 21. In many countries, the seasons of the year are determined by reference to the solstices and the equinoxes.*

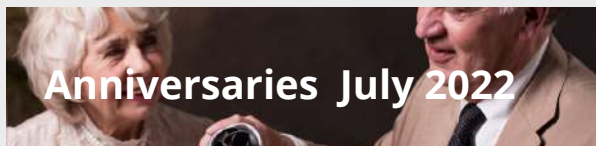
*The term solstice can also be used in a broader sense, as the day when this occurs. The day of a solstice in either hemisphere has either the most sunlight of the year (summer solstice) or the least sunlight of the year (winter solstice) for any place other than the Equator. Alternative terms, with no ambiguity as to which hemisphere is the context, are "June solstice" and "December solstice", referring to the months in which they take place every year.[3]*

*The word solstice is derived from the Latin sol ("sun") and sistere ("to stand still"), because at the solstices, the Sun's declination appears to "stand still"; that is, the seasonal movement of the Sun's daily path (as seen from Earth) pauses at a northern or southern limit before reversing direction."*

## Birthdays July 2022

Dave Nesbitt	1st
Margo Clarkson	3rd
Beryl Sletcher	5th
Dennis Allen	5th
Robert Haselum	6th
Thomas Kneen	6th
Dave Powell	8th
Marion du Preez	9th
Kate van Rooyen	10th
Mary-Ann Brews	11th
Arthur Hills	11th
Caroline Brickett	18th
Gunnar Svensson	21st
Sue Stirton	21st

Lynn Turner	23rd
Ann Mexter	26th
Yolanda Essex-Clark	26th
Bran Breval	27th
Emmy Murray	28th
Elsbeth Burkhalter	30th



## Anniversaries July 2022

Stewart & Loraine Phillips	1st
Hennie & Marion du Preez	2nd
Graham & Prudence Hall	3rd
Chappy & Sue Hartley	3rd
Ian & Elaine Gladstone	17th
James & Pauline Green	27th
Milne & Emmy Murray	30th

# June Events



One Man  
One Voice  
One Piano  
Max Maximilian

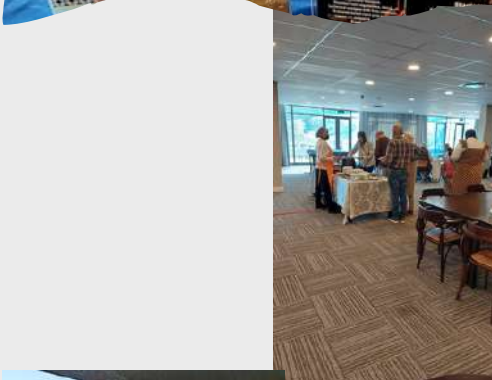


Social Dinner - 1st June



## Fathers Day - 19 June

Braai enjoyed by all



# June Events



**Any excuse for a Party!**  
**Enjoyed by record numbers**  
**@**  
**The Waterhole - 24 June**



*Photos by Kiloran Townsend*



**We recently received a circular (044 Emergency Medical Procedures) from Wilma which is worth repeating.**



***There clearly are three categories of care in the Village:***

- 1. Emergency Care- Telecare system*
- 2. Home Care- Provided by Evergreen Health staff within the home*
- 3. Frail Care- Provided in the Care Centre*
- 4. We would like to reiterate the communication regarding the Emergency Care:*

### **MEDICAL EMERGENCY PROCEDURE**

Every Evergreen home and apartment has been equipped with a TELECARE unit which is linked to a 24/7 Call Centre. The Telecare unit must be used in a Medical Emergency

### **Residents' actions in case of an Emergency**

1. Push the **RED button** on your Telecare, only press it once: don't press any other buttons on the system as this will then cancel your emergency call.
2. Within 60 seconds the Call Centre operator will speak to you establishing your emergency.
3. An ambulance would be dispatched immediately.
4. Broadacres Telecare units are either GSM or Void connected. Refrain from using your phone whilst your emergency help is in progress.
5. Please note that the Care Centre staff would not be allowed to leave the Care Centre when they are attending to sick patients, and therefore do not press the **yellow button** (Nurse Call) if you are experiencing an Emergency.
6. Morning Call- the **blue button** on your Telecare unit will flash - press the **blue button** to confirm that you are safe. For the newer Due Telecare system (**Green**) please swipe your tag on your unit indicating that you are ok.
7. Our staff check the functioning of Telecare units routinely, **it is still recommended to test.**

# Events in July



## Classical Evening - 7 July From 6pm to 9pm

Franz Schubert *Piano Quintet "The Trout"*.

Bedrich Smetana, *"Die Moldau"*.

Luigi Boccherini. *Quintett for Piano, Violin, Alto and Violincello*.

Beethoven, *Fantasia for Piano, Chorus and Orchestra*.

**Bring your own Drinks & Snacks**



## Wimbledon Celebration Lunch - 10 July & Men's Final after @ 3pm



## Christmas in July - Dinner - 27 July



# Daily Calendar - July 2022

<p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit &amp; Natter</p> <p>10pm Visual Music House 81</p> <p>1pm Bridge</p> <p>5pm-7pm Pool &amp; Waterhole</p>	<p>9am Therapeutic Exercise Classes</p> <p>2pm <b>Recess and Sports</b></p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool &amp; Waterhole</p>	<p>10am Art Class</p> <p>6pm Social Dinner</p> 	<p>9am-10am Yoga contact Kiloran</p> <p>10am Visual Music House 81</p> <p>3pm Petanque</p> <p>6pm <b>Classical Evening</b></p>	<p>Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>10.30pm Bible Study</p> <p>12.30pm Fish &amp; Chips lunch</p> <p>5pm <b>Waterhole</b></p>	<p>12.30 Lunch</p> <p>3.00pm Mens Final Match showing in the club house</p> 	
<p><b>11 National Cheer Up Day</b></p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit &amp; Natter</p> <p>10pm Visual Music House 81</p> <p>1pm Bridge</p> <p>5pm-7pm Pool &amp; <b>Waterhole</b></p>	<p>12 9am Therapeutic Exercise Classes</p> <p>2.30pm Scrabble</p> <p>2.30pm <b>Craft Classes</b></p> <p>5-7pm Ladies Pool &amp; <b>Waterhole</b></p>	<p>13</p> <p>10am Art Class</p> <p>6pm Social Dinner</p> <p>2.30pm Christian fellowship- #73</p> 	<p>14</p> <p>9am-10am Yoga contact Kiloran</p> <p>2pm Bridge</p> <p>3pm Petanque</p> <p>6pm Movie Night</p> 	<p>15</p> <p>9am Beginners</p> <p>9.30am Line Dancing</p> <p>10pm Visual Music #81</p> <p>10.30am Bible Study</p> <p>12.30pm Fish &amp; Chips lunch</p> <p>5pm <b>Waterhole</b></p> 	<p>16</p>	<p>17</p>
<p>18</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit &amp; Natter</p> <p>1pm Bridge</p> <p>5pm-7pm Pool &amp; <b>Waterhole</b></p> 	<p>19</p> <p>9am Therapeutic Exercise Classes</p> <p>9am Sashni Muniker Audiologist</p> <p>2pm <b>Recess and Sports</b></p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool &amp; <b>Waterhole</b></p>	<p>20 <b>National Moon Day</b></p> <p>10am Art Class</p> <p>6pm Social Dinner</p> 	<p>21</p> <p>9am-10am Yoga contact Kiloran</p> <p>2pm Bridge</p> <p>10.00am- Book Morning - art lovers</p> <p>3pm Petanque</p> <p>6pm Movie Night</p>	<p>22</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing Main Class</p> <p>12.30pm Fish &amp; Chips lunch</p> <p>10:30 pm Bible Study</p> <p>5pm <b>Waterhole</b></p>	<p>23</p> 	<p>24 <b>National Parents Day</b></p>
<p>25 9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit &amp; Natter</p> <p>1pm Bridge</p> <p>5pm-7pm Pool &amp; <b>Waterhole</b></p>	<p>26 9am Therapeutic Exercise Classes</p> <p>2.30pm <b>Craft Classes</b></p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool &amp; <b>Waterhole</b></p> 	<p>27 <b>XMAS IN JULY</b></p> <p>10am Art Class</p> <p>6pm Social Dinner</p> 	<p>28 9am-10am Yoga contact Kiloran</p> <p>2pm Bridge</p> <p>3pm Petanque</p> <p>6pm Movie Night</p>	<p>29</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>12.30pm Fish &amp; Chips lunch</p> <p>10:30 pm Bible Study</p> <p>5pm <b>Waterhole</b></p>	<p>30</p>	<p>31</p>

## July 2022

# Social Dinner Menus July 2022

Day	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday, 6 July 2022</b>	Cream of mushroom & leek soup with herb croutons.	Hungarian beef goulash finished with soured cream, parsley potatoes and roasted carrots <b>R80.00</b>	Sweet n sour chicken with fried rice and vegetable stir-fry <b>R75.00</b>	Chocolate marshmallow pudding served with custard <b>R35.00</b>
<b>Wednesday, 13 July 2022</b>	Cream of tomato soup topped with basil cream served with garlic & herb crostini	Pork schnitzel served with cheese sauce, parsley mash & minted peas <b>R75.00</b>	Chicken & mushroom pie with mash & gravy, served with glazed carrots <b>R75.00</b>	Chocolate brownie, ice cream & salted caramel sauce <b>R40.00</b>
<b>Wednesday, 20 July 2022</b>	Chicken noodle soup	Beef lasagne served with creamed spinach & roasted vegetables <b>R65.00</b>	Chicken Prego with potato wedges & coleslaw <b>R65.00</b>	Bread & butter pudding with nuts and raisins, sugared cinnamon crust served with ice cream <b>R40.00</b>
<b>Wednesday, 27 July 2022</b> <i>'Christmas in July'</i> <b>*Includes all 3 courses</b> <b>R115.00 pp</b>	Butternut & orange soup topped with cinnamon cream	Sugar baked gammon with apple sauce & rosemary jus, roast potatoes, cauliflower & broccoli in cheese sauce <b>*Vegetarian main course available on request</b>	Roast turkey roll with wild mushroom & thyme jus, cranberry sauce, roast potatoes, cauliflower & broccoli in cheese sauce	Festive fruit Christmas cracker, brandied fruit & nuts in sugared phyllo pastry with a twist, served with cinnamon crème Anglaise & wild berry compote

**PLEASE NOTE: No cash** payments will be accepted - please pay by pre-paid account debit/credit card

Please book at Reception with **Tshwanelo on EXT 1200** - between **08:00 and 17:00**

**PLEASE BOOK BY 17:00 ON MONDAY**

## Wimbledon Celebration Lunch - 10 July 2022

### Menu

*Garden salad platter per table  
Chilled vichyssoise topped with  
soured cream and cheese straws*

#### **Main Course**

*Roast topside of beef with thyme jus and cream horseradish  
Butter chicken in a creamy curry sauce with naan bread  
Vegetable bake with tomato and basil coulis, cheese and herb crust  
Penne pasta with basil pesto and toasted almonds  
Seasonal vegetables in herb butter  
Roast potatoes  
Steamed basmati rice*

#### **Dessert**

*Strawberries and Cream  
Strawberries, meringues and whipped vanilla cream  
Strawberry cheesecake  
Vanilla ice cream with strawberry sauce  
Mini strawberry cupcakes*

**Residents: R165.00pp**  
**Visitors: R185.00pp**  
**Children under 12yrs: R130.00**



**PLEASE NOTE:** No cash payments will be accepted - please pay by pre-paid account debit/credit card

Please book at Reception with **Tshwanelo on EXT 1200** - between **08:00 and 17:00**

**PLEASE BOOK BY 17:00 ON WEDNESDAY 6 JULY 2022**



**PLEASE NOTE:** Men's Final is after lunch.  
*Lunch is not obligatory*