

NEWSLETTER

OCTOBER 2022

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From the Village Manager

Wilma Swart



It has been an eventful month of celebrations in our village.

We had a well-attended Oktoberfest with beers generously donated by the Waterhole.

Our tenth birthday was a special occasion enjoyed by all. It was wonderful to see a packed lifestyle centre. Andrew, our Chef, outdid himself with the food, and Dewald, the musician, kept everyone on the dance floor until almost midnight. A big thank you to EPI for making the Village's birthday memorable. We will be hanging the ten-year residency board in the clubhouse soon and look forward to adding many more names to the plaque.

The first rains of the season were welcomed, and the gardens came to life instantly. We expect more showers next month as December and Christmas approach.

We look forward to our village Christmas function on Wednesday, 7 December. Traditionally, we collect toys for less fortunate children and enjoy Christmas before we leave home to celebrate with our families.

Our Christmas Market on Saturday, 10 December, will also be an event you want to attend.

Until next month!

What's happening in November



Remembrance
Day Lunch
13 November



Lasers in Dermatology
Dr David Presbury
22 November
10:00 for 10:30



Bird Walk – 26 November



Movie Nights
Titles to be
announced
by Chris Edwards

3, 10,
17 & 24

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and much more in between

Village Rainfall

by Cecil



October rainfall has proved to be somewhat disappointing when compared to previous years. Hopefully, November will bring a much-needed improvement and return to the pattern of earlier years.

Dam levels across the country have improved overall since last year, at 88% vs 79%. However, the current situation varies widely, from 95% for Gauteng to 70% for the North West. This data is as of 18 October 2022.

For this and much more weather-related information, visit these websites:

sawx.co.za/state-of-dams, or dws.gov.za

The water supply in Gauteng is currently proving a challenge for authorities.

I have included a table of moon phases for you this month.

The Sunrise and Sunset table shows progressively earlier sunrise and later sunset times.

Rainfall by month for the past year		October Rainfall over the years		November 2022 Sunrise, Sunset & Moon Phases			
Nov '21	72,5	2012	65,0	Date	Sunrise	Sunset	Moon
Dec '21	154,1	2013	52,1	1	5:18	18:24	First ☐
Jan '22	119,5	2014	21,4	2	5:17	18:25	
Feb '22	174,0	2015	13,7	3	5:17	18:25	
Mar '22	54,0	2016	40,3	4	5:16	18:26	
Apr '22	150,0	2017	68,2	5	5:15	18:27	
May '22	7,8	2018	54,7	6	5:15	18:28	
Jun '22	14,0	2019	4,0	7	5:14	18:28	
Jul '22	0,0	2020	21,8	8	5:13	18:29	Full ☐
Aug '22	0,6	2021	87,1	9	5:13	18:30	
Sep '22	0,0	2022	16,2	10	5:12	18:30	
Oct '22	16,2	Average	40,4	11	5:12	18:31	
Total	762,7			12	5:11	18:32	
				13	5:11	18:33	
				14	5:10	18:33	
				15	5:10	18:34	
				16	5:10	18:35	Third ☐
				17	5:09	18:36	
				18	5:09	18:36	
				19	5:09	18:37	
				20	5:08	18:38	
				21	5:08	18:39	
				22	5:08	18:39	
				23	5:08	18:40	
				24	5:07	18:41	New ☐
				25	5:07	18:42	
				26	5:07	18:42	
				27	5:07	18:43	
				28	5:07	18:44	
				29	5:07	18:45	
				30	5:07	18:45	





Security

by Dave Nesbitt



Latest Hijacking Trends in SA

Authorities are warning of an increase in the following new trends in hijacking:

- Unsuspecting customers are being pounced upon while at a fast-food drive-thru establishment. As you reach the front of the queue, armed suspects from the vehicle in front of you get out and attempt to hijack your vehicle. There are usually two cars involved. The vehicle behind you blocks your car when you try to reverse.
- Salesmen are requested to take a car to a prospective buyer, and once they are on a test drive, they are hijacked. The salesman is dropped off, and the hijacker disappears with the prospective buyer.
- Groups of two and five suspects dress in traffic police uniforms and use a blue light mounted on their vehicle's dashboard. Victims who believe they are dealing with bona fide police officials are held up against their will and dropped off in different areas around Gauteng. SAPS have indicated that a **white Toyota Hilux double cab and a white VW Polo** are the vehicles which are typically used to trap motorists.

Staying Safe

- If you suspect you are being followed, put your indicator on and slow down at least two to three houses before your home. If you are being followed, you will force the vehicle behind you to pass, and this could cause the criminals to lose interest.
- If you need to stop in your driveway to open the gate manually, always leave the key in the ignition and the motor running unless you have a child in the car. Only then should you take the key with you as you open the gate. The key is a valuable negotiating tool - they want your vehicle, and you want your child.
- Always ensure you can see the back wheels of the car in front of you when you stop in traffic. This gives you enough room to manoeuvre and escape.
- Do not be fooled if you stay in a secure complex with security guards that you are safe. You can easily be followed into your complex, so always remain vigilant. Research shows that most people relax the closer they get to home, often when they are the most vulnerable.
- Do not stop at a vacant spot or area to talk on your phone.
- Always keep your window closed.
- If someone tries to force you off the road, don't panic. Just blow your hooter constantly.
- Do not stop for hitchhikers, even if it is a female with a crying baby.

www.businessstech.co.za



eNCA - The South African Morning, 24 October 2022



- Download a 2-hour movie in seconds
- Backup an entire hard drive to the cloud, including large photos & videos, in minutes instead of hours.

Symmetrical Speeds

Fibre download and upload speeds are symmetrical. Here is an explanation of the difference between upload and download. Two numbers are used when buying from an internet provider (ISP), for example, an introductory fibre speed of 150/150 Mbps. The first number is your download speed, which you use for internet streaming or surfing the net, and the second is your upload speed which you upload information to the internet for posting videos or sending documents.

Until recently, the Internet was used primarily for downloading. Broadband services offered a low upload speed. Nowadays, consumers need their upload speed to match the download speed as the trend is to play games, stream movies, YouTube and more. Symmetrical speed is essential for that reason.

Lower Latency and Attenuation

- **Latency** – the delay in data transfer. The few moments between submitting a command to the internet and when it does is latency. One of the reasons that fibre is the best choice is that it has lower latency than other broadbands due to its faster speeds and clearer transmissions. Latency is important to gamers who play live and need quick reaction times.
- **Attenuations** – This is the loss of signal. A 3% signal loss occurs after a 320ft cable, whereas other internet solutions lose 94% at the same distance. Lower attenuating is how fibre can still provide reliable service even in rural areas.

Many broadband solutions share bandwidth; several locations all share one lump speed. To manage this, ISPs will use throttling or data caps for the bandwidth going out. Throttling is when a provider slows the speed down during busy hours when a customer has consumed a certain amount of data. Data caps are an upfront version of throttling where a provider will set the amount of data a consumer can use. Fibre Internet allows customers to use as much as they want at the same speed.

Faster Speeds

Fibre has the bandwidth capabilities to reach gigabit speeds meaning 1000/1000 Mbps. It does this by harnessing the speed of light through glass tubes as thin as a piece of human hair. Fibre allows you to run all your internet-connected devices without buffering.

Fibre consumes very little energy and is very sustainable. It can withstand elements such as snow, rain and wind.

www.otelcocom/why-fibre/



View Pin

More than one PIN can be hard to remember, so having the same one for everything is tempting. However, PINs should always be unique and don't use the same one on more than one card. If you're concerned you won't remember them all or get them muddled up, don't worry. You can **'View Pin'** to remind yourself whenever you need to. Another level of security usually protects this feature, and your biometric (security) details are checked before displaying your PIN for just 20 seconds.

Pets Corner

Featuring Residents & their furry friends



It seems that Peta, like all future furry moms, won the battle to purchase a new puppy.

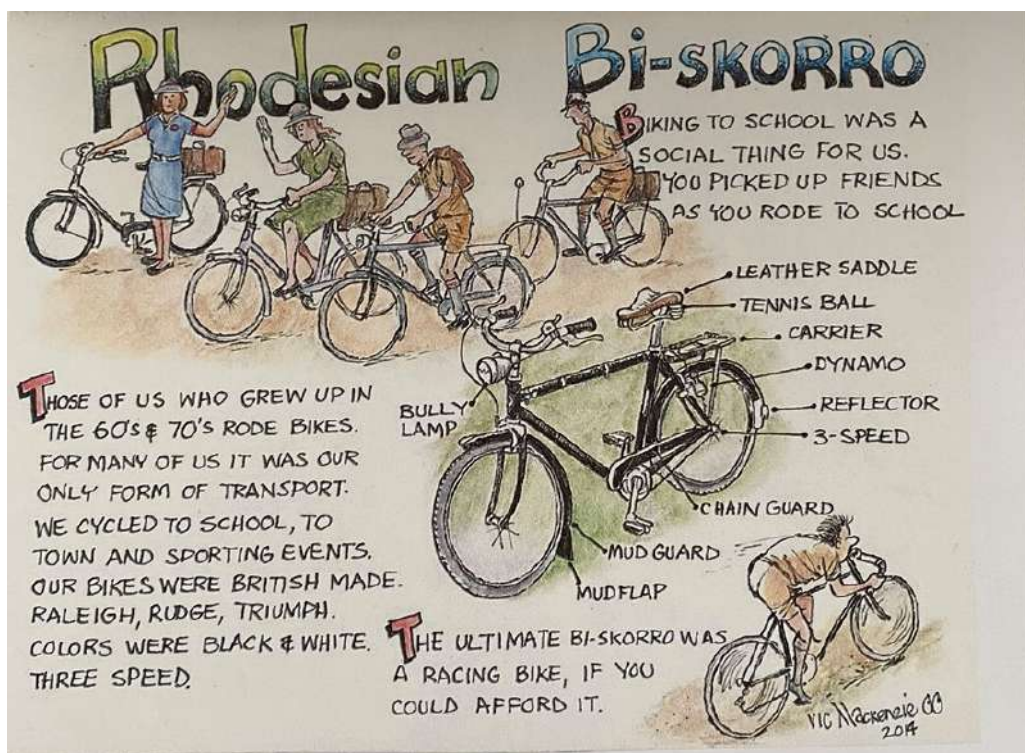
Dave and Philippe are a familiar sight walking around the Village. Philippe is the elegant athletic regal adorable ball of fluff who welcomes one with an enthusiastic verbal greeting.

Beware, prowlers, don't be fooled by this little man – he will have you for breakfast!



Meet Philippe

The Miniature French Poodle
Evergreen ResCom Safety &
Security Patrol dog



And here is one more for all the "WhenWe s" in the Village

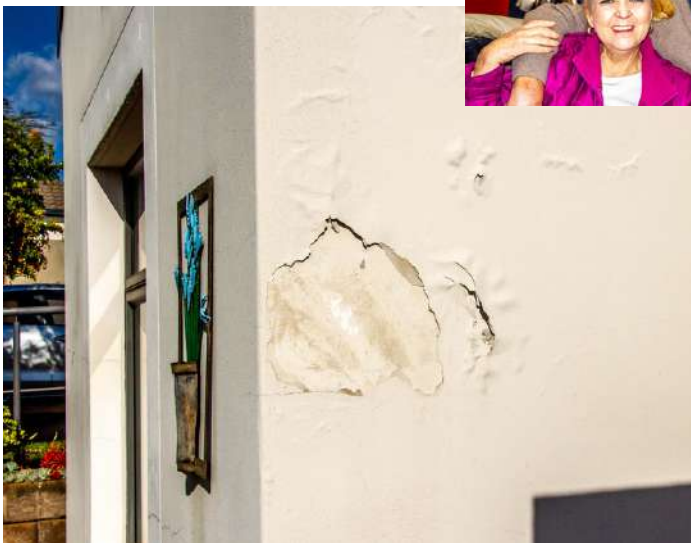


There is some progress with the painting of houses.



We were eventually on the schedule for a complete exterior repaint. We are located at the junction of Heron and Loerie, which means we are one of the most prominently visible houses for prospective buyers. In addition, our front entrance and roadside view resembled a shockingly built RDP construction with vast chunks of plaster falling off and other sections appearing to have contracted a bad case of leprosy. The army of contractors arrived in March this year and spent an entire week sandblasting off the worst affected plaster, gouging out the cracks that encircled the exterior as a whole, with us making sure that they weren't trying to take shortcuts, repairing these cracks. They then waterproofed some areas and painted the whole place with an undercoat before restoring our home to its original state. It took us a few weeks before we were forced to reinstall our wall art, mainly because we couldn't find our place as we didn't recognise it.

Kiloran and Dick Townsend Unit 63



October is one of the most beautiful months of the year, with flowers galore and a potential summer harvest of fresh veggies and herbs beginning to grow in the veggie patch! Falling blossoms followed by tiny fruit on the fruit trees are an early promise of something sweet to feast on later. The first strawberries are amongst the leaves, and the sweet scent of star jasmine is in the air. October is also time to feed all your plants and protect your mid-spring plants against pests and weeds.



October is known as **'rose month'** and the iconic 'Iceberg' is probably the best-selling rose ever! Hard on its heels is a cousin called 'Burgundy Iceberg' – equally free-flowering with blooms in rich jewel-like colours of burgundy with disease-resistant, healthy foliage. You simply have to plant some – even if it is only one in a pot



Your roses should be producing their first flush of perfect blooms as the sun is still not too hot, allowing the blooms to last longer.

For quality blooms, deadhead by removing side buds out of the leaf axles beneath the terminal bud. Remove spent blooms. This encourages the production of new quality stems. If you would like long-stemmed blooms for the house, do not cut more than half of them on a bush.

<https://www.thegardener.co.za/>

Perhaps C.Louis Leipoldt's poem captures it best, and here's an excerpt for you.



Viooltjies in die voorhuis.
Viooltjies blou en rooi
Viooltjies orals op die veld.
En orals. ai. so mooi!

Dit is die maand Oktober.
die mooiste. mooiste maand:
Dan is die dag so helder
so groen is elke aand.
So blou en sonder wolke
die hemel heerlik bo.
So blomtuin-vol van kleure
die asvaal ou Karoo.

Dit is die maand Oktober:
die varkblom is in bloei:
Oor al die seekoegate
Die koppies. kort gelede
nog as 'n klip so kaal.
Het nou vir welkomsgroetnis
hul mooiste voorgehaal.



Dit is die maand Oktober:
die akkerboom is groen:
Die bloekoms langs die paaië
is almal nuutgeboen:
En orals in die tuin rond
ruik jy sering en roos.
Jasmyn en katjiepiering.
Iemoen en appelkoos.



<https://allpoetry.com/christian-Frederik-Louis-Leipoldt>

In March 2013, Jill Blignault, our manager, suggested that we celebrate Arbor Day that year. The Phase 1 residents enthusiastically embraced the idea, so a tradition started that has changed the face of Broadacres.

A small sub-committee of ResCom was formed, and we set about raising funds and selecting trees. We decided that we would only plant indigenous trees, and having already lived through winter, we realised that all the trees had to be frost-resistant, limiting our choices.

For that first Arbor Day in 2013, we raised R18 500 from the residents. Evergreen contributed a further R1 500, so with a budget of R20 000, we could decide what was possible and plan accordingly. We agreed on 62 trees and set about selecting sites in the parkland area.

The soil in that area is all black clay, and in mid-winter, it was rock hard so digging 62 holes was a challenge. We borrowed a TLB that got the holes dug in half a day, but the dug-up soil mainly was in rock-hard lumps ranging in size from a tennis ball to a football. Not ideal for planting trees, so the village gardeners spent days breaking up the clumps.

Arbor Day dawned, fortified with coffee and rusks, and the residents got planting with some help from a few gardeners. All the trees were planted and watered by early afternoon. After a well-earned rest, we gathered that evening for a street braai.

The first picture shows us planting the first tree, an **Acacia galpinii** (Monkey thorn or Apiesdoring) and that same tree today in all its blooming glory. The third and fourth pictures are of a tree planted many years later, a **Bolusanthus speciosus** (Tree Wisteria or Vanwykshout)

Introducing
The Trees of Evergreen
continued
by
Hennie



Arbor Day



Acacia galpinii



Bolusanthus flowers



Bolusanthus speciosus



EVENTS

"Cardiology as we get Older"

On Saturday, 8 October, *Dr Tony Dalby*, a cardiologist at Life Fourways Hospital, gave a talk centred on atrial fibrillation (AF) and its management. As his graph showed, it is a widespread problem among our residents and an increasingly common condition as we age.



From
Dr David
Presbury

He explained clearly how it comes about and emphasised the need for ongoing anticoagulation (blood thinning) even when the heart is back in normal (sinus) rhythm. This is vital to prevent the patient from suffering a stroke, and not all patients with the condition fibrillate all the time. Warfarin is usually used but requires regular blood tests. The other anticoagulant drugs are probably better and require no blood tests but are vastly more expensive. So, despite their effectiveness, the medical aid schemes decline to pay for them and regrettably, there is not much that can be done at this stage to change that situation. He underlined that aspirin (Ecotrin) is not the correct blood thinner for patients with AF and is contraindicated.

He answered a vast number of questions from the floor with absolute clarity. One particular matter considered in depth was the safety of statins for cholesterol control. He regards them as entirely safe and critical for managing high cholesterol. The issue of muscle pains was discussed. He pointed out that in large placebo-controlled trials, only 1.1% of patients have genuine muscular problems. That is certainly not a reason for avoiding taking statins when they are deemed medically essential.

He covered much ground and said he enjoyed the visit as much as the audience enjoyed the talk and his whole approach. Perhaps we should invite him back and ask him to discuss hypertension.

Footnote: It is planned to find more doctors willing to come and talk about relevant health matters next year. Diabetes, eye problems and oncology come to mind. All other suggestions are welcome.



OCTOBER

EVENTS



Jimmy Allen on the keyboard. Beers provided by the Waterhole. Brenda @ the helm with traditional Oktoberfest ambience. Photography Kloran and Chef Andrew and his team served a scrumptious meal a truly fabulous evening.
Thank You all!

An annual Oktoberfest is held in Munich, Germany, over two weeks in October. The festival originated on 12 October 1810 in celebration of the marriage of the **Crown Prince of Bavaria**, who later became **King Ludwig 1, to Princess Therese von Sachsen-Hildburghausen**. The festival concluded five days later with a horse race held in an open area that came to be called *Theresienwiese* ("Therese's Meadow"). The following year the race was combined with a state agricultural fair, and in 1818 booths serving food and drink were introduced. By the late 20th century, the booths had developed into large beer halls made of plywood, with interior balconies and bandstands. Each of the Munich brewers erects one of the temporary structures. The mayor of Munich taps the first keg to open the festival.

www.en.wikipedia.org/wiki/Oktoberfest#History

OCTOBER

Evergreen Lifestyle was the headline sponsor for the Over-50s interprovincial cricket tournament.

The inter-provincial championships consisted of six teams, Boland, Border, Eastern Province, Gauteng, Titans and Western Province and took place from the 10 to 15 October. The teams each played four 45-over matches, and the two top teams played on Saturday, 15 October. Familiar faces were **Alan Dawson, Louis Koen, Steve Palframan, Clive Eksteen and Steven Jack**, all former Protea Cricketers. Former first-class cricketers were **Brad White and Dean Laing**.

Former Protea Veterans were **Lefty Ngece, Bruce Wilson, Warne Rippon, Neil Fusedale and Anwell Newman**.

The winning Team was Boland, who won by 1 Run over Border.



David James, Graeme Pollock, his son Andrew Pollock and Rupert 'Spook' Hanley.



Evergreen Broadacres welcomed the WP Veteran Cricket Team to the Village for Questions and Answers followed by refreshments.



Graeme Pollock, Louis Koen and Rupert 'Spook' Hanley.



Acacia's very own Graeme Pollock is doing what he does best.



OCTOBER EVENTS



Graham Langmead opened proceedings with an amusing overview of the history of Evergreen.

Hennie followed by taking us on a fascinating journey encompassing the past ten years. His pictorial presentation was filled with interesting snippets highlighting the significant milestones, from bare veld to moving rocks, excavating the ponds, buying and planting all the trees with money collected from residents, and much more.

His presentation has caused all to appreciate the vision of the residents of the time that went into making our gardens as beautiful as we see them now.

Garry addressed us and thanked Wilma for her dedication to Broadacres. EPI then presented a residency board to the village. After that, we enjoyed the fantastic spread prepared by *Chef Andrew* and his team. Residents bobbed away to the music of Dewald until late into the evening.



O C T O B E R

EVENTS

Village Walk

29 October



Organised by

Ernie & Heather Mutch

Photography Kiloran



OCTOBER

EVENTS

Village Walk



29 October



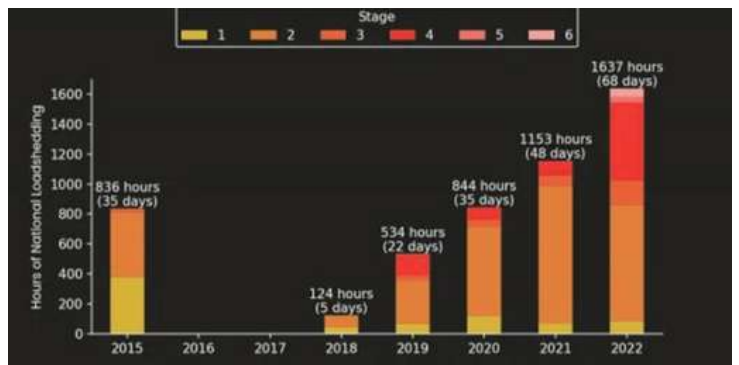
Helping hands

- Gloria & Sue on champagne duty
- Heather & Penny on ice cream
- Heather Morgan & Val on name stickers
- Taffy & Ivar braaiing
- Hennie on Pap and tomato and onion sauce



Norma Stewart (Acacia) celebrated a milestone (80) birthday in September.

Here she (on the left) is with Jenny & Glynnis at her birthday bash in the clubhouse



The graph above, published by EskomsePush, shows that as of September 2022, we had already experienced 1637 hours of load shedding. There has been an increasing trend of load shedding for the past four years. In 2021 load shedding totalled 1153 hours. An accelerating trend is projected to continue over the medium-term future, leading to load shedding double within the next five years.

Get the App



Renate Johnson - Unit 46



Penny French - B204
Bushwillow



Rosie Wright - B03
Bushwillow

Village Emergency Numbers

Reception Desk 087 209 3366
 Guardhouse 071 173 2406
 Care Centre (Health) 079 579 4297
 Sister Marius 082 218 4206
 Sister Kate Powel Ext 1222

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

- Eileen McLintock - Unit 76
- James Baird - Acacia A105



From the Library

A Good Read - by Libby



ALEXANDRA POTTER

One Good Thing

Do one good thing for yourself
Read This Book!

You may sympathise, or you will laugh out loud, but you will enjoy this story about people and how a large, hairy dog changes their lives

DANIEL SILVA

The New Girl

The activities of Israeli spymaster Gabriel Alon skate close to geopolitical realities in the rip-roaring read from Silva. These days Alon has little time to restore artworks as he is the top spook and heads up Israel's ruthless intelligence service. The story starts with the kidnapping of the only child of the future king of Saudi Arabia, known as KBM and is modelled on the real-life Mohammed bin Salman, the Saudi crown prince known as MBS. Both are spoilt and impetuous and proclaim a reformist agenda.

Both control vast wealth. Both were complicit in the murder of an outspoken critical journalist in a Saudi Arabian embassy. Alon agrees to help KBM Politically; he aims to make a friend out of a historical enemy. The story takes off fast and never slows down, crossing counties and continents, religions and languages, Middle-Eastern history and politics at a dizzying pace.

PHILOSOPHICAL RHYTHMS



“A wise man speaks because he has something to say; a fool because he has to say something.”

~ Plato

From the Library

A Hike through the Himalayan Mountains of Nepal to Base Camp Mt Everest

A talk by Steve Blake

by Libby



Once he had retired after many years as a mechanical engineer with de Beers, Steve Blake felt free to fulfil his passion for travel and photography. Luckily for us, he also enjoys talking about these adventures, and on this occasion, the subject was a hike through the mountain kingdom of Nepal to the base camp on Mouth Everest.



But, in Steve's words, this *"adventure is more than just a hike along a mountain track; it is a journey through a region...with incredible landscapes, beautiful scenery, small villages, harsh living conditions, varied animal life and different cultures."*



And so we listened as Steve took us along the 130km route he and his wife, Debbie, had walked in 15 days. Everything is 'walked' along these trails on the backs of porters or yaks; there are no roads, wheels, or trolleys.

A small plane flew them from Kathmandu to Lukla, where the hike started. Lukla has the ominous distinction of being considered the most dangerous airport in the world due to its short runway and high altitude - to Steve; this was the scariest part of the trip.



En route, they encountered many small villages where they were warmly welcomed. In one high and remote area, they even came across a German Bakery and Restaurant which served the most delicious apple strudel!



But there were many wondrous things to see, such as the delicate ice flowers, whose 'petals' were ice.

Another beautiful sight occurred during the evening meal when the setting sun turned the mountain tops gold.

A stone in the ground merely marked the Base Camp itself; the tents were all dismantled as winter approached.



What more can one wish for than a lovely morning, an exciting talk? Well, hopefully, to hear about more of Steve and Debbie's

NOVEMBER

LASERS IN DERMATOLOGY

Modern Technology can help

Dr David Presbury

Dermatologist



22 November @ 10 for 10:30

Clubhouse

Tea & Coffee

RSVP: Tswanelo ext 1200



- Hair Removal
- Minimising Red Veins
- Rejuvenating Skin
- Sun Spot Treatment
- Birthmark Treatment
- Scar Treatment
- and many more

Remembrances Day Lunch 13 November



REMEMBRANCE DAY
Let's We Forget

Nature & Birding Group



Bird walk 26 November

at **Random Harvest**

including breakfast @ R175

Interested?

Please contact Heater #1080 or 083 7897 311

Lisa #11020 or 071 0074 658

and

Nature and Birding meeting on 1 November @ 10:00 for 10:30

Tea & Coffee

Slide show of birds seen at Evergreen compiled
by Robin and Wally Davey.



Christmas Market

10 December 2022

in the Clubhouse & Common Area

For those who wish to participate, please book your space with Wilma and advise what it is you intend to sell.

This is to avoid duplication of products as outside vendors will also sell. Residents will not have to pay for their space and get preference regarding space allocation and product type.

Please feel free to refer any questions to Wilma.

Birthdays/Anniversaries November 2022

Keith Coombe	2nd
Ada Rebelo	4th
Neville Savage	4th
Fred Holtshausen	6th
Loraine Phillips	12th
Margaret Kruger	13th
Elaine Gladstone	14th
Basil Bold	14th
Deidre Tilden-Davis	15th
Taffy Davies	17th
Shirley Lombard	18th
Graham Hall	23rd
Adi Gough	29th



Cyril & Katherine van Gelderin	2nd
Anthony Pitman & Lorraine Lötter	4th
Laurance & Anna Squair	4th
Trevor & Heather Morgan	14th
James & Heather Allan	15th
Keith & Sue Coombe	28th

The Sun & Our Skin

A very brief overview



From
Dr David Presbury

They say that most people get 80% of their life's sun exposure before age 20. That means that all our generation born in South Africa are at risk for at least the exaggerated effects of ageing and skin cancer. We started to become aware of sunscreens and more general care in the 70s. This means that our grandchildren should have a completely different future with sunscreens, wearing hats and parents who have become diligent in sun avoidance. They have a massive chance of never having to suffer a significant sunburn. Those arriving here as adults from the Northern Hemisphere may have less damage but, having enjoyed the sun in SA, are certainly more in need of repair than if they had stayed in Europe.








Every time we go into the sun, the cells in the outer layer (epidermis) are damaged and must repair themselves. Over time that repair mechanism may fail to allow the cells to become abnormal. The common changes are persistent rough patches known as actinic or solar keratoses. About 1 in 10 may develop squamous cell carcinoma (SCE). The keratoses are usually frozen off with liquid nitrogen or treated with Efudix, Aldara or a process known as photodynamic therapy (PDT). SCEs must be removed, but those arising from actinic keratoses rarely metastasise. Arising de novo, basal cell carcinoma (BCC) is extremely common. These do not metastasise but progress slowly and relentlessly so that the earlier they are removed; the more minor the procedure is required to remove them.

The dangerous and separate problem is that of malignant melanoma (MM). Most of these arise as irregular, pigmented areas or small lumps in previously sun-exposed spots or old moles (naevi). They need to be checked, and if there is any doubt, they should be removed. Early removal leads to a positive prognosis. Since their incidence has rocketed in our lifetime, there is excellent awareness in the real world. Early recognition means fewer people who get an MM run into serious trouble. Most dermatologists have hand-held tools that emit polarised light and allow one to see into the skin. This is not infallible, but it helps to see which lesions show significant irregularity that warrants their removal. The mole-mapping machines use the same technology and allow suspicious lesions to be recorded, usually in people with many moles or a family history of MM. When followed up and repeated from time to time, this method will pick up a change of as little as 2 or 3%, thus ensuring early removal of a suspicious lesion.

Confusion often occurs with seborrheic warts. These are usually multiple, raised, well-circumscribed lesions which arise over time. They are incredibly common in fair skins as we get older and can be any colour between white, through brown, to jet black. They can be left alone or frozen off, but they need to be checked because there may be a different one amongst them that could be an MM. Every dermatologist has seen that happen and is happy to check.

Unfortunately, the sun also affects the dermis, the thick part of the skin. We lose our elasticity as we age, and sun damage exaggerates that process. Our skin becomes wrinkled and fragile with easy bruising, a problem which is found by most of us to be very unattractive. It is known as purpura simplex and is harmless. So, we need some sun exposure to ensure that our vitamin D levels are adequate, but evidence suggests that acute burns lead to skin cancer, and that is what we need to avoid.

November Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	2 10am Art Class 5:30pm Social Dinner 	3 9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm Movie Night	4 9am Beginners Line Dancing 9.30am Line Dancing Main Class 10.30pm Bible Study 12.30pm Fish & Chips 5pm Waterhole 	5	6
7 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	8 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm SCRABBLE 2.30pm Craft Classes 5-7pm Ladies Pool & Waterhole	9 10am Art Class 2.30pm Christian fellowship- #69 5:30pm Social Dinner	10 9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm Movie Night	11 Remembrance Day 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10am Visual Music – House 81 10.30pm Bible Study 12.30pm Fish & Chips 5pm Waterhole	12  Lest We Forget	13 12pm Remembrance Day Braai
14 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	15 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	16 10am Art Class 5:30pm Social Dinner 6pm 100 Club Draw 	17 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night	18 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish & Chips 2pm BINGO  10:30 pm Bible Study 5pm Waterhole	19	20
21 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	22 9am Therapeutic Exercise Classes 10am Dr Presbury dermatology talk  2pm Rummikub 2.30pm Craft Classes 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	23 10am Art Class 5:30pm Social Dinner	24 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night 	25 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish & Chips 10:30 pm Bible Study 5pm Waterhole	26	27
28 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	29 9am Therapeutic Exercise Classes 9am Sashni Audiology 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	30 10am Art Class 5:30pm Social Dinner 				

Social Dinner Menu November 2022

Day	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday, 02 Nov 2022	Cream of pumpkin soup with rye bread croutons	Steak n kidney pie, gravy, mash and fried cabbage & peas R80.00	Chicken schnitzel with three cheese sauce, sauté potatoes, broccoli & cauliflower R80.00	Ice cream with chocolate sauce and berry compote R40.00
Wednesday, 09 Nov 2022	Roast Mediterranean vegetable salad in balsamic & honey dressing with grissini sticks	Sweet n sour pork, fried rice and vegetable stir-fry R78.00	Mild chicken curry with apricots in coconut milk, basmati rice and sambals R78.00	Bread and butter pudding with dried fruits and nuts served with cinnamon custard R40.00
Wednesday, 16 Nov 2022	Cream of potato and leek soup with cheesy garlic croutons	Feta stuffed meatballs with tomato and basil coulis, penne pasta in rocket pesto and roasted vegetables R75.00	Chicken kebab on Spanish rice, served with cream peri-peri sauce and grilled baby marrows R75.00	White and dark layered chocolate mouse topped with citrus cream and fresh berries R45.00
Wednesday, 23 Nov 2022	Waldorf salad, apples, grapes and celery in cream mayonnaise dressing topped with roasted pecans	Slow braised beef short rib with mashed potatoes and roasted carrots R80.00	Chicken fricassee, in cream white wine sauce with mushrooms & peas, served with savoury rice & seasonal vegetables R78.00	Summer fruit salad in orange & ginger syrup with vanilla ice cream & berry coulis R40.00
Wednesday, 30 Nov 2022	Chilled Gazpacho topped with crème fraiche & herb crostini	Roast pork neck with BBQ glaze, potato wedges, cauliflower & broccoli in a cheese sauce - R78.00	Hunters chicken in red wine, bacon & mushroom sauce, brown, nutty almond rice, cauliflower & broccoli in a cheese sauce - R80.00	Sticky toffee pudding with custard R40.00

Remembrance Day Sunday Braai – 13 November

The graphic features a central menu for a Remembrance Day Sunday Braai on 13 November 2022. The menu is set against a background of stylized red poppies and a silhouette of a person in profile, holding a rifle. The text is centered and includes sections for Soup, Main Course, and Dessert, with prices listed at the bottom.

**Remembrance Day Sunday
Braai Menu
13 November 2022**

Soup
Cream of potato and leek soup
served with garlic bread

Main Course
Off the braai on the deck
Chicken sosaties with peri-peri sauce
BBQ pork chop and apple sauce
Boerewors
Pap tert with bacon and cheese
Tomato smoor
Vegetable lasagna
Sauté potatoes with onions
Buttered sweet corn
Salads: Garden salad, Beetroot salad, Coleslaw

Dessert
Trifle
Mini milk tarts
Seasonal fruit salad
in orange cinnamon syrup
Ice cream,
choc and wild berry sauce

Residents – **R165.00pp**,
Visitors – **R185.00pp**,
Children under 12 yrs – **R135.00**

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**