

# NEWSLETTER

MAY 2023

Editor: Edna Grenfell - email: ednagrenfell@gmail.com

EVERGREEN  
lifestyle

From  
The Village Manager  
Wilma Swart



Winter has arrived as the mornings get colder and colder.

We hope for sunny weather as we celebrate Father's Day in June with a braai lunch.

We are also excited for the **'Friends of Evergreen'** social dinner with entertainment that is taking place on the 7 June, 2023. Ruby Tuesday, a five-piece band, will take you down memory lane with their 70s-90s all-time classic hits. **So you can go ahead and enter now to get your free tickets.** If you know of any of your friends who would like to experience the village, please send us their details to forward to sales to arrange an invitation.

As we go into winter, we plead again that residents take great care when using gas heaters or changing gas bottles on their heaters.

Our friendly maintenance handyman can help ensure your gas cylinder is correctly attached and tightened.

We will be having our **village fire evacuation on the 22 June, 2023**, so please participate, as practice makes perfect and prepares us for emergencies that we might experience.

On a celebratory note, we are delighted to advise that Kim has given birth to a baby girl, born via c-section, on Tuesday morning, 30 May 2023. Both Mommy and Baby are in good health. We wish them well as they both hibernate at home for the winter.

Hopefully, we will get a visit from Mom and Baby in early September when the warmer weather starts.

Please keep warm and well.



Lana Juliet Young - weighed in @ 3.7kg

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and much more in between

# Village Rainfall

by Cecil



May's rainfall was a bit of a surprise, well exceeding the village's average over the past ten years.

Dam levels nationwide remain better than last year at 96% against 94%. However, the current situation, unsurprisingly, varies widely from 105% for the Northern Cape and Free State to 53% for the Western Cape.

Our Vaal dam stands at 97.2% full, a slight monthly improvement.

This data is at 25th May 2023.

For this and much more weather-related information, visit these websites: [sawx.co.za/state-of-dams](http://sawx.co.za/state-of-dams), or [dws.gov.za](http://dws.gov.za)

**The June Solstice occurs on the 21st.** This marks the year's shortest day (and, consequently, the longest night).

The gradual decrease in daylight hours continues with the day length on 1st June of 10 hours 36 minutes, reducing to 10 hours 29 minutes on the 21st, then gradually increasing to 10 hours 30 minutes on the 30th.

Rainfall by month for the past year	
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	74.6
Apr '23	48.0
May '23	60.5
<b>Total</b>	<b>791.8</b>

May Rainfall over the years	
2013	13.8
2014	1.0
2015	0.2
2016	67.8
2017	27.0
2018	12.7
2019	3.0
2020	23.0
2021	29.5
2022	7.8
2023	60.5
<b>Average</b>	<b>22.4</b>

Jun 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	06:47	17:23	
2	06:47	17:23	
3	06:48	17:23	
4	06:48	17:23	Full
5	06:49	17:23	
6	06:49	17:23	
7	06:50	17:23	
8	06:50	17:23	
9	06:50	17:23	
10	06:51	17:23	Last Qtr.
11	06:51	17:23	
12	06:52	17:23	
13	06:52	17:23	
14	06:52	17:23	
15	06:53	17:23	
16	06:53	17:23	
17	06:53	17:23	
18	06:53	17:23	New
19	06:54	17:24	
20	06:54	17:24	
21	06:54	17:24	
22	06:54	17:24	
23	06:55	17:24	
24	06:55	17:25	
25	06:55	17:25	
26	06:55	17:25	First Qtr.
27	06:55	17:26	
28	06:55	17:26	
29	06:55	17:26	
30	06:56	17:26	



June Solstice



# ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



The 40th 100 Club draw was held on 17th May. We again saw another full house of 250 numbers taken up, yielding cash prizes of R6 300 won by ten lucky prize winners and R6 200 to bolster ResCom funds.

The next (41st) 100 Club draw will be held in September 2023. The 100 Club has paid out prizes totalling R187 225 and remains a firm favourite on the social calendar.

Funding for social events in the month amounted to R3 131.85

Surplus Petty cash on hand was deposited to the bank account in May.

As is always the case, the transactions in the fund will be willingly discussed if required.

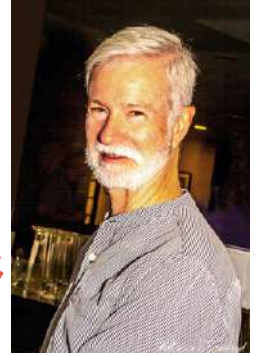
**EVERGREEN BROADACRES RESCOM FUNDS**  
**SUMMARY OF TRANSACTIONS FOR APRIL 2023**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Cash on hand at 31/03/2023</b>			<b>23 207.35</b>
100+ Club Collections (40 <sup>th</sup> Draw)	3 350.00		
Waterhole Cash held for Future Purchases	2 720.00		
Villiersdorp Kelder o.b.o. Waterhole		2 720.00	
Easter Lunch Function		701.86	
Quiz Morning Function		1 078.01	
Batteries & Print Cartridge		986.98	
Catering Service Fee		365.00	
Transport excess Library Books to SPCA		200.00	
Bank Charges		113.00	
Interest Received	5.80		
<b>Cash on hand at 30/04/2023</b>	<b>6 075.80</b>	<b>6 164.85</b>	<b>23 118.30 *</b>
<b>Reserved Funds</b>			
Lyn Huddy Memorial Fund Balance	Ongoing		(1 114.90)
Hospitality Portfolio Budget	Ongoing		(2 000.00)
Library Functions Budget	Ongoing		(500.00)
New Residents Welcome (Estimate)	Ongoing		(550.00)
Catering Service Fee (Estimate)	Ongoing		(365.00)
100+ Club Prizes (40th Draw)			(3 550.00)
Bank Charges on Cash Deposit			(335.60)
<b>TOTAL RESERVED</b>			<b>(8 415.50)</b>
<b>Cash available after reserves</b>			<b>14 702.80</b>
<b>Memo - Cash on hand made up as:</b>			
<b>Bank accounts:</b>	Business	4 661.97	
	Savings	1 174.63	5 836.60
<b>Petty cash</b>			17 281.70
			<b>23 118.30 *</b>



Upturn in hijacking  
over the past two months

Dave Nesbitt  
Security



An article in the **Businesstech dated 10 May 2023** indicated that, according to security and insurance experts, hijacking increased between **March and April 2023**. Fidelity Services group CEO Wahl Bartmann noted that the most prominent hijacking targets victims at their homes over these two months. Victims who park outside a house and exit or enter their gates are particularly vulnerable.

According to data, hijackings account for 54% of vehicle thefts between 05h00 and 12h00, while 47% of thefts occur from lunch to 21h00 and 25% between 21h00 and 05h00.

Another interesting observation is that you are more likely to have your car stolen whilst driving in the morning than if your car was parked somewhere. This trend then shifts to a 5% likelihood while parked at night.

According to Fidelity, vehicles under the Toyota, VW, Ford, and Nissan brands continue to be common targets among criminals, and the specific models include:

- Toyota Hilux, Fortuner, and Corollas
- VW Polos
- Nissan NP200s

These cars are often among South Africa's most popular vehicles – according to the National Association of Automobile Manufacturers of South Africa (Naamsa) 's reports – and demand for these vehicle parts is partly the reason for their popularity among hijackers.

"In a time of disrupted supply chains – due to factors such as load shedding, the impact of floods and lockdowns in different parts of the world – parts availability impacts which vehicles are more popular among thieves," said Naked Insurance co-founder Ernest North. He added that "when there is high demand and low supply of parts for a particular model, thieves are likelier to target it".

Interestingly, Bartmann noted that trucks with valuable loads are also now popular vehicles being targeted, specifically Hyundai H100s.

For more info, please visit the site below.

<https://businesstech.co.za/news/lifestyle/686677/hijackers-are-now-targetting-these-vehicles-more-frequent>

An illustration of a smartphone with several colorful, spiky virus-like particles floating around it, representing germs. The text 'Unhygienic Cellphones' is overlaid on the image.

## Unhygienic Cellphones

From the Editor

Cell phones have become an indispensable part of modern life. We use them to stay connected with friends and family, conduct business, and even manage our health. Unfortunately, cell phones are also breeding grounds for bacteria and other harmful germs.

Research has shown that cellphones can harbour more bacteria than a public restroom.

Our phones are exposed to bacteria and germs all the time. We carry them everywhere, and they come into contact with various surfaces, including our hands, tables, and even the ground. Bacteria can thrive on the surface of our phones, especially in warm and humid environments.

One of the main reasons why our cell phones are so dirty is that we rarely clean them. Many of us touch phones hundreds of times a day and seldom wash our hands before doing so. As a result, we transfer bacteria from our hands to our phones, where they can thrive. Additionally, many of us eat and drink while using our phones, which can introduce food particles and other organic matter that can promote bacterial growth.

To prevent the buildup of harmful bacteria on our cell phones, it is essential to clean them regularly. One easy way to do this is to wipe them down with a disinfectant wipe or a cloth soaked in rubbing alcohol. It is also essential to avoid using our phones in environments where they are likely to come into contact with harmful bacteria, such as public restrooms.

**There are a variety of bacteria that can be found on unhygienic cellphones, including:**

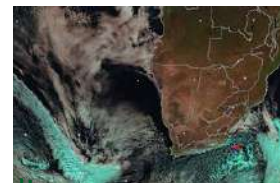
- **Staphylococcus aureus** - This bacteria is commonly found on the skin and can cause infections, including skin infections, pneumonia, and sepsis.
- **Escherichia coli (E. coli)** - This bacteria is found in the intestines of humans and animals and can cause diarrhea and other gastrointestinal problems.
- **Streptococcus** - This bacteria is a common cause of strep throat and can also cause skin infections and other types of infections.
- **Pseudomonas aeruginosa** - This bacteria is found in soil, water, and plants and can cause infections in people with weakened immune systems.
- **Salmonella** - This bacteria is found in the intestines of animals and can cause food poisoning and other gastrointestinal problems.
- **Acinetobacter** - This bacteria is found in soil and water and can cause infections in people with weakened immune systems.
- **Enterococcus** - This bacteria is commonly found in the intestines and can cause infections in people with weakened immune systems.

## Tips on how to keep warm & safe during cold weather.

From the Editor

South Africa is typically associated with a moderate climate, characterised by mild winters and scorching summers. However, recent years have witnessed increasingly erratic weather patterns worldwide, and South Africa has not been exempt from this trend. The current bout of extremely cold weather is attributed to a combination of climatic factors, including changes in ocean currents, unusual jet stream patterns, and atmospheric disturbances

The sudden onset of extreme cold weather brings numerous health and safety concerns. The risk of hypothermia and frostbite is elevated, especially for vulnerable populations such as the elderly, young children, and those living in inadequate housing conditions. Hospitals and healthcare facilities are experiencing an influx of patients with cold-related ailments, straining the already burdened healthcare system.



### First, it's essential to know your risks:

- Infants (younger than one year) lose body heat more quickly than adults.
- Adults over 65 are more susceptible to freezing temperatures owing to their slow metabolisms and levels of physical activity.
- People who spend long periods outdoors, including homeless individuals, outdoor workers and those doing sports, are at increased risk for cold-related health problems.

### However, everyone should take precautions to prevent cold exposure and minimise the risk of cold stress. Below are a few tips:

- Limit your time outdoors, where possible.
- Dress warmly (thermal clothing, jerseys and closed shoes) and cover up exposed skin to reduce the risk of hypothermia.
- Close windows and use thicker curtains in the winter evenings to keep in the heat.
- Layer your clothing: Dressing in layers is an effective way to trap heat and keep warm. Start with a thermal or insulating base layer, add a sweater or fleece, and top it off with a coat or jacket. This way, you can adjust your clothing between indoor and outdoor environments. Don't forget to protect your head by wearing a hat or beanie to prevent heat loss from your head, as well as gloves.
- Keep your feet warm by investing in good insulated boots or shoes to keep your feet warm and dry. Wear socks made of wool or thermal materials.
- Heat your home effectively by ensuring it is adequately insulated by sealing any drafts
- Close off unused rooms and focus heat on the areas you are actively using.
- Stay informed about the latest load-shedding schedule to ensure you can cook warm meals. Hot drinks like tea and coffee or hot chocolate can warm you from the inside. Consuming soups can also help raise your body temperature.
- Stay informed and monitor the local media about the latest weather updates and warnings.

Introducing  
The Trees of Evergreen  
by  
Hennie



Continuing with our Acacia trees, this month we feature the **Acacia karoo** (Sweet thorn or Soetdoring), so named because of the sweet gum that these trees exude. We only planted one in the village, but there are three others that I know of, all self-seeded. In the picture is our best specimen, self-seeded and growing right outside the main entrance to the clubhouse.



I first noticed this tree, then only a sapling, when the builders removed the hoardings around the clubhouse. If I'd had my way, it would have been removed then, but I was persuaded to keep it and look at it now – the village's largest and healthiest **Acacia karoo**!

**Keith Coates Palgrave and Braam and Piet van Wyk** have much to say about this tree. To plagiarise both, *this is one of Africa's most widespread trees, occurring in many different habitats from coastal dune forests, the bushveld, grass veld and semi-desert areas such as the Karoo*.

A distribution map in **van Wyk and van Wyk** shows the tree distributed over practically the whole of South Africa, Namibia, and Zimbabwe.

Its presence is considered an indication of the sweet veld, and since its uses are almost unlimited, it is an asset on any farm. It is a perfect '**bee tree**' with considerable amounts of pollen and nectar. It provides excellent fodder since the leaves, flowers, and pods can be eaten. The bark used to be used in tanning, imparting a red colour to the leather and making an infusion which could be given to cattle as an antidote to some poisons. The inner bark makes a reliable rope much used by peasant farmers. The tree yields a clear, sweet, golden, or red gum that is edible and suitable for confectionery and use as an adhesive.

The massive white thorns are impressive and still used as needles in rural areas. The wood is pale brown or yellow, hard, heavy, and like most other Acacia species, an excellent firewood. This is a very adaptable species: it is easy to grow from seed, is fast growing and is frost and drought resistant.

Quite a tree, our humble and very common **A. karoo**!

Sources :

*Trees of Southern Africa* - Keith Coates Palgrave  
*Field Guide to Trees of Southern Africa*

Braam & Piet van Wyk



Rose-scented geranium

**Geraniums** (*Pelargonium species*) have fragrant leaves and flowers. Although the edible mauve flowers only appear in summer, the leaves can be used in winter to flavour biscuits and cakes or made into a strong infusion for flavouring sauces, custards and jellies. This frost-tolerant geranium grow 80cm high & wide and does best in full sun in well-draining soil



Pansies and Violas

**Pansies** (*Viola x wittrockiana*) and violas (*Viola cornuta*) may have edible flowers but its the visual effect that's even more pleasing. Being smaller, the viola flowers are a more delicate garnish while the pansy flowers crystallise very well and can be eaten as sweets or used to decorate ice cream. Both need full sun in winter and semi-shade in summer.



Snapdragons

**Snapdragons** (*Antirrhinum*) is an easy growing winter annual that is also excellent as a cut flower. The double-flowered varieties tend to have more delicate petals, fruitier scent, and a sweeter flavour. Use the flowers as a garnish or sugar them and add as a topping for desserts. They like sunshine but not intense heat, so flower best in the winter and early spring.



Carnations

**Carnations** with a spicy sweet fragrance will impart that flavour to syrups, drinks and even wine. Why not use them as a garnish for creamy desserts? They are also long-lasting cut flowers. To grow successfully, carnations should get at least four hours of sunshine a day and be grown in soil that drains well.



Nasturtiums

**Nasturtiums** are an all-year-round flower that literally ticks all the boxes. The petals & young leaves are peppery and edible, it is a trap crop for aphids, a fuss-free groundcover of pot plant, and even has some medicinal properties. It is a tonic herb and a tea made from the leaves and flowers can help boost the immune system. Plant in full sun and water regularly.

## Did you know?

The seeds of nasturtiums & *Bellis perennis* can be pickled and used as a substitute for capers. Dill seeds can be added to any form of pickles.

For this and more info and tips on gardening, please visit the site below:

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





MAY

## Nature & Birding Group



Lisa Nuttall



Heather Mutch

### Outing – Walter Sisulu Botanical Gardens

The 2nd Nature and Birding Group meeting of 2023 was held on 2nd May in the form of an outing. Nine of us ended up travelling to **Walter Sisulu Botanical Gardens**. Due to the cost of hiring a bus, we decided to use our transport. Thanks to Judy McLaren and Peter Hübner, who helped me provide the transportation.

Walter Sisulu features a Waterwise Garden, Cycad Garden, Succulent Rockery, Fern Garden and arboretum (a botanical garden devoted to trees). Some of us walked through these gardens and rockeries (too many gardens for one morning) on our way to the iconic waterfall. Just before reaching the waterfall and with the help of the Black Eagle Project members on duty with their telescope, we could see the Black Eagle, also known as *Verreaux's Eagle*, taking refuge in a tree from the crows harassing it in flight. Later on, we saw this magnificent bird soaring in the sky. See the pictures below, which were taken from a considerable distance. We were shown where the current nest is, high on the rocks, with the female sitting on her eggs. The female could not be seen from below because the nest is considerably deep. It is encouraging to see the dedication and work done by the members of the **Black Eagle Project Roodekrans (BEPR)**, whose aim is to:

- **EDUCATE** and inform the public about the Black Eagles.
- **CONSERVE** and secure the Black Eagles and their habitat in and above the Walter Sisulu National Botanical Gardens for future generations to enjoy.
- **MONITOR** and obtain vital information about their breeding cycle and habitat condition.

Being a Tuesday, it was Pensioners Day. We left the waterfall and black eagles and took a slow walk back, enjoying the river flowing from the waterfall and some of the many gardens and butterflies until we reached the restaurant for refreshments and tea/lunch. Pensioners' tea and scones at a reasonable price were on the menu. We will plan another trip to WSBG at another time of the year.

We were saddened by the news of André Marx's untimely death. Only three months back (23rd February), André took us on a Bird Walk around Evergreen (at no charge). Our thoughts and prayers are with his family during this time of grief. We were indeed privileged to have André as our Evergreen Bird Walk guide.



Before the walk started



A Crow harassed a black Eagle



Evergreeners

For more information on the Nature and Bird Group, please contact

Heather Mutch 1080 or 083 789 7311 or Lisa Nuttall 11021 or 071 007 4658

## Pets Corner

Featuring Residents & their furry friends



The Pekingese (also spelt Pekinese) is a breed of toy dog originating in China. The breed was favoured by the royalty of the Chinese Imperial court as a companion dog, and its name refers to the city of Peking (Beijing), where the Forbidden City is located.

Team Bob and Cyril is a familiar sight that can be seen strolling around the village.

This Pekingese, that makes the sand-grains spin,  
Is digging little tunnels to Peking:  
Dream him emerging in a porcelain cave  
Where wounded dragons stain a pearly wave



Bob  
in a contemplative mood



Meet Bob the delightful Pekingese, who belongs to Cyril & Penny Rabinowitz

 <p><b>POSITIVE AFFIRMATION</b> Tell them how good they look, compliment them.</p>	 <p><b>THE 5 LANGUAGES OF love IN MARRIAGE</b></p>	 <p><b>GIFTS</b> Remembering birthdays and your anniversary is important.</p>
 <p><b>AFFECTION</b> Hugs, hold hands, show them that you care.</p>	 <p><b>TIME TOGETHER</b> Spend quality time together doing things that you both love to do.</p>	 <p><b>ACTS OF SERVICE</b> Do things for each other as doing the dishes or making dinner.</p>

## Submitted Kiloran Townsend



The Five Love Languages: How to Express Heartfelt Commitment to Your Mate is a 1992 book by Gary Chapman. It outlines five general ways that romantic partners express and experience love, which Chapman calls "love languages". They are acts of service, gift-giving, physical touch, quality time, and words of affirmation

# From the Library

## A Good Read - by Libby



### 18th Abduction - James Patterson

When three female schoolteachers go missing in San Francisco, Detective Lindsey Boxer must unravel the mystery of their disappearance. What starts as a missing case quickly escalates into a troubling murder investigation. Lindsey's husband, Joe, is pursuing a mysterious case, and a frightening new twist forces their investigations to collide.

With the help of her fierce and courageous friends in the Women's Murder Club, Lindsey and Joe fight to save their city from the corrupt clutches of a monster.

### Out of the Dark - Gregg Hurwitz

Evan Smoak was taken from the orphanage he called home and inducted into a top-secret Cold War Programme as a boy. Trained as a lethal weapon, he and his fellow recruits were sent worldwide to do the government's dirty work.

But the programme was rotten to the core, and now the responsible man must destroy the evidence. That includes Evan. To survive, Evan will have to take the fight to his nemesis. There's just one problem, Jonathan Bennet is the president of the USA, and Evan is not even his only victim. Evan will have to figure out how to kill the most protected man on the planet to save himself and the country.

# From the Library



## Book Morning Quiz - April 2023



Libby

The Quiz morning was thoroughly enjoyed by those who took part, as well as by some onlookers too.

Four teams, each comprising 5-6 people, clustered around their tables. Each team designated a leader to record their answers.

Pat Duthoit started the quiz with video clips of music, songs and dances. As each clip was shown, she asked a related question and paused for two minutes allowing the teams to discuss and note their answers. The debates were lively and good-humoured. Following Pat, I handed out sheets containing "bookish" related questions, each with four possible solutions. Compiling the questions was great fun, and I was delighted to see that all the teams had obtained good marks.

Team	Music	Bookish	Total
Brainy Babes	37	20	57
Quizzetes	36	19	55
Captain's table	31	20	51
No Brainers	32	19	51
Acacia	30	17	47

**PS: Someone has recently donated a Pub Quiz Book to the library. It's filled with intriguing questions on various subjects – is this a hint for another quiz?**

In the meantime, remember our **Book Review morning on Tuesday, 20th June.** We'd love to see you all there.



## Mother's Day Lunch



← ..... →

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honour of the mother goddesses Rhea and Cybele. Still, the most apparent modern precedent for Mother's Day is the early Christian festival known as **"Mothering Sunday."**

Once a significant tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent. It was initially seen as a time when the faithful would return to their "mother church"—the main church near their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with **American Mother's Day in the 1930s and 1940s.**

**The creation of a national Mother's Day is primarily attributed to three women: Ann Reeves Jarvis, Julia Ward Howe, and Ann's daughter, Anna M. Jarvis.**

Mother's Day Lunch – 14 May  
Beautiful décor in shades of pink arranged by Brenda – Andrew and his team served a delicious buffet meal.



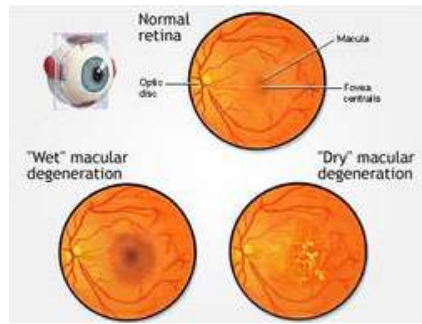


MAY

# Mother's Day Lunch

14 May





Dr. David Presbury

## Healthcare Talk – Saturday May 20th

**Dr Dory Neu-ner, the Consultant ophthalmologist at Fourways Life Hospital,** gave an excellent talk on **“Macular Degeneration and the Ageing Eye”**. He dealt in detail with cataracts, glaucoma and epiretinal membrane puckering at a level that was accessible to all those present. He explained that we all have cataracts at our age but only require surgery if or when our vision becomes affected. The good news is that the new lenses, which are acrylic, never need to be replaced. He also ensured we understood that glaucoma is a chronic disease and ongoing treatment is always required. Most people manage with drops, but surgery or laser treatment is used in more complex cases.

He spent more time explaining the two types of macular degeneration, wet and dry, with the dry variant being the problem for 90% of patients with the condition. He emphasised that smoking is an exacerbating factor. He also showed us that certain supplements had been scientifically shown to help to slow the process. The supplements that contain the correct amount of the right ingredients are OcuVite and OcuVite Lutein. New specific treatments are becoming available, one of which reached the American market three months ago. The price in the USA is eye-watering, but it does mean that genuine progress is being made. He said that the wet variety is more treatable through regular injections. They start at 4-weekly intervals, but if the patient is lucky and responds, the gaps may gradually extend to 12 weeks. New drugs are available in South Africa, but these are more expensive and have yet to be shown to be better than Avastin, which has been used for years. Again, great new treatments are in the pipeline, but it will be some time before they are readily available anywhere. As in many other fields of medicine, progress is being made for conditions that have been notoriously difficult to manage.

Altogether this was an excellent, totally understandable talk on eye matters that may affect us all.



# CHOLERA PREVENTION



## USE AND DRINK SAFE WATER

Treat or sterilize the water before drinking or cooking

### HOW TO TREAT OR STERILIZE WATER

**BOIL:** Bring water to boiling point for at least 1 minute. Boiling water is an effective way of making water safe.

**TREAT:** Put 1 teaspoon of household bleach into 25 litres of water. Put 2 drops of household bleach in 1 litre of water. Wait for 30 minutes before use. Always store your treated water in a clean, covered container.

## WASH YOUR HANDS WITH SOAP AND WATER

Ensure proper hand hygiene.

1. Before, during, and after preparing food
2. Before and after eating food or feeding your children
3. After using the toilet
4. After cleaning your child's bottom
5. After taking care of someone who is sick with diarrhoea



## TOILET USE

Cholera bacteria spreads from contaminated water.

1. Use toilets or sanitation facilities that are safely managed to get rid of faeces (poop).
2. Wash hands with soap and safe water after going to the bathroom.
3. If you don't have access to a toilet:
  - Poop at least 30 meters (98 feet) away from any body of water (including wells) and then bury your poop.
  - Dispose of plastic bags containing poop in latrines or at collection points if available or bury them in the ground. This includes disposing of children's poop safely.
4. Do not put plastic bags in chemical toilets

## ALWAYS BOIL, COOK, AND PEEL WHAT YOU EAT

Cook food well and keep it covered

- Eat foods that have been thoroughly cooked and are still hot
- Peel fruits and vegetables
- Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
- Avoid raw vegetables and fruits that cannot be peeled.



## KEEP IT CLEAN

Always disinfect and clean your surfaces

- Areas for food preparation and kitchenware to be cleaned with soap and treated water.
- Clean and disinfect toilets and surfaces contaminated with poop with soap and treated water
- When finished cleaning, safely dispose of soapy water and dirty rags
- Wash hands again with soap and safe water after cleaning and disinfecting.

NB: If you don't have access to soap and water, use alcohol-based hand rub with at least 60% alcohol.





Christian Fellowship Group  
Wednesday, 14 June  
@ 2:30 pm  
The Boardroom

Sunday lunch 18 June @ 12pm  
in the Clubhouse



Book Review Morning  
20 June  
The Clubhouse  
Libby



Rummikub  
every Tuesday & Thursday  
@ 2pm in the  
Clubhouse  
Lisa Nuttall  
Ext 11021



Movie Night  
1. 8. 15. 22 & 29 June



Titles to be  
announced by Chris  
Edwards

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



Dr Tony Dalby, Cardiologist  
Hypertension and other cardiac matter

Saturday June 24th @ 10am



Dr. David Presbury

As part of the Friends of Evergreen Marketing Campaign, we will be having a dinner dance on Wednesday evening 7 June 2023 to give potential future residents a glimpse of the Evergreen Lifestyle Social Experience.

We have 50 free tickets available for residents who want to join us for an evening of good food and entertainment.

We will be having a lucky draw to determine which 50 lucky residents will be receiving these free tickets. To enter into the draw, please book with Hannah at reception on EXT 1200 by Thursday 1 June 2023.

Draw will be done and winners informed on Friday 01 June 2023

**JUNE**  
**WEDNESDAY**      **07**      **AT 5:30 PM**  
**2023**

entertainment provided by  
Ruby Tuesday Band

## MENU

### STARTER

#### Plated starter

Robust winter vegetable soup served with cheese croute and chive creme fraiche

### MAIN COURSE

Beef Bourguignon with herb cheese dumplings  
Chicken fricassee in a cream white wine mushroom sauce with peas  
Steamed rice  
Parsley baby potatoes  
Roasted root vegetables  
Cream spinach

### DESSERT

Dessert platters per table  
Choc brownie bites with wild berry cream  
Mini milk tart with orange cream  
Mini lemon meringue pies  
Cheese selection with fresh fruit and savoury biscuits

Wine and Soft drinks will be provided

# Dinner and Entertainment

**WEDNESDAY | 7TH JUNE | 5:30PM**

Get ready to mark your calendars, because you are in for a night to remember! You are cordially invited to join the lively residents of Evergreen Broadacres for dinner and entertainment on Wednesday, 7 June 2023 at 5:30pm in the Evergreen Broadacres Lifestyle Centre.

Prepare yourself for a night of pure joy as we supply the dinner and drinks, leaving you with nothing to do but bring your beautiful selves and your dancing shoes!

But don't worry, we understand that not everyone is a fan of dancing, we've got you covered, there will be a live band to keep you thoroughly entertained all night long.

So, whether you're looking to boogie on the dance floor or simply relax and enjoy the ambiance, this is the perfect night for you!

Should you know of friends who would like to experience the Village or who are looking at retirement options, you can book for them by simply giving Sharon a call on 087 808 7000 or email on [sharons@evergreenlifestyle.co.za](mailto:sharons@evergreenlifestyle.co.za) by no later than 2 June 2023.

We can't wait to see you there!

# Birthdays & Anniversaries June 2023

## Birthdays

Penny Henegan	1st
John Kidd	2nd
Laurraine Lötter	3rd
Willie Kilian	3rd
Catharina Kraamwinkel	4th
Ruth Fidler	5th
Rina Willemse	6th
Milne Murray	7th
Lesley Veiz	12th
Joan Brazendale	14th
Maureen Tucker	15th
Traudi Zauner	16th
Norma Johnston	23rd
Kay Olie	27th

## Birthdays

Gillian Campbell	28th
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## Anniversaries

André & Peggy Oosthuizen	6th
Wally & Norma Stewart	7th
Frederik & Catharina Kraamwinkel	23rd

# June Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1 WORLD REEF AWARENESS DAY</b> 8am Therapeutic Exercise Class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>2</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>3</b>	<b>4</b>
<b>5</b> 9am + 9:45 Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>6</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>7</b> 2:30pm Christian fellowship group 5:30pm <b>Friend of Evergreen Social Dinner</b>	<b>8</b> 8am Therapeutic Exercise Class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>9</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>10</b> <b>WORLD GIN DAY</b> 	<b>11</b>
<b>12</b> 9am + 9:45 Therapeutic Water Aerobics <b>10am House of Sheba Clothing Sale</b> 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole 	<b>13</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>14</b> 6pm Social Dinner 2:30pm Christian Fellowship	<b>15</b> 8am Therapeutic Exercise Class 9am Yoga 10am Visual Music – House 81 10:30 Library Book Morning 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>16 PUBLIC HOLIDAY</b> <b>YOUTH DAY</b> 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>17</b>	<b>18</b> 12PM Father's Day Lunch 
<b>19</b> 9am + 9:45 Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>20 ICE CREAM SODA DAY</b> 9am Therapeutic Exercise Class <b>10am Book Morning</b> 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>21</b> 6pm Social Dinner 	<b>22</b> 8am Therapeutic Exercise Class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night 	<b>23</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	<b>24</b> <b>10am Dr Dalby Cardiology Talk</b>	<b>25</b>
<b>26</b> 9am + 9:45 Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>27</b> 9am Therapeutic Exercise Class <b>9am Sashni Audiologist</b> 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>28</b> 6pm Social Dinner	<b>29</b> 8am Therapeutic Exercise Class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>30 Meteor Watch Day</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 		



## JUNE 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	week 5
<b>MONDAY</b>		05-Jun Pork Schnitzel with chive mash, cheese sauce, spinach and carrots R68,00	12-Jun Spinach and feta quiche with potato salad and carrot salad R68,00	19-Jun Boerewors and onions served with tomato gravy, Parmesan mash, roast butternut and coleslaw R68,00	26-Jun Cottage pie with sweet carrots and mint peas R68,00
<b>TUESDAY</b>		06-Jun Spaghetti Bolognese with Parmesan cheese, roast veg salad and garden salad R68,00	13-Jun Chicken lasagne with garden and beetroot salad R68,00	20-Jun Sweet and sour chicken with Asian fried noodles and vegetables R68,00	27-Jun Peppered pork pie in creamy gravy, braised red cabbage and roast pumpkin R68,00
<b>WEDNESDAY</b>		07-Jun Grilled Halwiaan chicken kebabs with sweet chilli, fried rice and vegetable stir-fry R68,00	14-Jun Pork casserole, mash potatoes, pumpkin and fried cabbage R68,00	21-Jun Beef fasagne with Italian salad and Mediterranean roasted vegetables R68,00	28-Jun Beef casserole with cheese mash, brussle sprouts and roasted carrots R68,00
<b>THURSDAY</b>	01-Jun Chicken casserole with penne pasta, green beans and beetroot salad R68,00	08-Jun Beef winter stew with steamed rice, saute green beans and sweet corn R68,00	15-Jun Cape fishermans pie with gem squash and sweetcorn R68,00	22-Jun Grilled BBQ pork chop, with apple sauce, saute potatoes, cream spinach R68,00	29-Jun Chicken stir-fry with fried rice and vegetable stir-fry R68,00
<b>FRIDAY</b>	02-Jun Grilled or deep-fried Hake, with chips, tartar sauce, coleslaw and garden salad R85,00	09-Jun Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00	16-Jun Public Holiday R85,00	24-Jun Grilled or deep-fried Hake with chips, tartar sauce, pea and sweet corn salad and garden salad R85,00	30-Jun Grilled or deep-fried Hake with chips, Asian red cabbage slaw and garden salad R85,00

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 25<sup>th</sup> 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.
5. Delivery meals will be charged an additional R10.00 for packaging.
6. Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked with unit number.



## **Father's Day Braai Menu**

**18 June 2023**

### **Soup**

Cream of potato and leek soup  
with sour cream and biltong dust  
and Parmesan cheese

\*\*\*\*

### **Main Course**

#### **Off the braai on the deck**

BBQ Chicken and peri-peri Chicken  
BBQ pork ribs

Boerewors potjie in tomato smoor  
Pap, cheese and bacon tart

Baby potatoes in garlic and parsley butter  
Roasted butternut wedges with feta crumble  
Buttered sweet corn

*Salads:* Garden salad, Beetroot salad, Coleslaw

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### **Dessert Buffet**

Sticky toffee pudding and custard  
Seasonal fruit salad in orange cinnamon syrup  
Father's Day chocolate cake with wild berry cream  
Ice cream, choc and caramel sauce

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

### **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 Hannah to book your table. (No exceptions)*
- 3. Bookings close on Monday 12 June 2023 at 17:00*
- 4. No cancellations will be accepted or refunded.*
- 5. No deliveries*