

NEWSLETTER

Evergreen Broadacres November 2023

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

We are officially in the Festive season. Decorations are up, and lights are on. Christmas carols can be heard throughout shops and malls.

From
The Village Manager
Wilma Swart



We are getting ready for our Village Christmas Social Dinner on the 6th December, which is always such a special event where residents celebrate together before everybody heads off on their Christmas holidays with family and friends. This year will be an absolute treat again as Jannie Moolman is entertaining us with some opera songs and Christmas favourites.

Every year, we ask residents to please bring a toy for an underprivileged child and place it in the basket provided in the LSC. Please indicate on your gift if it is for a boy or a girl and the age. Those residents who might not have time to go to the toy store to buy a toy are welcome to donate towards purchasing a Checkers groceries hamper, which we will deliver with the toys, to ensure that they will have a meal on Christmas day as well as a toy to play with. You are welcome to buy a hamper or donate in cash, which we will use to purchase hampers.

We are excited to have just completed the inside painting of the Care Centre with accent walls in specific colours from Dulux's memory care range. You would have noticed that we have just started with the outside painting of the Lifestyle Centre and hope to complete this by mid-December.

The installation of the water treatment plant has been completed, and we hope to commission the plant next week. This will take us off the Council supply and provide us with quality bottled water without the constant interruptions we have been plagued with.

This also provides water pressure to the entire Village and will alleviate the problems experienced in phase three houses when the council throttled the supply in the mornings between 8 am and 9 am.

So, we hope to finish the year off on a high note. We will once again be treated to Chef Andrew's wonderful Christmas Day lunch as well as the usual New Year's Eve bash. So please remember to book your seat.

For those travelling over the festive season, please travel safely and enjoy your time with loved ones.

Till next month



In This Issue

- Rainfall & Finance
- Security
- Good Bugs
- Recipes from our Residents
- Nature & Birding Group
- Pets Corner
- November Events
- What's happening in December

and much more in between

Village Rainfall

by Cecil Fann



Although not unusually low and below the long-term average for the village, November's rainfall still brought some relief from the current oppressive heat wave. Hopefully, the situation improves in December and January.

Please note that monthly totals reported are measured up to the 25th of each month.

Dam levels across the country show a decrease from 97% this time last year to 87% now. The current situation varies widely, from 91% for Gauteng and Mpumalanga to 81% for Limpopo and KwaZulu-Natal.

Our own Vaal Dam stands at 71% full, a decrease of 4.9% in the month. This data is at 21 November 2023.

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

Daylight hours increase from 13hr 39m on 1 December until the Solstice on the 22nd at 13hr 47m, then decreasing to 13hr 45m on the 31st.

| Rainfall by month for the past year | |
|-------------------------------------|--------------|
| 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 |
| Nov '23 | 77.0 |
| Total | 660.6 |

| November rainfall over the years | |
|----------------------------------|--------------|
| 2012 | 110.1 |
| 2013 | 132.9 |
| 2014 | 75.7 |
| 2015 | 77.0 |
| 2016 | 130.3 |
| 2017 | 55.5 |
| 2018 | 29.6 |
| 2019 | 153.7 |
| 2020 | 211.9 |
| 2021 | 72.5 |
| 2022 | 202.4 |
| 2023 | 77.0 |
| Average | 110.7 |

| December 2023 Sunrise, Sunset & Moon Phases | | | |
|---|---------|--------|------------|
| Date | Sunrise | Sunset | Moon |
| 1 | 05:07 | 18:46 | |
| 2 | 05:07 | 18:47 | |
| 3 | 05:07 | 18:47 | |
| 4 | 05:07 | 18:48 | |
| 5 | 05:07 | 18:49 | Last Qtr. |
| 6 | 05:07 | 18:49 | |
| 7 | 05:07 | 18:50 | |
| 8 | 05:07 | 18:51 | |
| 9 | 05:07 | 18:52 | |
| 10 | 05:08 | 18:52 | |
| 11 | 05:08 | 18:53 | |
| 12 | 05:08 | 18:54 | |
| 13 | 05:09 | 18:54 | New |
| 14 | 05:09 | 18:55 | |
| 15 | 05:09 | 18:55 | |
| 16 | 05:10 | 18:56 | |
| 17 | 05:10 | 18:57 | |
| 18 | 05:10 | 18:57 | |
| 19 | 05:11 | 18:58 | First Qtr. |
| 20 | 05:11 | 18:58 | |
| 21 | 05:12 | 18:59 | |
| 22 | 05:12 | 18:59 | |
| 23 | 05:13 | 19:00 | |
| 24 | 05:13 | 19:00 | |
| 25 | 05:14 | 19:01 | |
| 26 | 05:14 | 19:01 | |
| 27 | 05:15 | 19:01 | Full |
| 28 | 05:15 | 19:02 | |
| 29 | 05:16 | 19:02 | |
| 30 | 05:17 | 19:03 | |
| 31 | 05:17 | 19:03 | |



Summer Solstice



ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Collections for the 42nd 100 Club draw progressed well in the month, and the draw was held on 15 November. All prize-winners have been notified to collect their winnings.

This bolstered ResCom funds available in November by R6 500, a most welcome improvement.

An amount of R2 238.95 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.

SUMMARY OF TRANSACTIONS FOR OCTOBER 2023

| | <u>INCOME</u> | <u>EXPENSES</u> | <u>BALANCE</u> |
|---|------------------|------------------|--------------------|
| Funds on hand at 30/09/2023 | | | 20 047.10 |
| Villiersdorp Kelder o.b.o. Waterhole | | 3 200.00 | |
| Liquor City o.b.o. Waterhole | | 4 964.12 | |
| Waterhole Loan Account (Receipts-BokTown) | 16 880.00 | | |
| 42 nd 100 Club Collections | 3 250.00 | | |
| 2023 Arbour Day Seedlings | | 298.00 | |
| New Residents Welcome Tea | | 1 620.00 | |
| Heritage Day Function Supplies | | 320.95 | |
| Catering Service Fee | | | |
| Bank Charges | | 284.85 | |
| Interest Received | 6.44 | | |
| Funds on hand at 31/10/2023 | 20 136.44 | 10 687.92 | 29 495.62 * |

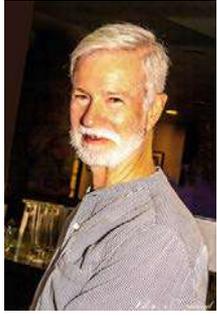
Reserved Funds

| | |
|---|--------------------|
| Unutilised Lyn Huddy Memorial Fund | (114.90) |
| Unutilised Library Donation | (1 000.00) |
| Unutilised Library Functions Budget | (500.00) |
| Unutilised Hospitality Portfolio Budget | (1 679.00) |
| Unutilised 2023 Arbour Day Contributions | (2 112.35) |
| 42 nd 100 Club Prizes | (4 200.00) |
| Bingo "Mystery Prize" | (100.00) |
| Waterhole funds held for future purchases | (16 515.88) |
| Balance of Burn's Night Piper Fee | (1 170.00) |
| Catering Service Fee | (569.25) |
| New Residents Welcome (Estimate) | (550.00) |
| TOTAL RESERVED FUNDS | (28 511.38) |

| | |
|---------------------------------------|---------------|
| Funds available after reserves | 984.24 |
|---------------------------------------|---------------|

Memo: Funds on hand made up as:

| | | | |
|-----------------------|------------------------|-----------|--------------------|
| Bank accounts: | Business Account | 26 488.32 | |
| | Savings (Call) Account | 1 212.85 | 27 701.17 |
| Cash | | | 1 794.45 |
| | | | 29 495.62 * |



from
Dave Nesbitt
(Security)



A reminder not to get scammed

Keylogger Scam



In a keylogger scam, software is used to record every keystroke entered on your computer, allowing fraudsters to use your personal information to defraud you.

How it works

Once a keylogger scam is in place, fraudsters can access the keystroke details via a file on your computer, or have the details sent to them anonymously via email. The keylogger records whatever you type on your computer, including passwords, PINs and usernames.

Fraudsters often target internet cafés, owing to the convenience of the computer terminals and anonymity attached to them.

They often steal your private login details for Internet Banking, Facebook and email account profiles.

How to identify it

- Keyloggers can be hidden in an unfamiliar email attachments or hyperlinks, installed via a memory stick, or installed via rogue apps or malicious websites
- Be wary when other untrusted individuals use your computer, for whatever reason
- Always be alert to computer hardware or software changes
- Be cautious when using internet cafés
- Never disclose any confidential information on a public, unfamiliar computer
- Don't open any emails, attachments or hyperlinks from unknown sources

<https://www.standardbank.co.za/southafrica/personal/products-and-services/security-centre/bank-safety/scams>



Good BUGS

In a garden where creatures are free to prey on each other, the biological cycle plays out dramatically

Mantis can camouflage themselves so well in surrounding vegetation that you'll fail to notice them. With their compound eyes on a large head that can rotate 180 degrees. They can, however, see very well (anything from 2-15m) and will use their powerful legs to catch prey with lightning speed, just like an unsuspecting fruit fly. They use their mandibles to eat their prey alive and are also cannibalistic, eating each other if not mating. The birds, bats, spiders, snakes and frogs make a meal of these interesting insects named for their folded forelegs held closed together as if in prayer.



Praying mantis

Rain spider



It takes a tough cookie not to scream in fright when a rain spider drops from a lush creeper at an open window onto a bed. It is a fearsome-looking but harmless creature in brown or grey with a leg span of up to 100mm. The female keeps her eggs in a sac made from silk-bound leaves and will guard them protectively until the spiderlings hatch. It is only when exceedingly provoked that she might bite a gardener – which is not at all poisonous and feels like a bee sting. Rain spiders are preyed on by birds and pompilid wasps.

Diet: Crickets, geckos, cockroaches, moths and other large insects.

Many poem, nursery rhyme and story have been written in honour of the lunate ladybird, which is brightly marked in black, yellow or red. This dome-shaped aphid eater hibernates in rotten logs and under rocks in winter. It becomes active in spring and summer once its yellow eggs have been laid close to a food source to enable the larvae to start playing their essential role of controlling aphid populations.

Ladybirds have interesting habits such as 'playing dead' or excreting a foul-tasting fluid from the joints in their legs to discourage predators which include birds, frogs, wasps, spiders and dragonflies. They also have the ability to fly far and high at a swift speed.



Ladybird

Dragonfly



Dragonflies – with their huge eyes – share excellent sight ability with the mantids. The adults are energetic daytime predators using their aerodynamic bodies and gossamer wings to hunt for small insects.

Their prey is chased down, held fast between bristled legs, and eaten in flight if a safe place to land is unavailable. They are, in fact, such busy little insects that even mating is completed while in flight.

Eggs are laid in water or on the leaf of a water plant. The larvae will remain in the muddy sediment of a body of water for a while, quite happy to feed on aquatic life, and will, in turn, be the prey of fish, frogs and water spiders – good reason not to clean a rustic pond too often.

Diet of adults: Midges, mosquitoes, flies, beetles, moths, butterflies, each other and almost any other insect they can grab.

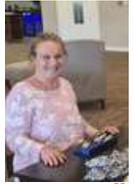
Nature & Birding Group

There is no charge to join the group; anyone can attend the meetings.

Our last Nature and Birding Group meeting for 2023, held on Tuesday, 7 November 2023, was well attended. We started with a Christmas theme of Christmas mince pie, shortbread, tea, coffee, and Old Brown Sherry. Even Hadedra was ready for his Christmas lunch. Thanks to Dick for loaning us a book with the bird calls embedded in the picture. This enabled us to guess the bird call first, and then a slide was shown with a picture of the same bird taken at Evergreen. We also reviewed all we had done since restarting after COVID-19 and in the future into 2024.



Heather Mutch



Lisa Nuttall



The N&BG had a successful stand at the Evergreen Market on Saturday, 25 November where we sold out our food. We were overwhelmed by the numbers and apologise for the delay in getting the chicken prego and boerewors rolls on time. We know better for next time and will do things slightly differently. The idea of this stand was to raise money for the N&BG to help with the costs of speakers and transport for outings.



The European Bee-eaters arrived in numbers towards the end of October. They are roosting in the gum trees near the Owl Box and the trees on the property next door along the bottom fence. This picture was taken on 28th October at 17:36. The sky was already dark grey and threatening a storm, with a bit of sunshine in the distance. Suddenly, there was a clap of thunder, and the Bee-eaters took flight. The sun illuminated the them, now showing as white flecks in the sky (can you spot the faint rainbow).

They are very hard to photograph and come out plain black (well, when I try to take a picture, it does), but their colours are exquisite, combining yellow throat, black gorget, turquoise underparts and brown and yellow back.

Their colours show beautifully when seen through binoculars.

Recent sightings

Henry Dobrowolski saw white-faced ducks visiting our dams last week. They have been absent for several years.

Sue Jackson has seen the African Grey Hornbill eating berries outside house no 59. It's been a while since they last visited.

The Peacock came for a visit and was seen by many. Please let us know of any bird sightings.

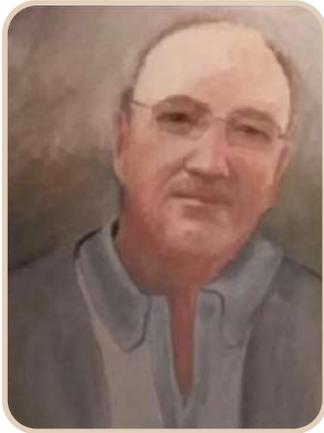


With the Christmas holidays just around the corner, please keep safe those who will be travelling, and to all, warmest wishes for a blessed season of Peace and Joy, as well as all Good Wishes for the New Year Ahead.

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



John Schulkins

Recipes from our
Residents

The
final recipe
enjoy!

Viva España
Viva Tapas

Spanish Tortilla

Ingredients

- ½ kg potatoes
- 4 large eggs
- 1 large onion
- Extra virgin olive oil

Method

- Peel the potatoes and rinse them under cold water. Slice them thinly (about 5 mm thick) using a sharp knife or mandolin.
- Pat the potato slices dry with paper towels and put them into a large bowl. then sprinkle salt and mix well
- Heat a 1 cm olive oil in a large frying pan over medium low heat. When oil is hot, add potatoes and more oil if necessary until covered.
- Cook potatoes on low heat for 20 min. They should stew in the oil, not fry
- Remove potatoes after 20 min to a colander to drain and cool
- Slice onion very thinly and sauté in oil over medium heat for about 15 min. Remove & drain.
- Beat eggs in a large bowl and season with salt.
- Add potatoes & onions to the egg mixture and stir well to make sure the potato and onions are separate and fully coated. Let the egg mixture sit for about 15-20 minutes.
- Pour out the frying oil and save for another use. Place the pan over medium-low heat and pour in the egg mixture

- Cook over the medium-low heat for about 6-8 minutes. Make sure the heat is low enough or the tortilla will cook too quickly and be rubbery. Use a spatula along the edges to make sure the tortilla doesn't stick.
- To flip the tortilla, take a large plate and put it over the pan and flip quickly. Slide the tortilla back into the pan to cook the other side, and cook for another 6-8 minutes
- Alternatively, slide the pan under a hot grill until the top is fully cooked (6-8 min only). Be careful not to damage the pan handle.
- Slide the tortilla out of the pan onto a serving plate and let cool a little before slicing and serving.



Thank you John for taking
us through the
Tapas journey

Tips

- This is the most difficult of the tapas to master and may need practice...but it's worth the effort.
- The greatest temptation and sin is to over-cook the tortilla (just to be sure it's done), as the egg will become tough and rubbery.

Pets Corner

Featuring Residents &
their furry friends



Meet Lily, an Evergreen special of many breeds. She is a rescue who has been wary of humans but has much improved. She was raised amongst 80 dogs and never had interactions with humans. Lily loves walking, and goes everywhere with her mom, Carol Roberts, is from Unit 83, and Lily never leaves her side.

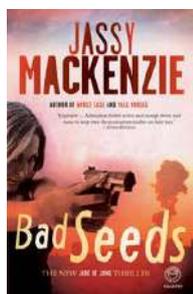
I think we can all agree that Lily is a very special little furry baby



**A dog is
always
there
for you.**

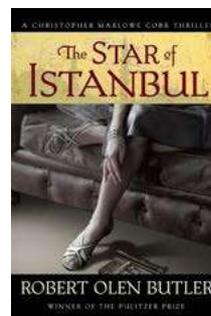


From the Library



Bad Seeds
Jassy Mackenzie

Book Reviews



The Star of Istanbul
Robert Olen Butler



submitted by Libby

A new, pulse-pounding thriller set in South Africa. Johannesburg-based PI Jade de Jong has been hired by Ryan Gillespie, the charming security director of the Inkomfe Nuclear Research Centre, to trace a missing employee, Carlos Botha, who vanished after an attempted break-in. But when Jade traces Botha to the quiet suburb of Randfontein, she discovers that he's the target of a hit and that she's now in danger by association. It becomes clear that someone intends to use Infomfe's nuclear power to a heinous end, and Jade must figure out whether that someone is Botha.

This fictional thriller, based on the Pelindaba Nuclear Research Centre, has a heroine who is as forcefully engaging as the subject matter.

World War I is in full swing. Germany has allied itself with the Ottoman Empire, persuading the caliphs of Turkey to declare a jihad on the British Empire, as President Woodrow Wilson hesitates to enter the fray.

War correspondent and American spy, Christopher Marlowe Cobb, has been tasked to follow a man named Brauer, a German intellectual and possible secret service agent, into perilous waters aboard the ship Lusitania, as the man is believed to hold information vital to the war effort.

Aboard the Lusitania on its fateful voyage, Cobbe becomes smitten with a famous actress who appears to be working with German intelligence.

This is the tale of intrigue and espionage, exotic foreign settings, villains in abundance, and a romance worthy of Bogart and Bergman.

From
Norma Johnston – House 111



Many thanks to Evergreen residents and friends for your generous donations to 'Gift of the Givers' for Remembrance Day poppies.

Elske and I had such fun making the poppies and it was lovely to see so many people wearing them at the Remembrance Day lunch on Sunday, 12 November.

To date we have collected over R7 000 and still counting. There are a few IOUs outstanding and it would be appreciated if they could be paid as soon as possible. Any donation would be much appreciated.

Well done Norma & Elske

This & That



Elske Fann



Norma Johnston



“No one has ever become poor by giving.”

— Anne Frank
www.facebook.com/poets01



NOVEMBER

Village Walk 4 November



As ever, a fantastic walk organised by Ernie & Heather Mutch and, assisted by Brenda & Norma - indemnity forms and fees Hennie & Penny for the delicious pap and sous Gloria & Elske ensured we all got the champagne/orange juice & last but not least our braaiers - Graham and Neville



Dare we ask management to supply more T-Shirts?



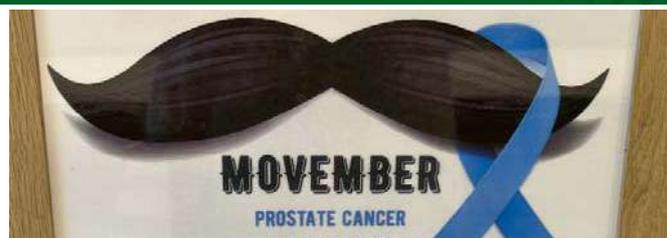
NOVEMBER

Village Walk 4 November



Photography Kiloran





Dr Bradley Wood

The Prostate 'What's the hype?'



On Saturday, 11 November, Dr Bradley Wood, a urologist at Life Fourways Hospital, gave us an incredibly informative talk on a difficult subject. It was well attended, with a surprisingly good number of women present. After explaining the anatomy, he discussed three conditions: benign prostatic hypertrophy (BHP), prostate cancer and, briefly, prostatitis. The headline messages are outlined here.

Prostate Specific Antigen (PSA) and other investigations.

This is the standard blood test that they track. In the older age group, a level above 4 is where the cause for concern starts, and the urologist will recommend follow-up at intervals. It may be elevated in all the three conditions mentioned above.

Apart from rectal examination, the prostate size can be measured by ultrasound in the rooms, as can urine flow. Additional tests include an MRI or actual biopsy.

BPH

The prostate enlarges from the age of about 40. That is normal. It is the central part surrounding the urethra that tends to enlarge, and this is what causes the changes and difficulties with urine flow. Full prostatectomies for the BHP are rare now compared to years ago, but a form of rebore, known as a transurethral resection or TURP, may be recommended. The good news is that there are now medications available that can improve the flow and shrink the prostate, allowing conservative management in many cases.

Continued on the next page.



Article submitted by
David Presbury





Dr Bradley Wood



The Prostate 'What's the hype?'



Prostate Cancer

This condition is now the most common form of cancer in men, affecting 17% or about 1 in 6 men. It is not always aggressive, and many men are observed without treatment. Brachytherapy, by which radioactive pellets are inserted into the prostate, has saved many from radical surgery, which is the definitive alternative. Even though this intervention may now be carried out laparoscopically, it remains a significant procedure. Prostate cancer affects the outer part of the gland, close to its capsule. This can often be felt as irregularity on rectal examination. That is why, with a rising PSA, such examinations are essential. In addition, the most aggressive forms of the disease tend to occur in younger patients, especially if there is a family history of the disease.

The Message

Men should start to have prostate checks in their 40s and younger if there is a family history of the disease. Since many of us at Evergreen have sons in their 50s, it would be wise to tell them to start to be checked if they haven't already started. There is, however, a certain Anglo-Saxon reluctance to undergo these checks, which may need to be overcome.



NOVEMBER



South
African
Legion



Take a moment
to remember our
brave soldiers here
in SA and afar.....



At 11.00 on the 11th day of the
11th month of 1918 the guns
on the Western Front fell silent.

After suffering the horrors of war in France and Flanders, thousands of men who fought on the British side in World War One underwent incredible hardship once they had been discharged from the armed services and returned to civilian life.

Realising the serious plight in which men found themselves, three prominent soldiers – **Field Marshall Earl Haig, General the Rt. Hon. J C Smuts and General Sir H T Lukin** – **founded the British Empire Service League (BESL) at an inaugural meeting held in the City Hall, Cape Town on 21 February 1921.**

The South African branch was titled '**British Empire Service League' (South Africa)**, but in April 1941, in deference to the pro-war and anti-war factions in the country, the name was changed to the **South African Legion of the BESL. In 1952**, it was again altered, this time to the South African Legion of the British Commonwealth Ex-Service League. Originally in Bloemfontein, the Headquarters moved to Johannesburg in 1942.

The BESL aimed to provide care, employment and housing. In South Africa, the Legion was equal to the challenge. It built on the foundation and continued this excellent work after World War II. Thousands of men and women have been assisted in all manner of means, and this work carries on today. Former National Servicemen and those in the Armed Struggle are helped with advice and direction.

Towards the end of World War Two, the Legion launched several housing schemes in various parts of the country, including housing projects for coloured and black soldiers. A large social centre and chapel in Soweto is a good example. When the Government lifted the ban on black people owning property, veterans living in over 200 homes built by the Legion in the Dube and Moroka districts of Soweto found themselves entitled to acquire their homes on a 99-year leasehold basis.

From the beginning, the Legion established a close liaison with government departments, which fortunately still exists, although there have been times when relations were strained. A major clash took place when, in 1956, the Legion reacted strongly to the government's move to ban black and coloured veterans from Remembrance Day Services.

Successive governments have enlisted the help of the Legion when drawing up war pension legislation and Legion representations have made a significant contribution towards making this legislation among the most generous enacted in the world. **The fight to obtain parity of pensions for all – white, coloured and black veterans was finally won in 1986/87. It had been a long battle.**

One of the Legion's major undertakings is securing pensions for South African post-war disabled servicemen. It also undertakes investigations on behalf of the RCEL in respect of assistance requested by other Commonwealth ex-service personnel who reside in this country.

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

NOVEMBER

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

– Lieutenant Colonel John McCrae



We cannot break faith with them that died

Chef Andrew researched and found popular menus used during WWI & II and prepared the lunch based on the menus. Thank you, Chef and Team, for making the menus appropriate for the occasion.

Brenda arranged the lunch and photography by Kiloran.

Thank you All



NOVEMBER



Remembrance Day Lunch - 12 Nov

Continued



NOVEMBER

A Poem to the unknown horses and mules

You're not a cavalry charger
 An officer's pride and delight
 Dashing with comrades around you
 Straight into the thick of the fight.
 You are only a humble servant
 Of the tenth divisional train
 Just hauling a heavy wagon
 Through the ruts of the shell-swept plain

Libby did some research on
 how the brave animals took
 part in both WWI & II
 here are a few



Watch this space Nov 2024
 for more

Rifleman Khan

On a dark, cold night in 1944, an Alsatian dog named Rifleman Khan and his handler crouched in a small assault craft in the sea near Antwerp. An artillery shell hit the small boat and tossed the men and dog into the icy water. Although the dog managed to swim ashore, his handler was drowning. Realising his master was in trouble, the dog dashed back into the sea, swimming until he reached his handler. Battling under heavy fire and piercing searchlights, he pulled the exhausted soldier to dry land. Many died that night, but Rifleman Khan's determination and courage saved his handler. For this, the dog was awarded the Dickin Medal for bravery and his handler was allowed to keep his saviour.



Rob

Rob, the paragog, was a jaunty collie who made 20 parachute drops in North Africa and Italy to assist the SAS [Special Air Services]. These were small but highly trained groups operating behind enemy lines. Rob was subsequently awarded the Dickin Medal [the animal's VC]. He later retired happily to a farm where he would patrol his sheep from the front instead of herding them from behind.



Jackie

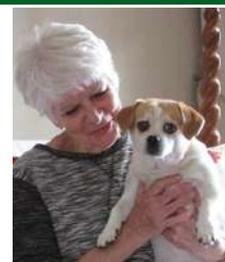
Jackie was a baboon, a pet of a family in Pretoria. He bonded closely with Albert, the son, so much so that Albert took him with him when he enlisted in 1915. Jackie proved his worth by helping rescue his owner, for which it was said he deserved a medal. Jackie did sentry duty and saw active service in the trenches in France. Sadly, during the Battle of Lys in 1918, he came under fire and was so severely injured that his leg had to be amputated. But he survived and helped raise money for the sick and wounded soldiers after the war.



23 November 2023



Elske Fann



Libby Baker

Good day Libby, Elske, Evergreen friends and GDA friends

I wish to thank Libby, Elske and all the Evergreen organisers and friends most sincerely for your kind generosity and hospitality during our visit to the Evergreen Lifestyle Village on Tuesday – it is still one of my favourite visits each year, and we appreciate your care and friendliness immensely. I’m also extremely happy to report back that the GDA sale of merchandise and collection tin income totalled in excess of R4 300 – which is an amazing figure raised for a morning like this! We further appreciated your invitation to join in for lunch very much, and we left in the end as happy “Labradors” – please convey our thanks to the kitchen staff and all involved in preparing a scrumptious lunch!

Also a very special thank you to Monica, the puppy raisers, Alicia and Florence for your input on the day which all added up to a huge success story – we cannot broaden the awareness on who we are and what we do without everyone’s wholehearted support – you are all superstars!

I know it’s a little early, but may you all have a blessed festive season and may we all return to GDA and its activities in 2024 with recharged batteries and renewed spirit and energy.

Kind regards and thank you,

Piet Pieter Van Niekerk
Head Public Relations

A banner for the South African Guide-Dogs Association celebrating 70 years. The banner features a yellow and black background with a stylized logo of a person and a dog. The text includes contact information for Johannesburg and Cape Town, the website www.guidedog.org.za, and the slogan "70 years Still Changing Lives".

Johannesburg | +27 (0)11 705 3512
Cape Town | +27 (0)21 674 7395
www.guidedog.org.za

South African Guide-Dogs Association

70 years
Still Changing Lives



NOVEMBER

We know that there was substantial arranging needed to make the market the success that it definitely was. Our thanks and congratulations to Brenda on a job well done!

Christmas Craft Market 25 Nov



It was an amazing, fantastic, successful market day. All the stalls had a lucrative day. Scrumptious samosas and curry. Our bistro supplied refreshments chicken prego and boerie rolls sold by the birding group.

NOVEMBER



What's
Happening
in

DECEMBER



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



Christmas Social Dinner
6 December



Christmas Day Lunch
25 December from
12 pm



New Year's Eve Dinner
31 December



Rummikub
Every Tuesday @ 2 pm



Fish & Chips
Every Friday @ 12 pm



Petanque
every
Thursday @ 3 pm



Movie Night
7. 14. 21 & 28 Dec
Titles to be
announced by Chris
Edwards



The small act of kindness is worth
more than the grandest intention

Oscar Wilde

Birthdays December 2023



Birthdays

| | |
|--------------------|------|
| Penelope Tsandelis | 1st |
| Judy McLaren | 2nd |
| Elske Fann | 4th |
| Carole Saayman | 5th |
| Rose-Marie Bryson | 8th |
| John Perry | 8th |
| Lynn Miller | 8th |
| Joe Rebelo | 10th |
| Jill Bronner | 11th |
| Gloria Boswell | 14th |
| Penny French | 17th |
| Nicholas Isaakidis | 18th |
| Marion Presbury | 20th |

Birthdays

| | |
|-----------------|------|
| Felicity Morgan | 26th |
| Graham Brickett | 29th |
| James Green | 29th |

Anniversaries

| | |
|--------------------------|------|
| Alain & Gillian Croisier | 2nd |
| Thomas & Coila Kneen | 3rd |
| Cecil & Elske Fann | 28th |
| Andrew & Norma Johnston | 29th |
| Dawn & Carl Figge | 29th |





December 2023

EVENT CALENDAR

EVERGREEN
Lifestyle
broadacres

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|--|--|---|---|---|---|---|
|  | | | | <p>1</p> <p>10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p> | <p>2</p> | <p>3</p> <p>Advent begins</p> |
| <p>4</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p> | <p>5</p> <p>9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> | <p>6</p> <p>6pm Christmas Social Dinner</p>  | <p>7</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>8</p> <p>UGLY SWEATER party</p> <p>10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p> | <p>9</p> | <p>10</p> |
| <p>11</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p> | <p>12</p> <p>9am Therapeutic Exercise Class 9am Sashni Audiologist 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> | <p>13</p> <p>National Ice Cream Day</p> <p>2:30pm Christian Fellowship Group 6pm Social Dinner</p>  | <p>14</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>15</p> <p>10am Visual Music - House 81 10:30am Bible study 12pm Fish and Chips 2:30pm Bingo 5pm Waterhole</p> | <p>16</p> <p>Day of Reconciliation</p> | <p>17</p> |
| <p>18</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole</p>  | <p>19</p> <p>9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> | <p>20</p> <p>6pm Social Dinner</p> | <p>21</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 2pm Bridge 3pm Petanque 6pm Movie Night</p> | <p>22</p> <p>10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p> | <p>23</p> <p>Merry Christmas</p>  | <p>24</p> |
| <p>25</p> <p>Christmas Day</p> <p>9am + 9:45am - Therapeutic Water Aerobics 10am Knit & Natter 12pm Christmas Day Lunch 1pm Bridge 5pm Pool & Waterhole</p> | <p>26</p> <p>Boxing Day</p> <p>9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole</p> | <p>27</p> <p>NO SOCIAL DINNER</p> | <p>28</p> <p>8am Therapeutic Exercise class 9am Yoga 10am Art Class 2pm Bridge 3pm Petanque 6pm Movie Night</p> | <p>29</p> <p>10:30am Bible study 12pm Fish and Chips 5pm Waterhole</p> | <p>30</p> <p>Happy New Year 2024</p> | <p>31</p> <p>7pm New Year's Eve Dinner</p> |



DECEMBER 2023 SOCIAL DINNER MENU'S

| | Starters | Main Course Option 1 | Main Course Option 2 | Dessert |
|----------------------------------|--|--|---|--|
| Wednesday 06 Dec 2023 | Xmas Social | Xmas Social | Xmas Social | Xmas Social |
| Wednesday 13 Dec 2023 | Cream of tomato soup with basil crème fraiche and herb croutons | Pork Schnitzel with sauté potatoes, mushroom sauce, cream spinach and roast butternut– R80.00 | Chicken fricassee in white wine cream sauce with mushrooms and peas, mashed potatoes, cream spinach and roast butternut – R80.00 | Seasonal fruit salad with Ice cream and orange syrup and berry sauce – R45.00 |
| Wednesday 20 Dec 2023 | Cream of potato and leek soup soured crème fraiche and pretzel croutes | Cold meats and salad, potato, carrot and beetroot R80.00 | Chicken coronation salad with peaches in creamy curry mayonnaise dressing with carrot, beet and potato salad R80.00 | Fruit mince pie with brandy, cinnamon custard – R45.00 |
| Wednesday 27 Dec 2023 | No Social Evening | No Social Evening | No Social Evening | No Social Evening |

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!



DECEMBER 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 | | 04-Dec Cape Malay fish cakes with savoury rice, tomato and onion salad and coleslaw R68,00 | 11-Dec Pork Schnitzel with parsley mash, cheese sauce, sweetcorn salad and coleslaw R68,00 | 18-Dec Cold meats and salads, carrot, potato and beetroot R68,00 | 25-Dec Christmas Lunch R68,00 |
| TUESDAY | | 05-Dec Chicken a la king with steamed rice and minted peas R68,00 | 12-Dec Chicken mayo Health Roll with potato salad, carrot salad R68,00 | 19-Dec Crumbed tenderised steak with savoury rice, butternut and cream spinach R68,00 | 26-Dec Closed Public Holiday R68,00 |
| WEDNESDAY | | 06-Dec Cottage pie with broccoli in cheese sauce and glazed carrots R68,00 | 13-Dec Spaghetti Bolognese with Greek salad and roasted vegetables R68,00 | 20-Dec chicken burger and chips with coleslaw R68,00 | 27-Dec Beef lasagne with roasted veg and Greek salad R68,00 |
| THURSDAY | | 07-Dec Grilled Pork Chop, apple sauce saute potatoes, fried cabbage and pumpkin R68,00 | 14-Dec Pork fillet in cream pepper sauce with steamed rice, carrots and peas R68,00 | 21-Dec Tagliatelle al Fredo in cream mushroom and ham sauce with Italian salad R68,00 | 28-Dec Coronation chicken salad, rice salad and tomato salad R68,00 |
| FRIDAY | 01-Dec Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad R85,00 | 08-Dec Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad R85,00 | 15-Dec Closed Public Holiday R85,00 | 22-Dec Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad R85,00 | 29-Dec Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00 |

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

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

TOTAL PACKAGE PRICE: R _____

4.5% discount off package price: R _____

TOTAL PACKAGE PAYMENT REQUIRED: R _____

Terms and Conditions

1. In order to qualify for the package discount, packages need to be pre-paid for by the 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.

6 DECEMBER 2023

Christmas Social Dinner

MENU

Plated Appetizers

Chicken liver pate crostini with red onion marmalade, grilled pear, cinnamon pumpkin puree

Main Course

Sugar baked Gammon with apple sauce
Roast sage and onion chicken fillets with fruit and nut stuffing served with red wine jus
Vegetable lentil curry in coconut cream
Baby vegetables in herb butter
Roast cauliflower and blue cheese bake
Basmati rice
Baby potatoes with caramelised onions and bacon

Dessert

Christmas soft served vanilla ice cream surprise

Entertainment: Jannie Moolman

Book and pre pay by Friday 01 December 2023
Round tables of 10 per table only.

R250.00 per person

Christmas Lunch

25th December 2023 from 12:00

Plated Starter

Marinated melon ball salad with crumbled feta

Main Course Buffet

Sugar baked gammon with apple and cranberry sauce
Roast leg of lamb with mint sauce, and mushroom whisky sauce
Chicken and walnut pie
Penne pasta with rocket pesto cream,
roast cocktail tomatoes and toasted almonds
Roast pumpkin phyllo strudel with Maple syrup
Brussel sprouts and fried cabbage with peas in nutmeg butter
Steamed Rice
Roast rosemary potatoes

Dessert buffet

Sherry trifle, Lemon granadilla cheesecake
Cape brandy pudding and custard, Fruit mince pies
Vanilla ice cream with chocolate and wild berry sauce
Seasonal summer fruit salad in cinnamon and ginger syrup
Cheese board with local cheeses, red onion marmalade,
savoury crackers, and cheese straws

R250.00pp Residents

R285.00pp Guest

R180.00pp children under 12 years

Book and Pre pay by 18 December 2023 to secure you seat.
No late bookings or payments on the day will be accepted.

New Year's Eve

31st December 2023

Starter

Salad platter per table (20h00-20h30)
Greek salad platter with parmesan crostini's

Main Course Buffet (21h00)

Roast leg of pork with apple sauce and thyme jus
Crisp battered hake with cream seafood sauce and tartar
sauce
Vegetable curry in coconut milk
Pasta with mushroom and ham sauce and grilled peppers
Baby potatoes in parsley butter
Seasonal vegetables in herb butter
Fried Spanish rice

Dessert Platter per table (22h00)

Assortment of mini tarts and gateaux with wild berry cream
Seasonal fruits with selection of cheeses, r
ed onion marmalade, cheese straws and grissini sticks

Champagne on ice for midnight

R250.00pp Residents

R275.00pp Guest

Book and pre pay by 27 December 2023