

NEWSLETTER

EVERGREEN
lifestyle

Evergreen Broadacres October 2023

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

What an exciting October we have had!

Our nerves are shot, and our voices hoarse as the World Cup Rugby and the Springboks have had us on the edge of our seats.

The Boktown-hosted events have been an absolute treat, with delicious food and cold beers on hand. A big thank you must go to EPI for funding Boktown and acquiring the big screen projector so we can watch the game in our numbers, and to Chef Andrew and his team for providing us with boerie rolls and the best chicken prego's you've ever had

And let's not forget Hans Van Wijk and his waterhole volunteers for ensuring cold beers are served even during the late-night games.

October is, of course, breast cancer awareness month. With many of us being directly affected by this, we dressed the village trees in pink because, in this family, no one fights alone!

Supporting the FIGHTERS,

Admiring the SURVIVORS,

Honouring the TAKEN,

And never giving up Hope.

Next month is prostate cancer awareness month. We look forward to Dr Wood's talk on the 11th of November to link to the Movember theme and see a few impressive moustaches.

We can't wait for the 21st of November for the Guide dogs to revisit the village and get some cuddles from the puppies coming along with their trainers.

Saturday, the 25th of November, is the Village Market Day, where residents will have their crafts and goods on sale. If you still need to book your table with Brenda, now is the time to do so!

We end the month on a high note with a Friends of Evergreen function that takes us on a nostalgic journey of the best of the '60s, '70s and '80s music performed by Ruby Tuesday. Finger food will be provided. You need to bring your drinks and your dancing shoes.

Till next month

From
The Village Manager
Wilma Swart



In This Issue

- Rainfall & Finance
- Security
- Recipes from our Residents
- Nature & Birding Group
- Hennie's - Introducing the trees of Evergreen
- Pets Corner 
- Boktown 
- October Events
- What's happening in Nov

and much more in between

Village Rainfall

by Cecil Fann



October's rainfall, although slightly above the long-term average for the village, was mainly due to the quite impressive storm experienced on 16 October. It appears that we will have to rely on November to improve the situation.

Dam levels across the country are on par with this time last year at 88%. The current situation varies widely, from 94% for the Western Cape to 80% for Limpopo.

Our Vaal Dam stands at 75.9% full, a concerning monthly decrease. This data is at 24 October 2023.

For this and much more weather-related information, visit these websites:

<http://www.sawx.co.za/state-of-dams> or dws.gov.za or Time and Date.com

Daylight hours continue to increase with a day length on 1 November of 13 hours 5 minutes, increasing to 13 hours 38 minutes on the 30th.

Rainfall by month for the past year	
Nov '22	202.4
Dec '22	112.8
Jan '23	62.7
Feb '23	200.0
Mar '23	38.6
Apr '23	48.0
May '23	60.5
Jun '23	2.0
Jul '23	5.0
Aug '23	0.0
Sep '23	1.0
Oct '23	53.0
Total	786.0

October rainfall over the years	
2012	65.0
2013	52.1
2014	21.4
2015	13.7
2016	40.3
2017	68.2
2018	54.7
2019	4.0
2020	21.8
2021	87.1
2022	16.2
2023	53.0
Average	41.5

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





ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



The collection for the 42nd 100 Club draw is progressing well and we look forward to the draw in November.

An amount of R2 465.10 was spent on successful and upcoming social events.

ResCom funds remain in a healthy state.

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

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
Funds on hand at 31/08/2023			17 918.21
Villiersdorp Kelder o.b.o. Waterhole		2 440.00	
42 nd 100 Club Collections	950.00		
2023 Arbour Day Contributions	200.00		
Condolence Cards		260.60	
Spring Day Lunch Function		644.94	
Heritage Day Function Supplies		557.73	
Arbour Day Catering		317.94	
Function Equipment		149.99	
Deposit on Burn's Night Piper Fee		300.00	
Waterhole Receipts (BokTown)	7 800.00		
Catering Service Fee		494.50	
Waterhole Loan Account		1 560.00	
Bank Charges		102.25	
Interest Received	6.84		
Funds on hand at 30/09/2023	8 956.84	6 827.95	20 047.10

Reserved Funds

Unutilised Lyn Huddy Memorial Fund		(114.90)
Unutilised Library Donation		(1 000.00)
Unutilised Library Functions Budget		(500.00)
Unutilised Hospitality Portfolio Budget		(329.40)
Unutilised 2023 Arbour Day Contributions		(2 210.35)
42 nd 100 Club Prizes		(950.00)
Waterhole funds held for future purchases		(7 800.00)
Balance of Burn's Night Piper Fee		(1 170.00)
Bank Charge on Cash Deposit		(153.85)
Catering Service Fee (Estimate)		(495.00)
New Residents Welcome (Estimate)		(550.00)
TOTAL RESERVED FUNDS		(15 273.50)

Funds available after reserves		4 773.60
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Memo: Funds on hand made up as:

Bank accounts:	Business Account	17 396.24	
	Savings (Call) Account	1 206.41	18 602.65
Cash			1 444.45
			20 047.10

Meet the 24/7 Security Team

from

Dave Nesbitt

(Security)



Asanda Ntoni

Team Leader



Ronald Mothekhe



Martha Moratlatle



Zwivhuya Nembidzani



Klaas Khoza



Caroline Matshavha



Busisiwe Ntlola



Chris Kubhushi



Meteorite discovery: unusual finds by South African farmer add to space rock heritage

Author: Roger Lawrence Gibson
Professor of Structural Geology and Metamorphic Petrology, University of the Witwatersrand

Meteorites – fragments of rock that have fallen to Earth from space in spectacularly fiery meteors – have been the subject of public fascination, awe, myths and even religious worship for thousands of years.

In recent decades, they've become a cosmic Rosetta Stone for scientists investigating the birth throes of our solar system and the organic life it hosts. Many countries rightly classify meteorites as an integral part of communal natural heritage and are sought after by museums and private collectors.

South Africa, where I research meteorites, is one such country. In late 2021, my colleagues and I were alerted to an exceptional opportunity. **Gideon Lombaard**, a farmer in the Northern Cape province, contacted us because he suspected he had found two meteorite fragments. If proved true, these would be the first meteorite discoveries in South Africa in over 40 years.

After subjecting the fragments to a range of tests, we were able to show that the two fragments, despite being found only a kilometre apart, were unrelated – that is, they must have come from different meteor events.

In August, the Meteoritical Society's nomenclature committee, which adjudicates all new meteorite submissions, formally accepted our proposal that the two fragments were different meteorites. They approved our suggested names – **Brierskop and Wolfkop – after landmarks near their discovery sites.**

Both the Brierskop (L) and Wolfkop (R) meteorites have dark fusion crusts that were chipped when the fragments hit the ground, but the darker rust of Wolfkop indicates and older fall.



<https://www.theconversation.com/meteorite-discovery-unusual-finds-by-south-african-farmer-add-to-space-rock-heritage-213402>

Submitted by Andy Johnston

The story behind
"Purple Johannesburg"



Johannesburg has over 10 million trees and is sometimes called the world's largest urban man-made forest (although this has never been proven, we'll still take it), and every year from October, the city turns a bright shade of purple as some of those trees come to life! Johannesburg has become well known for its **Jacarandas, but the trees are indigenous to South America; their history in South Africa can be traced back to as early as 1880** when they were imported from Argentina. Before gold was discovered on the Witwatersrand in 1886, several farmers were in the area. These farmers brought seeds from the Cape and planted Oak, Walnut and Jacaranda trees. **According to Smith in The Star of 1945, the first Jacaranda planted in the city was at Charlton Terrace in Doornfontein. Smith reported that Tree entrepreneur William Nelson had nurseries in Turffontein where "by 1896 he grew 30-million trees, shrubs and plants for general distribution".** Nelson, whose business was known as Nelsonia Nurseries, apparently planted 106 kilometres of trees along the streets of the newly established suburb of Kensington. The task took six months to complete. It's believed to be the first time street trees were planted in South Africa on such a large scale. Jacarandas are exotics but are now part of Johannesburg. They can withstand the test of time with a life expectancy of up to 200 years if cared for properly. And Joburgers (and the 012) love purple season... it brings the rains, the summer and that Dezemba feeling!

Plant Gazanias



Why do some flowers close at night?

The little colourful garden treasures are perfect for hot, sunny, sandy soils, which does mean a large area of our country. They are easy to grow and make a massive splash of colour in summer when the sun shines.

TIPS

- Once established, gazanias are drought-resistant, but if you want lots of flowers and bigger blooms, then water them.
- They grow near salty air, making them a good choice for coastal gardens.
- Deadhead spent blooms to encourage new flowers.
- The flowers will only open during the day and will be tightly closed at night and on cloudy days
- They can tolerate light frost.

In a behaviour called **nyctinasty**, some plants have a biological rhythm, similar to our circadian rhythms, that causes leaves or petals to close when it gets dark or on overcast or rainy days.

Nyctinasty causes plants to move in response to light and temperature changes so they can essentially 'sleep'. Why plants do this is still a mystery, yet some ideas may explain it, including that moonlight may affect a plant's adaptation to seasonal changes (photoperiodism). However, the most probable reason is that plants can protect themselves from nocturnal herbivores. During the day, the petals or leaves open to benefit from the sun's rays for much-needed photosynthesis.

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



Nature & Birding Group



Greetings from a very warm Evergreen, if not hot. I can hardly remember the cold of the past months.

Our next Nature and Birding Group will be held on **Tuesday, 7th November 2023**. This will be the last meeting before Christmas and the end of 2023. We will meet from 10 am for Christmas Refreshments (Tea, Coffee and Old Brown Sherry) and eats, followed by identifying Birds of Evergreen calls. Dick has kindly loaned us a book with the bird calls. The bird calls will be played individually for identification, and a picture of the bird will follow this before moving on to the next bird call. We will also have a short PowerPoint of what we have done since our first meeting (after COVID-19 restrictions were lifted) and briefly what we want to do in the New Year—looking forward to seeing anyone who wishes to come along and enjoy the morning.



Heather Mutch



Lisa Nuttall



Spot the Red Bishop

Our stream looks lush after the recent incredible rain, with many birds fluttering in and out the reeds, especially the male Red Bishops and Southern Masked-Weavers, who are very busy fluttering their stuff around. I heard and then looked skyways to see a short glimpse on two occasions of the European Bee-eaters flying over on their return to Evergreen.



For more information on the Nature and Birding Group, please contact
Heather Mutch on 1080: 083 7897 311
Or Lisa Nuttall on 11020: 071 007 4658

Introducing
The Trees of Evergreen
by
Hennie du Preez



Another Arbor Day has come and gone. Two shrubs and five trees were successfully planted and are all growing. Additionally, the large *Dombeya rotundifolia* growing outside the clubhouse was successfully propped.



This will be the last article in this series. I started the series in September last year when I was inspired by the profusion of blossoms on all our trees. I have now covered all the main groups of trees in the village, so it is an appropriate time to stop.

Talking of blossoms, before we look at the tree of the month, here is a comment on an interesting phenomenon I noticed this spring. Except for the smaller *Dombeya rotundifolia* trees outside the clubhouse, hardly any of our trees blossomed at all this spring, never mind nearly as profusely as they did last year. And the same applies to many of the street trees around here. Did you notice that? I don't have any explanation, so please let me know if anybody does.

This month, we look at the *Searsea leptodictya* (mountain karee or bergkaree.) Previously known as the *Rhus leptodictya*, the species name derives from Paul B Sears, one-time head of the Yale School of Botany. 'Lepto' (Greek) means fine or thin, and 'dictya', (also Greek) means a net.

We planted three new ones on Arbor Day, next to the clubhouse boardwalk. In addition, five others are growing in the village. The one in the picture can be found across the parking and road on the NW side of the clubhouse.

Introducing
The Trees of Evergreen
by
Hennie du Preez



It is an evergreen tree reaching heights of 3 – 5 m with bright, fresh green leaves. The leaves are similar to the leaves of the ***Searsea lancea***, only shorter and a brighter green. It is an attractive, small tree with a rounded crown and a pleasing, weeping effect. The tree bears small white flowers on both the male and female trees, but only those on the female trees turn into bunches of small, berry type fruit which attract birds. Those are all qualities that make it a popular garden and park tree in South Africa.

The berries can be used to brew into a beer, but other than that, it doesn't have any other uses

Source: [Wikipedia via Google](#)



David & Marion Presbury



Val Diesel & Myrtle de Jong



Janette Gray, Sue Hartley, Lynn Miller & Joan Graber



Judy Stuart & Dale Gee



Sue Stirton, Sally & Graham Smith



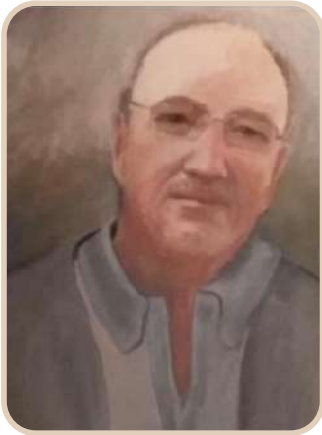
Eileen McLintock, David Presbury, Lies & Kees Segers



Jim Baird, Janet Key & Carol Powell



John & Lynn Perry, Jenny Bramley & Katherine Park



John Schulkins

Continuing our journey
through Tapas with
John Schulkins

Recipes from our
Residents

Viva España Viva Tapas

Patatas Bravas

Ingredients

- 4 Medium potatoes
- 250ml olive oil or seed & olive oil blend
- 1 teaspoon sweet paprika (optional)
- Salt to taste

Method

- Peel potatoes & cut into bite-sized chunks.
- Boil in salted water for 3-4 minutes only.

- Drain the potatoes in a colander then transfer to a flat plate or baking tray.
- Spread in a single layer & leave to cool completely.
- Heat the oil in a large frying pan over medium/high heat. Once the oil is hot, add the potatoes in a single layer – cook in more than one batch if necessary to keep the oil at sufficiently high heat to brown potatoes.
- Cook potatoes, tossing occasionally until golden brown on both sides – 25 minutes
- Remove potatoes & drain on kitchen paper.
- Sprinkle potatoes with salt & paprika, toss to coat evenly.
- Serve with Bravas Sauce or garlic aioli

- Tips**
- Make sure boiled potatoes are fully dried & cooled before frying. This helps a crisp, brown result.

Bravas Sauce

Ingredients

- 60ml extra virgin olive oil
- 2 cloves crushed garlic
- 1 tabsp tomato paste
- 2 tabsp paprika
- 1 teaspn chilli flakes to taste
- 1 tabsp cornflour
- 250ml vegetable stock
- ½ teaspn red wine vinegar

Method

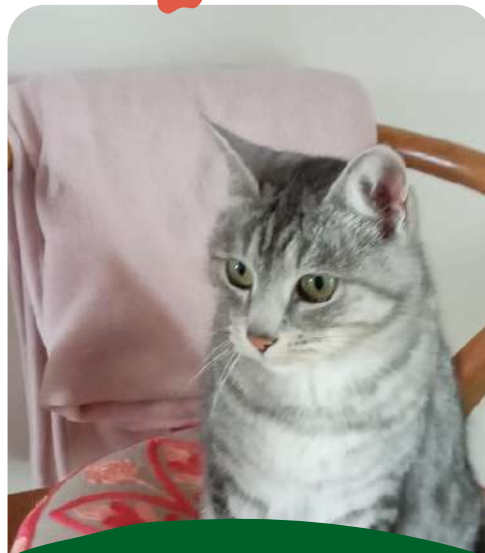
- Place olive oil in a saucepan & add garlic
- Sauté over low heat for a few minutes – do not brown garlic
- Stir or whisk in tomato paste, paprika, chilli & cornflour
- Once combined, slowly stir in vegetable stock
- Continue to stir for ± 10 min until thickened & fully combined
- Stir in wine vinegar
- Allow to cool before serving
- Can be stored in fridge in a sterilised, sealed jar

- Tips**
- This recipe requires a little patience to keep heat low & stir continually. The result is worth it!
 - Adjust garlic & chilli to your taste

Watch this
space for
the final
recipe

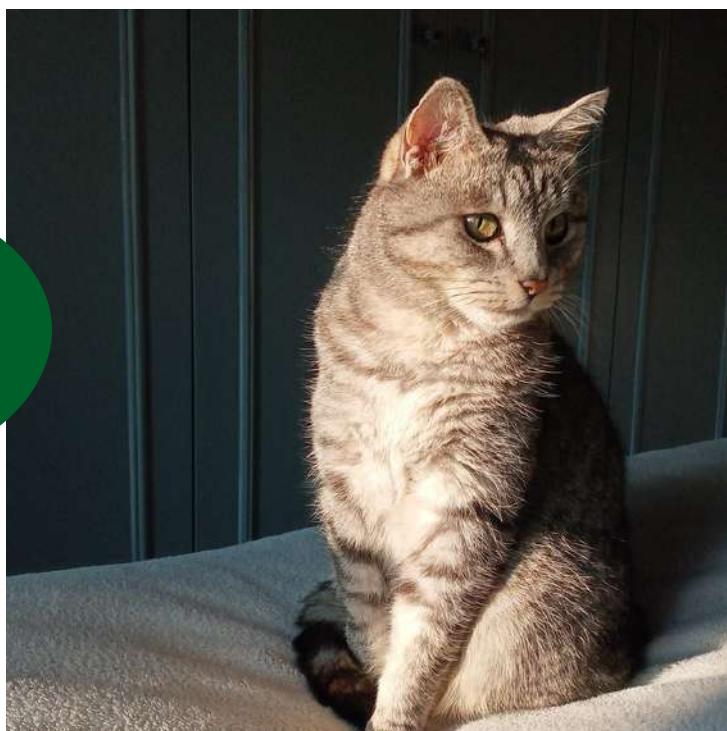
Pets Corner

Featuring Residents &
their furry friends



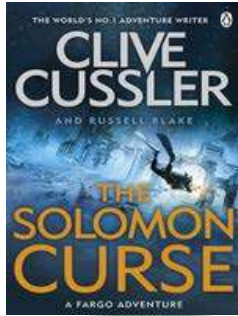
Meet Mouli who was adopted by
Ian & Elaine Gladstone at No 27

Mouli has a beautiful gentle nature and
rules the home with an iron PAW!





From the Library



The Solomon Curse Clive Cussler & Russell Blake

Here's another blockbuster from this popular author. It's the seventh book in the Fargo series.

This time the treasure-seeking duo are attracted by the lure of treasure beneath the waters off the Solomon Islands. But according to rumour, those who venture there do not return, the place is cursed!

Clive Cussler's books are packed with action and adventure. He researches his subject thoroughly so his stories provide intriguing information that make his books all the more interesting and authentic.



The Seafront Tea Rooms Vanessa Green

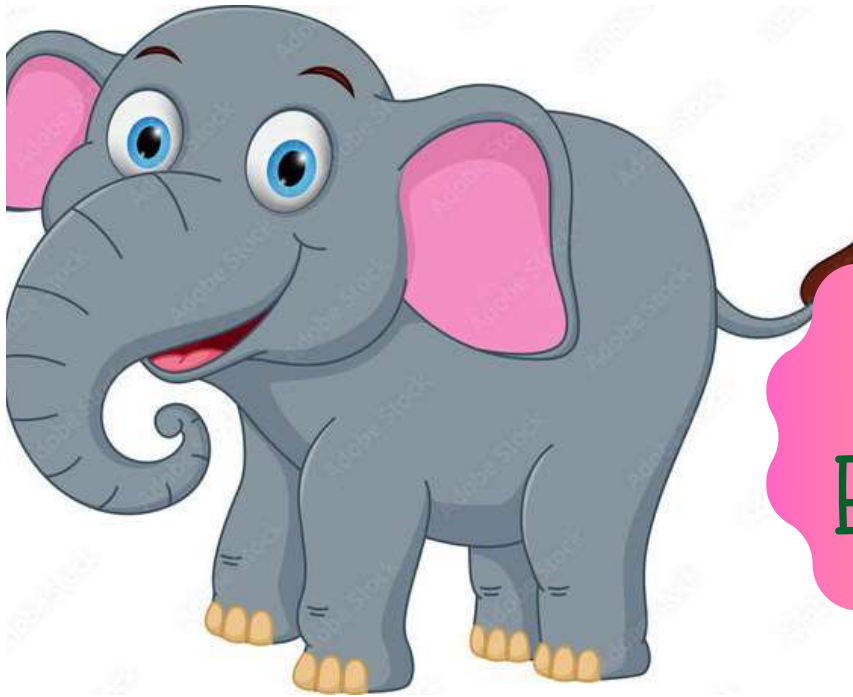
A delightful, heart-warming tale, full of romance, tea cakes, love and friendship. This is a story that will resonate with many of us who've sought out that special place that has great food and good vibes.

The story revolves around a group of women who found exactly that sort of place in The Seafront Tearoom. The tearoom is an insider secret in small-town Scarborough - beach-front haven with the best tea and cakes in town, but should the secret be shared? The women travel around the country searching out quaint hideaways and hidden gems - but their journey surprises them with discoveries of a different sort.

Vanessa Green's perfect weekend would feature chocolate muffins, good friends, and, of course, the perfect cup of tea. Her first rule of afternoon tea - never rush. Take time to savour it. Just like friendship.....



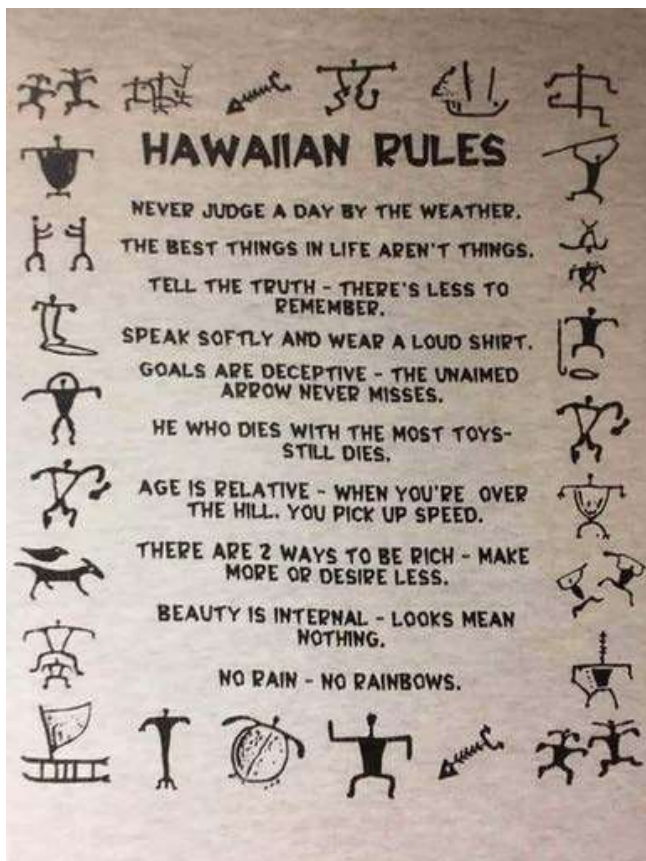
submitted by Libby



This
&
That

White
Elephant

Start clearing out your cupboards, and drop off items at Unit 2 [Libby] or at Unit 76 [Elske]. The White Elephant stall will be set up in Adi's garage [Unit 70] as soon as she returns home, and open for sales during the weeks before and after our market on 25 November.



Submitted by
Kiloran



Knit & Natter Hooked on our Needles



2 Teddies

The Knit and Natter Ladies have come up trumps again with



17 St Theresa jackets

4 Jerseys

8 Beanies

All will be distributed to children and their moms by the BHCC charity



OCTOBER



Oktoberfest





OCTOBER



BOOK TOWN

BOOK BLOOD OF EVERGREEN



STRONGER TOGETHER



 28  29
Quarter Finals





OCTOBER



EVERGREEN Lifestyle

BOK TOWN
FROM BLOOD TO EVERGREEN

EVERGREEN Lifestyle

STRONGER TOGETHER

EVERGREEN Lifestyle



RWC SEMI-FINAL ENG 15-16 RSA

SOUTH AFRICA WIN

PR PLANET RUGBY



We needed nerves of steel



and great relief when we won



OCTOBER



Another nail-biting game, but our boys did it!

We are grateful to the EPI marketing department for arranging Boktown. Truly enjoyable!

A special thank you to Wilma, her team, Hans & the waterhole assistants



20 23

NZL 11 | 12 RSA

FULL TIME



Thanks from David



TUESDAY - 21 NOVEMBER 2023 - 10:00 for 10:30

**Come and see the puppies with their trainers.
Lots of cuddles to go around.
Please support them buy bringing some money for
donating or buying a gift from them.**

FRIENDS OF EVERGREEN



**Join us for a nostalgic journey of music.
60's,70's and 80's - 3 Golden Decades of the best music
brought to you by Ruby Tuesday**

**Finger food on tables to enjoy with the music.
Just bring your own drinks and your dancing shoes.**

Platters per table

Baskets of French loaves, cheese straws and Grissini sticks
Cream cheese and mushroom pate, chicken liver pate
Butternut, biltong, and feta quiche, Cold meats, Watermelon and feta salad
Cold roast beef with horseradish mayonnaise
Hake goujons and potato salad
Assorted cheeses, cheddar, Gouda, with fresh fruit

Something sweet

Choc brownies with berry cream
White chocolate mousse tartlets

**Booking to be done with Tshwanelo at reception
by 17:00 on 24 November 2023**

What's
Happening
in

NOVEMBER



Christian Fellowship Group
8 Nov @ 2:30pm in the
Boardroom



Cricket World Cup
5 & 19 Nov @ 10:30am



Remembrance Day
Lunch
12 November @ 12 pm



Christmas Craft Market
Saturday, 25 Nov
@ 10 am



Music Show
Ruby Tuesday Band
Thursday, 30 Nov
@ 5:30pm

Village Walk

Saturday 4 Nov @ 4pm



Dr Bradley Wood
11 Nov @ 10:00 for 10:30



Movie Night
2, 9, 16, & 23 Nov
Titles to be
announced by Chris
Edwards



*Imperfection is
beauty, madness
is genius and it's
better to be
absolutely
ridiculous than
absolutely boring.*

Marilyn Monroe
© sayingimages.com



Birthdays November 2023

Birthdays

Keith Coombe	2nd
Ada Rebelo	4th
Neville Savage	4th
Aldean Prior	5th
Carl Figge	6th
Myrtle de Jong	9th
Lorraine Phillips	12th
Margaret Kruger	13th
Elaine Gladstone	14th
Basil Bold	14th
Deidre Tilden-Davis	15th
Taffy Davies	17th
Shirley Lombard	18th

Birthdays

Hugh Russell	21st
Graham Hall	23rd
Malcolm Taylor	28th
Adi Gough	29th

Anniversaries

Anthony Pitman & Lorraine Lötter	4th
Laurance & Anna Squair	4th
Trevor & Heather Morgan	14th
James & Heather Allan	15th
Graeme & Sally Smith	19th
Lies & Kees Segers	20th
John & Lynette Perry	22nd
Keith & Sue Coombe	28th



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	 <p>ICC MEN'S CRICKET WORLD CUP INDIA 2023</p>	<p>1</p> <p>National Stress Awareness Day</p> <p>10:30am SA vs NZ Cricket World Cup 6pm Social Dinner</p>	<p>2</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 10am Visual Music - House 81 2pm Bridge 3pm Petanque 6pm Movie Night</p>	<p>3</p> <p>8am Line dancing 10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p>	<p>4</p> <p>4pm Village Walk</p> 	<p>5</p> <p>10:30am India VS SA Cricket World Cup Match</p> 
<p>6</p> <p>Colour the World Orange Day</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p>	<p>7</p> <p>9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> <p>BIRDING TALK TBC</p>	<p>8</p> <p>2:30pm Christian Fellowship Group 6pm Social Dinner</p> 	<p>9</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 10am Visual Music - House 81 2pm Bridge 3pm Petanque 6pm Movie Night</p>	<p>10</p> <p>8am Line dancing 10am Visual Music - House 81 10:30am Bible study 10:30am SA vs Afghanistan 12pm Fish and Chips 5pm Waterhole</p> 	<p>11</p> <p>Remembrance Day</p> <p>10am Dr Wood Medical Talk</p> 	<p>12</p> <p>12pm Remembrance Day Sunday Lunch</p> 
<p>13</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p> 	<p>14</p> <p>9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p>	<p>15</p> <p>10:30am Cricket World Cup Semi-Final 1 6pm Social Dinner</p> <p>100 Club Draw</p>	<p>16</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 10:30am Cricket World Cup Semi-Final 2 2pm Bridge 3pm Petanque 6pm Movie Night</p>	<p>17</p> <p>National Homemade Bread Day</p> <p>8am Line dancing 10:30am Bible study 12pm Fish and Chips 2:30pm Bingo 5pm Waterhole</p>	<p>18</p>	<p>19</p> <p>10:30am Cricket World Cup Final Match</p> 
<p>20</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p>	<p>21</p> <p>9am Exercise Class 10am SA Guide Dogs 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> 	<p>22</p> <p>6pm Social Dinner</p> 	<p>23</p> <p>Thanksgiving</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 2pm Bridge 3pm Petanque 6pm Movie Night</p>	<p>24</p> <p>8am Line dancing 10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p>	<p>25</p> <p>10am Christmas Craft Market</p> 	<p>26</p>
<p>27</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p>	<p>28</p> <p>Red Planet Day</p> <p>9am Sashni Audiologist 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p>	<p>29</p> <p>6pm Social Dinner</p>	<p>30</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 2pm Bridge 3pm Petanque</p> <p>5:30pm Music Show Ruby Tuesday Band</p> 			



	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday 01 Nov 2023	Cream of pumpkin soup with cinnamon and honey crème fraiche	Beef stroganoff with steamed rice, glazed with seasonal vegetables R85.00	Chicken Stir-fry with fried rice and sweet corn salad – R75.00	Seasonal fruit salad and ice cream– R45.00
Wednesday 08 Nov 2023	Greek salad with feta olives and herb croutons	Peppered pork fillet with cream of leek sauce, sauté potatoes, glazed carrots, cauliflower and peas– R80.00	Chicken a la King with steamed rice, glazed carrots, cauliflower and peas – R75.00	Strawberry and vanilla ice cream with meringues, berry compote – R45.00
Wednesday 15 Nov 2023	Cream of chicken and sweet corn soup with chive crème fraiche and herb croutons	Cape Bobotie with yellow raisin rice, tomato and onion salad and banana salad R75.00	Chicken paprika in cream sherry, mushroom sauce served with steamed rice, roast pumpkin R80.00	Chocolate brownies ice cream and chocolate sauce – R45.00
Wednesday 22 Nov 2023	Summer vegetable garden salad topped with croutons and feta cheese	Feta stuffed Italian meat balls served with spaghetti and tomato and basil coulis, roasted Mediterranean vegetables – R75.00	Baked potato with chicken and broccoli in cheese sauce served with coleslaw – R75.00	Tiramisu, served with fresh seasonal fruits – R45.00
Wednesday 29 Nov 2023	Cream of vegetable soup with crème fraiche and a cheese straw	Pork stir-fry, vegetable stir-fry and fried rice – R80.00	Chicken pot pie with cream sherry sauce, roast butternut and peas – R80.00	Chocolate ice cream banana split – R45.00

**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!



NOVEMBER 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		06-Nov Bacon and mushroom macaroni and cheese with garden salad R68,00	13-Nov Crumbed chicken with savoury rice, sweetcorn salad and coleslaw R68,00	21-Nov Beef goulash with parsley mash and seasonal vegetables R68,00	28-Nov Pork bangers and mash with onion gravy, carrots and peas R68,00
TUESDAY		07-Nov Mild chicken curry with steamed rice and pawpaw salsa, banana in yoghurt R68,00	14-Nov Cold meats and salads, carrot, potato and beetroot R68,00	22-Nov Chicken mayo salad with potato salad, carrot salad R68,00	29-Nov Spinach and feta quiche with Greek salad R68,00
WEDNESDAY	01-Nov Beef lasagne with roasted veg and Greek salad	08-Nov Cottage pie with broccoli in cheese sauce and glazed carrots R68,00	16-Nov Spaghetti Bolognese with Greek salad and roasted vegetables R68,00	23-Nov Beef burger and chips with coleslaw R68,00	30-Nov Chicken lasagne with garden salad R68,00
THURSDAY	02-Nov Pork fillet stir-fry with fried rice and pawpaw salsa	09-Nov BBQ Hawaiian chicken fillet with savoury rice, three bean salad and beetroot salad R68,00	17-Nov Pork stroganoff with steamed rice, carrots and peas R68,00	24-Nov Tagliatelle al Fredo in cream mushroom and ham sauce with Italian salad R68,00	31-Nov Mince curry and rice with tomato salad and pea salad R68,00
FRIDAY	03-Nov Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad R85,00	10-Nov Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad R85,00	18-Nov Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00	25-Nov 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.



Remembrance Day – Sunday Lunch 12th November 2023 at 12:30

Plated starter

Devilled fish with mushy peas

Main course buffet

Roast beef with cream horseradish
Toad in the Hole, pork bangers in Yorkshire pudding with onion gravy
Roast chicken, Vegetable lasagna, Mash potatoes and carrots,
Savoury Rice, Minted peas and Roast pumpkin

Desserts

Bread and butter pudding with raisins and custard Sherry trifle
Ice cream and sweet toffee sauce
Watermelon and mint salad
Cheese and biscuits with seasonal fruits and red onion marmalade

R165.00 residents

R185.00 visitors

R135.00 children under 12yrs

Book with Tshwanelo at reception by
17:00 by Wednesday 8 November 2023

