

# NEWSLETTER

Evergreen Broadacres September 2023

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EVERGREEN  
lifestyle

From  
The Village Manager  
Wilma Swart



I almost can't believe we are at the end of September.

Spring has been here and disappeared again as we eagerly await our spring rains; we got hit with the usual August winds a month late.

We have enjoyed a fantastic kick-off to the Rugby World Cup with our Boktown events and thoroughly love the games' screenings on the big screen with the boerie rolls and beers. This will carry on into October over the weekends, and because of this, there will not be a Sunday lunch in October, as we will be watching rugby.

We are delighted that our rates valuation appeals were granted. They were limited to 1%.

We welcomed Kim Grimes back from her four months of maternity leave. She has many adorable baby pictures to show, and we are happy to have her back.

The month was jam-packed with events: spring hat day, Arbor Day, braai day Sunday lunch, resident's village braai and birthday celebrations in between all the rugby, complete with a public holiday squeezed in.

Spring annuals have been planted, and gardens have been prepared with compost and fertiliser as we await the first rains to transform the village into a lush green landscape.

New residents were welcomed into Evergreen. They occupy house 86 and three apartments this month. We undertook some construction in the care centre to divide the big open lounge area into two separate areas to accommodate different frail care and short-term stay resident areas.

The painting of the remaining houses is complete, just in time, as we expect the summer rains any day now.

So we have October to focus on the Rugby World Cup, and then the Christmas season starts.

Until next month, keep wearing your Springbok shirts on Fridays to support our boys in green and gold.



## In This Issue

- Rainfall & Finance
- Security
- Getting to know our Residents
- Recipes from our Residents
- Pets Corner
- Boktown
- September Events
- What's happening in Oct

and much more in between

# Village Rainfall

by Cecil Fann



September's rainfall once again yielded nothing, following the pattern of the past few years. Hopefully, October will be more generous if previous years are a guideline.

Dam levels across the country remain marginally better than this time last year at 91% as against 90%. The current situation varies widely, from 95% for Mpumalanga to 79% for the Eastern Cape.

Our Vaal Dam is 83.4% full, a slight monthly decrease. This data is at 19 September 2023.

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

Daylight hours continue to increase, with a day length of 12 hours and 19 minutes on 1 October increasing to 13 hours and 4 minutes on the 31st.

The 28 October sees a partial lunar eclipse occurring, beginning at 20:00 with the maximum at 22:14.

Rainfall by month for the past year	
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
Sep '23	1.0
<b>Total</b>	<b>787.2</b>

September rainfall over the years	
2013	0.0
2014	0.6
2015	41.0
2016	7.0
2017	3.6
2018	3.6
2019	3.5
2020	5.0
2021	0.0
2022	0.0
2023	1.0
<b>Average</b>	<b>5.9</b>

October 2023 Sunrise, Sunset & Moon Phases			
Date	Sunrise	Sunset	Moon
1	05:47	18:07	
2	05:46	18:08	
3	05:45	18:08	
4	05:44	18:08	
5	05:43	18:09	
6	05:42	18:09	Last Qtr.
7	05:41	18:10	
8	05:40	18:10	
9	05:39	18:11	
10	05:38	18:11	
11	05:37	18:12	
12	05:36	18:12	
13	05:35	18:13	
14	05:34	18:13	New
15	05:33	18:14	
16	05:32	18:14	
17	05:31	18:15	
18	05:30	18:16	
19	05:29	18:16	
20	05:28	18:17	
21	05:27	18:17	
22	05:26	18:18	First Qtr.
23	05:25	18:18	
24	05:25	18:19	
25	05:24	18:20	
26	05:23	18:20	
27	05:22	18:21	
28	05:21	18:21	Full
29	05:20	18:22	
30	05:20	18:23	
31	05:19	18:23	



Lunar Eclipse



# ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



The 41st 100 Club draw took place on 6 September, when ten lucky winners took home R6 300 in prizes, and ResCom funds benefitted by R6 200. Congratulations all.

An amount of R1 646.20 was spent on successful social events held in the month.

Arbor Day contributions amounted to R10 645, again demonstrating residents' generosity. Expenses to date amounted to R8 614.65.

ResCom funds remain in a healthy state.

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

**SUMMARY OF TRANSACTIONS FOR AUGUST 2023**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 31/07/2023</b>			<b>10 544.94</b>
Waterhole Cash provided for stock purchase	2 440.00		
2023 Arbour Day Contributions	8 625.00		
2023 Arbour Day Trees, Shrubs & Labour		8 614.65	
41 <sup>st</sup> 100 Club Collections	12 500.00		
41 <sup>st</sup> 100 Club Prizes		6 300.00	
Anonymous Contribution	200.00		
Nature & Bird Group Function		879.75	
Woman's Day Lunch Function		766.45	
Catering Service Fee		569.25	
Waterhole Loan Account	840.00		
Bank Charges		108.00	
Interest Received	6.37		
<b>Funds on hand at 31/08/2023</b>	<b>24 611.37</b>	<b>17 238.10</b>	<b>17 918.21</b> *
<b>Reserved Funds</b>			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Library Functions Budget			(500.00)
Unutilised Hospitality Portfolio Budget			(353.80)
Unutilised 2023 Arbour Day Contributions			(2 010.35)
Waterhole funds held for future purchases			(1 560.00)
Catering Service Fee (Estimate)			(495.00)
New Residents Welcome (Estimate)			(550.00)
<b>TOTAL RESERVED FUNDS</b>			<b>(6 584.05)</b>
<b>Funds available after reserves</b>			<b>11 334.16</b>
<b>Memo: Funds on hand made up as:</b>			
<b>Bank accounts:</b>	Business Account	8 973.59	
	Savings (Call) Account	1 199.57	10 173.16
<b>Cash</b>			<b>7 745.05</b>
			<b>17 918.21</b> *

## WHATSAPP TO STOP WORKING ON THESE SMARTPHONES

Dave Nesbitt



WhatsApp has been rolling out several updates over the years, and the social media application has announced that it will stop supporting smartphones running on **Android 4.0 or below**.

**The affected smartphones will be discontinued after 24 October 2023**

However, on the other hand, it will only be supporting iPhones with **iOS 12 and later**.

Before ending its support, the third most used social media application with 2 billion users will send notifications in advance to inform those with devices that will be affected

**WhatsApp said: “To keep up with the latest advances in technology, we routinely stop supporting older operating systems to point our resources to supporting the latest ones.”**

### **SMARTPHONES THAT WILL SUPPORT WHATSAPP SHOULD HAVE THE FOLLOWING**

**Android phones with OS 4.1 and above**

**iPhones with iOS 12 and later**

**Phones with KaiOS 2.5.0 and above, including JioPhone and JioPhone 2**

Some of the devices losing WhatsApp support include

HTC One

Sony Xperia Z

LG Optimus G Pro

Samsung Galaxy S2,

Samsung Galaxy Nexus

HTC Sensation

Motorola Droid Razr

Sony Xperia S2 and more.

To read more about this please visit the site bellow:

<https://www.msn.com/en-za/news/other/whatsapp-to-stop-working-on-these-android-phones-and-iphones-in-october/>

**In the banking industry, FNB has identified that some consumers recently received SMSes claiming that their bank required them to urgently register with Fica by clicking on a link that took them to the fraudster’s platform, where their information was compromised.**

The technique now includes attempting to entice the user to divulge both their card information and the one-time password, which is subsequently used to complete successful transactions using smart devices.

**“A good rule of thumb is that credible financial institutions will never ask you to click on links. More importantly, contact the relevant institution if there is any message that a consumer suspects may be important. Get their contact details from their platform so you’re not redirected to the fraudster’s ‘help line’.**

**“With cybercriminals becoming more sophisticated, consumers must remain vigilant and take proactive measures to protect themselves,” cautions Trish Ramdhani, head of fraud at FNB Card.**

**FNB, Sanlam and Allan Gray offered the following cautionary tips on how to spot a scam:**



**If the returns are too good to be true**, it is very likely a scam or illegal. It’s not enough to wait and see if someone else gets burnt. Very often, in a Ponzi scam, the first investors will get paid out until it becomes unsustainable.

The explanation of how returns are generated should be clear and understandable. You should be cautious if you don’t understand how an investment product generates its returns or if there are only vague references to underlying assets.

An investment that relies on constantly recruiting new members. This is a huge red flag that you are likely dealing with a pyramid scheme. Be wary of tiered investments that classify investors or have multiple levels, such as bronze, silver, gold, platinum and diamond.

**Question unusual requests.** Be suspicious if you get requests to receive money from unfamiliar sources or transfer funds to unknown accounts. So that you know, your bank account should only be used for activities you can vouch for.

**Protect your personal information.** Protect your personal information and avoid using third-party devices to store credentials such as usernames and passwords. Equally, be mindful of the type of information you share on social media platforms.

**Check for accreditation.** You can check if a person or company is registered to provide financial services via the Financial Sector Conduct Authority website. You can do an online search here for a licensed financial services provider. It is not regulated if the investment is not registered with a mainstream financial body like the FSCA. You should also contact financial bodies to verify the registration of any financial entity that is relatively new or not well-established.

**References and checks.** A vague reference to experience is not sufficient. Look for previous company experience that you can independently verify.

**Special offers** – limited time. Be suspicious of offers that have an urgent timeframe. Fraudsters want to create a sense of urgency to limit your time researching and considering potential investments. Anything sold as a “once-in-a-lifetime opportunity” should be avoided.

**Solid track record.** Although past performance doesn’t guarantee future returns, you should consider financial service providers with decent track records. Most scams will promise great returns without a solid track record to back them up. Look for investors or performance reports independent of the person making investment promises.

<http://www.dailymaverick.co.za/article/2023-07-31-how-to-spot-an-online-scam-and-avoid-becoming-the-next-victim/>

getting to know  
our  
Residents



## The Langmead Fairy Tale

Once upon a time, the 4th of September was a Monday public holiday. In 1961, it was Settlers Day, and Graham and Aileen exchanged vows, and here we are on another 4 Sept 62 years later, also a Monday. Then the wind howled in Durban; today, as we write this, it is a lovely clear, still and warm Spring Day in Johannesburg.

Our courtship was a whirlwind – we met on Graham’s 24th birthday in January, got engaged on Aileen’s 21st on 7th March, and so to our wedding on 4th September 1961. Our backgrounds were quite different... Aileen’s parents were a Scotsman (Alec Carmichael) married to an Afrikaans Meisie (Anne Engelbregt) who had two sons, and Aileen was born in Warrenton N. Cape; Graham’s parents (only child), a genuine cockney artistic father married to a Scottish lassie (Mary Walker) (there are interesting other stories on these comings together but that’s for another day). Graham’s dad lost his brother in the 1st world War, so he went north to fight the enemy when World War 2 broke out. Graham has no recollection of the early years but vividly recalls the life with Mum in a one-roomed studio opposite Umbilo and Congella sports fields.

Graham was and is, proudly to this day, educated at Penzance Road and Glenwood High and was involved in Boy Scouts, becoming one of the youngest Springbok Scouts selected to go to the World Scout Jamboree in Austria in 1951. Aileen was educated at Escombe (on the outskirts of Durban) primary and high schools. She was an excellent tennis player and scorer for the local cricket team, where her brother was captain. Graham played 1st Division cricket, rugby, and baseball in Durban. Cricket was to become central to their lives when Graham moved to play county cricket at Escombe, and there, inevitably, they met one another (yet another story in their meeting).

Aileen worked in various departments in the main Durban Standard Bank branch (also never got any samples for us). Graham started as an apprentice in the printing trade, earning 19 pounds and 6 pence a week before moving into advertising. We built a home in Pinetown during the early years before being enticed/headhunted to move to Johannesburg. We have had four children, but alas, the first (Grant, died a few days after birth due to the inability to break the protective coating around his lungs) and Tracy was born to the day a year later. Then came premature Robyn (hence the name) and finally Bronwyn, who died days after birth. We believe the nurse’s negligence as Bronwyn pulled the oxygen mask off and failed to breathe. Our two delightful daughters have been wonderful in our happy family, producing equally lovely four granddaughters we adore.

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getting to know  
our

Residents

The Langmead Fairy Tale

Continued



Over the years, Aileen has focused on building family relations with God as central to all. She was always in the service team at the churches we attended. She, as treasurer, saved funds and was integral in building the Bryneven Primary School tuck shop. In the sporting world, she became the Lady Golf Captain at the Bryanston Country Club. In our 50's, we took to snow skiing.

Graham has used his non-work time on church matters, being Chairman at all of the churches we have attended, and he was Chairman of World Vision in SA for some years. His work life saw him move swiftly through the rank and file of the ad industry, handling such famous Brands as SA Breweries, BMW; Nissan, Gillette; Holiday Inns, Snowflake and Farmer Brown, I&J; Yardley, Sparletta, Alitalia, Nestle, Lever Bros and SPAR. Brands and Branding remain a passion of his.

He had the privilege of working closely with some of the international doyens of the industry. Work took us from Durban to Johannesburg, Cape Town, and finally back to Joies. On retiring at 55 (an age agreed by all his partners at the Bates Group), he was appointed to head up the media groupings of newspapers, magazines and media measurement in SA. This resulted in 6 years of travelling the world to represent SA on the international Boards and held positions of marketing advisor on most. Then, he ran the World Federation of Audit media measurement from his home in Sandton for a few years. On subsequent retirement, he became Chairman of one of SA's largest industrial magazine groups.

Then, at 61, he was asked by Spectramed (which became Health Squared) to join the Board of Trustees.

I gave it all up in September 2022, many years after it all began.

On our 50th anniversary, we were asked by the young adults of Rosebank Union Church to talk to them about a lifelong commitment to one another, and we told them (as we repeat now) RESPECT—in all phases and facets of life, central and critical.

On moving to Evergreen Broadacres when it came to being, Royston and Hennie persuaded Graham to chair the inaugural ResCom. He accepted on two conditions: 1) it was to be structured on a portfolio responsibility basis, not just bums on seats, and 2) it had a focus exemplified by a slogan which remains in force to this day: **“TOGETHER, let make this the village of our dreams”**. Together, being a committee with residents, committee management and developer. He carried that role for six years and two more as Immediate Past Chair.

Today, we remain followers of sports with cricket central, as is Arsenal, for whom his Dad played as a youngster in London.

**Finally, we want to emphasise we are sooo glad we chose Evergreen Broadacres!!!!**



from the Editor

## Bunny Chow

Especially for  
all the Durbanites

I came across this article from Tony Jackman in the Daily Maverick and 'me thinks' 🤔 this could be a tremendously messy social evening.

The best thing about a bunny chow, for me, is how the sauce from the curry melds with the bread inside the crust to create utter food lust. The rest of it is pretty fabulous, too.

Bunny Chow needs a proper Durban curry. Luckily, our family has a long history with Durban and Pietermaritzburg, so we have an old tradition of buying Durban curry masala mixed for us by a sari-clad lady in one or other spice shop, hidden away among all the much larger shops in most malls in KwaZulu-Natal. So that's my starting point: a good, hot Durban masala. (Point number 2? Plenty of it.)

Durban curry is hot, not for the squeamish or for those who can't seem to grasp the truth that a burning mouth is a desirable thing. It's burn; look past that to the flavour kick you're getting out of it.

Then we get to the bread. I cringe when I see a bunny chow on a poncy menu that calls for "artisanal bread". Come off it. Using an overworked current expression is a "whole new level" of pretentiousness. The whole point of a bunny is that it is made using good old-fashioned cheaper-than-chips "government loaf"—just a plain loaf of common-or-garden white bread. The sturdiness of the loaf, when cut in half and hollowed out (but not too much), makes it able to hold the curry within.

The precise history of the bunny chow is still being determined. Still, the prevalent belief makes sense: that Indian workers who had come to the then-Natal province as indentured labourers used hollowed-out bread loaves as a vessel to carry their curries to the sugar cane fields for lunch. Why "bunny"? This is believed to be simply a bastardisation of the name of the Bania caste. And chow, of course, means "food" or "to eat".

Whatever the truth, the outcome is a joyful one. The humble dish turned into a national treasure. The best way to honour the tradition is to acknowledge its humble roots and use a plain old "government" loaf – literally – as the carrier.

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**Please visit the site below**

<https://www.dailymaverick.co.za/article/2023-06-2023-throwback-thursday-mutton-bunny-chow/>



## Bunny Chow Continued

I've been making mutton curries my way for decades. Still, I wanted to get it as close as possible to a proper "Durban curry", so I consulted my friend **Erica Platter's brilliant book of exactly that title. In it, on page 46, is the authentic Britannia Hotel Mutton Bunny Curry.** I did not adhere to it strictly because I have my ways and thoughts and palate, but I recommend it because of the hotel's famous ways with curry.

The chief difference is that I included cumin seeds, which their recipe does not use (which I found surprising). I also beefed up, if you'll pardon the expression, the tomato component. Their recipe calls for only one medium tomato, not enough for my curry taste, so I used a can of chopped tomatoes instead. Yes, Italian ones, because they have a whack of flavour. Oh, and I used four times as much turmeric. Don't worry; it will not dominate if your masala mix is strong enough.

Finally, their recipe calls for 2 tsp of ginger and garlic paste. I used three garlic cloves and a 3 cm piece of fresh ginger, all minced, which is the same thing, only more of it.

Here's my adaptation of the Britannia recipe. And yes, the "4 Tbsp masala" is not an error. Heaped! And our Durban masala mix is solid.

Am I happy with the outcome? If not, I wouldn't be telling you about it, **so... be brave, be very brave...**

### Ingredients

**2 ordinary loaves of white bread of the**

**"government loaf" variety**

**Cooking oil, about 4 Tbsp**

**600 g lean mutton, cubed**

**2 medium onions, chopped**

**2 bay leaves**

**2 cinnamon sticks**

**1 Tbsp fennel seeds**

**1 Tbsp cumin seeds**

**1 tsp ground turmeric**

**3 garlic cloves, minced**

**3 cm piece of very fresh ginger, peeled and minced**

**4 Tbsp best masala**

**10 small curry leaves**

**1 x 400 can chopped tomatoes**

**Salt to taste (be generous)**

**Water to cover (about 800 ml)**

**Coriander to garnish**

**Shredded carrot salad to serve (see end of method)**

### Method

Cut your mutton into bite sized chunks. I used mutton leg, and I cleaned away the sinews and kept the bones and fat to be frozen for a future stock.

Heat cooking oil in a heavy pot and add the chopped onion, cinnamon, bay leaves, cumin seeds, fennel seeds and powdered turmeric. Simmer very gently for four or five minutes or until the onions have softened but not caramelised. Give it a stir now and then.

Add that hot masala and the ginger and garlic, and cook gently for another two or three minutes.

Add the tomato and simmer for three more minutes.

Add all the meat, give it a good stir so that it is all coated with the rich curry sauce, and let it cook at a simmer for five minutes or so.

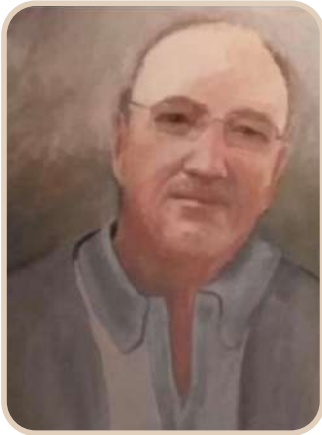
Throw in the curry leaves, season to taste with salt (be generous, curry can take it), and add enough cold water to cover everything.

Bring it to a boil then put a lid on and turn down the heat to a very gentle simmer. Let it cook until the mutton is tender but not falling apart. You don't want your meat to disintegrate into the sauce. That works for some curries, but is not ideal for a bunny.

I made "half bunnies". Slice a plain white loaf in half (trim a bit off the top if you want it smaller). Hollow each section out, but don't get carried away. Don't scrape away too close to the bottom (or sides) or the curry might burst through. Fill generously with the curry and sprinkle some chopped coriander on top. You can put a little "lid" of bread on top if you like.

Serve it garnished with chopped coriander and a side of carrot salad. Just grate 2 carrots and add 1 Tbsp white vinegar and some chopped coriander, 1 chopped red chilli and a little salt.

**Now grab a bib and roll your sleeves up; this will be messy...**



John Schulkins

Continuing our journey through Tapas with John Schulkins

Recipes from our Residents

# Viva España Viva Tapas

## Cheater Aioli

### Ingredients

- 5 cloves garlic
- ½ cup mayonnaise
- 2 teaspoons lemon juice
- Salt to taste

### Method

- In a small, shallow bowl, combine the garlic and lemon juice
- Add a sprinkle of salt.
- Stir & allow to rest for 10 minutes
- Put the mayonnaise into a sterilised sealable jar (e.g. honey jar)
- Stir in the garlic & lemon mix
- Allow to stand for plus minus 1 hour before use
- Aioli will keep well in the fridge sealed for up to 10 days. It will thicken up as it chills.

- Tips**
- Use a good quality mayonnaise (not salad cream). I recommend Hellmann's
  - For a variety, add ½ teaspoon Dijon mustard
  - Adjust quantities to your taste, e.g. too strong – add more mayonnaise, too weak – add more garlic/mustard.

## Stewed Red Peppers

### Ingredients

- 2 large red peppers core & seeds removed
- 3 cloves of garlic pressed/minced
- Olive oil
- Salt to taste

### Method

- Cut peppers lengthwise into 1cm strips. Cut in half crosswise
- Place peppers in a saucepan – preferable non-stick
- Add oil sufficient to coat peppers
- Add garlic
- Stew over medium to low heat stirring regularly for plus minus 25 minutes – **do not fry**
- Remove from heat & allow to cool
- Serve immediately or store in an air-tight container in fridge for up to a week.

### Tips

- Buy peppers loose from the supermarket or Food Lovers so you can select large, fully ripe specimens
- Adjust the amount of garlic to taste
- Serve as a light meal or starter on fresh bread (slices of baguette are ideal) with Cheater Aioli
- Serves 4 – 6 as a starter/snack. For larger servings, adjust quantities accordingly.

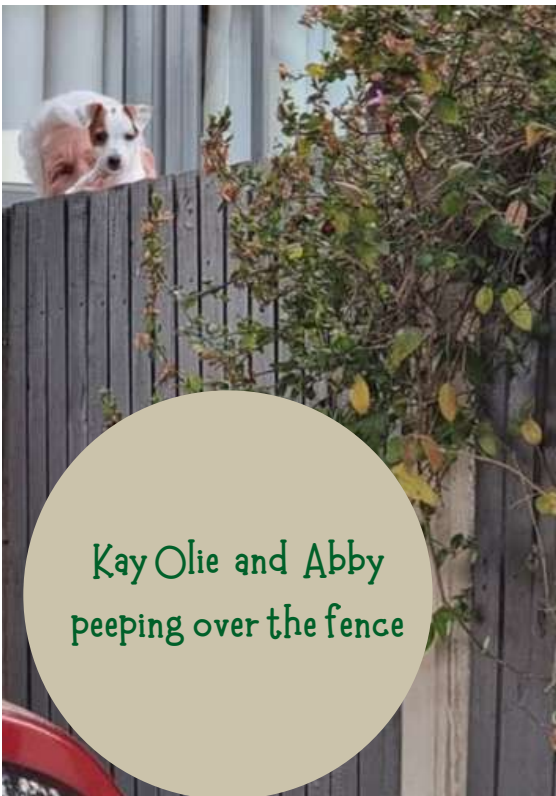
Watch this space for the next recipe from John

## Pets Corner

Featuring Residents &  
their furry friends



There's a new kid on the block,  
and her name is Abby. She lives  
with her mom, Kay Olie, in Unit 49



Kay Olie and Abby  
peeping over the fence



# From the Library



## Secrets under the Sun Nadia Marks

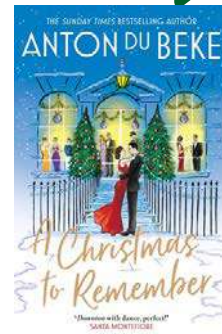
This romantic mystery novel is set in the small seaside town of Larnaka on the picturesque island of Cyprus.

Three childhood friends have reunited for the funeral of Katerina, the much-loved old woman who had a profound effect on their lives. But the funeral is not just a time to mourn. It's also a time to share family secrets.

The story delves into several generations of the Linser family and all the secrets, tears and smiles they shared over the years.

The heartwarming story explores the family's strengths and compassion. The characters are complex, multi-faceted and credible. The story alternating between past and present sweeps you away in a tale full of love and loss, friendship and deception, generosity and forgiveness, and the true meaning of family.

Described as a sparkling summer read, it is the perfect companion for this holiday season.



## A Christmas to Remember Anton Due Beke

This is the immensely entertaining third novel of Anton Du Beke, the renowned British ballroom dancer and television presenter since 2004.

In 2021, Anton decided to step down as a professional dancer to become a judge on the popular television series Strictly Come Dancing.

This novel concludes a tumultuous year for Raymond, Nancy and all the favourites at the Buckingham Hotel.

The story contains secrets, divided loyalties, and the ballroom's enduring magic.

Set in 1938 and onwards, it encompasses actual events of WW2 years.

A fascinating read!



submitted by Libby



Baby Lana



Welcome back  
Kim  
we missed you

Dennis Allen is the proud grandfather to his first grandson, courtesy of his daughter Nicci and her husband, Jacques.

Luca came into this world on the 25th September.

Congratulations Dennis!



## This & That

### 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

**LET'S RUN AWAY... I'M NOT GOING TO END UP IN A HOSPICE AND YOU IN A SHELTER**



# SHINGLES (HERPES ZOSTER)

Submitted by David Presbury



talking health

You may have recently seen an article on this subject sent around by Evergreen Health. There have been several recent cases at Broadacres, which can be a very unpleasant experience. This is, however, not an epidemic. It is a common condition in the over 70s and tends to be much more severe in the elderly.

Shingles are caused by having had a previous bout of chicken pox, which may have been in childhood. The varicella virus may then lie dormant in our nervous system for many years. If the virus activates, the inflammation usually starts to give symptoms in the area of the body served by the particular nerve involved. The presumption is that something changes in the individual's immune system to allow the reactivation of the virus. More often than not, though, it seems to begin out of the blue, and there is no reason to worry too much about one's overall health should it occur. The condition is unilateral, meaning it only affects one side of the body. The symptoms include pain, itch, numbness or dysaesthesia (a weird, unpleasant and uncomfortable feeling). The common areas are the forehead, a band on the trunk or a patch on a limb. It is known as "gordel roos" in Afrikaans. A few days later, a rash developed in the area. It becomes red and usually produces blisters that crust over and gradually heal. Untreated, the rash will last 3 to 4 weeks. There is no real correlation between the severity of the pain and the severity of the rash. You can have a terrible rash and very little pain or severe pain and very little rash. The real problem can be the pain, which may last for months and even years, long after the rash has disappeared. This is due to nerve damage.

## Management

The best treatment is to take oral antivirals. They can be highly effective in shortening the recovery from the rash and lessening the severity and duration of the pain. They are very safe, and I have never seen side effects in patients taking them. Unfortunately, they work best if taken within the first 72 hours of the problem starting. Getting on top of the pain as early as possible is also critical. If ordinary painkillers you have at home don't help, it is wise to contact your doctor and take more heavy-duty analgesics for a while. In addition, neurological drugs such as pregabalin (which started as an antidepressant) and Lyrica may be beneficial additions to the cocktail. Early intervention for the pain can prevent the prolonged and unpleasant condition known as post-herpetic neuralgia, which can disrupt the quality of an elderly individual's life.

Topically, you may need dressings. With blisters, it is wise to use a topical antibiotic such as one of the Bactroban generics or Fucidin to prevent secondary infection. Usually, ointments are better than creams. Topical cortisone products are contraindicated.

## Transmission

Shingles are not catching. During the blistering phase, it is possible to pass on chicken pox. Therefore, I think it should be taken care of when connecting with grandchildren during the blistering phase before scabs or crusts have formed. I have never knowingly seen or heard of transmission in many years of dermatology, so it is probably scarce.



Submitted by Kiloran Townsend

## Care for the Carer

Care giving can play a vital role in the lives of the elderly and housebound so it's important that the caregiver be physically, emotionally and spiritually nourished in order to offer the best care to their patients or family members.

The role of carer can be emotionally and physically demanding, calling for self-sacrifice as they offer comfort to those needing chronic care. Carers require support and care themselves since their own health and wellbeing is integral to caring for others who are dependant. This need is often overlooked.

Becoming a carer is not always by choice. It's often unexpected and many are not prepared for it. Sometimes it's a role demanded by financial constraints, not to say it does not include genuine love for others. But realistically, carers who have been thrust into the role by circumstances beyond their control often have to forfeit their own needs, time and interests, with little or no warning. This can result in a whole host of emotions of anger, regret, frustration, guilt and compassion fatigue.

Carers may be subject to the patient's anger, abuse and frustrations that come with being confined, ageing, dependent or inactive. Some can be continuously difficult and negative which takes its toll on the caregiver. Physically challenging tasks like lifting patients, managing wheelchairs and other equipment, and mostly, not knowing how long caring will have to go on for, can all impact on the well-being of the carer who is sometimes expected to take this gracefully and stoically.

Ill family members may sometimes over-depend on the caregiver by not taking their own responsibilities seriously enough. It is important for the caregiver not to become what is called a "co-dependent". Self-care and self-respect are vital to the wellbeing of carers.

What happens to all these emotions that the carer will experience if they are not dealt with in a healthy and helpful way? The carer can become ill, disheartened, feel abused, or worse, begin to abuse the patient or family member, not necessarily physically, mostly verbally.

How can the carer get some relief, feel appreciated, loved, encouraged, equipped and cared for? Here are some ideas:

- Set boundaries around their roles as much as possible.
- Ask for help when they need it, especially from family members.
- Let the patient be taught to take their



own responsibilities seriously and not over-depend on the carer.

- Set up a support system so that the carer can get assistance when needed.
- Carer to have regular time off for personal needs, exercise, recreation and spiritual nourishment.
- Have more than one primary carer. Burdens shared are burdens lightened.
- Opportunities to deepen the carer's spiritual life is important. It helps to cope and find the grace and strength that they need.
- Carer to have a dedicated support person that they can talk to whenever the role becomes overwhelming.
- Call for help in unexpected situations.
- Consult frequently with the medical team and wider family.

Carers too, need care. Beginning with a commitment to self-care, it must also embrace the care given to them by others – even if sometimes that has to be asked for. Never be like Peter who said to Jesus: "Lord, you shall never wash my feet!" Accept help.

[Editor: Article submitted by a member of a Catholic care ministry team.]



We have had three residents reaching a significant milestone this month



Cheers to 80 amazing years!



Harold Black



Henrietta Dobrowolksi



Judy Stuart



# SEPTEMBER

## Spring Hat Lunch 1 September



1st Prize – Bruce Boswell  
2nd Prize – Hennie du Preez

1st Prize – Val Diesel  
2nd Prize – Nora Quinn

Fantastic creations by our residents for spring hat day

Judged by Chef Andrew and arranged by Brenda.

Scrumptious prawns, calamari and mussel pot sealed the deal for all present



Photography  
Kiloran

SEPTEMBER

Arbor Day  
2 September



Congratulations to Charles, Hennie and Andy for arranging choosing and coordinating the planting of the trees on Arbor Day. Together with residents and gardeners, it is a Job well done!

Thank you to Kiloran for photography, all the donors and the Evergreen Management Team for their support.



Brenda organising coffee & rusks  
Thank you



S E P T E M B E R



# 100 Club Social Dinner 6 September



Roy picking the numbers



music provided  
by Charles Carroll



SEPTEMBER



BOK TOWN  
OUR BLOOD IS EVERGREEN



STRONGER TOGETHER



1st pool match | SA v Scotland

#PlaneCrazyForOurBoks



LIVE



OUTGOING TOUR 2021

SA 18

Scotland 3



Wide screen, boerie rolls,  
beer what more do you need  
to kick off the World Cup  
Thank you CT from all the  
residents for bringing the 'gees'  
to Broadacres!





SEPTEMBER



**BOK TOWN**  
ON BLOOD OF EVERGREEN



*STRONGER TOGETHER*



### SOUTH AFRICA vs ROMANIA



SA 76      Romania 0



### SOUTH AFRICA vs IRELAND



V



SA 8

Ireland 13



If 'n Boer Maak 'n Plan" was a person!!



S E P T E M B E R



25 September

Despite the suspected weather forecast, residents were determent to enjoy the Heritage Day braai



Thank you, Brenda, for stepping into Taffy's shoes by organising the tables, braai and ambience. & of course, all the helpers





Talking health



Well known Urologist  
Dr Bradley Wood will give a talk  
on Saturday, 11 November  
'The Prostate: What's the hype?'



Village Walk  
5 November



What's  
Happening  
in

# OCTOBER



Christian Fellowship Group  
11 Oct @2:30pm in the  
Boardroom



Mondays @ 10am  
in the Clubhouse



Oktoberfest Social  
4 October @ 6pm



Rugby World Cup  
2023 – France

1 – 28 Oct.

RWC Quarter Finals

Saturday, 14 Oct  
17:00 & 21:00

Sunday, 15 Oct  
17:00 & 21:00

RWC Semi Finals

Friday, 20 Oct  
21:00

Saturday, 21 Oct  
21:00

RWC 3rd & 4th  
Play-off

Friday, 27 Oct  
21:00

RWC Final

28 October  
21:00

Waterhole

Every Friday @ 5pm



Sashni Audiologist  
31 Oct @ 9am



Movie Night  
5. 12. 19 & 26 Oct  
Titles to be  
announced by Chris  
Edwards



Confucius says  
'The man who chases two rabbits  
catches neither'



# Birthdays October 2023

## Birthdays

Robin Davey	2nd
Susan Truran	5th
Jenny Traviss	11th
Dorothy Savage	17th
Jac Messerschmidt	22nd
Irene Carroll	22nd
Chris Edwards	24th
Stewart Cloete	24th
Nello Vercellotti	25th
Erika Barton	28th
Cecil Fann	29th
Sue Jackson	29th
Judy Powell	30th

## Anniversaries

Dave & Gillian Campbell	12th
David & Sheila Rackley	13th
Ernie & Heather Mutch	14th
George & Maureen Privett	15th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> <b>World Vegetarian Day</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>3</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>4</b> <b>Cinnamon Roll Day</b> <b>6pm Oktoberfest Social                      Dinner</b> 	<b>5</b> 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>6</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>7</b>	<b>1 / 8</b> <b>RWC</b> 17:45 S.A vs Tonga 21:00 Aus vs Portugal
<b>9</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>10</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>11</b> 2:30pm Christian fellowship group 6pm Social Dinner	<b>12</b> 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>13</b> <b>English Language Day</b> 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	 <b>RWC QUARTER                      FINALS</b> 17:00 & 21:00	 <b>RWC QUARTER                      FINALS</b> 17:00 & 21:00
<b>16</b> 9am + 9:45am Therapeutic Water Aerobics <b>10am House of Sheba                      Clothing Sale</b> 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>17</b> 9am Therapeutic Exercise Class <b>10am Book Morning</b> 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>18</b> <b>National Medical                      Assistants Day</b> 6pm Social Dinner 	<b>19</b> 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>20</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips <b>2:30pm BINGO</b> 5pm Waterhole <b>RWC SEMI FINAL                      21:00</b>	<b>21</b> <b>RWC SEMIN                      FINAL 21:00</b>	<b>22</b>
<b>23</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>24</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>25</b> 6pm Social Dinner	<b>26</b> 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>27</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole <b>RWC 3<sup>rd</sup> and 4<sup>th</sup>                      place Play-off</b>	<b>28</b> <b>Rugby World Cup                      Final 21:00</b> 	<b>29</b> <b>National Cat Day</b> 12pm Sunday Lunch 
<b>30</b> 9am + 9:45am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>31</b> <b>Halloween</b> 9am Therapeutic Exercise Class <b>9am Sashni Audiologist</b> 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole 					



## OCTOBER 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>	02-Oct Beef Lasagne with roasted vegetables and green salad R68,00 sit down collect Deliver	09-Oct quiche lorraine with potato salad and garden salad R68,00 sit down collection Delivery	16-Oct Chicken filets with mozzarella and sweet chilli, savoury rice, cream spinach and butternut R68,00 sit down collection Delivery	23-Oct Beef stroganoff with steamed rice, glazed carrots and fried cauliflower R68,00 sit down collection Delivery	30-Oct Pork bangers and mash with onion gravy, carrots and peas R68,00 sit down collection Delivery
<b>TUESDAY</b>	03-Oct Mild chicken curry in cream sauce with steamed rice, peas and tomato and onion salad R68,00 sit down collect Deliver	10-Oct Greek style feta stuffed meat balls in tomato and basil coulis served on penne pasta with Greek Salad R68,00 sit down collection Delivery	17-Oct Cape Bobotie with yellow rice, tomato and onion salad and banana salad R68,00 sit down collection Delivery	24-Oct Cold meats and salads, carrot, potato and beetroot R68,00 sit down collection Delivery	31-Oct Spinach and feta quiche with Greek salad R68,00 sit down collection Delivery
<b>WEDNESDAY</b>	04-Oct liver and onions with mash and gravy, butter nut and fried cabbage R68,00 sit down collect Deliver	11-Oct Grilled pork chop, cheese sauce, mash potatoes, pumpkin and fried cabbage R68,00 sit down collect Deliver	18-Oct Crumbed pork meat balls with stir-fried vegetables and Chinese noodles R68,00 sit down collect Deliver	25-Oct Chicken and broccoli bake in a mild sweet curry sauce with cheese crust, steamed rice and tomat, onion salad R68,00 sit down collect Deliver	 R68,00 sit down collect Deliver
<b>THURSDAY</b>	05-Oct Pork fillet stir-fry with fried rice and pawpaw salsa R68,00 sit down collect Deliver	12-Oct BBQ Haiwian chicken fillet with savoury rice, three bean salad and beetroot salad R68,00 sit down collect Deliver	19-Oct Cottage pie with broccoli in cheese sauce and glazed carrots R68,00 sit down collect Deliver	26-Oct Beef mince pasty with gravy, fried cabbage and sweet pumpkin R68,00 sit down collect Deliver	 R68,00 sit down collect Deliver
<b>FRIDAY</b>	06-Oct Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad R85,00 sit down collect Deliver	13-Oct Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad R85,00 sit down collect Deliver	20-Oct Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00 sit down collect Deliver	27-Oct Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad R85,00 sit down collect Deliver	 R85,00 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 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.



## OCTOBER 2023 SOCIAL DINNER MENU'S

	<b>Starter on the tables</b>	<b>Main Course Option 1</b>	<b>Main Course Option 2</b>	<b>Dessert</b>
<b>Wednesday – 04 October 2023 Oktober Fest</b>	German pea and ham soup with cheese and herb croutons	Roast Pork belly with apple sauce, German potato salad and red cabbage coleslaw <b>R105.00</b>	Chicken, Parmesan cheese schnitzel with mushroom and blue cheese sauce, parsley mash, fried cabbage and peas – <b>R105.00</b>	Pear and raisin flan and ice cream– <b>R45.00</b>
<b>Wednesday - 11 October 2023</b>	Greek salad with feta olives and herb croutons	Braised silverside of beef with roast carrots, turnips, and mashed potatoes – <b>R90.00</b>	Roast chicken and roast potatoes with cream spinach and pumpkin – <b>R85.00</b>	Crème caramel with seasonal fruits – <b>R45.00</b>
<b>Wednesday – 18 October 2023</b>	Cream of mushroom and leek soup with cheese croutons and chive crème fraiche	Pork schnitzel with three cheese sauce, parsley mash and fried cabbage and peas <b>R80.00</b>	Green Thai chicken curry in coconut milk with basmati rice and pawpaw salsa <b>R80.00</b>	Chocolate brownies Ice cream and chocolate sauce – <b>R45.00</b>
<b>Wednesday – 25 October 2023</b>	Butternut and orange soup topped with cinnamon and honey cream.	Beef Moussaka served with Greek salad and tzatziki – <b>R80.00</b>	Chicken thighs in cream white wine sauce with mushrooms and peas served with steamed rice – <b>R80.00</b>	White and dark chocolate mousse with berry compote – <b>R45.00</b>

**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!*