



From
the Village Manager

Wilma Swart

December is here, and Christmas is around the corner! It is a distant memory when we celebrated Christmas with masks and social distancing last year.

We begin with our Friday Christmas Market on the 2 December when outside traders and residents will sell a variety of arts, crafts, food and refreshments. The market is on Friday this year, and it is anticipated that this will

increase the participation of residents and family compared to last year when it was held on the Saturday. This allows residents to browse the market and then enjoy the Friday fish and chips at the Bistro.

Our annual residents' Christmas social function on the 7 December is always well attended. It is such a pleasant get together where residents enjoy a good meal and entertainment. You are reminded to bring a gift for an underprivileged child, which should be marked with boy/girl and their age.

Many residents head off on holiday to spend time with family and friends at this time. We wish them safe travels on their journeys.

Chef Andrew and his team have created a delicious lunch to be enjoyed by everyone in the village on Christmas day.

New Year's Eve will be great. Dewalt will be on music, and Chef Andrew will provide the dinner. Residents are sure to party into the wee hours if last year's party is anything to go by.

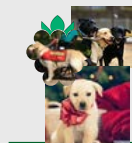


All that is left is to wish everyone a blessed festive season and to look forward to a beautiful 2023.

What's happening in December



Christmas Market
2 December 2022
10:00 to 15:00



**Book Morning
SA Guide Dogs**
6 December 2022
@ 10 am for 10:30 am



Christmas Social Dinner
7 December 2022
@ 17:30 for 18:00



Christmas Day Lunch
25 December 2022 @ 12 pm



New Years Eve
31 December 2022
@ 8pm



Movie Nights
Titles to be
announced
by Chris Edwards

1, 8, 15
& 22



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and much more in between

Village Rainfall

by Cecil



The long-awaited rainfall in November has arrived!

A glance at the table below reveals that the monthly tally exceeded the average for the preceding ten years.

Dam levels across the country have improved overall since last year, at 95% vs 77%. However, the current situation varies widely, from 105% for the Free State to 66% for the Western Cape. This data is as of 22nd November 2022.

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

<https://sawx.co.za/state-of-dams>, or dws.gov.za

The Summer Solstice occurs on **21st December, the longest day at 13h 47m.**

On this day, the sun is directly over the **Tropic of Capricorn.**

Rainfall by month for the past year	
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
Sep '22	0,0
Oct '22	16,2
Nov '22	202,4
Total	892,6

November Rainfall over the years	
2012	110,1
2013	132,9
2014	75,7
2015	77,0
2016	130,3
2017	55,5
2018	29,6
2019	153,7
2020	211,9
2021	72,5
2022	202,4
Average	113,8

December 2022 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	5:07	18:46	
2	5:07	18:47	
3	5:07	18:48	
4	5:07	18:48	
5	5:07	18:49	
6	5:07	18:50	
7	5:07	18:50	
8	5:07	18:51	Full
9	5:08	18:52	
10	5:08	18:52	
11	5:08	18:53	
12	5:08	18:54	
13	5:09	18:54	
14	5:09	18:55	
15	5:09	18:56	
16	5:10	18:56	Third
17	5:10	18:57	
18	5:10	18:57	
19	5:11	18:58	
20	5:11	18:58	
21	5:12	18:59	
22	5:12	18:59	
23	5:13	19:00	New
24	5:13	19:00	
25	5:14	19:01	
26	5:14	19:01	
27	5:15	19:02	
28	5:16	19:02	
29	5:16	19:02	
30	5:17	19:03	First
31	5:17	19:03	



Summer Solstice

Should I Buy an Inverter or not?



by Andy Johnston

Quite a topical question in Evergreen Broadacres at the moment with the unrelenting Eskom load shedding.



There is, however, no straightforward answer to this. Every case is different, and residents must consider what they need and can afford. Many accept the situation, read a book with a battery lamp, have hot water for a cup of tea from a Thermos flask, and go to bed early. Others get frustrated by it all and look for a solution.

So if one decides that an inverter is necessary, work out what equipment needs to be powered and for how long. Have a few scenarios: a basic TV, decoder, modem and a few lamps etc., up to the whole house where everything works. One also needs to consider the battery recharge time as the battery often does not get sufficient time for recharging in frequent load shedding.

Another consideration is whether a portable unit on wheels is preferred and whether one wants an automatic or manual switch.

Once that has been decided, the next step is to get a reputable supplier for quotations. Beware of fly-by-night companies, and remember that you will probably require long-term support. This is where reality hits in on the price. If all of the selected load is in one area, then it should be possible to have a unit using only the plug sockets, which would mean that no Variation Request Form (VRF) is required. If, however, the system requires modification to the electrical wiring system, then a Variation Request Form is required and eventually a Certificate of Compliance that the wiring is in line with the regulations and safety.

Batteries also need to be considered. The most frequent and cheapest battery is the lead acid battery, as used in motor cars, although they are a slightly different design. It has a recycling rate of about 300. This is the number of times it can be charged and recharged. The better and more expensive type is Lithium, with a recycling rate of about 3000. The latest Lithium for this application is Lithium Ferrous Phosphate (LiFePO4). Supposedly the best. To reduce energy demand, use only light-emitting diode (LED) lamps.

For more info - see site below

<https://mybroadband.co.za/news/energy/468353--big-mistake-to-avoid-when-buying-a-power-trolley-for-load-shedding.html>



According to the **Daily Maverick of 16 November 2022**, South Africans are in for a dim festive season. Eskom has announced that '**protracted load shedding**' will continue for 6 to 12 months, as major repairs and capital investment projects are set to reduce already constrained generation capacity.

www.dailymaverick.co.za

South Africans are currently experiencing the worst year of load-shedding recorded, and the rotational power cuts can profoundly affect electrical devices and appliances.

Head of **Dialdirect Insurance**, **Anneli Retief**, told **MyBroadband** that the claims relating to power surges have doubled since 2018, while claims for burglaries and vehicle accidents have also increased.

While load-shedding itself can cause damage to electrical equipment, the surges that can occur when power returns after rotational power cuts often pose a greater risk.

As the name suggests, a power surge is a rush of electricity exceeding the typical voltage supplied to households.

Any device connected to mains power when a surge occurs is at risk of being irreversibly damaged.

Different types of electrical devices suffer other effects and carry varying levels of risk when it comes to damage caused by load-shedding and related power surges.

Pure resistance devices such as **stoves, kettles, geysers, and heaters** are generally unaffected when the power is switched on and off.

Cooling devices such as **fridges, freezers, and air conditioners have gas compressors** that could provide resistance and cause damage to the appliance's motor when power returns.

Similarly, three-phase power systems are vulnerable as one or more phases could be lost when power is returned.

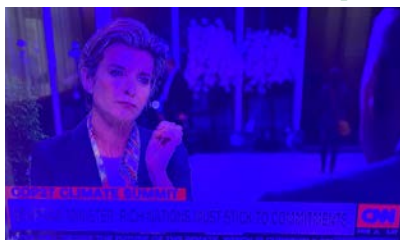
This can cause devices that use three-phase power systems, such as large air conditioners and induction motors, to run irregularly and burn out.

Imbalances within a three-phase system can also cause damage to single-phase devices.

Battery-powered devices like cell phones, alarms, and backup systems are indirectly affected by load-shedding if the batteries run down entirely.

Depleting a battery ultimately reduces its lifespan, with manufacturers only guaranteeing a certain amount of charge cycles.

Remember to turn your appliances off.



This is an example of a television turning a shade of blue due to the panel damage caused by a power surge during load shedding.



<https://mybroadband.co.za/news/gadgets/465571-what-load-shedding-does-to-your-home-appliances-and-mobile-devices.html>



What is Phishing?

Phishing is a cyber attack to steal information such as passwords, bank details and personal information. The attackers lure their targets by masking their identities.

Types of phishing:

- **Spear Phishing:** The attacker gathers information through social media and sends personalised emails that include the target's full name, job description and more.
- **Whaling:** Refers to targeting senior executives of a company so that the content will be made to look like it's from the government, courts or customers.
- **Smishing & Vishing:** For smishing, the attacker uses text messages, whereas vishing uses a voice call as a tool for deception.
- **Clone Phishing:** The attack has two levels. The first step is to hack either the sender's or receiver's emails. In the second step, the attacker replaces the files in the legitimate email with malware and imitates the sender's identity.
- **Angler Phishing:** Social media has become famous for interacting with companies and financial or government institutions. Phishing attacks on social media can be highly targeted as information about user interests is freely available. The attackers share fake tweets, posts, or malicious URLs with their targets on social media, masquerading their true identity. This is called angler phishing.

Here are some tips

1. **Too Good To Be True** – Lucrative offers and eye-catching, attention-grabbing statements are designed to attract people's attention immediately. e.g. many claim that you have won an iPhone, a lottery, or some other lavish prize. One of the latest scams on FB has been a post from Emirates asking you to post to 10 friends, and in return, you will win two flights. Don't click or respond to any suspicious emails or posts. FB is primarily being targeted. Remember that if it seems too good to be true, it usually is!
2. **Sense of Urgency** – Cybercriminals' favourite tactic is asking you to act fast as a super deal is only for a limited time. Some will even tell you you have only a few minutes to respond. When you come across these emails, ignore them. You will be told your account is suspended unless you update your details immediately. Reliable and reputable organisations will give ample time to update information online. When in doubt, always visit the source directly
3. **Hyperlinks** – A link may not be all it appears to be. Hovering over a link shows the URL you will be directed to upon clicking. It could be completely different, or a popular website with a misspelling, for instance, www.bankofagric.com – the **'g' is actually an 'f'**, so look carefully.
4. **Attachments** – If you see an attachment in an email you were not expecting or that does not make sense, do not open it! They often contain ransomware or viruses. The only file type that is safe to click on is a.txt file.
5. **Unusual Sender** – Whether it looks like it's from someone you know or don't know if anything is out of the ordinary or suspicious, do not click on it!



Watch this space
for more info

for this and much more – visit www.phishing.org



Bees 'A precious part of
our Ecosystem'

Have you missed the familiar
buzzing in your garden?

There has been some concern about the well-being of our bees over the last few years. Certain pesticides and mass monoculture farming are thought to be pivotal in weakening their immune system, causing colony collapse and declining numbers. Loss of habitat and urbanisation are also taking their toll. By making your garden a biodiverse haven, you can play your part in keeping the bees thriving as an indispensable part of our ecosystem.

It is essential to ensure you are not using nasty pesticides in your garden, such as neonicotinoids. Please read the label. They usually contain acetamiprid, clothianidin, imidacloprid, and thiamethoxam. Explore greener, healthier pest control options.

Plant a pollinator-friendly garden. Choose nectar - and pollen-rich plants such as vygies, rosemary, sunflowers, thyme, lavender, and agapanthus.

Some bee tips

- Bees are attracted to purple, violet, blue, blue-green, yellow, ultraviolet, and white flowers. They prefer scented flowers.
- Plant flowers that bloom at different times of the year to keep bees well-fed year-round.
- A bee bath needs to be shallower than a bird bath - a shallow tray with water is ideal. You can also put some marbles in a shallow pan and fill it with water - that way, the bees will have somewhere to land and drink.



for this and more visit : www.tanyavisser.com



Pets Corner

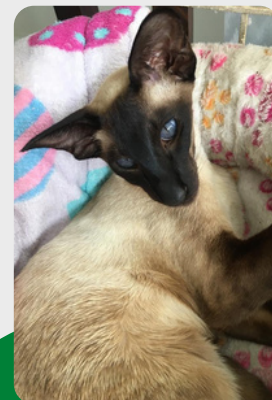
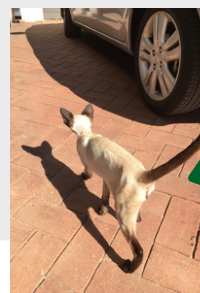
Featuring Residents & their furry friends

Igor likes his morning walk but is not too keen on going uphill.

The love of his life is Mouli, unit 27, but she does not want to know this teenager's troubles. So it is romance at a distance.



A romantic tune might help We think Igor needs to do some extra purring.



Jac & Rosalin Messerschmidt are the proud parents of Prince Igor from the House of Naledi A Siamese Seal Point

This is a familiar sight around the village

Speed limit in the Village

Remember to keep to the speed limit of 20 km while driving in the village.

Do not cut corners, and ensure you come to a complete stop at the stop sign. The T-junction at Heron and Loerie Lane is particularly susceptible to residents not stopping.

Slow down or stop when approaching the zebra crossings at Acacia and Bushwillow. We have had a few near-miss situations recently.



CALCULATING BODY MASS INDEX (BMI)



Dr David Presbury



Many of you would have read Evergreen Health (Healthy Heart) on your health and heart. There is a section on how to measure BMI. BMI is an easy method of gauging whether you are overweight or not. The calculation process seemed unclear in the article, although I am sure you tried it.

It would be best if you worked out your height in metres and weight in kilograms. The calculation is your weight in kilograms divided by your height in metres squared, so if you are 1.8 metres tall and weigh 80 kilograms, the analysis is 80 divided by 3.24 (1.8 x 1.8)

= 24.6, which is a healthy BMI.

The Levels are as below:-

- Less than 18.5 = underweight
- 18.5 - 25 = healthy
- 25 - 30 = overweight
- >30 = obese

For those born in the UK, where height is in feet and inches, there is 2.54m to the inch. **See the link below for more info and how to calculate your BMI online.**

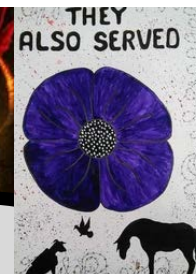
<https://www.truthaboutweight.global>

NOVEMBER

EVENTS



Remembrance Day



Before you pin your poppy onto your lapel this year, take a moment to remember this.....

At 11.00 on the 11th day of the 11th month of 1918, the guns on the Western Front fell silent. The carnage of the war to end all wars came to a close, leaving millions dead and even more suffering the after-effects.

In the barren wastes of the battlefields grew the poppy carpeting the graves of the fallen. It was **Lord Macaulay** who first drew attention to this strange symbolism. He first suggested that the poppy should be known as the flower of sacrifice and remembrance. What is more natural than it being chosen to remember all those who died in that war?

Colonel **John McCrae**, a medical officer who witnessed the slaughter of thousands of men in the battles of that war, first wrote of it:

*In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*



*We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you, from failing hands, we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*



Lieutenant-Colonel John McCrae (November 30, 1872 – January 28, 1918) was a Canadian poet, physician, author, artist and soldier during World War I and a surgeon during the Second Battle of Ypres in Belgium. He is best known for writing the famous war memorial poem "In Flanders Fields."

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



Over the years, many South Africans have lost sight of the significance of the term '**remembrance**' in the military sense.

The '*war to end all wars*' cost the lives of a total of 8 634 300 soldiers. Twenty years later, the Second World War (1939-1945) saw the loss of 24 517 000 combatants' lives. In addition to these statistics, millions of civilians died during both conflicts.

As a comparatively young country which permitted only a small segment of its population to bear arms, South Africa nevertheless made significant contributions to the Allied causes in both world wars and the Korean War (1950-3). In the First World War, 245 419 South Africans of all races volunteered for military service; during the Second World War, 342 692 South African men and women of every race came forward; and in the Korean War, 826 men saw service with No 2 Squadron, South African Air Force while ten officers of the South African Armoured Corps served with the British Army. Will we remember them?

The 'Two Minute Silence' implementation, traditionally held throughout the British Empire (now the Commonwealth of Nations), **has its roots in South Africa**. People worldwide felt that an official period of silent remembrance would be appropriate. In Melbourne, Australia, a plaque commemorates Edward George Honey, who, it is believed, first promoted the idea. In a letter published in the London Evening News on 8 May 1919, Honey called for a five-minute silence to mark the first anniversary of the armistice. Still, no evidence suggests that any official action was taken in this regard.

It was the proposal by **Sir Percy Fitzpatrick, a well-known South African philanthropist, author and politician**, which was acted upon. Fitzpatrick had been deeply affected by the loss of his son, Major Percy Nugent George Fitzpatrick, having been killed in action in France in December 1917. In commemoration of the Armistice, he appealed to King George V for **a two-minute pause to be observed annually throughout the Empire at the eleventh hour of the eleventh day of the eleventh month: one minute in remembrance of the fallen in war; and one minute in gratitude for those who survived**. Fitzpatrick had access to the King, who was moved by the idea. The official call of the King was published in the **Sunday Times on 7 November 1919**.

Two months later, Fitzpatrick received the following letter from **Lord Stamfordham**, private secretary to the King:

Dear Sir Percy Fitzpatrick

'The King, who learns that you are shortly to leave for South Africa, desires me to assure you that he ever gratefully remembers that the idea of the two-minute pause on Armistice Day was due to your initiation, a suggestion which was readily adopted and carried out with heartfelt sympathy throughout the Empire.'

**Yours truly
Stamfordham**



Sir Percy Fitzpatrick

As South Africans unite as one nation, we should use **11 November** to remember the 12 452 South African casualties suffered in the First World War, the 38 208 casualties in the Second World War, and the 34 pilots killed in the Korean War. Many war graves of South Africans lie far from home, in Namibia, France and Belgium, Tanzania, Ethiopia, the Middle East, Italy, Korea and elsewhere. Closer to home, we should remember the many South Africans who died in the conflicts on our borders and in the Liberation Struggle of the 1960s, 1970s and 1980s. As yet, there are no reliable figures for these casualties, but what is essential is that they all contributed to building our country as we know it today.

<https://www.theheritageportal.co.za/article/why-we-should-observe-remembrance-day-south-africa>

Remembrance Day Lunch

13 November

As ever, delicious lunch provided by Chef Andrew and his team

Continue

and organised by Brenda

Thank you All!

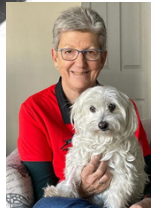


Photo by Jenny

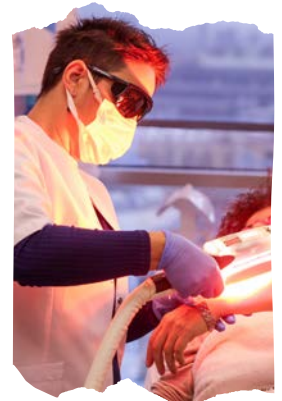
The Jägermeister King

A few weeks ago





Dr David Presbury



Lasers in Dermatology – Modern Technology can help

22 November

During our lifetime, it has become clear that medicine, meaning its treatments and investigations, has advanced and improved to levels our parents could not have imagined. Surprisingly, dermatology has also moved forward, examples being effective treatments for acne, new biologics for the management of actual severe conditions, mole mapping for investigating potential or suspected malignant melanoma, and many others. Amongst these has been the development of laser treatments which are used in a much more widespread way in North America and Europe than in South Africa. However, they are available here, and people, especially doctors, are becoming more aware of their potential.

Most developments have occurred in the last 25 years and have been as rapid and spectacular as those in IT and engineering. The original machines aimed to improve port wine stains, the conspicuous red birthmarks present at birth, which become darker and thicker over time. The recent talk was intended to show what can now be attempted without being too technical. Lasers emit concentrated light beams of a specific, chosen wavelength which react with target tissue where an energy exchange from light to controlled heat occurs.

Starting from port wine stains, many other red lesions can be treated. These include unwanted, conspicuous veins, angiomas and venous lakes. Hair removal, which regrettably only works for dark hair, is a massive industry and has become far and away the most common cosmetic intervention. It has been shown that 70% of people with tattoos want them removed within ten years. Thus, another industry is being created. Newer machines can stimulate collagen production. This tightens skin earlier than the need for a facelift or for those who don't "actually fancy" surgery. It is also incredibly effective in managing acne scarring as the young respond particularly well. About 12 years ago, it was discovered that the abnormal collagen in complex surgical and burn scars could slowly be corrected to normal collagen with laser treatment. This was a significant breakthrough. Another complaint is unwanted pigmentation, whether the brown marks occur with age or more widespread conditions. These, too, can usually be helped.

Accurate lasers are expensive machines which explains why they are primarily found in specialist units. In the beauty setups, there are also many broadband and IPL machines. These emit filtered light that is not as strong and specific as laser light. However, they can still be very effective for removing superficial veins, pigmentation, and minor rejuvenation. However, they are just not as powerful and specific. Watch this space! This area is moving very quickly, and while our age group may be past the need, there may be much for our children, grandchildren and great-grandchildren in the future.



From the Library

A Good Read - by Libby



Do you enjoy a good
spy thriller?
if so, this one's for you



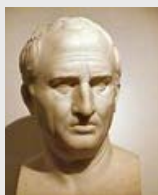
The Late Train to Gipsy Hill - Alan Johnson

The Russians in London are either criminals or ex-KGB, both are ruthless and terrifying.

Mix that with a bit of polonium poisoning, add a naïve young man and a beautiful Ukrainian woman and what you get is an ingenious, fascinating and gripping read.

**"A room without books is
like a body without a
soul."**

Marcus Tullius Cicero



DECEMBER

BOOK MORNING

TUESDAY, 6 DECEMBER @ 10AM FOR 10:30AM

Come and have a fun morning with the

SA GUIDE DOGS

Pieter van Niekerk (PRO for SA Guide Dogs)

will be visiting us with his guide dogs and bringing along some puppy-walkers too.

Tea and coffee bar open at 10 am

No booking and entrance fees are required. but donations to the SA Guide Dogs would be welcomed.



**December
1, 8, 15 & 22**



Movie nights

Titles to be announced by Chris Edwards



Christmas Market

02 December 2022

10:00 to 15:00

Book for Fish & Chips



Christmas Day Lunch

25 December @ 12pm

Book with Tshwanelo

on ext 1200 by 19 December



New Years Eve

31 December 2022

Book with Tshwanelo on ext 1200

by 22 December

DECEMBER



Christmas Social Dinner
7 December 2022
17:30 for 18:00
Book with Tshwanelo on ext 1200
by 1 December
Seating: Round tables of 10 only, so,
please plan and book your seats
Music by
One Man, One Voice, One Piano.

Max Maximilian is an Israeli-born performer to Russian parents. It is no surprise that Max has lived a life filled with music as his maternal grandmother raised him, a music lover herself, and a music teacher. Max learnt to play the guitar, piano, trumpet, accordion, and harmonica from a young age, but his true passion is the piano. In his late teens and early twenties, Max lead a 13-piece soul band performing at weddings, birthdays, and many of Joburg's nightclubs. During this time, he met his wife, Liza K, a singer in his band and now has a prolific career as a T.V. producer.

The couple lives with their two children in the leafy suburbs of Johannesburg.

Max is happiest when sitting behind a piano performing for crowds and believes his soul mission is to spread the joy of music to as many people as possible. To this end, he often performs concerts free of charge to the elderly community.

Max's repertoire includes the hits of Frank Sinatra, Elton John and Elvis Presley.

In Max's household, Christmas is a big deal and what better way to end any year than with the glorious music of the season? Max loves the deeper meaning of the traditional carols and rates these songs as some of the best-written music of all time and amongst his favourites on his Christmas setlist.

One Man, One Voice, One Piano.



DECEMBER

Bridge: Mondays @ 1 pm
Thursdays & 2 pm

Something for our
Bridge players
from Dennis Allen

Our marriage is like this deck of cards. All we needed were two hearts and a diamond.

That was then sweetie. Now I wish I had a club and a spade.



Christian Fellowship. 14 December
Unit 69 @ 2:30m
Heather Morgan



Bingo. 9 December
Clubhouse @ 2:30m
Heather Morgan

Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	Ext 1222

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



Petanque

Enjoyed every Thursday @ 3 pm



Birthdays/Anniversaries December 2022

Birthdays

Penelope Tsandelis	1st
Judy McLaren	2nd
Elske Fann	4th
Carole Saayman	5th
Rose-Marie Bryson	8th
Joe Rebelo	10th
Gloria Boswell	14th
Penny French	17th
Marion Presbury	20th
Elizabeth Davies	25th
Felicity Morgan	26th
Graham Brickett	29th
James Green	29th

Anniversaries



Alain & Gillian Croisier	2nd
Thomas & Coila Kneen	3rd
Derek & Grace Schuurman	5th
Cecil & Elske Fann	28th
Andrew & Norma Johnston	29th

December Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm Movie Night	2 10.30pm Bible Study 12.30pm Fish & Chips 5pm Waterhole 10-15:00 	3	4
5 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 10am Howard Clothing Sale 1pm Bridge 5pm-7pm Pool & Waterhole 	6 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm SCRABBLE 5-7pm Ladies Pool & Waterhole	7 10am Art Class 2.30pm Christian fellowship- #69 5:30pm Christmas Dinner 	8 9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm Movie Night	9 10am Visual Music – House 81 10.30pm Bible Study 12.30pm Fish & Chips 2.30 pm Bingo 5pm Waterhole 	10	11
12 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	13 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	14 10am Art Class 2.30pm Christian fellowship- #69 5:30pm Social Dinner	15 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night 	16 Day of Reconciliation 12.30pm Fish & Chips 10:30 pm Bible Study 5pm Waterhole	17	18
19 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	20 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	21 10am Art Class  5:30pm Social Dinner	22 9am-10am Yo contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night 	23 12.30pm Fish & Chips 10:30 pm Bible Study 5pm Waterhole	24 	25 Christmas Day
26 Boxing Day 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	27 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole 	28 10am Art Class	29	30	31 New Year's Eve 	



DECEMBER 2022 SOCIAL DINNER MENU

Wednesday	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
07 Dec 2022	Christmas Social Dinner	Christmas Social Dinner	Christmas Social Dinner	Christmas Social Dinner
14 Dec 2022	Chicken liver pate with crostini and side salad	Pork schnitzel with mushroom sauce, sauté potatoes, mint peas and cauliflower stir-fry – R78	Chicken and mushroom pie, mash and gravy, served with green beans with toasted almonds – R78	Apple crumble with vanilla ice cream and berry compote – R45
21 Dec 2022	Cream of tomato soup with pest cream and Parmesan & herb croutons	Slow braised short rib of beef served with mashed potato, roast pumpkin and cream spinach – 80	Chicken schnitzel with cheese sauce, mash potatoes, roast pumpkin and cream spinach	Eaton mess, meringues with seasonal berries and cream, served with strawberry ice cream – R45
25 Dec 2022	Christmas Day Lunch	Christmas Day Lunch	Christmas Day Lunch	Christmas Day Lunch
28 Dec 2022	No Social Evening	No Social Evening	No Social Evening	No Social Evening
31 Dec 2022	New Year's Eve Dinner	New Year's Eve Dinner	New Year's Eve Dinner	New Year's Eve Dinner

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

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

Please book by 17:00 on Monday.

Village Christmas Social Dinner - 7 December 2022

Village Annual Christmas social dinner

You are invited to join us for the Christmas Social Dinner as annually celebrated by the Village.

When: 7 December 2022
Time: 17:30pm for 18:00
Cost: R230.00 per person
(no outside guests)

Please book with Tshwanelo on Ext 1200 by thursday 1 December 2022.

Seating: Round tables of 10 only so please plan and book your seats.

We are collecting toys for underprivileged children again this year and ask that you please bring a wrapped toy and indicate on the label whether it is for a boy or a girl and the estimated age group



Christmas social dinner

7 DECEMBER 2022

Plated Starter

Smoked salmon pate crostini with Danish herring, apple, dill and cucumber salad with sour cream dressing

Bread rolls

Main Course Buffet

Sugar baked gammon with apple sauce
Turkey & chicken macerated fruit and roast nut roulade with wild mushroom and whisky sauce
Vegetable lasagne
Roast butternut with orange, ginger, cinnamon and Maple syrup
Savoury rice with lentils
Roast potatoes

Dessert platter per table

Variety of sweets and tarts including
Mini chocolate brownie with berry cream, mini lemon meringues, mini milk tarts, Mini chocolate mousse with seasonal berries
Fruit kebabs and sliced seasonal fruits with wild berry compote
Mini fruit mince pies with cheddar cheese, and cheese straws

Vegetarian Option Main Course

Chickpea and quinoa risotto with avocado pear and parmesan cheese
Lentil curry with deep-fried halloumi

Christmas Day Lunch - 25 December 2022



25 December 2022 @ 12pm

Christmas day Lunch Menu

DECORATE YOUR OWN TABLE

PLATED STARTER

Smoked chicken & nectarine salad with feta & mint honey & balsamic dressing and rye bread croutons

MAIN COURSE BUFFET

Sugar-baked gammon with apple and cranberry sauce
Roast leg of lamb with mint sauce, & mushroom whisky sauce
Durban chicken curry with sambals and roti
Penne pasta with rocket pesto, grilled baby marrow
Roast cocktail tomatoes and toasted almonds
Cauliflower and broccoli in cheese sauce
Roast butternut and sweet potato in cinnamon & maple syrup
Basmati rice
Roast rosemary potatoes

DESSERT BUFFET

Sherry trifle, wild berry cheesecake
Brandy plum puddings with cinnamon crème Anglaise fruit mince pies
Vanilla ice cream with chocolate and wild berry sauce
Fruit kebabs & seasonal sliced fruits with fruit coulis
Cheese board with local cheeses, red onion marmalade
savoury crackers and cheese straws

R235.00	Per Resident
R260.00	Per Guest
R160.00	Children under 12

Book with Tshwanelo on EXT 1200 by 19 December 2022



New Year's Eve - 31 December 2022



NEW YEAR'S EVE MENU

Starter



Salad platter per table (8 pm-8.30 pm)

- Grilled vegetables in balsamic dressing
- Marinated feta and olives
- Parmesan Bruschetta
- Chicken liver and mushroom pate

Main Course Buffet (9 pm)

- Roast beef fillet with roast pearl onions
- Caramelised garlic and red wine jus
- Crisp battered kingklip with tartar sauce
- Cream and lemon caper sauce
- Pasta bake with mushroom sauce and grilled baby marrow
- Baby potatoes in parsley butter
- Seasonal vegetables in herb butter
- Fried Spanish rice

Dessert Platter per table (10 pm)

- Mini milk tarts with candied orange cream
- Chocolate brownies with white chocolate
- Crème fraiche and seasonal berries
- Mini apple crumble with cinnamon cream
- Fruit kebabs with a selection of cheeses,
- Red onion marmalade,
- Cheese straws and grissini sticks



Champagne on ice for midnight



R230.00 PER RESIDENT
R260.00 PER GUEST

BOOK WITH TSHWANELO ON
EXT 1200 BY 19 DECEMBER 2022