



From  
**The Village Manager**  
**Wilma Swart**

We have been enjoying a few sunny winter days but must brace for the next cold front that hits the Highveld on the 1st of July 2023.

We however don't complain as our weather is a breeze compared to the Cape floods and rain as well KZN wind and rain.

We look forward to welcoming **24/7 Security** to the Village as of the **1st of July 2023** to look after safety and Security in and around our Village.

You would have noticed them in the past day or so as they shadowed Thorburn and did the induction to our Village to ensure a smooth takeover.

Please bear with **Asanda**, the new Site Supervisor, as they familiarise themselves with the village and the residents. They will be scanning residents drivers licenses from next week to update their system, as they can not take over the database from Thorburn.

This is also an opportunity to ensure we have up-to-date information on file. Once we have cars with licences completed and running smoothly, we will move on to access control forms for domestic workers, gardeners and carers in the Village.

We want to thank **Regain Chauke** from Thorburn Security and his team for ensuring a safe and secure village for us and wishing them well in their future endeavours at other sites.

On a social note, we look forward to the popular Christmas in July social dinner and the Wimbledon Finals Sunday lunch.

July is also the month in which the **Resident's Annual Caucus (RAC)** takes place as we prepare for the AGM, which will be held in August 2023.

**Until next month, keep warm!**



## In This Issue

- Rainfall & Finance
- Security
- Trees of Evergreen
- Craft Group
- Pets Corner
- From the Library
- June Events
- What's happening in July

and much more in between

# Village Rainfall

by Cecil Fann



The rainfall in June brought no surprises and will probably remain negligible for the next few months, as our rainy season typically only begins in October.

Dam levels across the country remain better than this time last year at 95% as against 93%. However, the current situation, unsurprisingly, varies widely from 100% for the Free State to 82% for the Western Cape. The Western Cape's tally is significantly better than the 56% a year ago after their recent heavy rain. Our Vaal dam is 94.6% full, with a slight monthly decrease.

This data is on 23rd June 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), [ordws.gov.za](http://ordws.gov.za)

Since the sun Solstice on 21st June, the gradual increase in daylight hours is noticeable, with a day length on 1st July of 10 hours 31 minutes increasing to 10 hours 53 minutes on the 31st.

Rainfall by month for the past year	
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	62.5
Jun '23	2.0
<b>Total</b>	<b>781.8</b>

June Rainfall over the years	
2013	0.0
2014	0.0
2015	1.8
2016	13.0
2017	0.0
2018	6.0
2019	0.0
2020	15.5
2021	0.8
2022	14.0
2023	2.0
<b>Average</b>	<b>4.8</b>

July 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	06:56	17:27	
2	06:56	17:27	
3	06:56	17:28	Full
4	06:56	17:28	
5	06:56	17:28	
6	06:56	17:29	
7	06:55	17:29	
8	06:55	17:30	
9	06:55	17:30	
10	06:55	17:30	Last Qtr.
11	06:55	17:31	
12	06:55	17:31	
13	06:55	17:32	
14	06:54	17:32	
15	06:54	17:33	
16	06:54	17:33	
17	06:54	17:34	New
18	06:53	17:34	
19	06:53	17:35	
20	06:53	17:35	
21	06:52	17:36	
22	06:52	17:36	
23	06:51	17:36	
24	06:51	17:37	
25	06:51	17:37	
26	06:50	17:38	First Qtr.
27	06:50	17:38	
28	06:49	17:39	
29	06:49	17:39	
30	06:48	17:40	





# ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Very much business as usual in the month.

A number of successful and popular social events were held in the month, at a cost of R3 481.26

ResCom funds remain in a healthy state.

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

**EVERGREEN BROADACRES RESCOM FUNDS**

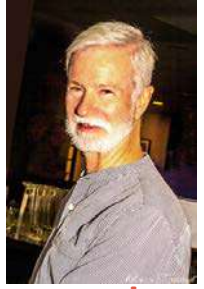
**SUMMARY OF TRANSACTIONS FOR MAY 2023**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 30/04/2023</b>			<b>23 118.30</b>
100+ Club Collections (40 <sup>th</sup> Draw)	8 950.00		
100+ Club Prizes (40 <sup>th</sup> Draw)		6 300.00	
Gas Bottle Refill (Fun Walk)		340.00	
Function Supplies & Prizes		1 878.28	
Gift to Guest Speaker		767.99	
Catering Service Fee		494.99	
Bank Charges		456.10	
Interest Received	5.79		
<b>Funds on hand at 31/05/2023</b>	<b>8 955.79</b>	<b>10 237.36</b>	<b>21 836.73 *</b>
<b><u>Reserved Funds</u></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)
Catering for RAC (Date to be advised)			(3 500.00)
<b>TOTAL RESERVED</b>			<b>(8 029.90)</b>
<b>Funds available after reserves</b>			<b>13 806.83</b>
<b><u>Memo - Funds on hand made up as:</u></b>			
<b>Bank accounts:</b>	Business Account	15 524.61	
	Savings (Call Account)	1 180.42	16 705.03
<b>Petty cash</b>			5 131.70
			<b>21 836.73 *</b>



## **FIREWISE: FIRE SAFETY & PREVENTION**

a fire safety newsletter  
series from the experts



**Dave Nesbitt**  
Security

# Guidelines for safely extinguishing fires

**If possible, please ensure backup assistance is available before tackling a fire and preferably in pairs.**

- Ensure that an escape route is available before tackling the fire.
- Follow the instructions on the extinguisher label when activating the unit.
- Do not place yourself at risk. If the fire is too big or begins to spread, vacate the area immediately.
- Apply the extinguisher medium to the flames, moving the nozzle with a rapid side-to-side action, driving the flames away from you.
- If the fire is outdoors, approach the fire from the windward side to ensure that smoke and flames blow away from you.
- When approaching the fire, adopt a crouching attitude which provides some protection against the heat and smoke.
- Never tilt or invert any extinguisher during operation unless it is a turn-over type.



**FIRE PROTECTION ASSOCIATION**  
OF SOUTHERN AFRICA

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

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



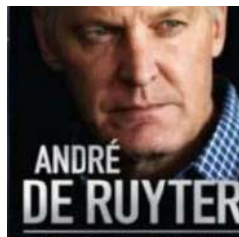


El Niño is the warm phase of the Pacific Ocean's temperature cycle, and this year it is poised to be a big one, sending shock waves into weather patterns around the world.

El Niño is a climate phenomenon characterised by the warming of the central and eastern tropical Pacific Ocean, which can have significant impacts on global weather patterns. While the primary effects of El Niño are typically observed in the Pacific region, it can also influence weather patterns in other parts of the world, including South Africa. Here are some of the potential impacts of El Niño on South African weather:

- **Drought:** El Niño events in South Africa are often associated with below-average rainfall and increased drought risk. The warming of the Pacific Ocean can lead to a shift in the atmospheric circulation patterns, causing a weakening or displacement of the South Atlantic high-pressure system. This, in turn, reduces the influx of moisture-bearing weather systems into South Africa, resulting in drier conditions.
- **Heatwaves:** El Niño can intensify heatwaves in South Africa, causing extended periods of high temperatures. Heatwaves can harm human health, livestock, and agricultural productivity. The increased risk of heat-related illnesses and stress on already limited water resources further compounds the challenges faced by communities.
- **Flooding:** While El Niño typically brings dry conditions, it can also cause heavy rainfall and flooding in specific regions of South Africa. These anomalies occur mainly in the north-eastern parts of the country, where intense convective systems develop due to changes in atmospheric circulation patterns associated with El Niño. The flooding can have devastating effects on infrastructure, agriculture, and the displacement of communities.
- **Implications for Agriculture and Economy:** South Africa's economy heavily relies on agriculture, and the impact of El Niño on the sector can be profound. Reduced rainfall and prolonged droughts during El Niño events lead to decreased crop yields, livestock losses, and increased irrigation demands. This can result in food shortages, higher food prices, and economic instability. Furthermore, decreased agricultural productivity can affect employment rates and rural livelihoods, amplifying the socio-economic impact of El Niño.





André de Ruyter

Truth to Power

From the Editor

## André de Ruyter's *Truth to Power* is an excellent read!

In his thought-provoking book, "*Truth to Power*," Andre de Ruyter offers readers a captivating glimpse into his remarkable leadership journey. As the CEO of Eskom, de Ruyter takes us on a compelling and introspective ride through his experiences, sharing valuable insights and wisdom gained along the way.

The book offers a refreshing departure from the typical corporate memoir by delving deep into the nuances of leadership and the challenges faced in a rapidly changing business landscape. De Ruyter's candid and transparent storytelling style allows readers to connect with his triumphs and struggles, making for an engaging and relatable read.

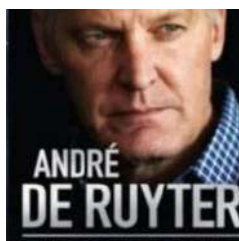
One of the book's most vital aspects is its exploration of de Ruyter's unwavering commitment to truth and integrity. He emphasises the importance of speaking truth to power, even when it is unpopular or goes against the prevailing norms. Through his own experiences, de Ruyter demonstrates the impact of these principles on decision-making, team dynamics, and overall organisational success.

Furthermore, "*Truth to Power*" sheds light on the complexities of leadership in a diverse and challenging environment. De Ruyter's experiences navigating the intricate socio-political landscape of South Africa provide valuable lessons on fostering inclusivity, promoting diversity, and driving positive change within an organisation.

The book is filled with inspiring anecdotes and lessons that apply to leaders at all levels, not just those in the corporate world. De Ruyter's emphasis on empathy, humility, and authenticity resonates throughout the narrative as a reminder that true leadership is rooted in understanding and respecting others.

While "*Truth to Power*" provides a compelling account of de Ruyter's journey, some readers might want more specific details about his challenges and strategies to overcome them. Although the book offers valuable insights, a deeper dive into the intricacies of his decision-making processes and the specific actions taken in various situations could have added further depth to the narrative.

Overall, "*Truth to Power*" is a commendable memoir that showcases the leadership journey of Andre de Ruyter and imparts valuable lessons for aspiring and seasoned leaders alike. It is a source of inspiration and guidance for those seeking to lead authentically and positively impact their organisations and communities. By blending personal experiences with broader discussions on leadership, diversity, and integrity, de Ruyter has created an engaging and insightful book.



## André de Ruyter Truth to Power

André uses Graeme Pollock's distinguished career as an analogy in the book!

After delivering a speech and opening the floor for questions, he writes (Pg72/73):

....' Answering questions with an open microphone in front of a tough crowd can seem intimidating. But the trick is to see the bouncers coming and duck in good time. **Graeme Pollock, arguably the greatest South African batsman ever, had the uncanny ability of seeing even the fastest ball in slow motion, giving him all the time in the world to select his shot with confidence, as if it was a huge beach ball being thrown at his wickets. Undoubtedly Pollock had enormous talent, and when talent meets experience, the combination is lethal.** Having answered many questions in front of many audiences over many years gave me the experience to see the bouncers in slow motion'.



Extract - Truth to Power. André de Ruyter - <https://www.penguinrandomhouse.co.za>



Introducing  
The Trees of Evergreen  
by  
Hennie du Preez



This month we switch our attention to the **Searsia family of trees**. The Old-World name for the genus was **Rhus**, but early in this century, the name was changed to *Searsia*. The leaves of this family's trees are compounded with three leaflets (trifoliolate), so if you find a tree with three leaflets grouped at the end of its stems, the chances are that it is of the *Searsia* family.

There are four species in our village, but we'll only look at three of them, and this month we start with the ***Searsia lancea* (Karree or Karee)**. The ***lancea*** is easy to identify with its long, dark green, lancelike leaflets, often-twisted branches, and rough, dark brown to blackish bark. It is small to medium-sized and evergreen.



We planted at least nine of them, but in addition there were a few well-established trees when we moved in. The two in the picture grow at the start of the track down to the garden refuse area.

The flowers are tiny, pale greenish-yellow in clusters at the ends of the branchlets. Flowering starts in mid-winter, and the fruit, small, round berries that ripen in the early spring, provide food for the birds when there's nothing else available. The wood is hard, tough, and durable, but the trunks are mostly so crooked and twisted that they cannot be cut into planks. It does, however make good firewood

Sources :

Trees of Southern Africa - Keith Coates Palgrave

Field Guide to Trees of Southern Africa

Braam & Piet van Wyk



## Camellias . lovingly called the 'queen of the winter garden'

Camellias are exquisite flowering plants that bring beauty and charm to gardens and landscapes all over the world. In South Africa, where the climate varies from region to region, camellias thrive particularly well in the cooler winter months. These enchanting blooms are a delightful sight during this time, adding vibrant colors to the winter landscape.



Camellias are native to East Asia but have been cultivated in South Africa for many years. They belong to the family Theaceae and are known for their glossy, dark green foliage and elegant flowers. The most common species cultivated in South Africa are *Camellia japonica* and *Camellia sasanqua*.

During the winter season in South Africa, which spans from June to August, the weather becomes cooler, and camellias enter their blooming period. The low temperatures and reduced sunlight trigger the plants to produce beautiful flowers. The camellia blossoms vary in colour, including shades of white, pink, red, and even multicoloured varieties. These blooms are often large and showy, boasting layers of delicate petals.

Camellias are known for their ability to withstand cooler temperatures and even light frost. However, it's important to note that severe frost can damage the flowers and foliage. So, protecting the plants during freezing nights is best by covering them with frost cloths or bringing potted camellias indoors.

South African gardeners often take advantage of the camellia's winter flowering season to enhance their landscapes. Camellias can be planted as specimen plants, hedges, or even in containers for patios and balconies. Their beautiful blooms create a stunning focal point amidst the winter garden and provide a welcome burst of colour when most other plants are dormant.

To ensure healthy growth and abundant blooms, camellias require specific care. They prefer well-draining acidic soil and partial shade, although they can tolerate full sun in cooler regions. Additionally, applying a layer of mulch around the base of the plant helps conserve moisture and insulate the roots from extreme temperatures. Regular watering is necessary, especially during dry spells, and avoiding overwatering or waterlogged conditions is essential.



Camellia Japonica



Camellia Japonica  
'Omega'



Camellia sasanqua



Some of South Africa's unique floral treasures are being decimated by illegal traders who hire poachers

Tony Carnie writes an interesting article in The Daily Maverick – DM 168 27 May.

'Thousands of succulent plants need rescue each week as poachers' relentless onslaught pushes an increasing number of rare species towards the critically endangered list'.

South Africa is known for its remarkable biodiversity, including a rich variety of succulent plants. However, these unique and often rare species are facing a growing threat – poaching. Succulent plants are highly sought after by collectors and enthusiasts due to their captivating beauty, adaptability, and potential medicinal properties. Unfortunately, the illegal trade in succulents has become a significant concern, leading to the decline of endangered species and disrupting fragile ecosystems

South Africa boasts a diverse array of succulent plants, ranging from the iconic Cape Floristic Region to the arid regions of the Karoo and Namaqualand. These plants have adapted to harsh climates by storing water in their fleshy leaves and stems, making them incredibly resilient. Succulents play a vital role in the ecosystem, serving as habitat and food sources for various organisms, promoting soil stabilization, and acting as indicators of environmental health

"The Red List for *Conophytums* had to be updated in 2020/2021 because of the poaching surge, and all *Conophytums* species are now threatened," says **Sanbi project manager Ismail Ebrahim**. Whereas some members of this plant family were previously listed under "**least concern**", most now fall in the "**endangered**" or "**critically endangered**" categories. One of the reasons for this, Ebrahim explains, is that some local succulents have very small populations or limited geographic ranges.

In some cases, they are found in just one place. *'The entire global population of an endemic plant can be wiped out from their wild habitat in a single day by illegal plant collectors'*, he says. Ebrahim believes it is vital to raise awareness about the plant poaching crisis and instil a greater sense of public custodianship. As things stand, the death or demise of rare plant families seldom arouses the same sense of public outrage or sentiment as the slaughter of animals like rhinos or the abuse of domestic pets.

Paul Gildenhuis, a founding member of CapeNature's environmental crime unit, does not doubt that SA's rare succulent plants fall squarely in the centre of this burgeoning global demand. And, he says, this demand is increasingly driven by illegal trade syndicates that also deal in rhino horns, elephant tusks, abalone, armaments or drugs. *"Rare succulents are now just another commodity for crime networks that trade in low-risk, high-reward fauna and flora products"*, he says.

Gildenhuis and his colleague Carl Brown find it difficult to pinpoint the exact reasons for succulent plant smuggling exploding over the past three or four years. Still, they say the evidence points strongly to **growing demand from collectors in China and some of its neighbours**.

for more info: <https://www.dailymaverick.co.za/article/2023-05-23>



# Verges on Frederick Road

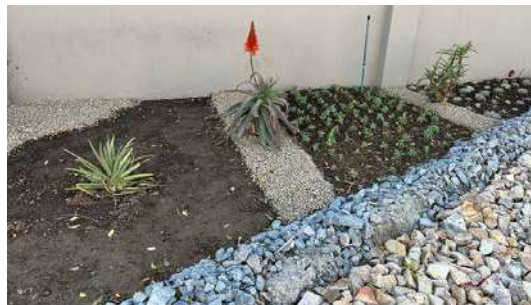
Marius designed and, together with his team of gardeners created this 'new indigenous look' of the verges on Frederick Road.



**Before**



**After**



**News Resident / s**



**Janet Key - Acacia - A216**





Ladies  
Bathroom

Ladies  
Bathroom



Mens  
Bathroom



Salon



Wilma





Lynn Turner



Elske Fann

# Craft Group



Do you love crafting & also getting together with friends? Why not combine these two activities & join our group? **Every 2nd & 4th Tuesday at 2.30 pm in the Recreation Room**, we meet with like-minded people while doing activities you love. If you have a craft you would like to share with us; your participation would be most welcomed. Pictured here are some of the Crafters & the work they have done over the past months. **We hope to do workshops in Calligraphy, Mosaics, and Pergamano, to name a few.**



For more information on the Craft Group, please contact

Lynn Turner on ext 1004 cell: 072 182 1288 or Elske Fann ext 1076 cell: 083 384 5492



## Pets Corner

Featuring Residents & their furry friends

### The Genetics of Yorkie Colours

A dog colour genetics chart is a shockingly complicated thing to compile. But there are some simple ideas behind it that we can all get on board with.

Genetically, the Yorkie is a black and brown terrier that turns to a blue colour as it matures because it possesses the unique greying gene. The greying gene affects the production of eumelanin, the black pigment occurring in their hair and skin. However, it doesn't change the colour of the eyes or nose.

Since genes come in pairs at each location in a dog's DNA, Yorkies can have one or two copies of the greying gene. Two copies results in a light steel blue coat when your pup is grown up. One copy produces a dark steel blue coat. Good breeders are likely to know by the colours in their dog's family tree what colours are likely to appear in their litter.



Here I am six months old



I have weekly appointments at my parlour, so you can see why my coat is so stunning

My name is Laier. I am a Blueberry Yorkie living at Bushwillow No 4 with my Mommy, Lisa. I have many different colours as I get older, my colours will change. My siblings are the standard colour, Tan & Black.





## From the Library



### Book Morning 20 June - by Libby

It's said that every book one reads is a journey, a journey into someone else's thoughts, ideas and imagination. Reading about what other people do, think and feel, is an essential guide that helps us understand ourselves, who we are and what we may become.

At Evergreen we have a wonderful library, filled with books that are diverse, interesting, informative and entertaining. There are books for everyone from:

- The light-hearted romances of Maeve Binchy, Santa Montefiore, Nicholas Sparks, Jojo Moyes;
- Exciting adventure stories of Clive Cussler, Wilbur Smith, Dan Brown;
- Mystery and murder stories of Ruth Rendell, Michael Connelly, David Baldacci, Val MacDermid;
- Spy and war stories of Daniel Silva, Rory Clements;
- Historical novels of Philippa Gregory, Lucinda Riley; to the
- Querky and imaginative stories of JK Rowling, Sally Andrews.





# From the Library

## Book Morning continued- 20 June

Libby

And that's only a fraction of the fiction library – there's a wealth to explore on the non-fiction side too – travel, biography, science, art, war, politics – the list could continue for ever.

So while we may often stick with a particular author or genre of story, it could be exciting to branch out and explore other authors or subjects, become intrigued by new ideas, and explore new worlds for oneself.

It's truly said, – "someone who reads lives a thousand lives before they die, while those who do not read, live only one.

The books reviewed included:

- Trespassers by Louise Kennedy, reviewed by **Sue Edwards**
- Finding Jack by Gareth Crocker, reviewed by **Libby Baker**
- A Woman Makes a Plan by May Musk, reviewed by **Judy McLaren**
- The Fine Art of Invisible Detection by Robert Goddard, reviewed by **Norma Johnson**
- Shoe Dog by Phil Knight, reviewed by **Graham Langmead**
- Just a Moment by Schalk Burger [snr], reviewed by **Graham Langmead**
- The Richie Boys by Bruce Henderson, reviewed by **Lynn Turner**

It was a lively morning that was enjoyed by all. The lapel microphone enabled us to follow the proceedings easily, and the delicious eats provided by Pru Hall and Norma Johnston, for which we thank them, added to the enjoyment of the morning.

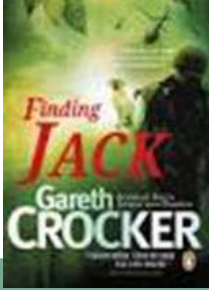
# From the Library



## Book Reviews



Libby Baker



### FINDING JACK by Gareth Crocker

Gareth Crocker, a South African, was born here in Johannesburg, where he still lives and writes.

His novel, Finding Jack, gained international acclaim and film rights.

The story is based on true-life events surrounding the abandonment of the heroic military dogs in Vietnam at the end of the war when the Americans withdrew. The dogs were considered 'surplus to military requirements'.

Gareth Crocker has an extraordinary insight into and bonds with animals.

This story is on many levels, and there is adventure, war, love and friendship for everyone – all these play their part. But it is also a tribute to those brave and heroic dogs that saved countless lives during this terrible and seemingly pointless war.



Lynn Turner

### THE RICHIE BOYS by Bruce Henderson

This is a magnificent and **untold story of WWII.**

It's a story that needs to be told. It follows the paths of five German Jewish boys who had fled to America to escape Hitler's persecution.

When Hitler came to power in Germany in 1933, he declared war on his country's Jewish citizens. Initially, German Jews were allowed to emigrate if they could find someone who would agree to sponsor them. However, it was expensive to sponsor whole families, so often, a family would send the eldest son ahead.

When war broke out in 1939, these Jewish boys now in America were distrusted, labelled 'enemy aliens' and interned. Until 1942, when the Pentagon realised the incredible asset that these boys could be. They knew the language, the culture and understood the psychology of the enemy better than anyone else – and they had the motivation to fight Hitler.

They were sent to a secret military intelligence centre called **Camp Richie**, trained in interrogation and sent to the frontlines of the battlefields across Nazi-occupied Europe, where they played a huge role in gathering information, particularly about German troop movements.

Author Bruce Henderson draws on personal interviews with many surviving veterans and extensive archival research to bring this never-before-told chapter of the Second World War to light.





# Friends of Evergreen Social Dinner & Entertainment by Ruby Tuesday Band 7 June



It was the first "Friends of Evergreen" function in Broadacres.

Friends of Evergreen aims to invite prospective buyers to come and experience our outstanding hospitality and great people and hear from existing residents first-hand about their living experience in the Village.

This function had 50 residents and 50 "Friends of Evergreen" attending. Music was by The Ruby Tuesday Band, who had people dancing to 70s to 90s music. The delicious meal was prepared and served by Chef Andrew and his Team.



From Wilma Swart  
Village Manager







# Father's Day Lunch 18 June



A warm thank you to Chef Andrew and his hardworking Team for preparing and serving an amazingly scrumptious braai and Brenda for the beautiful décor in deep blues, which contributed to a memorable day for all fathers to enjoy.







## Dr Tony Dalby talk- 24 June



Dr. Tony Dalby



Dr. David Presbury

Many of you will have attended **Tony Dalby's** excellent talk on matters concerning our **"maturing hearts"** (his terminology). He covered hypertension and its management in depth, explaining that it is symptomless, the importance of checks and that more than one medication is usually required to bring it under control. Also, it is clear that there is no one size fits all solution, and the medication needs to be checked to meet the individual's situation.

We all know that being overweight is not good for us. For a start, losing weight helps to lower blood pressure. It also makes the likelihood of developing Type II diabetes less likely. We need to lower our intake of saturated fats, including red meat and dairy products, which helps us eat smaller portions. The many fashionable diets out there are entirely unnecessary, and we all tend to rebound after reaching a target weight by rewarding ourselves with treats that put the weight back on. Exercise is good for us; any exercise is better than sitting around all day. He realised that orthopaedic problems might constrain the elderly. He didn't dwell long on smoking but was clear that, from a medical point of view, it is a total "no-no". He suggested that alcohol needs to be taken in moderation. That is two drinks per day for the men and one for the women as they tend to be smaller. We thanked him by giving him some wine, so we hope he enjoyed it!

He took some time to discuss diabetes and its potential effect on both the heart and kidneys. He believes that at the onset, it may be controlled by lifestyle changes and that later tablets may be required, and later even insulin may become necessary as the pancreas loses its ability to produce insulin. This, however, is a progression and needs to be monitored in each patient over time. He was adamant that prediabetes does not require treatment.

He strongly believes that statins are essential for lowering LDL cholesterol particularly, and he went into depth dealing with the subject, especially during the extensive question time. It is acknowledged that some people develop muscular pains in their legs, and most of them are women. It has yet to be explained. They are nevertheless incredibly safe to take with a very low level of other side effects and are seriously important in lowering cholesterol levels.

**Footnote:-** *he realised that calculating the BMI (Body Mass Index) is complex and suggested that taking your height in centimetres and subtracting 100 is a good guideline for one's optimal weight. That is, if a person is 100cm tall, the ideal weight is in the region of 100kg.*

It is hoped that we might be able to get Dr Dalby to produce his own summary of the talk and perhaps some of his slides. I thanked him profusely on behalf of the residents, and he said he was delighted and that we are "such nice people". His words.





Submitted by Cecil Fann

**Companion Cab** is the brainchild of **Janine MacLean**, who recognised a need in many areas that complement each other well. She then partnered with her brother, Nj Hourquebie, who added his skills and vision to Companion Cab, and Nosiseko Mashiyi joined the team soon after.

**When she was younger, Janine's mother used to say:**

***"NECESSITY IS THE MOTHER OF INVENTION"***

And this has been a driving force behind the Companion Cab concept.

In a post-COVID world, now more than ever, it is essential for South Africans with entrepreneurial spirits to step up and work together to come up with solutions to help alleviate the unemployment crisis in our country. Only then can we start moving towards a brighter future for all South Africans.

Companion Cab's goal is to focus on women's employment in a sector that has been left unattended: the elderly. When an elderly person has had to give up driving, they become reliant on either once-a-week shuttles or the aid of family.

COVID lockdown and working from home allowed families of elderly persons to slip away from their home offices and assist. With the return to work, post-COVID, the freedom to assist a family member has become harder when working from the office. Errands that need to take place during business hours now require taking a day's leave or are put off until a later date until they have accumulated and resulted in creating rush and frustration.

With Companion Cab, you have peace of mind, knowing that your loved one is in the care of capable companions, while your loved one has the freedom they lost when driving themselves was no longer safe. Companion Cab looks to empower women from all communities, allowing them to make an income while performing acts of kindness. Companion Cab aims to assist women in finding financial freedom within the current jobs crisis that finds six million women unemployed.

With the loss of driving and mobility stealing the ease of popping to the shops or getting around from the elderly, assisted taxi services are needed now more than ever.



Submitted by  
Charles Carroll



Arbor Day  
2 September

The Evergreen Gardening Subcommittee has devised a plan for planting trees and shrubs on Arbor Day. This plan and the costs involved will now be submitted to ResCom and Evergreen Management Team for approval. The trees being proposed are as follows:

Three *Searsia Leptodicya* trees will be added to the border outside the clubhouse patio. There are already two similar trees on the border, and they are starting to provide shade to the patio during summer. The three new trees will extend the shade further along the patio.

One *Dombeya rotundifolia* tree to replace a similar tree nearby the front entrance to the clubhouse. The present tree is bending so far over it is only standing with the aid of a rope and cannot be straightened.

One tree is to be planted between the top pond and Unit 32, where the management is considering clearing the existing, overgrown shrubbery with a single tree. The type of tree is still to be determined after a visit to the nursery by the subcommittee. Management is also considering clearing the overgrown shrubbery between unit 75 and the Wetland. This present shrubbery hides a collection of beautiful large rocks and, if cleared, will be replaced with a single tree. Again, the type of tree is to be determined during the nursery visit.

Two shrubs, in large pots will be placed between the clubhouse/gym and Acacia apartments. This will soften the outlook from Acacia apartments.



*Searsia Leptodicya*



*Dombeya rotundifolia*

What's  
Happening  
in



Christian Fellowship Group  
Wednesday, 5 July  
@ 2:30 pm  
The Boardroom



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



Sunday lunch &  
Wimbledon Final  
Sunday, 16 July  
in the Clubhouse



Christmas in July  
Christmas in July Social  
Dinner  
Wednesday, 26 July  
in the Clubhouse



Craft Group  
Every 2nd & 4th Tuesday at  
2.30 pm in  
the Recreation Room  
Lynn Turner, ext 1004  
&  
Elske Fann, ext 1076



Movie Night  
6, 13, 20 & 27 July  
Titles to be  
announced by Chris  
Edwards

Village Emergency Numbers

Reception Desk	060 317 4268
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	082 330 4661

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



What's  
Happening  
in



# NAILS BY MARY



## JULY SPECIAL

MANICURE AND PEDICURE

**R250.00**

# Birthdays July 2023

## Birthdays

Dave Nesbi9tt	1st
Margo Clarkson	3rd
Beryl Sletcher	5th
Dennis Allen	5th
Robert Haselum	6th
Thomas Kneen	6th
James Baird	7th
Dave Powell	8th
Marion Du Preez	9th
Kate van Rooyen	10th
Idonea Prentice	10th
Arthur Hills	11th
Caroline Brickett	18th
Gunnar Svensson	21st

## Birthdays

Sue Stirton	21st
Lynn Turner	23rd
Ann Mexter	26th
Yolanda Essex-Clark	26th
Bryan Breval	27th
Iris Haferung	27th
Emmy Murray	28th
Jan Key	28th
Kees Segers	29th



# Anniversaries July 2023

## Anniversaries

Stewart & Loraine Phillips	1st
Hennie & Marion Du Preez	2nd
Graham & Prudence Hall	2nd
Chappy & Sue Hartley	3rd
Ian & Elaine Gladstone	17th
James & Pauline Green	27th
Milne & Emmy Murray	30th







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
<b>3</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole 	<b>4</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole 	<b>5</b> 2:30pm Christian fellowship group 6pm Social Dinner	<b>6</b> 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	<b>7</b> <b>INTERNATIONAL PEACE                      AND LOVE DAY</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	<b>8</b>	<b>9</b> 
<b>10</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>11</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole 	<b>12</b> 6pm Social Dinner 	<b>13</b> 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	<b>14</b> 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>15</b> <b>WORLD YOUTH                      SKILLS DAY</b>	<b>16</b> 12pm Sunday Lunch Wimbledon afternoon 
<b>17</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>18</b> <b>NELSON MANDELA DAY</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole 	<b>19</b> 6pm Social Dinner	<b>20</b> 8am Therapeutic Exercise class 9am Yoga 2pm Rummikub 2pm Bridge 3pm Pétanque 6pm Movie Night 	<b>21</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	<b>22</b>	<b>23</b>
<b>24 / 31</b>  9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>25</b> 9am Therapeutic Exercise Class <b>9am Sashni Audiologist</b> 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole 	<b>26</b> 6pm Christmas in July Social Dinner 	<b>27</b> <b>NATIONAL SCOTCH                      DAY</b> 8am Therapeutic Exercise class 9am Yoga 2pm Rummikub 2pm Bridge 3pm Pétanque 6pm Movie Night 	<b>28</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>29</b>	<b>30</b>



## JULY 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>	03-Jul Potato and leek soup with ham cheese and tomato roll R68,00	10-Jul Pork Schnitzel with chive mash, cheese sauce, spinach and carrots R68,00	17-Jul Roast tomato soup with basil crème fraiche, spinach and feta phyllo parcel R68,00	24-Jul Cape fishermans pie with gem squash and sweetcorn R68,00	31-Jul Cream of chicken and mushroom soup with toasted cheese ciabata R68,00
<b>TUESDAY</b>	04-Jul Penne pasta with chicken and mushroom in tomato and basil sauce, green salad R68,00	11-Jul Robust winter vegetable soup with cheese and tomato health roll R68,00	18-Jul Chicken lasagne with garden and beetroot salad R68,00	25-Jul Sweet and sour chicken with Asian fried noodles and vegetables R68,00	
<b>WEDNESDAY</b>	05-Jul liver and onions with mash and gravy, buttered squash and carrots R68,00	12-Jul Crumbed chicken strips with sweet chilli, fried rice and vegetable stir fry R68,00	19-Jul Grilled pork chop, cheese sauce, mash potatoes, pumpkin and fried cabbage R68,00	26-Jul Beef lasagne with Italian salad and Mediterranean roasted vegetables R68,00	
<b>THURSDAY</b>	06-Jul Chicken casserole with savoury rice, green beans and beetroot salad R68,00	13-Jul Beef goulash with cheesy mash potatoes, saute green beans and sweet corn R68,00	20-Jul Macaroni and cheese with bacon, mushroom and tomato, spinach and feta salad R68,00	27-Jul Potato, broccoli and chicken bake with beetroot and carrot salads R68,00	
<b>FRIDAY</b>	02-Jul Grilled or deep-fried Hake, with chips, tartar sauce, coleslaw and garden salad R85,00	14-Jul Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00	21-Jul Grilled or deep-fried Hake with chips, tartar sauce, mushy minted peas and garden salad R85,00	28-Jul Grilled or deep-fried Hake with chips, tartar sauce, pea and sweet corn salad 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.





# SUNDAY LUNCH

## The Wimbledon final

16th July – 12:30 – 15:00

### Starter

Mushroom and biltong soup  
topped with chive crème fraiche,  
grated cheddar, and herb croutons.

### Main Course

Pepper crusted roast topside of beef with thyme jus and cream horseradish.  
Chicken tikka masala in yoghurt and almond sauce  
Broccoli and cauliflower in cheese sauce  
Penne pasta with basil pesto and roasted tomato sauce  
Seasonal vegetables in herb butter  
Roast potatoes  
Steamed basmati rice

### Strawberries and Cream Dessert

Strawberries, meringues and whipped vanilla cream  
Strawberry cheesecake  
Vanilla and strawberry ice cream with salted caramel sauce  
Mini strawberry tartlets and scones with strawberry jam and cream  
Cheese platter with cheese straws and grissini sticks

Residents: R165.00pp

Visitors: R185.00pp

Children under 12yrs: R130.00

### Terms and Conditions

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip from the Bistro to book your table with Hannah at reception. (No exceptions)
3. Bookings close on Wednesday 12 July 2023 at 16:00
4. No cancellations will be accepted or refunded.
5. No deliveries



**26 JULY 2023**

# Christmas in July

**MENU.**

**PLATED STARTER**

Camembert phyllo Christmas parcels on gluhwein poached apple and raisin compote, with cinnamon pumpkin puree.

**PLATED MAIN COURSE.**

Sugar baked Kessler loin with apple and cranberry sauce and red wine jus

Rolled chicken breast, with walnut, sage and macerated fruit stuffing, marmalade, and thyme jus.

Nut meg roasted Brussel sprouts with crisp bacon bits.  
Roasted parsnips, turnips and carrots in maple syrup butter  
Rosemary roasted fondant potatoes.

**PLATED DESSERT.**

Caramelized Croissant bread and butter pudding with sherry infused fruits, cinnamon creme Anglaise and wild berry syrup

**R165.00 per person**

Book and pre pay with Bistro by 20 July 2023  
Take your receipt with to book your seating  
with Hannah at reception