

NEWSLETTER

EVERGREEN
lifestyle

Evergreen Broadacres August 2023

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

Spring is here, and we kick off September with our Spring Day lunch and Spring Hat Competition on Friday, 1 September. Nature is at the forefront of our minds, with Arbor Day being celebrated by the village on the 2 September. The official Arbor Day is the 9th, but we have moved the date back to the 2nd to keep Saturday the 9th free for the start of the Rugby World Cup in France.

We will follow this with our Sunday rugby braai lunch on the 10 September, **when the Springboks play their first match that evening.**

For those familiar with Superbru, we have started an Evergreen Broadacres rugby world Cup pool on the Superbru App. Those who wish to participate and predict the RWC game outcomes can join the fun. If you are still waiting to receive an invite link, please let me know, and I will send it to you. **The winner wins the surprise gift box, rugby ball and cap displayed in the Lifestyle Centre.**

We have been hard at work planning the planting of annual colours in the gardens and fertilising flower beds and lawns. The annual cutting of the reeds and veld grass around the green belt is complete; we now await our first spring rain. The borehole irrigation pump is being serviced in anticipation of our hot summer season.

We recently unveiled the new owl box that was put up at the borehole area, and we hope that a happy owl couple will move in soon. Not only will it be wonderful to have owls in the village, but they are a huge asset from an environmental aspect in our rodent control efforts. Concerned Residents can rest assured that our pest control in the village uses rodenticide compatible with owls.

Difenacoum is a potent mammal toxin with LD50 = 0.8mg/kg but much less toxic to birds (LD50 = 50 mg/kg). It is, therefore, very effective against rodents. The Ridak rodenticides offered are multi-feed formulations that necessitate several successive ingestions before the difenacoum takes effect and kills the target organism. Due to the unique formulation of Ridak Gold, a rodent is likely to ingest sufficient bait to kill it quickly.

Owls that may predate on rodents that have consumed Ridak rodenticides are at less risk of secondary poisoning than those preying on rodents that have ingested single-feed anti-coagulants. The active ingredient is also primarily metabolised in the target animals' intestines, lowering owls' risk of secondary poisoning.

Moving onto domesticated animals in the Village, you might have noticed the two **"Pet Waste Stations" that were put up in the Village with waste bags provided. Hopefully, this will assist and be an added reminder to residents who also walk their dogs to pick up after them.**

We also have Heritage Day to look forward to on Sunday, the 24th of September. We will celebrate **National Braai Day on the public holiday Monday, the 25th of September, with the annual Residents Village Braai.**

With our Annual General Meeting still fresh in our minds, the newly elected residents committee members met on the 24th of August 2023 to select a committee Chair and to allocate portfolios as follows: **David Presbury (Chairman), Cecil Fann (Vice Chairman & Finance), Edna Grenfell (Communication), Neville Willemse (Health), Brenda Brophy (Hospitality), Charles Carroll (Infrastructure & Estate Development), Dave Nesbitt (Security) and Lauraine Lötter (Past Chairman).**

We wish the new ResCom members well and look forward to their contributions over the next year. We also thank the ResCom members who are stepping down for their contributions over the past year.

'Till next month



From
The Village Manager

Wilma Swart

In This Issue

- Rainfall & Finance
- Security
- Trees of Evergreen
- Getting to know our Residents
- Recipes from our Residents
- From the Library
- August Events
- What's happening in Sept

and much more in between

Your ResCom Committee 2023/24



David Presbury

Chairman



Cecil Fann

Vice Chairman & Finance



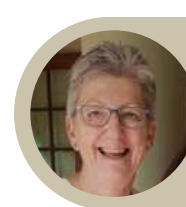
Edna Grenfell

Communication



Neville Willemse

Health



Brenda Brophy

Hospitality



Charles Carroll

Infrastructure & Estate Development



Dave Nesbitt

Safety & Security



Laurraine Lötter

Past Charman

Village Rainfall

by Cecil Fann



The rainfall in August follows the pattern of previous years and will likely remain so until our rainy season, which typically only begins in October.

We have enjoyed pleasantly warm days toward the end of the month, with daytime temperatures approaching 30°C recently.

Dam levels across the country remain marginally better than last year at 93% against 92%. The current situation varies widely, from 97% for Gauteng and Mpumalanga to 81% for the Eastern Cape.

Our Vaal dam stands at 87.96% full, a slight monthly decrease. This data is at 22 August 2023.

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

The continued increase in daylight hours is now even more apparent, with a day length on 1 September of 11 hours 34 minutes increasing to 12 hours 18 minutes on the 30th. The September equinox falls on the 23rd. This is when the sun moves below the equator, and day and night are the same length.

Rainfall by month for the past year	
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
Aug '23	0.0
Total	786.2

August Rainfall over the years	
2013	7.0
2014	20.5
2015	0.0
2016	3.9
2017	0.0
2018	0.0
2019	0.0
2020	0.0
2021	0.5
2022	0.6
2023	0.0
Average	3.0

September 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	06:20	17:55	
2	06:19	17:55	
3	06:18	17:56	
4	06:17	17:56	
5	06:16	17:56	
6	06:15	17:57	
7	06:14	17:57	Last Qtr.
8	06:13	17:58	
9	06:12	17:58	
10	06:11	17:58	
11	06:10	17:59	
12	06:09	17:59	
13	06:07	18:00	
14	06:06	18:00	
15	06:05	18:00	New
16	06:04	18:01	
17	06:03	18:01	
18	06:02	18:02	
19	06:01	18:02	
20	06:00	18:02	
21	05:59	18:03	
22	05:57	18:03	First Qtr.
23	05:56	18:04	
24	05:55	18:04	
25	05:54	18:05	
26	05:53	18:05	
27	05:52	18:05	
28	05:51	18:06	
29	05:50	18:06	Full
30	05:49	18:07	



Spring Equinox



ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Arbo Day contributions are most encouraging thus far, and appreciated.

An amount of R599.92 was spent on successful social events held in the month.

The RAC has come and gone, and happily at the budgeted cost.

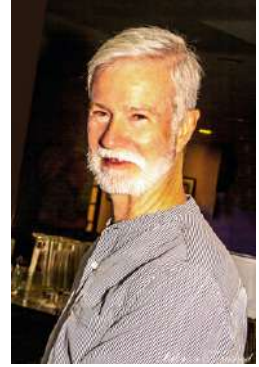
ResCom funds remain in a healthy state.

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

SUMMARY OF TRANSACTIONS FOR JULY 2023

	INCOME	EXPENSES	BALANCE
Funds on hand at 30/06/2023			19 853.96
Waterhole Cash provided for stock purchase	5 600.00		
Villiersdorp Kelder o.b.o. Waterhole		5 600.00	
2023 RAC Catering & Drinks		9 408.39	
2023 Arbour Day Contributions	2 000.00		
Wimbledon Men's Final Function		599.92	
Library Stationery & Book Removal Cost		412.80	
Gifts & Presentations		659.95	
Catering Service Fee		494.50	
Waterhole Loan Account	720.00		
Bank Charges		459.80	
Interest Received	6.34		
Funds on hand at 31/07/2023	8 326.34	17 635.36	10 544.94 *
Reserved Funds			
Lyn Huddy Memorial Fund Balance			(1 114.90)
Hospitality Portfolio Budget			(2 000.00)
Library Functions Budget			(500.00)
Waterhole funds held for future purchases			(720.00)
2023 Arbour Day Contributions			(2 000.00)
Catering for Nature & Bird Watching Group Function			(700.00)
Catering Service Fee (Estimate)			(495.00)
New Residents Welcome (Estimate)			(550.00)
TOTAL RESERVED FUNDS			(8 079.90)
Funds available after reserves			2 465.04
Memo: Funds on hand made up as:			
Bank accounts:	Business Account	7 902.04	
	Savings (Call) Account	1 193.20	9 095.24
Cash			1 449.70
			10 544.94 *

How to use your Fire blanket



Dave Nesbitt
Security



- Hold the top of the pouch where the eye is or leave it hanging on the hook
- Pull the black tabs down until the blanket comes out of the pouch.
- Unfold the blanket fully holding the corners - make sure the blanket protects your hands
- Place blanket gently over the flames, sealing the fire from the air.
- Turn off the heat source of power supply, leaving the blanket over the fire.
- Call for help.



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



Dave Nesbitt

Security

The Ombudsman for Banking Services (OBSSA) has identified a new banking scam in South Africa that allows criminals to make fraudulent purchases via a digital wallet.

The ombud said that the scam works by exploiting near-field communication (NFC) technology and **tap-and-go payment systems**.

Tap-and-go or contactless payments – such as tapping your card or using your smartphone or smartwatch at a point of sale (POS) machine – are becoming increasingly popular due to their convenience, the ombud said.

Although banks have developed fraud detection and prevention systems, such as SIM Swap detection, transaction monitoring, 2-factor authentication (2FA) and other customer identification methods, fraudsters are constantly devising new ways to bypass these systems, making it an ongoing battle for banks to stay one step ahead.

The OBSSA said it is receiving hundreds of complaints and phone calls per month related to fraud, evidencing the evolution of techniques adopted by the fraudsters to bypass the vulnerabilities and loopholes, as well as consumers not being aware of the dangers and methods employed by the fraudsters.

New scam

According to the OBSSA, the growing number of NFC tech scams involve fraudsters using stolen bank card information, such as the card number, expiry date and the CVV number (card data), to make fraudulent purchases via digital wallets.

Reana Steyn, the Ombudsman for Banking Services, said that NFC/digital wallet payments differ from typical card-not-present (CNP) fraud transactions.

In CNP fraud, thieves use stolen card information to make online purchases, triggering a one-time password (OTP) to be sent to the legitimate cardholder's registered phone number for each transaction.

However, NFC/digital wallet payments do not require OTPs for every transaction.

Tap-and-go-payment-

How it works



SCAM

Dave Nesbitt
Security



According to Steyn, stolen card information is used by fraudsters to link their smart devices (smartphones and smartwatches) to payment platforms such as Samsung Pay, Apple Pay, Garmin Pay, Google Pay, etc.

Then, the fraudster's smart device performs fraudulent purchases on the victims' accounts without OTPs being sent to cardholders to validate the transactions.

Steyn pointed out that for the fraudsters to be able to link their devices to the stolen bank card information of the legitimate bank customer, an OTP or a "Smart inContact notification" required to complete the linkage process is sent to the bank customer's registered number or Banking App.

Only after the transaction/registration/linkage is approved via an OTP or approve-it authenticated is the fraudster's device linked to the bank customer's bank card.

After that, the fraudster's device can be tapped at POS machines, allowing transactions to take place on the card with no further verification required for the approval of the individual purchases from the bank customer.

Tips to prevent OTP fraud

Steyn outlined five tips to help banking customers avoid becoming victims.

- Be cautious of any unsolicited communication requesting an OTP;
- Verify the authenticity of any request for OTPs by directly contacting the organisation or individual purportedly making the request. Do not use contact details provided in suspicious messages; instead, use verified contact information from official websites or sources;
- Enable two-factor authentication (2FA) methods other than OTPs whenever possible, such as using biometric authentication or hardware security keys. Enquire from your bank about the security measures available to you;
- Regularly update passwords and avoid using the same password across different accounts; and
- Keep personal information private and ensure it is not shared with unknown or unverified individuals or service providers.

For this and more information on banking scams please visit the site below

<https://www.businesstech.co.za/news/banking/708620/warning-over-new-tap-and-go-banking-scam-in-south-africa/>

Introducing
The Trees of Evergreen
by
Hennie du Preez



With **Arbor Day** just around the corner, this month's edition will look at the shrubs and trees we'll be planting, the sites we'll be planting them on, and why we made those choices.

Starting at the bottom of the village, we'll plant a potted shrub on each paved corner between the clubhouse and Acacia. There are already some pots with Strelitzias and rather straggly trees there. The trees will be removed and replaced with **Nandina domestica** plants in new pots. These plants are beautifully bushy and green though summer. In autumn and winter, they turn a dark pinkish red, and in spring, they gradually turn green again.



Nandina domestica

Moving up a short way from there, we'll plant three **Searsia leptodictya** (mountain karee) next to the three growing amongst the sour fig creeper next to the boardwalk. The existing three are already providing some shade to the boardwalk. We decided on the leptodictya because three are already growing there, and it is evergreen for all intents and purposes.



Searsia leptodictya

Continue Introducing
The Trees of Evergreen
by
Hennie du Preez



Next, we get to the cane rat kopje, so named because it is where the cane rats have made their home. This kopje is between the end of **Hoepoe Close (the cul-de-sac in front of Units 75 – 77)** and the wetland stream. Hidden underneath the straggly bush growing, there are some of the most spectacular rocks in the village. We will be planting an **Acacia galpinii** (monkey thorn) there. We wanted a large tree that would, in time, become a dominant feature and what better than the galpinii? There are already several galpinii growing in the village, the most prominent being the one across the road and parking from Bushwillow. In time, the rambling bush will be replaced with low-level shrubs and flowers to expose the rocks.



Acacia galpinii

Finally, we get to the now-exposed rockery between the top of the pond and Unit 32. This rockery had also been hidden under large shrubs and trees. The plan is to plant one large tree there, surrounded by low-level shrubs and flowers, so that the rocks can be seen. The tree we have selected is the **Buddleya saligna** (false olive). It is an evergreen tree that produces large clusters of white, sweet-scented flowers in spring. A number are growing in the village, the most prominent being the two growing between the clubhouse and the wetland stream.



Buddleya saligna



Heteropyxis natalensis
(lavender tree)

Small trees ideal for small spaces



Galleria lucida (tree fuchsia)



Buddleja saligna (false olive)

The small, fast-growing evergreen tree can reach a height of 3 – 5 meters, making it ideal for small gardens or large pots. The dense canopy of narrow, greyish-green leaves resembles an olive tree, producing small white flowers that attract butterflies and pollinators. This drought-tolerant and low-maintenance tree is perfect for urban gardens.



Dais continifolia (pompon tree)

The popular pompon tree is deciduous, reaching round 4 – 6 meters in height. It is most well-known for its spectacular play of fluffy, iridescent flowers that bloom in clusters from spring to early summer. In small gardens, it creates a focal point without taking too much space.



Dombeya rotundifolia (wild pear)

This small deciduous tree grows to a height of 4 – 6 meters and produces masses of fragrant white flowers that hang in clusters, resembling a pear tree (hence the name). It provides a beautiful display in spring, and its compact size only takes up a little space, filling your garden with scent.



Magnolia grandiflora (Little Gem)

The 'Little Gem' magnolia is a garden favourite, a compact, evergreen tree with gorgeous blooms. It features large, glossy, dark green leaves and produces fragrant, creamy-white flowers that bloom from spring to summer. This is an excellent option for magnolia lovers that don't have space for the other towering varieties.

For this and more garden tips, please visit the site below.

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

Nature & Birding Group

Submitted by Heather Mutch



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



Heather Mutch



Lisa Nuttall

Greetings from a slighter, warmer Evergreen than last month.

Our last Nature and Birding Group, held on Tuesday, 1st August, started on Mongoose Crossing Bridge, then unveiled the Spotted Eagle Owl box above the compost heaps. Our project is to encourage the Spotted Eagle Owl to Evergreen. This will help keep the rats under control, is our hope. After watching the unveiling of the owl box (although the veil on the right-facing corner would not come down, it finally came down a few days later), we went to the Club House for snacks and orange juice and Champagne and then a short slide presentation on the Spotted Eagle Owl. It was a wonderful morning enjoyed by all who attended. Thanks to Dick Shepphard for his vision of erecting owl boxes and providing the owl box way back in 2019, just before Covid-19 put a stop to many things, and for unveiling the owl box together with Lisa. Thanks to Wilma for supporting this project, giving us the go-ahead, and hiking around Evergreen looking for suitable sites to erect the box. To Marius and Emanuel for lofting the owl box into the tree on a bitterly cold morning. Thanks to Kiloran, always happy to take the photographs and to Wally and Robin providing some of the photos for the slide presentation from their friend Geoff Lockwood, a renowned owl expert, who also provided valuable information and insight into the habits of the spotted eagle owl.

Warning to Evergreen residents: When (not if) there are chicks in the nest, residents will be advised and asked to stay away from the nest site area. This is for two reasons:

- Firstly, for the sake of the parent owls and chicks, we don't want to chase them away.
- Secondly, the parent owls will attack if they feel threatened, and we want no harm to our residents or their dogs.

This is what we are looking forward to



Nesting Spotted Eagle Owl & chicks

Photograph - Geoff Lockwood



Dick & Catherine donors of the owl box arriving

at Mongoo



Back of box during unveiling



Front of box facing North



Photography by Kiloran Townsend



Whoever told you that you would find a pot of gold at the end of the rainbow lied to you.



A complete rainbow!

Photo taken at 30,000 feet altitude by pilot Lloyd J Ferraro. A whole rainbow is a complete circle, but we see only part of it from the ground. From an aeroplane and in the right conditions, we can see this incredible display **God's rainbow is a never-ending promise!**

Other photos of the unveiling morning will be shown at one of our future meetings. Thank you to all who joined us and made it such a special morning.

getting to know
our

Residents

Hennie & Marion du Preez's journey as told by Hennie



Marion first met her father at the Potchefstroom station when she was five years old. He had left S.A. before she was born, having volunteered to join the S.A. forces that had gone to North Africa to fight the Axis forces. He was captured at Tobruk and spent the rest of his war as a POW.

She started schooling at Jeppe Prep and finished at the Potchefstroom Girls High School. She trained as a primary school teacher at the Johannesburg College of Education and began her teaching career at the bi-lingual White River primary school. She resigned after three years. She set off on the Windsor Castle from Cape Town to Southampton with a little money and started an 8-month adventure touring England and Europe. She and two friends bought a red Mini Minor and began in England; they made their way to the then Yugoslavia. She returned home by boat from Genoa, down the east coast of Africa, to Durban.

She took up teaching again, but the travel bug had bitten her, so she joined SAA as an air hostess. Her career there was cut short when she got married because air hostesses had to be single in those days.

Hennie was born and schooled in Rhodesia, finishing his schooling at the Umtali Boys High School. After working there for three years, he joined Stewarts and Lloyds in Umtali and joined that company's training course in Durban. This formal, 4-year training scheme included two years of part-time study at the Durban Technical College. After completing the first year of the course, Hennie won one of two bursaries awarded annually by S & L. He studied at the University of Natal and graduated Cum laude with a mechanical engineering degree.

He re-joined S & L as a sales engineer, selling pumps and irrigation systems to sugar cane farmers in Natal. After a year, Hennie moved to Johannesburg to take up a more senior position. His career included pipework design, project management, and corporate planning, and he ended up as the CEO of a subsidiary company producing cast iron gate and other valves for water reticulation systems. After serving the group for nearly 25 years, he resigned to take up the position of CEO of the SA subsidiary of Dynamit Nobel, a Germany-based company producing a wide range of plastic products. Following PW Botha's infamous Rubicon speech, the Germans decided to get out of S.A., so Hennie bought the business and ran it as his own until he retired in 2015.

Marion and Hennie met in Johannesburg and married in Potchefstroom 57 years ago. They have lived in Johannesburg for most of their married lives, the last nearly 11 years right here in Broadacres. They have two daughters and five grandchildren. Sallyanne, the oldest, and her husband live in Dainfern. They have two adult daughters and a 'laat lammetjie' son who writes his matric this year. Jane and her partner live in NZ. She has two adult sons. Marion and Hennie were blessed to be able to spend three months with them last Christmas.

They are happy to say that their years in Broadacres have been the most fulfilling and happy years of their lives.

Chutney Chicken

Chutney Chicken

- Chicken Pieces (not all breasts) | Place pieces in casserole dish
- ¾ Cup Chutney | Mix together in a separate dish the chutney, lemon juice, curry powder, ginger and Soya Sauce.
- 2 Tbsp fresh lemon juice – 30 ml |
- 1 Tbsp brown sugar – 15ml | Pour the mixture over the chicken pieces and spread the sauce evenly over the chicken pieces.
- 1 Tsp curry powder – 5ml | Put lid on casserole dish or use foil.
- 1 Tsp ginger powder or chopped fresh ginger – 5ml |
- 1 Tsp Soya Sauce | **Cook at 160 degrees for one hour and fifteen minutes**

Serve with fresh vegetables or salad

Recipes from our
Residents



Submitted by Judy Stuart – Unit 87

Nutty Chickpea Crunch

- 1 can chickpeas rinsed and drained | **Preheat the oven to 180c.**
 - 1 tbsp paprika | Combine all the ingredients in a bowl so the chickpeas are well coated. Spread the mix out on a lined baking tray.
 - 1 tsp chilli flakes |
 - 1 tsp salt |
 - 1 garlic clove, minced |
 - squeeze of lemon juice |
 - 2 tsp extra-virgin olive oil | **Roast in the preheated oven for 25 minutes or until crispy.**
- Let them cool for five minutes before tucking in.**



Submitted by Brenda Brophy
Unit 01 – Acacia

Nutty Chickpea Crunch

It can be adapted for an air fryer.
Preheat the air fryer to 180 degrees and roast for 10 – 15 mins; take out, shake around & cook for another 10 mins.



Recipes from our
Residents

Viva España Viva Tapas

Submitted by John Schulkins

In early May, Sheila and I were sitting at noon at a pavement cafe in Barcelona, attempting to recover from an overnight flight in the unwanted company of a hyperactive 6-year-old with a mission to use every game in the seat-back repertoire, and then being unable to access our hotel room until 3 pm!

An hour or two later, after an Estrella, a bottle of Rioja and excellent tapas, we were cured! So, when our Joburg winter gave way to a delightful early spring, and while red peppers are abundant and (relatively) cheap, I decided to attempt to re-create that experience, at least as far as the tapas are concerned. Hence, these recipes.

Some basics:

- Tapas are served in bars & restaurants throughout Spain, like a more elaborate bar snack. A selection of small quantities of each tapa can make up a meal for one or be shared amongst a group
- There is a myriad of tapas varieties if you trawl the Internet. These particular recipes are selected to be easy, economical and tasty.
- Quantities of some ingredients (e.g. garlic, chilli, salt) can be varied to suit personal taste. Garlic has significant medicinal properties and also keeps away mosquitoes & vampires. It must work because we use it often and haven't seen a vampire in years!
- Use good quality virgin olive oil, but salad quality is unnecessary. Oil is not cheap in SA, but most of these recipes require ingredients to be simmered in the oil, meaning that excess oil can be kept in the fridge & reused.
- Where frying is called for, any blended oil can be used as the higher temperature destroys flavour and nutritional properties.
- As with most cookery, over-cooking or excessive heat is a sin! A few minutes extra in the kitchen is rewarded at the table

What better way to enjoy a long lunch in this glorious spring weather than a tapas party with friends, where each brings a different tapa (& bottle)?

Watch this space
delicious recipes are coming soon from
John!



Pets Corner

Featuring Residents &
their furry friends

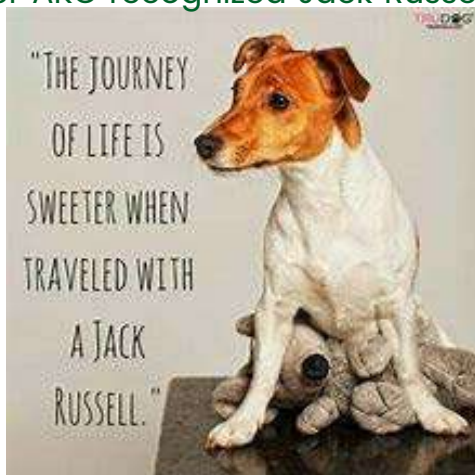
The Jack Russell terrier is a true working terrier. The breed takes its name from the **Reverend John Russell**, who bred one of the finest strains of terriers for working fox in England. The Jack Russell is a baying terrier, meaning the dog should flush out the fox with his steady barking but is never to kill his prey. **The Jack Russell has been strictly bred for hunting since its beginning in the early 1800s.**

Because of their broad genetic make-up, there is some variance in the standard of Jack Russell terriers. In fact, disagreement about leg length has caused the breed to be divided into separate breeds in England, where the longer legged dogs are called Parson Jack Russell terriers and the shorter legged dogs are called simply Jack Russell terriers.

In America, despite the greater popularity of the short legged dogs, the long legged dogs are the breed officially recognized as the Jack Russell terrier. The breed has been popular with the horse crowd for years.

Media exposure, especially the popularity of "Moose," the terrier who plays **"Eddie" on the television show "Frasier,"** and **"Soccer," who stars in the children's show "Wishbone,"** have catapulted the breed to popularity.

The Jack Russell terrier is a newer member of the AKC terrier group, but that membership came amid protests from fanciers who feared AKC recognition was not good for the breed. The result is that two national associations exist for the breed, the original Jack Russell Terrier Club of America, and the newer AKC recognized Jack Russell Terrier Association of America.



Judy Stuart with Sasha



From the day she was born, Sasha was a typical ADD Jack Russell. She is now entering her 16th year and is more calm.

Judy and Sasha's walks around the village are now smelling strolls, which suits them perfectly! Sasha is excellent company and has added energy and joy to Judy's life.

From the Library

Book Morning Talk

by Libby

Graham Hall

THE UNIVERSE IS A TERRIFYING PLACE!

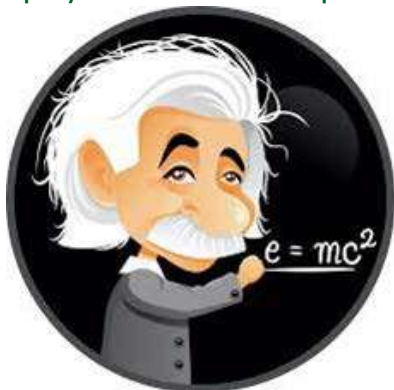
15 August

Graham Hall

This was another riveting presentation by Graham, who explained how our understanding and knowledge of the universe had expanded exponentially over the relatively short period of our and our parents' lives.

Starting in the late 1800s, when the Milky Way was the extent of our universe, he took us on a journey through time up to the present day, concluding with some magnificent photos of Sagittarius A star, the black hole at the centre of our galaxy.

On the way, he told us about many of the eminent scientists who have worked in the field, broadening our understanding of the universe, and most entertainingly, he gave us snapshots of their lives, foibles and discoveries. He also sought to make their discoveries understandable by explaining, in layman's terms, some of the concepts of physics that underpin their work.



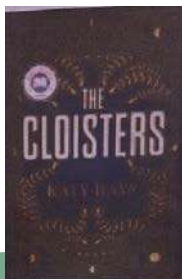
Graham concluded his talk by stating that he thought the universe was both terrifying and humbling! It was indeed a stimulating presentation that evoked much discussion both during the question time and afterwards.

We thank Prue and Norma for the delicious eats, which were thoroughly enjoyed by all.



From the Library

Book Reviews



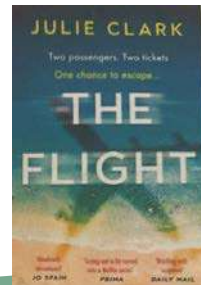
The Cloisters by Katy Hays

Do you enjoy a bit of mysticism with your mystery and murder? If so, this is the book for you!

The story is intriguing and highly charged with tension and the apprehension of something to happen. But it also explores the obsessiveness of scholars and their determination to be the first to discover and publish.

Described as **"dark and enigmatic** - but captivating in every sense of the word."

I loved it - it takes one into a totally different world.



The Flight by Julie Clarke

The opening scenario is spellbinding, and the pace continues swiftly throughout.

Claire and Eva come from totally different worlds, yet their worlds collide when both, in mortal danger, meet and exchange their lives.

This is truly a **'can't-put-downable'** book. It has good plotting, fast-paced, with plenty of twists and puzzles to keep one guessing right to the end.



submitted by Libby

This & That

The fever tree we planted is suddenly coming to life. The Loeries share a fruit cocktail with all the other birds in the tree and on the wall in Acacia



Submitted by Colin Grenfell



Rose-Ringed Parakeet



Gluhwein & Hotdogs @ the Waterhole – 11 August

Fantastic evening

Thank you to Hans & John for organising
Iris & Peter on Gluhwein
Felicity & Henning on hotdogs





Submitted by Brenda Brohy

Women's Day Lunch 13 August



**HERE'S TO
STRONG
WOMEN.
MAY WE
KNOW
THEM,
MAY WE
BE THEM,
MAY WE
RAISE
THEM.**

South African Women's Month and National Women's Day were celebrated at Evergreen on the 13th of August with a Sunday Lunch.

The lunch was well supported by nearly 100 residents, friends and family.

To celebrate the women, the theme was brightly coloured overlays and serviettes, with fresh roses and chrysanthemums on the tables.

The purple on the ribbons and cupcakes was to acknowledge the colour of International Women's Day.

The lunch was up to Chef Andrew's usual high standard, and the day was made even more enjoyable with the warm weather, indicating Spring is just around the corner.

Thank you to Chef Andrew and his team for their hard work and enthusiasm, which contributed to a very enjoyable day.





Agm & Health Morning 17 August



Norma Stewart & Brenda Brophy cycling for their smoothies during the health morning.



An excellent well. organised and controlled AGM meeting was held on 17 August. Congratulations, and thank you to Laurraine and Wilma.



I am sure I speak for all residents when I say that 'The spread provided by Chef Andrew was outstanding and we all thank him and his wonderful team very much.'





Talking health



Dr David Presbury

Dr Devan Moodley, a consultant oncologist at the Donny Gordon Hospital will give a talk on Saturday, 14 October
Talk about cancer for the layperson.

Well known Urologist
Dr Bradley Wood will give a talk on Saturday, 11 November
Subject & title to be decided.





Rugby World Cup 2023



The tournament begins on Friday, 8 September, with France taking on New Zealand.
The final will be played on Saturday, 28 October.



South African Games

- Sunday, 10 Sept – SA v Scotland @ 4:45pm
- Sunday, 17 Sept – SA v Romania @ 2pm
- Saturday, 23 Sept – SA v Ireland @ 8pm
- Sunday, 1 Oct – SA v Tonga @ 8pm



QUARTER-FINALS

- Saturday, Oct 14 – Winner Pool C v Runner-up Pool D, Stade Vélodrome, 4pm
- Saturday, Oct 14 – Winner Pool B v Runner-up Pool A, Stade de France, 8pm
- Sunday, Oct 15 – Winner Pool D v Runner-up Pool C, Stade Vélodrome, 4pm
- Sunday, Oct 15 – Winner Pool 4 v Runner-up Pool B, Stade de France, 8pm



SEMI-FINALS

- Friday, Oct 20 – Winner QF 1 v Winner QF 2, Stade de France, 8pm
- Saturday, Oct 21 – Winner QF 3 v Winner QF 4, Stade de France, 8pm

BRONZE-MEDAL MATCH

- Friday, Oct 27 – Runner-up SF 1 v Runner-up SF 2, Stade de France, 8pm

FINAL

- Saturday, Oct 28 – Winner SF 1 v Winner SF 2, Stade de France, 8pm





Rugby World Cup 2023



#BOKFRIDAY TO UNITE SA IN BOKS' MOMENTOUS YEAR

ARTICLE BY: SPRINGBOKRUGBY.COM

The Springboks are asking the entire South African nation to literally 'gear up' for a display of unity and pride in support of the national team's campaign to deliver joy and hope to the country in another momentous Rugby World Cup year.

South Africans were asked to dress in green and gold every Friday to demonstrate their backing for the boys. The Springboks play their last test much in preparation for the Rugby World Cup this Friday against New Zealand before they defend their Rugby World Cup title in France in September and October.

"We want to turn the country green and gold every Friday between now and the conclusion of the Rugby World Cup," said Mr Mark Alexander, President of SA Rugby.

"The team draws on the nation's energy and the best way we can demonstrate that support to the team is by wearing our Springbok colours every Friday.

To keep yourself updated on the Springboks this World Cup, please go to the site below:
<https://springboks.rugby/news-features/>



What's
Happening
in

SEPTEMBER



Christian Fellowship Group
13 Sept @ 2:30pm in the
Boardroom



06 Sept @ Social Dinner
Spot prizes and music



15 Sept @ 2:30pm in the
Clubhouse
Cost R50



1 Sept Spring Day Lunch
Competition with prizes



Arbor Day
2 Sept @ 08:00



Rugby World Cup
2023 – France
8 Sept – 28 Oct.

South African Games
Sunday, 10 Sept –
SA v Scotland, @ 4:45pm

Sunday, 17 Sept –
SA v Romania @ 2pm

Saturday, 23 Sept –
SA v Ireland @ 8pm

Sunday, 1 Oct –
SA v Tonga @ 8pm



Heritage Day Braai
25 Sept @ 5pm



Sashni Audiologist
26 Sept @ 9am



Movie Night
7, 14, 21 & 28 Sept
Titles to be
announced by Chris
Edwards



Age is getting to know all the ways the world turns. so
that if you cannot turn the world the way you want, you
can at least get out of the way so you won't get run over.

Miriam Makeba

Birthdays September 2023

Birthdays

Kathy Möhlig	2nd
Rosie Wright	3rd
David Rackley	4th
Lies Segers	4th
Serafina Da Silva	4th
Henrietta Dobrowolski	5th
Lsley Zingel	5th
Sarah Knibbs	7th
Penelope Rabinowitz	9th
Maseri Seretlo	9th
Linda Brennan	11th
Felicity Brandt	12th
Edna Grenfell	12th
Renate Johnson	14th

Birthdays

Heather Mutch	15th
William Park	15th
Norma Stewart	16th
Diane Muller	18th
Sue Hartley	19th
Kathryn Park	20th
Carol Powell	20th
Helen Knowles	21st
Judy Stuart	26th
Patricia Hay	27th













Anniversaries September 2023

Anniversaries

Christopher & Pauline Joyce	3rd
Graham & Aileen Langmead	4th
Peter & Angela McMurray	9th
Henry & Henrietta Dobrowalksi	11th
Henning & Felicity Brandt	17th
Nello & Beryl Vercellotti	17th
Dick & Catherine Sheppard-Plaskett	27th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Spring Day 9am Line Dancing 10:30am Bible Study 12:30pm Spring Day Friday Lunch Prize for the best spring Hat 5pm Waterhole	2 08:00 Village Arbor Day	3
4 9am +9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	5 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	6 6pm Social Dinner 100 Club Draw 	7 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	8 World Physical Therapy Day 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole Start of Rugby World Cup	9	10 12:00 Sunday Braai Lunch SA v Scotland & 4:45pm 
11 9am + 9:45am Therapeutic Water Aerobics 10am House of Sheba 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	12 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	13 International Chocolate Day 2:30pm Christian Fellowship Group 6pm Social Dinner	14 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	15 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 2:30pm Bingo 5pm Waterhole 	16	17 SA v Romania @ 2pm 
18 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	19 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole 	20 National Punch Day 6pm Social Dinner	 21 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	22 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	23 SA v Ireland @ 8pm 	24 Heritage Day 
25 PUBLIC HOLIDAY 5pm Residents Heritage Day Braai	26 9am Therapeutic Exercise Class 9am Sashni Audiologist 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	27 6pm Social Dinner	28 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	29 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	30	01 Oct SA v Tonga @ 8pm 



SEPTEMBER 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			sit down collect Deliver	04-Sep R68,00	Peppered roast pork fillet saute baby potatoes, cheese sauce, spinach and carrots	sit down collection Delivery	11-Sep R68,00	chicken, potato and broccoli bake in cheese sauce, served with spinach and roast butternut	sit down collection Delivery	18-Sep R68,00	Fishermans pie topped with cheese mash, saute baby marrows and tomato and onion salad	sit down collection Delivery	25-Sep R68,00	Closed - Public Holiday	sit down collection Delivery
TUESDAY			sit down collect Deliver	05-Sep R68,00	Meat loaf served with cheese mash, tomato and onion gravy gem squash and peas	sit down collection Delivery	12-Sep R68,00	Cape Bobotie with yellow rice, tomato and onion salad and banana salad	sit down collection Delivery	19-Sep R68,00	Chicken schnitzel with mushroom sauce Parmesan mash and glazed carrots and peas	sit down collection Delivery	26-Sep R68,00	Chicken a la king with steamed rice, roast pumpkin and cream spinach	sit down collection Delivery
WEDNESDAY			sit down collect Deliver	06-Sep R68,00	liver and onions with mash and gravy, butter nut and fried cabbage	sit down collect Deliver	13-Sep R68,00	Grilled pork chop, cheese sauce, mash potatoes, pumpkin and fried cabbage	sit down collect Deliver	20-Sep R68,00	Greek style feta stuffed meat balls in tomato and basil coulis served on penne pasta with Greek Salad	sit down collect Deliver	27-Sep R68,00	Cottage pie with broccoli in cheese sauce and glazed carrots	sit down collect Deliver
THURSDAY			sit down collect Deliver	07-Sep R68,00	BBQ Hawaiian chicken kebab with savoury rice, three bean salad and beetroot salad	sit down collect Deliver	14-Sep R68,00	Greek Mousakka served with Tzatziki and Greek salad	sit down collect Deliver	21-Sep R68,00	Beef and onion pie with cheese mash and gravy, garden peas and sweetcorn	sit down collect Deliver	28-Sep R68,00	BBQ Pork sosatie and vegetable stir-fry and fried rice	sit down collect Deliver
FRIDAY	01-Sep R85,00	Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad	sit down collect Deliver	08-Sep R85,00	Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad	sit down collect Deliver	15-Sep R85,00	Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad	sit down collect Deliver	22-Sep R85,00	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad	sit down collect Deliver	29-Sep R85,00	Grilled or deep-fried Hake with chips, tartar sauce, pea and seet corn salad and garden salad	sit down collect Deliver

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

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

TOTAL PACKAGE PRICE: R _____

4.5% discount off package price: R _____

TOTAL PACKAGE PAYMENT REQUIRED: R _____

Terms and Conditions

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



SEPTEMBER 2023 SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday – 06 Sept 2023	Roast Mediterranean vegetable salad in balsamic honey dressing with herb croutons, feta and olives	Roast sirloin of beef, roast potatoes, cauliflower in cheese sauce, roast butternut, red wine jus R115.00	Chicken filets paprika with mushrooms and roast peppers in a cream sherry sauce, served with parsley baby potatoes Cauliflower in cheese sauce and roast butternut – R95.00	Cheese cake with ice cream and wild berry sauce– R45.00
Wednesday - 13 Sept 2023	Chilled Vichyssoise with chive crème fraiche and herb croutons	BBQ Pork loin chop with grilled pineapple, apple sauce, mash potatoes and peas – R80.00	Baked orange chicken with penne pasta, peas and carrots – R85.00	Strawberry and vanilla ice cream with strawberries and meringue – R45.00
Wednesday – 20 Sept 2023	Cream of tomato soup with basil crème fraiche	Slow cooked beef short rib curry served with steamed rice, pawpaw salsa, banana and yoghurt R80.00	Chicken lasagne served with Greek salad– R75.00	Baked apple pudding with cinnamon custard – R40.00
Wednesday – 27 Sept 2023	Summer cous-cous salad with cucumber, tomato, chick peas, toasted almonds, peppers and mint	Sweet n sour pork with fried rice and vegetable stir-fry – R80.00	Chicken chasseur in mushroom and red wine sauce, served with parsley mash, fried cabbage and peas – R80.00	Lemon meringue served with ice cream – R45.00

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

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

See you there!



Go Bokke! World Cup Sunday Braai Lunch

On the table:

Garlic bread with biltong dust and Parmesan

Main Course Off the braai

BBQ chicken drumsticks served with peri-peri sauce

Marinated steak

Pork rashers in rosemary, garlic and lemon

Boerewors

Pap tert with bacon and cheese

Tomato smoor

Garlic and parsley baby potatoes

Buttered sweet corn

Roast butternut and feta

Salads: Garden salad, Beetroot salad, Coleslaw

Dessert Buffet

Malva pudding with Amarula custard

Mini lemon meringue and peppermint crisp tarts

Seasonal fruit salad in orange cinnamon syrup

Ice cream, choc and caramel sauce

Residents – R170.00pp

Visitors – R190.00pp

Children under 12 yrs – R140.00

Terms and Conditions

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip in order to book your table. (No exceptions)
3. Bookings close on Monday 04 September 2023 at 17:00
4. No cancellations will be accepted or refunded.
5. No deliveries

