

### From the Village Manager

Wilma Swart

The freeze is almost over, and Spring is around the corner!

Preparing our gardens for the summer display will soon begin and that will announce the arrival of summer.

Spring Market Day, 17 September 2022 will be another fun-filled event that includes live entertainment. Be sure to invite your family to attend the market day. Your grandchildren will enjoy the puppies that are ready to be patted or hugged. The food and beer will be on offer at the stall too.

SmartMatter has launched a new software utility programme for apartment residents. The new technology will be a welcome change from what has been available in the past.

On 24 September 2022, we celebrate Heritage and National Braai day, a perfect, opportunity to get together – not that an excuse is ever needed.

We welcome **Renate Johnston**, our newest resident to house 46 and wish her a very happy stay at Evergreen.

The annual **DQ98 Assessments** will start in September for all residents. Expect a call from **Sister Marius** to book your assessment visit over the next two months.

### What's happening in September



Spring Hat  
Competition  
**2 September**



Spring Market  
**17 September**



Heritage Day Braai  
**24 September**



Movie Nights  
Titles to be announced  
by **Chris Edwards**

**8, 15, 22  
& 29  
Sept**



Classical Evening  
**Brahms, Tchaikovsky  
& Mussorgsky**

**1 Sept  
@ 6pm**

The 10th Birthday Celebration for the Village will take place on the **26 October 2022**.

**PLEASE SAVE THE DAY.**

### Items you should look for in this Issue

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# Village Rainfall

by Cecil

August continues to reflect the typical pattern for this time of the year.

Not much change can be expected for September. Hopefully, October will see the return of much-needed showers.

Dam levels across the country continue to show a marked overall improvement since this time last year, at 92% vs 81%. However, the current situation varies widely, from 106% for the Northern Cape to 69% for the Western Cape.

This data is as of 23 August 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) or

[dws.gov.za](http://dws.gov.za)

September traditionally heralds the beginning of Spring, with the 23rd marking the Spring equinox. This is when the sun is directly over the Equator, and day and night are equally long. The table shows progressively earlier sunrise and later sunset times.

Rainfall by month for the past year	
Sep '21	0,0
Oct '21	87,1
Nov '21	72,5
Dec '21	154,1
Jan '22	119,5
Feb '22	174,0
Mar '22	54,0
Apr '22	150,0
May '22	7,8
Jun '22	14,0
Jul '22	0,0
Aug '22	0,6
<b>Total</b>	<b>833,6</b>

Rainfall for August over the years	
2013	7,0
2014	20,5
2015	0,0
2016	3,9
2017	0,0
2018	0,0
2019	0,0
2020	0,0
2021	0,5
2022	0,6
<b>Average</b>	<b>3,3</b>

Sunrise & Sunset for September 2022		
Date	Sunrise	Sunset
1	6:20	17:55
2	6:19	17:55
3	6:18	17:56
4	6:17	17:56
5	6:16	17:57
6	6:15	17:57
7	6:14	17:57
8	6:13	17:58
9	6:12	17:58
10	6:10	17:59
11	6:09	17:59
12	6:08	17:59
13	6:07	18:00
14	6:06	18:00
15	6:05	18:01
16	6:04	18:01
17	6:03	18:01
18	6:02	18:02
19	6:00	18:02
20	6:59	18:03
21	6:58	18:03
22	6:57	18:03
23	6:56	18:04
24	5:55	18:04
25	5:54	18:05
26	5:53	18:05
27	5:52	18:05
28	5:50	18:06
29	5:49	18:06
30	5:48	18:07



Spring equinox

## Electrical Safety and Earth Leakage Protection

by Andy Johnston



Not many are aware that one of the greatest domestic safety devices that have undoubtedly saved countless lives, the Earth Leakage Protection Device, was invented by a South African electrical engineer Henri Rubin in the 1950's. He worked for CJ Fuchs Electrical Industries in Alberton. The company was renamed FWJ Electrical Industries and then FW Electrical Industries.

The story, as I was told many years ago, was that in the 1950's in one of the mine houses in Stilfontein they installed a steel kitchen cupboard. One of the walls fixing screws was drilled into the wall and close to a live electrical wire. A little later with perhaps a little movement, the cupboard connected to the live wire, and the lady of the house was electrocuted.

The mining company contacted FWJ Electrical Industries and installed the first earth leakage protection in the homes of the mining village in 1957/8.

The earth leakage protection device has many other names but is generally known in South Africa as earth leakage. It detects the minute current difference in milliAmps (1 milliAmp (mA) equals 1 thousandth of an Amp) between the live and neutral conductors in an electrical circuit and concludes that if there is a difference it must be flowing to earth and if it exceeds the safe amount "trips" (disconnects).

In the early days, the safe leakage current that was decided on to prevent electrocution and which should "trip" the circuit was 20 mA but nowadays it is 30 mA. It is also mandatory in South Africa to have a South African Bureau of Standard (SABS) approved earth leakage device and protection on certain electrical circuits. This is in general on plug sockets where portable devices are connected. Evergreen has however chosen to have earth leakage protection on the total house electrical system, which I wholeheartedly support.

The way that this current was arrived at is interesting. There were no human guinea pigs to be tested to see what would kill and what would not. It, therefore, had to be deduced from various accidents to arrive at the safe threshold. This work is largely attributed to Charles Dalziel of the University of California, Berkley, USA.

# Electrical Safety and Earth Leakage Protection *CONTINUED*

by Andy Johnston



It was recognised that current, as well as the duration, were important. In 1969 Dalziel published another paper, "Re-evaluation of Lethal Electric Currents". In this, he gives a formula for current and time for a 50 kg person as  $I = 116/\sqrt{T}$  (where I is the current in mA and T time is seconds).

But also important is if the current flow is across the chest, from hand to hand or head to foot. Electric current flow across the chest causes ventricular fibrillation and as I understand it very rapid death.

The actual current that flows through the body is largely determined by the resistance of the skin. If one is sweating or wet the skin resistance is drastically reduced.

It has also been noted that if a person is "shocked" the muscles contract and the person is unable to let go. This has been determined at between 6 and 9 mA. My apologies for all this doom and gloom but one needs to be aware of the dangers and work carefully with electricity because it can be lethal. I also wished to highlight the importance of earth leakage protection which many regards as a nuisance instead of a possible lifesaver.

## So how do we protect ourselves as best we can?

1. Check cords regularly to see that they are in good condition and replace rather than repair when necessary. Has the work been done by a competent electrician?
2. Do not join cords unless necessary. Rather use a longer new cord.
3. Test the earth leakage device from time to time by pressing the test button on the device.
4. Limit the number of plugs and adaptors used in any one socket.
5. If the appliance is metal the appliance body must be earthed. Make sure to use a three-pin plug into a three-pin socket.
6. Do not use electrical appliances in wet indoor or outdoor areas.
7. When connecting a three-pin plug make sure the **brown wire** is connected to "live" or "L", **the blue wire** is connected to "neutral" or "N", and the **green/yellow** wire is connected to "earth" or "E".

## Why we must wear our BuddyBand

The phone number on your *BuddyBand* if called is Telecare who in an emergency will be able to help the person calling identify the person wearing the *BuddyBand*. It will also assist them with what medical issues the wearer has and if required contact an ambulance which will be sent to you as soon as possible. Your Next of Kin will also be contacted and by default, Evergreen Lifestyle will also be notified of this emergency.

An example of this was a recent incident at Fourways Mall when someone had collapsed in the car park and a good citizen not knowing at first what to do noticed the *BuddyBand* on the arm and immediately phoned the emergency contact number. The operator gave the name of the wearer and what medical conditions this person had. The operator then told them what they could do to help on the scene and called for an ambulance.

Your *BuddyBand* is there to speak for you when you cannot speak for yourself and should be worn at all times. Please make sure all your details regarding your Health and Medical Conditions plus your next of Kin are updated regularly - **Sister Marius at Evergreen Health** can assist you with this. Also please ensure you are wearing the correct *BuddyBand* if there are two people in a unit it has been known for the wrong person to be wearing the wrong *BuddyBand* this could be fatal in an emergency.



For more information on the **BuddyBand** or the Telecare in your home. Please contact **Dave Nesbitt unit 14** or cell no **0834685919**

## Security

by Dave Nesbitt



Never talk on the mobile phone while in a vehicle especially in traffic. Conceal your valuables including your cellphone, laptop, handbags, etc. Smash & Grabbers prowl the streets. **BE ALERT!**

To deal with distracted and angry drivers on the road: don't make it personal. Practice defensive driving, and redirect your anger by using positive affirmation and visualisations.

### 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

When it is raining and you are heading inside be aware of the slip and fall hazard. The combination of water with oil, grease and certain types of floor surfaces can lead to a painful injury.



## Did you know!

The longest road in the world to walk, is from Cape Town (South Africa) to Magadan (Russia). No need for planes or boats, there are bridges. It's 22.387 miles and it takes 4.492 hours to travel. It would be 187 days walking nonstop, or 561 days walking 8 hours a day. Along the route, you pass through 17 countries, six time zones and all seasons of the year.



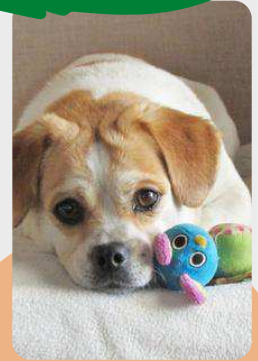
## Pets Corner

Featuring Residents & their furry friends



Woodrock Animal Shelter is where this little rascal came from with the name Bugati which was far too pretentious so Bugati became Bugsy.

He is a wonderful companion. loving, affectionate and playful. He loves his squeaky toys and delights in running on the lawns exploring sniffing and enjoying the company of other dogs.



This cute little bundle is a Jack Russell/Pekinese Cross



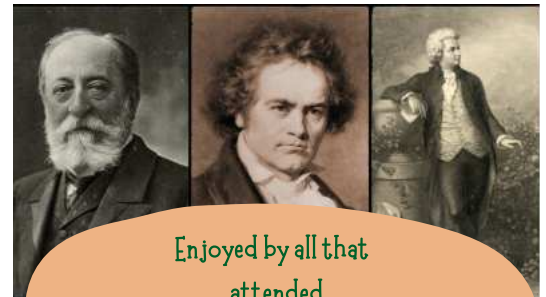
Unfortunately, previous experiences have made him wary of strangers. However he has improved greatly over time and when he loves, he gives his whole heart.



White Elephant

## Classical Evening 4 August

Beethoven, Mozart & Saint-Saens



Enjoyed by all that attended  
Contact Chris Salt for future programmes



Summer's coming!  
Lets get clearing

Are you clearing out or tidying up? Your clutter may be someone else's treasure. We would like to sell it on the **White Elephant Stall**.

Contact: Libby @ Unit 2 - ext 1002  
Elske @ Unit 6 - ext 1076

All proceeds are donated to animal charities



New Fire hosepipe testing can be tricky in the Village, especially with Mary around trying to have a wrestling match with Jannie while he was spraying



The movie *Elvis* is a 2022 biographical musical drama film directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner.

The film follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker.

Fabulous Movie  
Thank you Chris!

from  
Sue Hartley

After a personal request made to Chris Edwards, our very special *Thursday Night at the movies* convenor, sourced the latest 'Elvis the Movie' for residents to view. There was a good turnout of Elvis fans who sat glued to the screen enjoying every minute of his music as well as being made aware of the toxic influence of his promotor, Colonel Parker as well as the man himself behind the voice.

The consensus was that of a thoroughly enjoyable experience and loved the movie!



26



10

First Test  
7 August  
at  
Mbombela  
Stadium



Second Test  
13 August  
at  
Ellis Park



23



35



Evergreen Residents supporting  
the AmaBokoboko





# August Events



The concept of a 'women's day' caught on in Europe. On 19 March 1911, the first International Women's Day was held drawing more than 1 million people.



Thank you to chef Andrew and his team who provided a fantastic lunch, and to Brenda for arranging this wonderful women's day. It was clear that everyone enjoyed the afternoon.



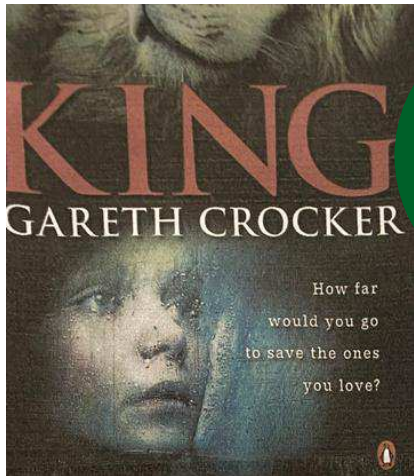
National Women's Day is a South African public holiday commemorating the 1956 march of approximately 20,000 women to the Union Building in Pretoria to petition containing more than 100,000 signatures against the country's pass laws that required South Africans defined as 'black' under the Population Registration Act to carry an internal passport, known as a pass.

The 1956 protest saw members of the Federation of South African Women (FSAW) rally against the Apartheid government. The protest was supported by mothers, daughters, sisters and friends. Not only did they march, but they also remained standing outside the Union Buildings in silence for 30 minutes in a non-violent and very powerful display of unity.

**The first National Women's Day was celebrated on the 9th of August 1995.** In 2006, a re-enactment of the march was staged for its 50th anniversary, with many of the 1956 march veterans participating.

# From the Library

## A Good Read - by Libby



Please read this & be moved & enlightened

I am discovering several new, and excellent South African authors. Their stories are well-crafted and resonate well with us, as South Africans.

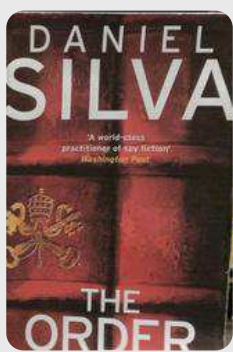
**Gareth Crocker's KING** is a compelling story, fast-paced, yet insightful on many levels.

In Detroit, Elijah Rolene is lost after the death of his wife. To cope he turns to prescription painkillers, resulting in a rapid downhill journey. Trying to help, his sister persuades him to help out at the local animal shelter, and during a rescue mission, he discovers a white lion cub, barely alive. The cub is brought to live with them - until .....well, that you will have to discover on the pages of this absorbing novel.

### Did you know?

- White lions result from a rare genetic mutation.
- They are highly sought after by zoos, circuses and hunters! (There's no protective legislation).
- Thus by 2000 they were technically extinct in the wild.

**However, through the Global White Lion Protection Trust, three prides of white lions roam free in their ancestral homelands in the Timbavati region.**

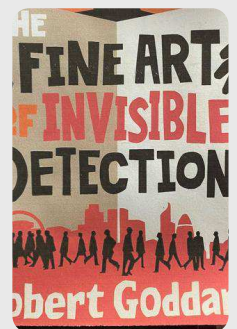


### THE ORDER by Daniel Silva

A tense and thrilling adventure. Spy and art restorer, Gabriel Allon, is in Venice when Pope Paul VII dies suddenly. It's reported that he died of a heart attack, but the Pope's private secretary suspects murder. The Swiss guard who stands watch is missing as well as a letter the Pope was writing to Gabriel. Also sought is a book, a long-suppressed gospel that threatens the orthodoxy of the church - and the Order is determined that it must not give into Gabriel's hands.

### THE FINE ART OF INVISIBLE DETECTION by Robert Goddard

Robert Goddard's detective stories have excellent plots, interesting characters, and thankfully, little or no swearing. His stories have many twists to hold one's attention and imagination. this novel has an unusual heroine, a quiet, unassuming woman whose tenacity and enterprise one can only admire ...And enjoy.



Thank you card received from the late Jabulali Nkuna's wife, Nthombifuthi in appreciation for the donation of R12 900 collected by Evergreen Broadacres residents for her and the family.



## Birthdays SEPTEMBER 2022

Kathy Möhlig	2
David Rackley	4
Henrietta Dobrowolksi	5
Sarah Knibbs	7
Penelope Rabinowitz	9
Maseri Seretlo	9
Derek Schuurman	10
Linda Brennan	11
Filicity Brandt	12
Edna Grenfell	12
Heather Mutch	15
Norma Stewart	16
Diane Muller	18
Sue Hartley	19

Helen Knowles	21
Mary Ooshuizen	23
Judy Stuart	26

## Anniversaries September 2022



Christopher & Pauline Joyce	3
Graham & Aileen Langmead	4
Peter & Angela McMurray	9
Henry & Henrietta Dobrowolski	11
Henning & Felicity Brandt	17
Nello & Beryl Vercellotti	17
Dick & Catherine Sheppard-Plaskett	27
John & Doreen Kidd-Tim	30

# SEPTEMBER

With the great August, winds of change upon us dare we anticipate the smell of spring in the air? One more month of the cool season so be sure to start ticking off your maintenance checklist and begin prepping the lawn for September. There's much to sow. Hold on to your hats and let's glide right into spring!

Don't forget  
December Xmas Market  
Saturday,  
10 December 2022  
.....  
Start Preparing



Spring Hat  
Competition  
2 September

Classical Evening  
1 September  
Brahms, Mussorgsky & Tchaikovsky



*Spring*  
**MARKET DAY**

17 SEPTEMBER 2022  
FROM 09:00 - 14:00  
OVER 80 STALLS AND LIVE ENTERTAINMENT

EVERGREEN LIFESTYLE VILLAGE  
BROADACRES  
43 FREDERICK ROAD

R10.00 ENTRANCE FOR  
NON RESIDENTS

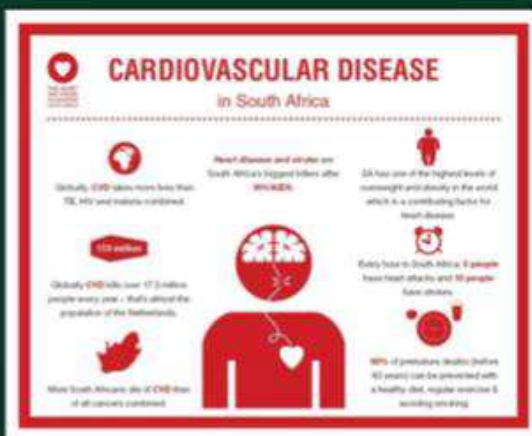


EVERGREEN  
health

# WELLNESS JOURNAL

July, 2022 / Vol 02

## CHOLESTEROL



### WHAT IS CHOLESTEROL?

- A fat molecule that is white, insoluble and waxy.
- Essential for many metabolic processes.
- There are different types of cholesterol:
  - HDL is the "good" cholesterol.
  - LDL is the "bad" cholesterol.
- Triglycerides, a type of fat, also form part of the lipid profile.
- Eating foods rich in saturated fats will increase the amount of LDL cholesterol in the body, which is a risk factor in coronary heart disease.
- High triglycerides may contribute to hardening of the arteries or thickening of the artery walls.

### WHAT IS HIGH CHOLESTEROL?

- High cholesterol, or hypercholesterolemia, is a condition in which the amount of cholesterol in the blood exceeds normal values.
- This may be due to genetic or lifestyle factors.
- If it is genetic, it is referred to as familial hypercholesterolemia.

### WHERE DOES THE CHOLESTEROL IN OUR BODIES COME FROM?

- Animal-based foods in our diets.
- Production by the liver and cells.
- Plant based foods do not contain cholesterol.
- Low-density lipoprotein (LDL) cholesterol - carries most of the cholesterol that is delivered to cells. It is called the "bad" cholesterol because when its level in the bloodstream is high, it can clog up the arteries.
- High-density lipoprotein (HDL) cholesterol - is called the "good" cholesterol, because it helps remove excess cholesterol out of the cells.

### WHAT IS CHOLESTEROL NEEDED FOR?

- We need a small amount of cholesterol because the body uses it to:
  - Build the structure of cell membranes
  - Make hormones, like oestrogen and testosterone.
  - Help our metabolism work efficiently
  - Produce vitamin D.
  - Produce bile acids, which help the body digest fat and absorb important nutrients.



## ELIMINATE CHOLESTEROL FROM MY DIET AND WORRY ABOUT CHOLESTEROL LEVELS?

- You don't need to eat foods that contain cholesterol. Your body can produce all the cholesterol it needs by itself.
- Excess cholesterol is harmful. Atherosclerosis is a condition in which arteries become hardened and narrowed due to the deposition of excess cholesterol (cholesterol-rich plaques) in the artery walls. This can narrow or obstruct blood vessels, leading to heart attack and stroke.

### WHAT ARE THE RISK FACTORS FOR DEVELOPING HIGH CHOLESTEROL?

- Being overweight.
- Incorrect diet, rich in saturated fats.
- Family history of high cholesterol.
- Excessive alcohol consumption.
- Smoking.
- Lack of exercise.
- Stress.
- Lack of fibre in the diet.

### WHAT ARE THE DIFFERENT WAYS OF MEASURING CHOLESTEROL?

- Finger prick test to show total cholesterol for screening and follow-up purposes, for a total to a full cholesterol profile.
- Lipogram where blood is drawn and evaluated by a laboratory.
- Evergreen Health recommends that a lipogram be done at least once a year in high-risk individuals.

### WHAT WOULD BE CONSIDERED AS SAFE BLOOD CHOLESTEROL LEVELS?

- Health authorities recommend that cholesterol levels should be less than 5mmol per litre for total cholesterol and 3mmol/l for LDL cholesterol if there are no other risk factors present.

### GENERAL GUIDELINES TO MANAGE HIGH CHOLESTEROL AND REDUCE RISK FOR CARDIOVASCULAR DISEASE:

Regular alcohol use can lead to a stroke. Women who have more than one drink a day and men who drink an average of more than two drinks a day tend to have higher blood pressure, increasing stroke risk.

- Stop smoking and avoid exposure to smoke.
- Increase your physical activity.

- Achieve and maintain an ideal body weight
- Reduce your intake of saturated fats.
- Increase your intake of soluble fibre.
- Avoid refined carbohydrates and sugars
- Consume alcohol in moderation.
- Avoid adding additional salt to food.
- Monitor your cholesterol levels on a regular basis.

### EXAMPLES OF FATTY FOODS TO AVOID:

- Fatty or processed meats like salami and sausages.
- Snack foods like chips.
- Most takeaway foods, especially deep-fried foods.
- Cakes, biscuits and pastries.

### EXAMPLES OF CHOLESTEROL LOWERING FOODS:

LDL cholesterol can be lowered by the following food types:

- Oats and legumes and chickpeas
- Garlic and onion
- Apple polyphenols found in apples
- Plant sterols (often incorporated into margarine these days)

### TREATMENT

Is a healthy lifestyle on its own enough to combat high cholesterol?

For some people, diet and lifestyle changes alone are not enough, as high blood cholesterol levels often have a genetic component.

- For the individuals, prescription medication such as statins may be required
- Treatment of cholesterol should have a multi-approach:
  1. Prevention of new formation of new cholesterol on the vessel walls.
  2. Removal of existing cholesterol.
  3. Decrease the complications that occur with the cholesterol increase.

Please Note: This is an educational information leaflet only and should not be used for diagnosis. For more information on cholesterol, contact [redacted] with care professional.



# September 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1</b>  <b>HAPPY Spring DAY</b> 9am-10am Yoga contact Kiloran 10am Visual Music House 81 3pm Petanque 6pm <b>Classical Evening</b>	<b>2 Spring Hat Competition</b>  9am Beginners Line Dancing 9.30am Line Dancing 10.30am Bible Study 12.30pm Fish & Chips lunch 5pm <b>Waterhole</b>	<b>3</b>	<b>4</b>
<b>5</b> 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 10pm Visual Music House 81 1pm Bridge 5pm-7pm Pool & Waterhole	<b>6</b> 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	<b>7 100 Club Draw</b> 10am Art Class 6pm Social Dinner 	<b>8</b> 9am-10am Yoga contact Kiloran 10am Visual Music House 81 3pm Petanque 6pm Movie Night	<b>9</b> 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10am Visual Music #81 10.30am Bible Study 12.30pm Fish & Chips lunch 5pm <b>Waterhole</b> 	<b>10</b>	<b>11</b>
<b>12</b> 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 10pm Visual Music House 81 1pm Bridge 5pm-7pm Pool & Waterhole	<b>13</b> 9am Therapeutic Exercise Classes 2.30pm Scrabble 2.30pm <b>Craft Classes</b> 5-7pm Ladies Pool & Waterhole 	<b>14</b> 10am Art Class 6pm Social Dinner 2.30pm Christian fellowship- #69 	<b>15</b> 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night 	<b>16</b> 9am Beginners 9.30am Line Dancing 10.30am Bible Study 12.30pm Fish & Chips lunch 5pm <b>Waterhole</b>	<b>17 SPRING MARKET</b> Live entertainment Beer stall Food stalls	<b>18</b>
<b>19</b> 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	<b>20</b> 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	<b>21</b> 10am Art Class 6pm Social Dinner 	<b>22</b> 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night	<b>23</b> 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10:30 pm Bible Study 12.30pm Fish & Chips lunch 2.30pm <b>Bingo!</b> 5pm <b>Waterhole</b>	<b>24 Heritage Day</b> Heritage Day Braai 	<b>25</b>
<b>26</b> 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	<b>27</b> 9am Therapeutic Exercise Classes 9am Sashni – Audiologist 2.30pm <b>Craft Classes</b> 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	<b>28</b> 10am Art Class 6pm Social Dinner	<b>29</b> 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night	<b>30</b> 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10:30 pm Bible Study 12.30pm Fish & Chips lunch 5pm <b>Waterhole</b>		



## Social Dinner Menus September 2022

Day	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday, 7 Sept 2022</b>	Roasted Mediterranean vegetable salad in balsamic and honey dressing, with feta, olives and croutons	Steak n kidney pie, mash and gravy, served with cream spinach and roast butternut <b>R85.00</b>	Chicken schnitzel with sautéed potatoes, mushroom sauce, cream spinach and roast butternut <b>R80.00</b>	Malva pudding with Amarula custard and ice cream <b>R40.00</b>
<b>Wednesday, 14 Sept 2022</b>	Bruschetta caprese with basil pesto tomato and mozzarella	Feta stuffed Kofta with Parmesan rice, tomato and olive sauce, roasted Mediterranean style vegetables <b>R75.00</b>	Chicken a la king with savoury rice, buttered corn and peas <b>R75.00</b>	Chocolate brownie, vanilla ice cream and wild berry compote <b>R40.00</b>
<b>Wednesday, 21 Sept 2022</b>	Chilled vichyssoise, potato and leek soup, topped with soured chive cream and croutons	Pork schnitzel with grilled apples and blue cheese sauce, baked potato and glazed carrots <b>R80.00</b>	Sweet and sour chicken with fried rice and vegetable stir-fry <b>R75.00</b>	Citrus cheesecake with chocolate ganache, vanilla ice cream <b>R45.00</b>
<b>Wednesday, 28 Sept 2022</b>	Roasted beetroot and apple salad in balsamic and honey dressing	Braised shin of beef in milk stout with butterbeans, Parmesan mash, fried cabbage and peas <b>R85.00</b>	Mild chicken curry in coconut milk, basmati rice, poppadom's and sambals <b>R80.00</b>	Spring fruit salad in cinnamon and ginger syrup, served with vanilla ice cream <b>R40.00</b>

**PLEASE NOTE: No cash** payments will be accepted – payments by EFT or by debit/credit card.  
Bookings at reception with **Tshwanelo on EXT 1200** – between **08:00 and 17:00**