

NEWSLETTER

Evergreen Broadacres JULY 2023

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

EVERGREEN
lifestyle

From
The Village Manager
Wilma Swart



August is here, and spring is so close we can almost feel it.

With our Village having so many wonderful and talented women, we always enjoy celebrating August as Women's Month. It allows us to appreciate just how much the women in our lives do for us.

We look forward to the Annual General Meeting that will be taking place on the 17 August at 12 pm. This year, we are making an entire day of it and doing a wellness morning from 08:00 – 12:00. Discovery Health Corporate will conduct a wellness experience, as will Clicks and other service providers. A detailed list of activities and talks will be provided next week. The AGM will start at 12:00 – 13:00, with snacks and drinks after that. I hope you have all started thinking about who has the necessary talents around the different ResCom portfolios for you to put forward to be elected at the AGM.

August has several World Cup Rugby warm-up fixtures to enjoy as we await the start of the Rugby World Cup to kick off on the 8 September 2023, with France taking on New Zealand. We have scheduled Arbor Day celebrations in September accordingly to ensure it does not interfere with our rugby-watching and supporting efforts. The Netball World Cup starts on the 28 July 2023 in Cape Town and ends on the 6 August 2023, so we can also watch and support our ladies.

The waterhole is using the last few cold days to host a gluhwein evening on 11 August 2023. Peter Hübner and Iris Haferung will prepare and serve the gluhwein. Felicity and Henning will serve hotdogs. They are using the lifestyle centre kitchen and the 20 Lt pot to ensure plenty for all. So diarise the date now.

Until next month, when we welcome Spring, keep warm and happy.

In This Issue

- Rainfall & Finance
- Security
- Trees of Evergreen
- Getting to know our Residents ^{New}
- Recipes from our Residents ^{New}
- From the Library
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- What's happening in Aug

and much more in between

Village Rainfall



by Cecil Fann

The next few months, as our rainy season typically only begins in October temperatures nosedived during the month but are now improving.

Dam levels nationwide remain better than last year at 94% against 93%. As usual, the current situation, unsurprisingly, varies widely, from 98% for the Free State and Mpumalanga to 81% for the Eastern Cape.

Our own Vaal dam stands at 90.6% full, a slight monthly decrease. This data is at 25 July 2023.

For this and much more weather-related information, visit the website: <https://www.sawx.co.za/state-of-dams>, or [dws.gov.za](https://www.dws.gov.za)

The gradual increase in daylight hours is now more apparent, with a day length on 1st August of 10 hours 54 minutes increasing to 11 hours 32 minutes on the 31st. The full moon on the 1st and 31st August is known as a **Super Full Moon**.

Rainfall by month for the past year	
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
Jul '23	5.0
Total	786.8

July Rainfall over the years	
2013	0.0
2014	3.5
2015	6.0
2016	12.5
2017	1.0
2018	1.0
2019	0.0
2020	0.0
2021	0.0
2022	0.0
2023	5.0
Average	2.6

August 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	06:47	17:41	Full
2	06:46	17:41	
3	06:46	17:42	
4	06:45	17:42	
5	06:44	17:43	
6	06:44	17:43	
7	06:43	17:44	
8	06:42	17:44	Last Qtr.
9	06:41	17:45	
10	06:41	17:45	
11	06:40	17:46	
12	06:39	17:46	
13	06:38	17:47	
14	06:37	17:47	
15	06:37	17:47	
16	06:36	17:48	New
17	06:35	17:48	
18	06:34	17:49	
19	06:33	17:49	
20	06:32	17:50	
21	06:31	17:50	
22	06:30	17:51	
23	06:29	17:51	
24	06:28	17:51	First Qtr.
25	06:27	17:52	
26	06:26	17:52	
27	06:25	17:53	
28	06:24	17:53	
29	06:23	17:54	
30	06:22	17:54	





ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Much business as usual in the month.

R1 258.71 was spent on successful social events held in the month.

Reserved funds include a provision of R9 408 for catering and drinks at the July RAC meeting. This cost has been met from ResCom funds since 2014.

ResCom funds remain in a healthy state.

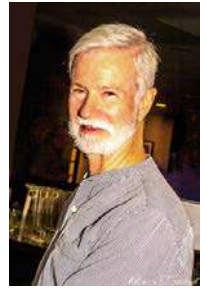
As always, the transactions in the fund will be discussed if needed.

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
Funds on hand at 31/05/2023			21 836.73
Waterhole Cash provided for stock purchase	4 000.00		
Villiersdorp Kelder o.b.o. Waterhole		4 000.00	
Function Supplies		471.72	
100 Club Stationery		42.00	
Gift to Guest Speaker		744.99	
Catering Service Fee		625.00	
Bank Charges		105.50	
Interest Received	6.44		
Funds on hand at 30/06/2023	4 006.44	5 989.21	19 853.96 *
Reserved Funds			
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 (20 July 2023)			(9 408.00)
TOTAL RESERVED			(13 937.90)
Funds available after reserves			5 916.06
Memo - Funds on hand made up as:			
Bank accounts:	Business Account	9 577.40	
	Savings (Call Account)	1 186.86	10 764.26
Petty cash			9 089.70
			19 853.96 *



FIREWISE: FIRE SAFETY & PREVENTION

a fire safety newsletter
series from the experts



Dave Nesbitt
Security

Guidelines for safely extinguishing fires

In **Part 5** of this series, we looked at the **tips on how to extinguish a fire safely**.

In this newsletter, we will add further **tips to extinguish fires safely**.

While the general rules for fighting fires are the same for most fires, personal safety comes first.

Let's look at some more practical guidelines:

- Keep alert for any changes in the fire pattern.
- When tackling a fire involving electrical equipment, isolate the power immediately to prevent re-ignition.
- When extinguishing a flammable liquid spillage fire, never walk in the spillage area in case the flames flashback.
- When tackling flammable liquid fires using a controllable discharge type of extinguisher, do not interrupt the flow of the extinguishing medium until the fire is completely extinguished.
- Ensure that the fire has been completely extinguished and no sparks remain.
- When the fire has been extinguished, back off slowly and never turn your back to the scene in case of a flare-up.



ARTICLE COURTESY OF THE
FIRE PROTECTION ASSOCIATION
OF SOUTHERN AFRICA



FIRE PROTECTION ASSOCIATION
OF SOUTHERN AFRICA



Christmas in July

One of the most striking succulents at Christmas in the Northern Hemisphere is the beautiful ***Schlumbergera bukleyi***. Its common name, Christmas cactus, says it all, as it will flower just in time for Christmas in the north. In South Africa it will be flowering now for a beautiful **Christmas in July**.

This epiphytic plant has succulent sectioned leaves that curve downwards and produce fuchsia-like flowers at the ends. Flower colours include red, pink, purple, yellow, orange and white. They are indigenous to areas of tropical southeast Brazil, where they grow under the canopy of trees in humid, wet conditions. To give them the best, they need similar conditions, like in a dappled shade of a tree, on a patio or in a bright room indoors. When the plants are flowering, they need bright light, but in dormant stages need much darker conditions.

Keep moist most of the time, but it can dry out between watering. They are unlike desert-type succulents that need little water. Replicate their tropical origins with lots of water and humidity, but don't waterlog them.

Watering every 2-3 weeks is sufficient. Make sure the soil is well-drained by adding drainage materials like 40% perlite or vermiculite to 60% potting soil. Alternatively, use a commercial cacti and succulent mix. Feed them every two weeks with liquid fertiliser. On alternative weeks, give them an extra dose of magnesium by adding one teaspoon of magnesium sulphate to five litres of water.

The plants can be pruned in spring by taking off a few sections of leaves to encourage new growth and branches. Deadhead the flowers to get new blooms.

For this and more info visit the site below:

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



Six historical events that happened in July

- An ageing **Henry VIII** married the young **Catherine Howard** on **28 July 1540**, while **Thomas Cromwell** was beheaded on Tower Hill.



- **Louis Pasteur** administered the first-ever rabies vaccine on **6 July 1885**.



- French designer **Louis Réard** unveils a daring **two-piece swimsuit (bikini)** on the **5 July 1946** at the famous Piscine Militar swimming pool in Paris.



- **Alexander Graham Bell** made the first phone call on **9 July 1877**.



- French army engineers who were part of Napoleon Bonaparte's Egypt campaign discovered the **Rosetta Stone** on **19 July 1799**. The Ancient Egyptian slab helped crack the code of hieroglyphics.



- **Trinity** was the code name of the first **denotation of a nuclear weapon**. It was conducted by the **USA Army at 5:29 am on 16 July 1945** as part of the Manhattan Project. The test was conducted in the Jornada del Muerto desert about 56 km southeast of Socorro, New Mexico.



Info collected from various historical sites.

Introducing
The Trees of Evergreen
by
Hennie du Preez



Continuing with the **Searsia** family of trees, this month, we look at the **Searsia pyroides** (common wild current, taaibos) and the **Searsia penteri** (crowberry or kraaibessie). Starting with the **pyroides**, all the specimens in the village were self-sown.

The one in the picture can be found on the wetland side of the clubhouse and is typical of the species: multistemmed, spreading, and spiny if you have a close look at it. And beware: a prick from a spine is painful and will remain so for many hours. It is deciduous but loses its leaves late in the winter, so it can almost be said to be evergreen. It produces a sweet berry that is edible and loved by the birds, monkeys, and baboons, hence its self-seeding characteristic. It occurs in a wide range of habitats from coastal dunes, through grassland, the bushveld, to semi-desert areas.

The wood is red-brown, cross-grained, and tough, giving rise to its Afrikaans common name, taaibos (tough bush). Peasant farmers use the wood for the making of handles for implements, e.g., axe handles and fence posts.

Next, we look at the **penteri**. There's only one growing in the village, which we planted on our second Arbor Day on the clubhouse side of the aloe garden.



It is a much-branched shrub or small tree that naturally occurs in dry woodlands, thornveld and scrub. It is remarkable because of its attractive, dark, dense foliage. Like the **pyroides**, it is deciduous, only losing its leaves late in winter. Although I haven't witnessed it, the common names imply that crows favour its berries.

Sources :

Trees of Southern Africa - Keith Coates Palgrave

Field Guide to Trees of Southern Africa

Braam & Piet van Wyk

Nature & Birding Group

Submitted by Heather Mutch

Photography by Kiloran Townsend



Lisa Nuttal



Heather Mutch

Greetings from a chilly Evergreen. I am looking forward to some warm weather soon.

Our next Nature and Birding Group gathering will be on **TUESDAY, the 1st August 2023, at 10 am**. We plan to meet at the Mongoose Crossing Bridge (the lower bridge). This will be a special meeting as we announce our **Nature and Birding Group Project**. Snacks, champagne, orange juice and a short video on the project will follow in the clubhouse. All residents are welcome.

RSVP to Lisa or me on our details below (for catering purposes).

Hot off the Press – We had exciting visitors on 17th July to bolster our bird list – a pair of **African Harrier Hawks** (ana Gymnogene). Thanks to **“Eagle Eyes” Dave Nesbit**, who saw them fly into the gum trees alongside unit 70, which he shared with me. At first, they were pretty hidden, but we saw them clearly with time. Kiloran has taken some lovely photos of them. Also arriving back at Evergreen is the **Black Shouldered Kite** (ana Black Winged Kite).



African Harrier Hawk



Black Shouldered Kite

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

Heather Mutch Ext 1080: 083 7897 311 OR

Lisa Nuttall Ext 11020: 071 007 4658

getting to know
our
Residents
From the Editor

With her delightful smile, twinkle in her eyes and wonderful sense of humour I think you will agree with me that getting to know and understand a little more about Maseri Seretlo is wonderful.



Professor J R Seretlo, head of the Department of Physics with his wife Elizabeth who received the B.Ed. degree at this year's graduation ceremony

Maseri was born on the 9th of September 1936 in Sophiatown. She lived with her grandmother and was enrolled at St. Mary Missionary Junior Primary School and later at St. Cyprians Senior Primary School, which the Community of the Resurrection Anglican Priests ran. In 1943, the Head of the Priory was Trevor Huddleston. The schools were well equipped for a school in the 1940s. In Maseri's matric year (1954), the residents of Sophiatown were moved to Soweto. Maseri then attended the Bantu High School in Western Nation Township. She had to catch a bus and train and then walk to school from the station. The highlight was when she met her future husband, Bob Seretlo, on the bus when he asked her, **'Are you the girl in the Bantu High School debating team?'** I guess that is where their journey begins. Maseri secured a place at the University of Fort Hare, Alice, to register for a BSc (PreMed) degree the following year. Dr. Xuma (former president of the ANC) kindly supported Maseri financially in her studies. In 1957, Bob registered at Fort Hare University, having secured a Johannesburg City Council Medical Scholarship for a BSc (PreMed) degree, and they renewed their friendship. Bob changed his degree in his 2nd year to a BSc in Physics and Maths.

Maseri and Bob were married in 1959 in Johannesburg, witnessed by her mother and brother, and lived in Molapo, Soweto. Maseri explained: **'She was christened as Mmadinko (someone with a large nose) Bodibe. However, since the teachers at school could not pronounce her name, she was called Elizabeth. Once married, she was named Maseri, from Maseretlo (meaning mother of Seretlos).'** 1964 Bob registered for a BSc Hons in Physics at Wits University. He was offered a lecturing post at the University of Fort Hare in the Physics Department in 1964, and he and Maseri relocated to Alice with their son and daughter.

Maseri worked in an administrative office while continuing her studies towards a Teaching Diploma. Having obtained her diploma, she taught at a local school. During this time, the family increased by two daughters. She then enrolled for a B.Ed. (Bachelor in Education). In the meantime, Bob completed his PhD in Physics and became very busy travelling as the head of the Department of Physics at Fort Hare University. That left Maseri taking care of the family while teaching.

In 2001, they retired from Alice and relocated to Craigavon, Fourways. In 2005, Bob became ill and sadly passed away in 2016. Maseri continued living in Craigavon but found it increasingly lonely. Luckily for all of us, she spotted the **Evergreen Lifestyle Billboard** and, on **17 June 2019, moved into Acacia apartment 207.**

Maseri tells me she's so happy and that moving into Evergreen is one of her best decisions. She considers Acacia as part of her family.

She ends our chat by saying, **'A stranger is just a friend you didn't know'.**



Sue Hartley &
Granny Pat



Granny Pat's Fishcakes
(Sue Hartley's Mom)

Recipes from our
Residents

Ingredients

Two tins of solid tuna in brine
Two medium potatoes peeled and chopped.
One medium onion finely chopped
Three celery sticks chopped
One teaspoon of fresh lemon juice
Three cloves garlic crushed.
One teaspoon of mixed herbs
One Large egg
Two teaspoons of baking powder
chopped parsley
Dash tobacco (optional)
Salt and Pepper to taste
Flour to coat

Method

Boil and mash potatoes (no milk/butter)
Once cooled, mix with tuna and other ingredients.
Add the egg and the baking powder and mix to bind the ingredients.
Place in the fridge to cool
Take +- 25ml portions of the mixture forming into balls.
Coat in flour
Fry in hot oil until brown and crunchy.
Drain on a paper towel.

Enjoy!

Orange Pudding (Mrs Allen Plett) (Submitted by Dennis Allen)

Ingredients

Juice of four oranges
One cup sugar
½ cup water
Whites of two eggs
Two tablespoons custard powder.

Method

Boil orange juice, water and sugar together.
Mix custard powder with a little cold water to a smooth paste, then boil until thick.
When cold, add stiffly beaten egg whites. Set aside to cool.



Dennis Allen



Hennie's Marmalade

*Behind closed doors!
Marmalade Making*

Submitted by Norma Johnston



Evergreen residents know our communal activities in the Clubhouse and elsewhere. **However, what goes on behind closed doors?** A little research discovered that one of our well-known residents, Hennie du Preez, has a slightly unusual hobby – **marmalade making!** Caroline & Graham Brickett and I are also keen citrus jam makers. Last year, Derek Heard's lovely carer, Tuli, made an attempt knowing nothing about marmalade making. I must add that Derek, who had requested a few oranges, decided to eat one!

Let me give you a little background to marmalade making. In Europe, the Seville orange is available in January, and I suspect the Brits are the primary consumers. In South Africa, there is an orange called **Rex Union**. These are harvested at a farm in the North West region. It is a hybrid between the Pomelo and the Seville sour orange. The orange has a dark red, almost blemish-free skin with a thick pith underneath. The flesh is juicy and has a sour flavour, so Rex Union is traditionally used for marmalade making. This orange variety was named after **George Wellington Rex**, a pioneer of grapefruit in South Africa. Unfortunately, today, there is only one orchard containing fewer than three hundred trees on the Dunedin citrus farm near Rustenburg, but the trees are pretty old and maybe near their end.

That's the history; very likely, there won't be many more years of harvesting. I have sourced some through the Cheese Gourmet in Linden for the last few years. This establishment is a member of the Slow Food movement, thus their access. This July, I could only buy one bag (twenty oranges). Hennie had requested some, so I gave him eight and some to a friend. That left me with just four. However, they have produced enough jars to last me for the coming year hopefully. You can, of course, use a mix of grapefruit, regular oranges, or any citrus fruit. Just ask Caroline and Graham what she uses, as the Bricketts have been developing their orchard since arriving at Evergreen. Most marmalade makers make several batches, and experimenting with the recipe is fun. Each batch has a different taste and texture.

Continued next page

Marmalade Making – Continued

Hennie, Marion and I had a marmalade tasting last Saturday. Hennie makes several batches and also creates very impressive coloured labels. There are several marmalade fans in the Village, and Hennie has some avid connoisseurs who are lucky recipients of all his surplus.

I've included the straightforward recipe below if anyone is interested in making some. Hennie goes into trouble carefully cutting the peel, but I bung it all in the food processor. It takes about an hour to cook, stirring frequently.



Norma's Marmalade



REX UNION™

Marmalade Recipe

- | | |
|------------|---|
| First Day | Shred whole orange including rind and pith. Add two cups water to one cup of cut orange. Soak overnight |
| Second Day | Boil until skin is tender. Add one cup of sugar to one cup of pulp. Cook quickly until it jells. |
| Third Day | Enjoy! |



Paddinton Bear enjoying one of his marmalade sandwiches

The Weimaraner, Germany's sleek and swift 'Gray Ghost,' is beloved by hunters and pet owners for their friendliness, obedience, and beauty. They enjoy exercise, plenty of it, and lots of quality time with their humans. Instantly recognised by a distinctive silvery-grey coat, male Weimaraners stand 25 to 27 inches at the shoulder, and females 23 to 25 inches. An adequately bred Weimaraner will be solid coloured.

The face, with its amber or blue-grey eyes framed by long velvety ears, is amiable and intelligent. Overall, the breed presents a picture of streamlined grace and balance. A well-conditioned Weimaraner on point is a breathtaking sight. Weimaraners are excellent with kids and yearn to be full-fledged family members. Easy grooming, trainability, a loving nature, and a can-do attitude make them excellent pets as long as owners are committed to keeping them physically and mentally engaged.



Vicky saved Kirsten from a catastrophe when her heater caught alight while she was fast asleep. Vicky nudged her very hard in the ribs, waking Kirsten to the heater already in flames, avoiding what would have turned into a disaster for Kirsten.

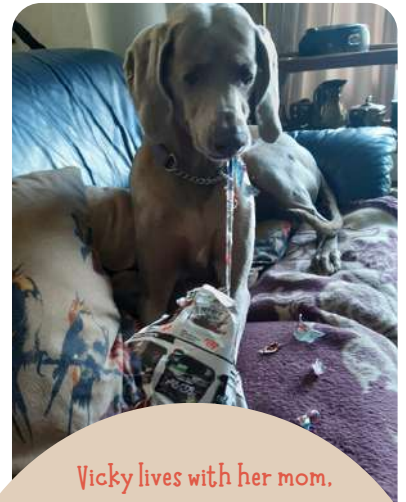
While in puppy school, Vicky made friends with a Cocker Spaniel. Both ran off together and jumped into the local dam, and that must be where she got her love for swimming from.



Vicky



Here she is at two months old.



Vicky lives with her mom. Kirsten Chalker in Unit 11 in our Village. She's 11½ years old and is highly intelligent. She fetches the TV remote and does odd jobs around the house. She is an excellent swimmer. Vicky loves using her tail as a propeller to give her extra speed in the water.



Kirsten and Vicky





From the Library



Book Morning Talk

by Libby

Graham Hall

15 August @ 10:30am for 11am

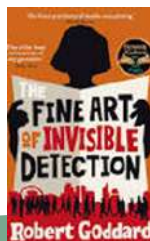
THE UNIVERSE IS A TERRIFYING PLACE!





From the Library

Book Reviews



THE FINE ART OF INVISIBLE DETECTION by Robert Goddard

What do a Japanese crime boss, a chemical defence base in Cornwall, and a real estate in Iceland have in common? Goddard puts them all together in a twisty, action-packed story with engaging characters, witty writing and a rather unexpected end.

It begins with a problematic case for the **Kodaka Detective Agency in Tokyo. Wada**, who usually does the humdrum office work, is thrust into the middle of the case. She heads off to London for her client, Mrs Takenada, who wants to discover the circumstances surrounding her father's death.

Wada is a great character, and Goddard manages to write from her perspective as she discovers how to become a credible private detective.

The story also concerns the work at the Nancekuke base in Cornwall, an aspect of history for which the British Government has much to answer. Goddard's books are often based on historical events that may not be well known to us but make for absorbing reading.



THE HERON'S CRY by Ann Cleeves (Published 2021)

Ann Cleeves is a British crime writer. She wrote the Vera and Shetland series, both of which have been serialized on TV and thoroughly enjoyed.

In *The Heron's Cry*, she features a new detective, **Mathew Venn** - a man of principle with steely grey eyes who is haunted by a strict evangelical childhood.

The book is set in the beautiful countryside of North Devon that has been experiencing an unusually hot summer, so much so that tourists are flocking to its coastline.

Detective Matthew Venn is called out to a rural crime scene at the home of a group of artists. There's been a murder. DS Jen Rafferty had spent time with the victim the night before, as he'd needed to talk to her about something. Unfortunately Jen was too drunk for decent conversation and from there the plot twists and turns as Matthew and Jen try to unravel the complex web of lies and evasions



THE KNIT & NATTER LADIES DONATE AGAIN



Submitted by Libby

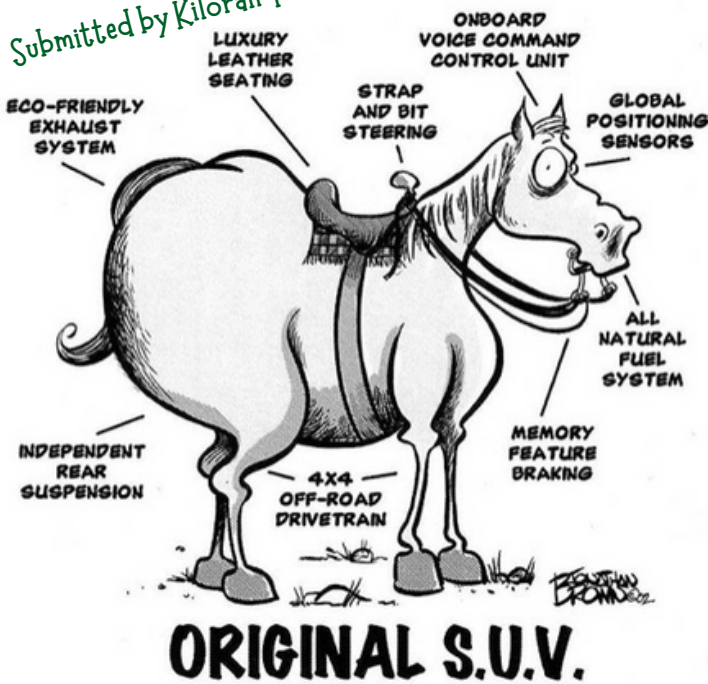


The Knit and Natter ladies are a group of lively women who gather to chat, knit or crochet, share ideas and form friendships over a warm cup of tea or coffee. There is no attendance list or fees; all are welcome to come and join in, whether to knit or chat.

Over the years, this group has donated their work to several charities, and this latest donation of **41 items, which included knitted jerseys, beanies and scarves**, was gratefully received by the **Baragwaneth Hospital Comfort Committee (BHCC)**. In this cold weather, these warm, woollen items were welcomed and promptly distributed to many of the needy moms and babies that attend Baragwaneth Hospital.



Submitted by Kloran Townsend



This & That



'Sacrid Ibesees' feeding in the wetland

Submitted by Hennie du Preez



Skywatchers in South Africa will be treated to a rare treat in August 2023: two full moons. The first full moon of the month, on the 1 August, will be called the **Sturgeon Moon**. The second full moon, on the 30 August, will be a **Blue Moon**.

The **Sturgeon Moon** is named after the large sturgeon fish harvested in the Great Lakes during this time of year. Sturgeon are an important part of the Great Lakes ecosystem, known for their size and strength. The Sturgeon Moon is also sometimes called the Full Red Moon, as the harvest moon often appears reddish in colour. This is due to how sunlight interacts with the Earth's atmosphere at this time of year.

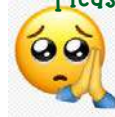
The **blue moon** is a rare occurrence, as it happens when there are two full moons in the same month. The term "**blue moon**" is actually a misnomer, as the moon does not actually turn blue. It is simply the second full moon in a month.

The **August blue moon will be a super moon**, which means that it will be closer to Earth than usual. This will make it appear larger and brighter than a regular full moon. The **August blue moon will be the closest**

<https://www.thesouthafrican.com/news/skywatchers-treated-two-full-moons-in-august-strong-breaking-news-27-July-2023/>



Please be considerate to your neighbours





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 Mashiya 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 help 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 later until they have accumulated, 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 and getting around from the elderly, assisted taxi services are needed now more than ever.



Wimbledon Lunch and Men's Final 16 July



As ever, delicious lunch served
by Chef Andrew and Team



followed by one of the most
entertaining and fantastic
tennis matches in a long time



Carlos Alcaraz
the new King
of
Centre Court



1-6. 7-6. 6-1
3-6. 6-4.



The tables were beautifully decorated by residents. Delicious dinner prepared and served by Chef Andrew and Team. The music was provided by Gypsey and this set the scene for a magical evening filled with laughter and celebration.

Thank you to Chef Andrew and Brenda for arranging it.



Cape Town with invited guests







Arbor Day 2 September

On Arbor Day this year, we will continue the tradition by planting five trees two shrubs and saving a sixth tree. Three trees will be planted next to the clubhouse boardwalk to add to the shade already provided by two of the same trees growing there. The fourth tree will be planted in the recently cleared shrubbery between the top pond and Unit 32, and the fourth in the recently cleared rockery at the end of Hoepoe Lane (the cul-de-sac in front of Units 75-77).

The two shrubs will be planted on the paved corners between the clubhouse and Acacia apartments in new pots. The tree to be saved is located near the entrance to the clubhouse, presently leaning dangerously and held up with a rope stay.

As in the past, we are starting the process by appealing to residents to contribute to the cost. Evergreen has this year undertaken to match the funds collected from residents on a rand-for-rand basis. Once collected, the trees, shrubs, compost, potting soil and fertiliser will be purchased, and the holes dug by the gardeners.

We also need volunteers to help on the day.

If you are interested in volunteering to help on the day, please send your name to Hennie du Preez by email at hennie@leobeck.co.za or WhatsApp or SMS to 083 325 302.

Please pay your contribution towards the costs into the ResCom account.

Bank: FNB

Account No: Evergreen Broadacres ResCom

Account No: 62847606037

Payment Reference: Unit number, Arbor (for example, #73 Arb) OR give your cash contribution to Cecil Fann, Unit 76.

Well known Urologist

Bradley Wood will give a talk

on Saturday, 11 November

Subject & title to be decided.



Dr David Presbury

What's
Happening
in



Rugby World Cup Warm-ups 2023

- 5 Aug - Wales vs England
- Scotland vs France
- Ireland vs Italy
- Argentina vs SA
- 12 Aug - England vs Wales
- France vs Scotland
- Italy vs Japan
- 19 Aug - Ireland vs England
- France vs Fiji
- 25 Aug - SA vs New Zealand
- 26 Aug - France vs Australia
- Ireland vs Samoa
- Scotland vs Georgia
- Spain vs Argentina



Woman's Day

13 August
@ 12pm for 12h30
in the Clubhouse



Book Morning
15 Aug @ 10:30
for 11 am



Waterhole
Gluhwein &
hotdogs
on
11 Aug @ 5pm



17 August @ 12pm
in the Clubhouse



Netball World Cup Final
6 Aug

Nature & Birding Group
1 Aug @ 10am



Movie Night
3. 10. 17. 24
& 31 Aug
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

Birthdays August 2023

Birthdays

Hennie du Preez	1st
Eileen Mc Lintock	1st
William (Bill) Stanton	2nd
Nora Quinn	2nd
Joan Graber	3rd
Dale Gee	4th
James Goodwin	5th
Sharyn Breval	6th
Trevor Morgan	8th
Anthony Pitman	9th
Hester Kilian	9th
Pat Duthoit	13th
Dick Sheppard	15th
Daphné Larkin	16th

Birthdays

Ron Mackie	17th
Isabella Labuscagne	18th
Prudence Hall	20th
Harold Black	21st
Sue Edwards	22nd
Cliff Preacher	24th
Peter Hübner	27th
George Privett	27th
Ness Hills	28th
Coila Kneen	28th
Brenda Brophy	30th










Anniversaries August 2023

Anniversaries

Colin & Edna Grenfell	4th
Chris & Linda Brennan	14th
Arthur & Ness Hills	23rd
Chris & Sue Edwards	26th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 9am Therapeutic Exercise Class 10am Nature and Birding Group 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	2 6pm Social Dinner	3 8am Therapeutic Exercise class 9am Yoga 10am Visual Music 11am Therapeutic colouring 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	4 International Beer Day 9am Line Dancing 10:30am Bible Study 12:30pm Fish & Chips 5pm Waterhole	5  Rugby World Cup Warm up fixtures Wales v England Scotland v France Ireland v Italy	6 Netball World Cup Final 
7 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	8 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30 Craft Class 5pm Ladies Pool & Waterhole 	9 PUBLIC HOLIDAY National Women's Day 2:30 Christian Fellowship	10 8am Therapeutic Exercise class 9am Yoga 10am Visual Music 11am Colouring Grp 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	11 9am Line Dancing 10am Visual Music #81 10:30am Bible Study 12:30pm Fish & Chips 5pm Waterhole Gluhwein & Hotdogs 	12 World Elephant Day  Rugby World Cup Warm up fixtures England v Wales France v Scotland Italy v Japan	13 12pm Women's Day Sunday Lunch 
14 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	15 9am Therapeutic Exercise Class 10am Book Morning 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	16 6pm Social Dinner	17 08:00 -12:00 Wellness Morning 8am Therapeutic Exercise class 9am Yoga 12:00 Village AGM 2pm Bridge 3pm Pétanque 6pm Movie Night	18 9am Line Dancing 10:30am Bible Study 12:30pm Fish & Chips 5pm Waterhole	19  Rugby World Cup Warm up fixtures Ireland v England France v Fiji	20
21 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	22 9am Therapeutic Exercise Class 2pm Rummikub 2:30 Christian Fellowship 2:30pm Scrabble 2:30 Craft Class 5pm Ladies Pool & Waterhole	23 6pm Social Dinner 2:30 Christian Fellowship	24 National Burger Day 8am Therapeutic Exercise class 9am Yoga 11am Colouring Grp 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	25 9am Line Dancing 10:30am Bible Study 12:30pm Fish & Chips 5pm Waterhole  Rugby World Cup Warm up fixtures SA vs New Zealand	26  Rugby World Cup Warm up fixtures France v Australia Ireland v Samoa Scotland v Georgia Spain v Argentina	27
28 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	29 9am Therapeutic Exercise Class 9am Sashni Audiologist 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	30 International Cabernet Sauvignon Day 6pm Social Dinner 	31 9am Yoga 11am Colouring Grp 2pm Bridge 3pm Pétanque 6pm Movie Night 			



AUGUST 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
MONDAY		07-Aug Pork Schnitzel with chive mash, cheese sauce, spinach and carrots R68,00	14-Aug Roast tomato soup with basil crème fraiche, cheese and ham Panini R68,00	21-Aug Cape Malay fish cakes with potato salad and tomato and onion salad R68,00	28-Aug Pork Bangers and Cheesey mash with brown onion gravy, peas and carrots R68,00
TUESDAY	01-Aug Cape Bobotie with yellow rice, tomato and onion salad and banana salad R68,00	08-Aug Cream of potato and leek soup with cheese and tomato health roll R68,00	15-Aug Mild chicken curry in coconut milk with basmati rice pawpaw salsa and beetroot salad R68,00	22-Aug Hunters chicken, in mushroom and red wine sauce served with Parmesan mash and glazed carrots R68,00	29-Aug Chinese chicken noodle soup served with vegetable springrolls with sweet chilli R68,00
WEDNESDAY	02-Aug liver and onions with mash and gravy, buttered squash and carrots R68,00	09-Aug Hawaiian chicken kebabs with fried rice, sweet n sour sauce, carrot salad R68,00	16-Aug Grilled pork chop, cheese sauce, mash potatoes, pumpkin and fried cabbage R68,00	23-Aug Greek style feta stuffed meat balls in tomato and basil coulis served on penne pasta with Greek Salad R68,00	30-Aug Cottage pie with broccoli in cheese sauce and glazed carrots R68,00
THURSDAY	03-Aug Chicken a la king with savoury rice, green beans and beetroot salad R68,00	10-Aug Beef goulash with cheesy mash potatoes, saute green beans and sweet corn R68,00	17-Aug Fettucini al fredo in cream mushroom and ham sauce served with Greek salad R68,00	24-Aug Chicken and mushroom pie with cheese mash and gravy, garden peas and sweetcorn R68,00	31-Aug Pork stir-fry with fried noodles and vegetable stir-fry R68,00
FRIDAY	04-Aug Grilled or deep-fried Hake, with chips, tartar sauce, Asian red cabbage coleslaw and garden salad R85,00	11-Aug Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapplesalad and garden salad R85,00	18-Aug Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00	25-Aug Grilled or deep-fried Hake with chips, tartar sauce, coleslaw 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 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.
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.



AUGUST 2023 WEDNESDAY SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday – 02 August 2023	Robust winter vegetable soup with chive crème fraiche and rye bread croutons	Feta stuffed Greek style meat balls with tomato and basil coulis, penne pasta and Greek salad R75.00	Mild chicken curry in coconut milk with basmati rice and pawpaw salsa – R75.00	Apple crumble and custard – R40.00
Wednesday - 09 August 2023	Pea and ham soup with cheese and herb croutons	BBQ Pork chops with parmesan baked potato, sour cream and roasted vegetable and cream spinach – R80.00	Moroccan chicken with dates and tomato, almond couscous, roasted vegetables – R80.00	Ice cream with meringues and berry compote – R40.00
Wednesday – 16 August 2023	Chicken noodle soup	Slow braised beef shin with mashed potatoes, cauliflower in cheese sauce, peas and carrots– R80.00	Roast chicken with roast potatoes, cauliflower in cheese sauce, peas and carrots– R80.00	Crème caramel with seasonal fruits – R40.00
Wednesday – 23 August 2023	Cream of pumpkin soup with cinnamon crème fraiche	Pork schnitzel with mushroom Sauce, sauté potatoes, roast butternut and fried cabbage – R75.00	Chicken, broccoli cheese bake, potatoes, roast butternut and fried cabbage – R75.00	Baked chocolate pudding with custard and caramel sauce – R40.00
Wednesday – 30 August 2023	Potato and leek soup with herb croutons	Sweet and sticky beef short rib with fried rice and vegetable stir-fry – R80.00	Chicken chow Mein with vegetable stir-fry and Asian red cabbage slaw – R75.00	Seasonal fruit salad in orange syrup with ice cream – R40.00

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

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

See you there!

WOMAN'S DAY SUNDAY LUNCH MENU

Platters per table

Roast Mediterranean vegetable salad
in balsamic and honey dressing,
feta olives and herb croutons

Main course buffet

Roast leg of pork with apple sauce
Chicken fricassee with cream wine sauce
with mushrooms and peas
Cauliflower in cheese sauce
Roast pumpkin with cinnamon pecan nuts
Vegetable lasagne
Sauté potatoes and Savoury rice

Dessert

Baked chocolate pudding with custard
Ice cream with chocolate sauce and wild berry compote
Mini milk tarts and lemon meringues
Fresh fruit salad in cinnamon orange syrup
Cheese platter with cheese straws and grissini sticks

Residents - R165.00
Visitors - R185.00
Children under 12 years - R130.00

Book and pre pay
by Monday 7 Aug 2023 at 16:00

AUG | 13 | 2023

12:00 for 12:30