



From
the Village Manager

Wilma Swart



And just like that, April fool's day is on our doorstep, followed by Easter, a time of selflessness, giving and gratitude for blessings.

We look forward to another great Easter Sunday Lunch with family and loved one's.

The mornings are getting cooler, and the sun rises later. We see the change of season creeping closer.

We welcome two new staff members to our village, Gregory Armstrong as Duty Manager, who hit the ground running and Emmanuelle to the Utility team, who has received positive feedback from residents some of whom booked him to work in their gardens.

An exciting event to remember is Kim, expecting her new bundle of joy towards the end of June. We are being kept in suspense because she is not telling us whether it will be a boy or a girl.

We are all betting on the gender of the baby and, as a result buying neutral-coloured baby clothing.

Enjoy your Easter, and get ready for autumn.

Till next month

IMPORTANT NOTICE

**Dr Vicky Schutte is having
Telkom issues with her
rooms phone**

Please use the following contact no:

073 729 0959

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and much more in between

Village Rainfall

by Cecil



Rainfall in March repeats the erratic pattern of the past ten years, and our history suggests something similar in April.

Dam levels nationwide are marginally less than last year at 93% against 94%. However, the current situation, unsurprisingly, varies widely from 100% for Gauteng and Mpumalanga to 49% for the Western Cape.

Our own Vaal dam stands at 102.5% full, which is encouraging.

This data is at 22nd March 2023.

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

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

The gradual decrease in daylight continues with the day length on 1st April of 11 hours 49 minutes reducing to 11 hours 08 minutes on the 30th.

Rainfall by month for the past year	
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
Dec '22	112.8
Jan '23	62.7
Feb '23	200.0
Mar '23	38.6
Total	805.1

March Rainfall over the years	
2013	28.0
2014	210.3
2015	83.1
2016	251.4
2017	16.8
2018	184.0
2019	14.8
2020	81.1
2021	64.9
2022	54.0
2023	38.6
Average	93.4

April 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	06:16	18:06	
2	06:17	18:05	
3	06:17	18:04	
4	06:18	18:03	
5	06:18	18:02	
6	06:19	18:01	Full
7	06:19	18:00	
8	06:20	17:59	
9	06:20	17:57	
10	06:21	17:56	
11	06:21	17:55	
12	06:21	17:54	
13	06:22	17:53	Last Qtr.
14	06:22	17:53	
15	06:23	17:52	
16	06:23	17:51	
17	06:24	17:50	
18	06:24	17:49	
19	06:25	17:48	
20	06:25	17:47	New
21	06:26	17:46	
22	06:26	17:45	
23	06:27	17:44	
24	06:27	17:43	
25	06:28	17:42	
26	06:28	17:42	
27	06:29	17:41	First Qtr.
28	06:29	17:40	
29	06:30	17:39	
30	06:30	17:38	





ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



It is a pleasure to advise the 39th 100 Club draw on 15 February 2023 collected R12 500, of which R6 300 was paid out to the lucky winners, and R6 200 was added to ResCom funds.

Surplus cash on hand will be deposited to the bank account in March.

As is always the case, the transactions in the fund will be willing to talk about if needed.

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
Cash on hand at 31/01/2023			21 524.90
100+ Club Contributions (39 th Draw)	7 950.00		
100+ Club Prizes (39 th Draw)		6 300.00	
Waterhole Cash held for Future Purchases	4 800.00		
Villiersdorp Kelder o.b.o. Waterhole		4 800.00	
2 x Rummikub Sets		656.00	
Valentines Dinner Function		819.76	
Catering Service Fee		65.00	
Print Cartridge (Hospitality)		304.99	
Net Bus Recovery & Subsidy	390.00	1 990.00	
Bank Charges		128.00	
Interest Received	5.36		
Cash on hand at 28/02/2023	13 145.36	15 063.75	19 606.51
Reserved Funds			
Lyn Huddy Memorial Fund Balance			(1 114.90)
Hospitality Portfolio Budget			(2 000.00)
Library Functions Budget			(500.00)
Bus fare subsidy for outing			(1 500.00)
New Residents Welcome (Estimate)			(550.00)
Bistro Service Fees (to be ascertained)			-
TOTAL RESERVED			(5 664.90)
Cash available after reserves			13 941.61
Memo - Cash on hand made up as:			
Bank accounts:	Business	8 880.89	
	Savings	1 163.92	10 044.81
Cash			9 561.70
			19 606.51

Load shedding is essential to prevent a complete breakdown of South Africa's electricity grid. Understanding the load-shedding stages and their implications can help individuals and businesses prepare for and cope with the disruptions it causes. By conserving electricity and investing in alternative energy sources, South Africans can mitigate the impact of load shedding on their daily lives.

Dick Townsend submitted the schedule below for all to understand the breakdown of the load-shedding stages.

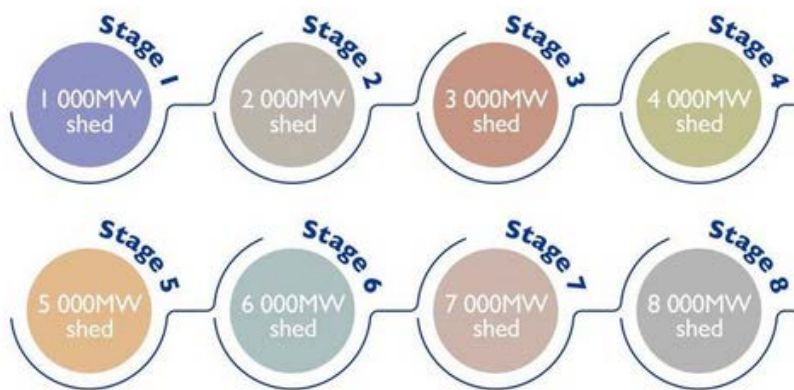
Thank you, Dick!



Dick Townsend

Do you understand Loadshedding Stages?

Loadshedding keeps the national power grid stable – to avoid a countrywide blackout. The higher the stage, the more power needs to be reduced across the country.



Principles of the stages:

- **The higher the loadshedding stages, the more frequently** you will experience loadshedding.
- **The higher the stage, the greater the number of customers** who will be affected.
- Generally, **loadshedding in Stage 4 will result in customers not having electricity for 6 hours a day.**

How does it work?



The System Operator decides on the loadshedding stage **depending on the amount of power needed to balance the grid.**



Eskom and the municipalities then **implement loadshedding on a rotational basis.**



Loadshedding is done in blocks of 2 to 4 hours at a time, depending on the schedule in your area.



www.eskom.co.za
08600(ESKOM) | 0860 037 566 (Customer Services)



Five Reasons Why You Need to Start a Container Garden



There are many great reasons to start a container garden, but here are five that stand out:

- **Easy and Convenient:** Container gardening is an easy and convenient way to grow plants without worrying about digging up a large plot of land. You can easily move your containers around to get the best sunlight and protect your plants from pests.
- **Space Saving:** If you live in a small space or don't have access to a yard, container gardening allows you to grow plants in a limited space. You can even use vertical space by hanging containers.
- **Versatile:** You can grow a wide variety of plants in containers, including herbs, vegetables, fruits, and flowers. This versatility allows you to customise your garden to fit your needs and preferences.
- **Cost-effective:** Container gardening can be a cost-effective way to grow your produce and herbs, as it reduces the need to buy them from the store. It can also be an inexpensive hobby, as containers can be repurposed from items you already have.
- **Therapeutic:** Gardening can be a therapeutic activity that promotes relaxation and mindfulness and reduces stress. Container gardening is an accessible way to experience these benefits, even if you don't have access to a traditional garden space.



Introducing
The Trees of Evergreen
by
Hennie



A success story!

Through late 2021 and early 2022, I watched a very sad-looking cycad (*Nubomontanus* or *Tivaniana*, I'm not sure which) standing in a tall pot next to the recycle bins. I don't know how it got there, but it was abandoned and dying. I asked Wilma for permission to plant it in the common gardens to resurrect it. In August 2022, the head gardener, Mandla Dhlamini, and I planted it in the garden next to the entrance to the Bushwillow garages. This is what it looked like



Throughout that spring and early summer, I watched the plant, hoping to see it come to life. By the time we left for New Zealand in November, I was in despair because there still wasn't any sign of new life.

On our return towards the end of February, there was still no life, and I was ready to give up hope. Imagine my joy then when, nearly two weeks into March, I found this:



This picture was taken on 11 March. Seven days later, the following photo was taken. The fronds had increased in number and had grown from about 400 mm to about 800 mm in length.



If this cycad develops as I believe it will, then by the end of this growing season, more fronds will have appeared, and the fronds we see now will have grown to be 2,0 – 2,5 m long. It will remain dormant through winter. In spring or summer, a new set of fronds will appear in the centre of the plant. The old fronds will become a darker green but remain on the plant for years.

Introducing
The Trees of Evergreen
Continued
by
Hennie



Back in the village and continuing the series. This month we look at the *Acacia galpinii* (Monkey thorn or Apiesdoring). We featured this tree in October when we showed it in full bloom as we see it again here, and in full leaf in late summer



This tree, growing next to the Petanque piste, was the first tree we planted and is today undoubtedly the largest. Note the proliferation of shiny, green seed pods on it. Those pods will turn reddish to purple in the winter and eventually burst open to spread its seeds.

In that first year, and later years, we planted ten more: three next to the top pond and Wagtail walk, three across the road from the entrance gate and four across the parking on the boardwalk side of the clubhouse. The 11 *Galpinii* have all grown well, are handsome, very evident, and provide welcome shade wherever they are.

I'm sure you'll agree that the *Acacia galpinii* was an excellent choice for our village. What do the experts say about it?

Keith Coates Palgrave describes it as: 'A fine, large tree up to 25 m in height, occurring in open wooded grassland, along riverbanks and near water. The wood is hard and coarse-grained. It is said to make good furniture but is difficult to work.' (***Trees of Southern Africa, Keith Coates Palgrave***).

Braam and Piet van Wyk additionally describe it as '... a medium to a large deciduous tree with a somewhat rounded crown.', a description that exactly fits all the specimens we have here. (***Field Guide to Trees of Southern Africa, Braam & Piet van Wyk***).

Acacia galpinii is a popular street tree in townships developed since indigenous trees became fashionable. Now that you know the tree, you'll notice it growing next to many of the streets in our neighbouring suburbs.

Nature & Birding Group

Heather Mutch



Our next meeting will be held on the **2nd May, 2023**, and we will go to **Walter Sisulu Botanical Gardens** for the morning.

Being a Tuesday, there is no charge for Pensioners.

Walter Sisulu features a Waterwise Garden, Cycad Garden, Succulent Rockery, Fern Garden and arboretum (a botanical garden devoted to trees). Walter Sisulu is also home to a breeding pair of black eagles. The idea is to spend the morning at Walter Sisulu, walk through the above-mentioned, down to the iconic waterfall, and look out for the black eagles. On our way back, we stop off at the restaurant for tea. We will then leave to be home about 1 o'clock.

We are looking at booking a bus, which would be for the cost of those attending, or taking our cars and splitting the petrol cost with the driver. We will come back to you on these details.

The other exciting news is that our Owl boxes will be going up within the next month or two. **Watch out for WhatsApp notices. We will make this an occasion.**



Black shoulder kite with what appears to be a snake in the open park area.



Sacred Ibis in the bottom dam.



Waterfall at Walter Sisulu

For more information: Contact Heather Mutch on 1080 or 0837897311
and
Lisa Nuttall on 11021 or 0710074658

SALMONELLA – A POSSIBLE SIDE-EFFECT OF LOAD SHEDDING A CAUTIONARY TALE



by Dr. David Presbury

The Salmonella bacteria make up a group of which there are many, the best known probably being the one that causes Typhoid. Luckily, we no longer seem to hear much about that one in South Africa. However, we have heard stories of people going out to dinner and several developing severe gastrointestinal symptoms not long afterwards. The usual suspects are undercooked chicken and fish. For example, years ago, many staff at St Thomas's Hospital in London were struck down simultaneously by coronation chicken consumed at the annual summer ball.

We now hear stories of people suddenly becoming extremely unwell and eating only at home. Many need at least a drip to help them recover, while some undoubtedly require hospital admission. The inference is that this is due to food, especially reheated leftovers. It is wise to be careful with our fridges constantly going on and off. We need to check the freshness of our food to ensure that chicken and fish are properly cooked and that leftovers are back in the fridge quickly and not left out overnight.

This is not intended to be alarmist and may be evident to all residents. However, load shedding may impact us in areas we have not considered.

Infected food and water

Commonly infected foods include:

Raw meat, poultry and seafood. Faeces may get onto raw meat and poultry during the butchering process. Seafood may be contaminated if harvested from contaminated water.

Raw or undercooked eggs. While an egg's shell may seem to be a perfect barrier to contamination, some infected chickens produce eggs that contain salmonella before the shell is even formed. Raw eggs are used in homemade versions of foods such as mayonnaise and hollandaise sauce.

Unpasteurised dairy products. Unpasteurised milk and milk products – sometimes called raw milk – may be contaminated with salmonella. The pasteurisation process kills harmful bacteria, including salmonella.

Fruits and vegetables. Some fresh produce, mainly imported varieties, may be rinsed in the field or washed during processing with water contaminated with salmonella. Contamination can also occur in the kitchen when raw meat and poultry juices come into contact with uncooked foods, such as salads.

Infected food & water – for more information click on the link below

<https://www.mayoclinic.org/diseases-conditions/salmonella/symptoms-causes/syc-20355329>

Pets Corner

Featuring Residents & their furry friends

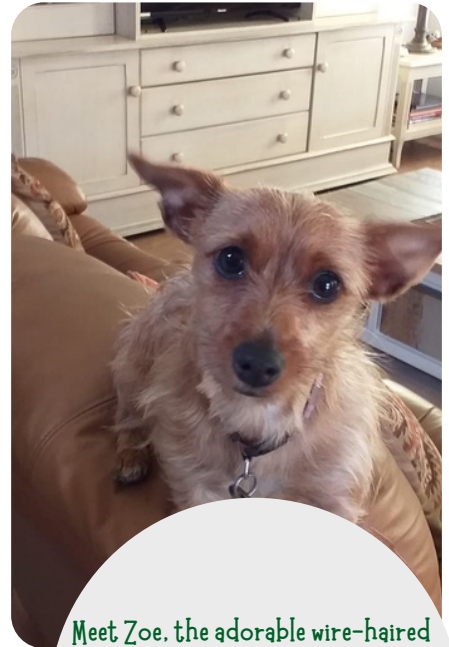


Ian & Elaine Gladstone. Unit 27 had an unexpected but delightful visitor who waltzed onto their patio. After inspecting the garden, Elaine allowed the visitor to waltz out, much to their amusement.



Zoe was initially very meek and untrusting around humans, but with the love and care of David & Judy, she now struts around the village on her morning/afternoon walk. She is fiercely protective around their unit (97) with typical small dog syndrome.

She's the perfect loving companion for Judy.



Meet Zoe, the adorable wire-haired Dachshund cross rescued at six months in March 2018. David & Judy Powell are her proud parents.



CANON 7D DSLR CAMERA FOR SALE

Includes:

- Canon EF-S 10 -22mm lens + hood, lens and body caps
- Canon 7D English printed Instruction Manual
- Canon Battery Pack - LP-E6 + battery charger and chord
- Phottix remote shutter release
- SanDisk 32GB Compact Flash card

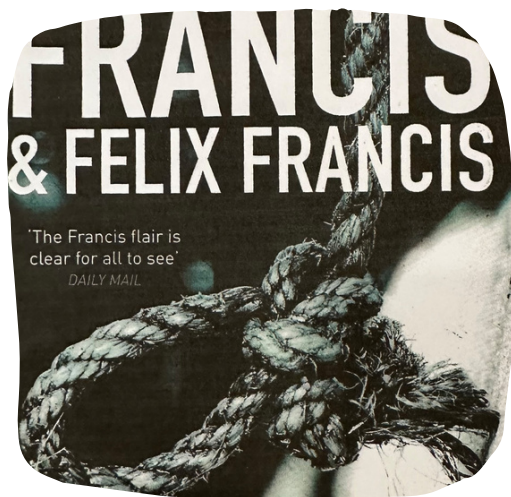


OPEN TO OFFERS

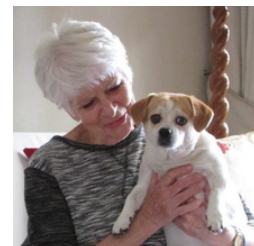
**Interested?
Contact Kiloran
Unit 63 or Ext 1063**



From the Library



A Good Read - by Libby



The Dick Francis flair continues to be perpetuated by his son, Felix.

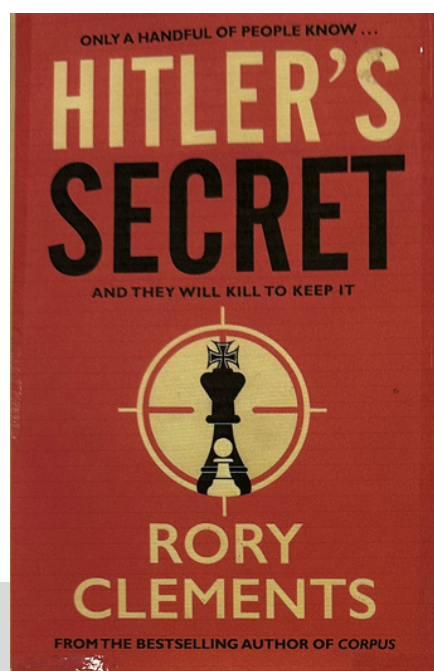
In *Crossfire*, Felix has written a story filled with suspense and intrigue - it is unputdownable!

Crossfire is dedicated to the men and women of the British Forces who lost limbs in Afghanistan.

Tom Forsyth's time in Afghanistan ended when he lost his foot in a roadside bomb explosion.

Back home in Lambourn, the heart of British steeplechase racing, he discovers that someone is ruining his mother's business. Using his military skills and training, Tom finds and defeats these individuals.

Effortless, enjoyable reading that gallops along.



Another nail-biting thriller that weaves a fictional story around actual historical facts - and mystery!

Rory Clement's stories set in the 1930s detail the rise of Hitler and the beginning of WW II. Intelligent and plausible - this story will have you glued and guessing to the end.

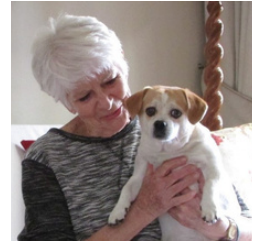
What was Hitler's secret, and why were those determined to kill to protect it, while others were equally determined to exploit it?



Book Morning outing to Margaret Robert's Herbal Centre

22 February 2023

by Libby



The bus that was to take us to the centre was late. Anxiously I phoned Thabo, our driver, and was reassured that he'd be with us shortly. Ten minutes later the bus arrived with a broken window – a stone had been thrown at the bus by a taxi driver! Consequently, Thabo had to stop and tape up the broken window.

Twelve of us piled into the bus and drove in air-conditioned comfort to the Centre. It was a smooth journey overall, and Thabo knew the way. We only winced slightly on the bumpy mountain road that led to the Herbal Centre on the Magaliesberg's northern slopes.

Tea was our priority on arrival, and then we were free to wander and explore. The gardens were beautiful and well-tended, and all different. There was a rose garden, a herb garden, and even a fairy garden. Several of us wanted to walk the labyrinth. However, the heat, plus various aches and pains, prevented most of us from completing the mile-long circuit. Some did, though.

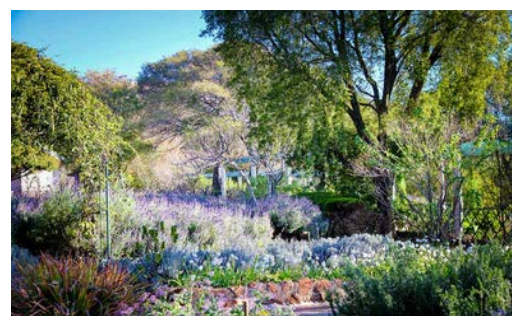
Spending a quiet time in the chapel and admiring the stained glass windows was good. The walls are filled with prayers; the prayer of the dog, the cat, the chicken, the monkey, the horse, and of so many more. Reading them, one's eyes are filled with tears and one's heart with love and compassion.

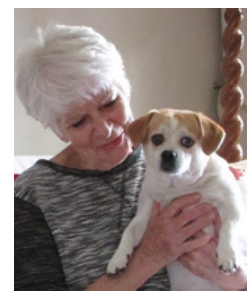
A visit to the shop is a must. It is filled with beautiful handmade crafts, from cushions, embroidered mats and kitchen gloves, to soaps, sprays, and confectionery. All beautiful to look at and delightful to smell.

We met again in the Tea Room for a delicious lunch – expensive but freshly made with herbs and good quality ingredients. Margaret Roberts died a few years ago, but her legacy continues under her daughter, Sandy. Sandy spent time with us over lunch, telling us about the farm's history and answering our many questions.

It was a delightful day, a place to revisit.

We thank ResCom for sponsoring 50% of the bus hire costs, which made the day all the more enjoyable and affordable.





Libby

Come and join us for a fun morning answering quiz questions on:

- General knowledge
- Music & films
- Quotations / sayings

The format will follow Pat Duthoit's popular music quiz with teams competing for prizes, but the quiz has been extended to include some 'bookish' questions too.

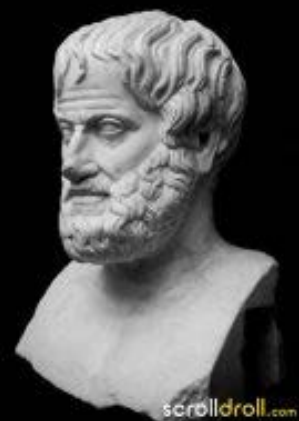
Village Emergency Numbers

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

It is the mark of an educated mind to be able to entertain a thought without accepting it.

- Aristotle



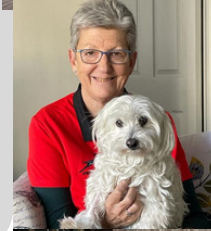
scrollroll.com

well hello, march



St Patrick's Social
15 March

HAPPY
St. Patrick's
DAY



Once again, thank you to Chef Andrew, his incredible team and Brenda for arranging the fantastic evening.

The food was delicious, the ambience perfect, and the company great, so definitely an evening to remember!



Thank you Jimmy Allan, for keeping us entertained by tinkling the keys.

ST. PATRICK'S DAY BY JEAN BLEWETT

There's an Isle, a green Isle, set in the sea,
Here's to the Saint that blessed it!
And here's to the billows wild and free
That for centuries have caressed it!

Here's to the day when the men that roam
Send longing eyes o'er the water!
Here's to the land that still spells home
To each loyal son and daughter!

Here's to old Ireland—fair, I ween,
With the blue skies stretched above her!
Here's to her shamrock warm and green,
And here's to the hearts that love her!

weareteachers.com



 well hello,
march



St Patrick's Social
15 March



An Irish Prayer:

May God give you, for every storm, a rainbow

For every tear, a smile.

For every care, a promise.

And a blessing in each trial.

For every problem life sends, a faithful friend to share

For every sigh, a sweet song.

And an answer for each prayer.





Christian Fellowship Group
Wednesday, 12 April
@ 2:30 pm
Unit 69 -Ext1069
Heather Morgan



Friday, 21 April
@ 2:30 pm
Clubhouse
Heather Morgan



Easter Lunch
Sunday, 9 April
@ 12pm in the Clubhouse



St George's fish & Chips Lunch
Friday, 21 April

Saint George's Day is the feast day of Saint George, celebrated by Christian churches, countries, and cities of which he is the patron saint, including Bulgaria, England, Georgia, Portugal, Romania, Cáceres, Alcoy, Aragon and Catalonia. Saint George's Day is celebrated on 23 April
https://en.wikipedia.org/wiki/Saint_George's_Day



Village Walk
29 April @ 4pm



Movie Night
6. 13. 20 & 27 April
Titles to be announced by Chris Edwards



Interested in playing Chess?



Contact: Graham Langmead

graleen@icon.co.za or ext 1066



• Dr Dory Neu-Ner, Ophthalmologist
'Macular Degeneration & the Ageing Eye'
Saturday May 20th



Dr. David Presbury

• Dr Tony Dalby, Cardiologist
Saturday June 24th



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on **April 22, 1970**, it now includes a wide range of events coordinated globally by **EARTHDAY.ORG**, including 1 billion people in more than 193 countries. **The official theme for 2023 is Invest In Our Planet**

https://en.wikipedia.org/wiki/Earth_Day

Earth Day was the brainchild of **Senator Gaylord Nelson of Wisconsin**, a staunch environmentalist who hoped to unite the grassroots environmental movement and increase ecological awareness. *"The objective was to get a nationwide demonstration of concern for the environment so large that it would shake the political establishment out of its lethargy,"* Senator Nelson said, "and, finally, force this issue permanently onto the national political agenda."

To read more about Earth Day, see the site below

<https://www.history.com/this-day-in-history/the-first-earth-day>

Earth Day – 22 April



Birthdays April 2023

Birthdays

Frederik Kraamwinkel	1st
André Oosthuizen	2nd
Sheila Schulkins	4th
Vincent Boswell	5th
James McGibbon	5th
Maureen Slogrove	6th
Lisa Nuttall	6th
Chris Brennan	7th
Anna Squair	8th
Catherine Plaskett	9th
Serafina Da Silva	9th
Maureen Privett	11th
Christopher Joyce	12th
Sally Branson	13th

Birthdays

Kiloran Townsend	14th
Bruce Boswell	14th
Heather Morgan	15th
Henry Dobrowolski	16th
Ernie Mutch	19th
Robin Slogrove	20th
Dick Townsend	21st
Deneise Gregor	21st
Pauline Joyce	23rd
Cyril Rabinowitz	24th
Viv Pike	27th
Gerd Seuffert	28th



Birthdays April 2023

Anniversaries



William & Kathryn Park	3rd
James & Elizabeth Baird	3rd
Taffy & Elizabeth Davies	11th
Graham & Caroline Brickett	11th
Dick & Kiloran Townsend	13th
Vince & Gloria Boswell	19th
James & Margo Goodwin	29th
Robin & Maureen Slogrove	30th

April Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Mens' Pool / Snooker & Waterhole	4 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	5 10am Art Class 6pm Social Dinner	6 8am Therapeutic Exercise Class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	7 PUBLIC HOLIDAY Good Friday 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	8 	9 12pm Easter Sunday Lunch
10 PUBLIC HOLIDAY Family Day 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	11 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	12 10am Art Class 2:30pm Christian fellowship group 6pm Social Dinner 	13 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	14 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	15 Husband appreciation day	16
17 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	18 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole 	19 10am Art Class 6pm Social Dinner	20 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	21 9am Line Dancing 10:30am Bible Study 12:30pm St Georges theme Fish and Chips 2pm BINGO 5pm Waterhole	22 Earth Day 	23
24 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	25 9am Therapeutic Exercise Class 9am Sashni Audiologist 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	26 10am Art Class 6pm Social Dinner	27 PUBLIC HOLIDAY Freedom Day 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	28 8am Therapeutic Exercise Class 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	29 4pm Village Walk 	30



APRIL 2023 - LUNCH MENUS

Resident name: _____ Unit number: _____

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect or have your meal delivered. Also please indicate the number of meals.

	Week 1			week 2			week 3			week 4		
MONDAY	03-Apr R68,00	Greek style Kofta on rattatouille, braised rice with Parmesan and tzatziki	sit down collect Deliver	10-Apr R68,00	Grilled pork with grilled apple, cream onion and mustard sauce, potato wedges, spinach and carrots	sit down collection Delivery	17-Apr R68,00	Crumbed beef strips with BBQ sauce, potato wedges, cream spinach and roast butternut	sit down collection Delivery	24-Apr R68,00	Pork bangers and mash with onion gravy, roast pumpkin, cauliflower in cheese sauce	sit down collection Delivery
TUESDAY	04-Apr R68,00	Spinach and brinjal lasagne with cheese crust, roasted vegetable salad with feta and olives	sit down collect Deliver	11-Apr R68,00	Spaghetti bolognese, served with roasted vegetables and side salad	sit down collection Delivery	18-Apr R68,00	Chicken lasagne with beetroot salad and garden salad	sit down collection Delivery	25-Apr R68,00	Crumbed chicken drumsticks with mash and gravy, coleslaw and sweet corn	sit down collection Delivery
WEDNESDAY	05-Apr R68,00	Ox liver and onions with mash and gravy, roast carrots and cauliflower	sit down collect Deliver	12-Apr R68,00	Chicken picatta, with Parmesan crumb, saute potatoes, cream tomato sauce and seasonal vegetables in herb butter	sit down collect Deliver	19-Apr R68,00	Pork casserole with steamed rice, fried cabbage and peas and glazed carrots	sit down collect Deliver	26-Apr R68,00	Beef and cream spinach lasagne served with garden salad and carrot salad	sit down collect Deliver
THURSDAY	06-Apr R68,00	Mild chicken curry in coconut milk, basmati rice, tomato and cucumber sambal and banana in yoghurt	sit down collect Deliver	13-Apr R68,00	Beef and onion pie served with mashed potatoes, saute green beans and sweet corn	sit down collect Deliver	20-Apr R68,00	Cottage pie, gravy, served with gem squash, peas and corn	sit down collect Deliver	27-Apr R68,00	Slow braised beef short rib with mashed potatoes, roasted seasonal vegetables	sit down collect Deliver
FRIDAY	07-Apr R85,00	Grilled or deep-fried Hake, with chips, tartar sauce, pea and sweetcorn salad and garden salad	sit down collect Deliver	14-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad	sit down collect Deliver	21-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, mushy minted peas and garden salad	sit down collect Deliver	28-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad, garden salad	sit down collect Deliver

Number of standard meals selected = _____ @ R68.00 per meal = R _____
 Number of Friday meals selected = _____ @ R85.00 per meal = R _____

TOTAL PACKAGE PRICE:	R
4.5% discount off package price:	R
TOTAL PACKAGE PAYMENT REQUIRED:	R

Terms and Conditions

1. In order to qualify for the package discount, packages need to be pre-paid for by the 25th of the previous month.
2. Packages are only applicable to 10 meals or more per month.
3. No cancellations allowed and meals not taken up cannot be carried over or refunded.
4. Packages can not be shared by more than one household.



Easter Sunday Lunch 09 April 2023

12h30-15h00

Starter Platter per table

Pickled fish with potato salad
and garden salad and Hot cross buns

Main Course

Sugar baked gammon with apple sauce and rosemary and honey jus
Mild chicken curry in coconut milk served with sambals
Aubergine Parmigiana
Roast rosemary potatoes
Cauliflower in cheese sauce
Seasonal vegetables in herb butter
Basmati rice

Dessert

Easter chocolate mousse cake
Oreo cheesecake with chocolate ganache
Strawberry and cream tarts
Seasonal fruit in cinnamon syrup
Vanilla and chocolate ice cream
Berry coulis, chocolate sauce, caramel sauce

R165.00pp residents

R185.00pp visitors

R135.00pp children under 12

Terms and Conditions

- 1. Pre-payment required to secure bookings.*
- 2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)*
- 3. Bookings close on Monday 3 April 2023 at 17:00*
- 4. No cancellations will be accepted or refunded.*
- 5. No deliveries*