

NEWSLETTER

Evergreen Broadacres February 2024

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

EVERGREEN
lifestyle



From
The Village Manager
Wilma Swart

As February draws to a close, we prepare for our financial year's end and are reminded to log our car's mileage down for our tax returns.

We have finally got our Water Treatment Plant up and running consistently and keeping up with the village demand. The failure of our brand-new irrigation pump contributed to the situation. The pump has been repaired, and we are back to irrigating our very thirsty gardens as we endure heat wave upon heat wave in Broadacres.

February was plagued with troubles as the village was hit by lightning during the tremendous thunderstorm, causing havoc on the fire evacuation system. The internet lines went down, causing the Village to be without telephones and computers for almost four days. Replacement parts to the firewall system had to be installed to return the system online. This caused certain CCTV cameras to go down, and we had to get 24/7 Security to provide extra guards on the night shift to patrol the perimeter. They were assisted by the K9 unit, which came to do two patrols per night to assist in keeping the village secure.

So if bad luck comes in three, we should be in for smooth sailing in March.

Till next month

TOWNHALL MEETING
7 MARCH
@ 11 AM

In this Issue

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- Rules for pedestrian crossing in SA
- Residents Recipe
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- From the library
- March Health Talk
- Nature & Birding
- Events in February
- Elections 2024
- What's happening in March

And much more in between

Village Rainfall

by Cecil Fann



Rainfall in February disappointingly proved to be about half the long-term average for the village.

The rainy season will begin to tail off from now, but hopefully, we will be surprised in March.

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

Dam levels across the country show a further decrease, from 99% this time last year to 90% now. As usual, the current situation varies widely from 99% for Mpumulanga to 58% for the Western Cape.

Our own Vaal Dam stands at 69.6% full, a decrease of 1.7% in the month. This data is at 20 February 2024.

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

Rainfall by month for the past year	
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
Dec '23	82.5
Jan '24	128.5
Feb '24	73.8
Total	569.9

February rainfall over the years	
2013	115.2
2014	251.9
2015	91.0
2016	64.6
2017	205.6
2018	58.0
2019	217.0
2020	145.2
2021	165.6
2022	174.0
2023	200.0
2024	73.8
Average	146.8

March 2024 Sunrise, Sunset & Moon Phases				Day Length
Date	Sunrise	Sunset	Moon	hh:mm
1	06:01	18:38		12:37
2	06:02	18:37		12:35
3	06:02	18:36	Last Qtr.	12:34
4	06:03	18:35		12:32
5	06:03	18:34		12:31
6	06:04	18:33		12:29
7	06:04	18:32		12:28
8	06:05	18:31		12:26
9	06:06	18:29		12:23
10	06:06	18:28	New	12:22
11	06:07	18:27		12:20
12	06:07	18:26		12:19
13	06:08	18:25		12:17
14	06:08	18:24		12:16
15	06:09	18:23		12:14
16	06:09	18:22		12:13
17	06:10	18:21	First Qtr.	12:11
18	06:10	18:20		12:10
19	06:11	18:19		12:08
20	06:11	18:18		12:07
21	06:12	18:17		12:05
22	06:12	18:16		12:04
23	06:12	18:15		12:03
24	06:13	18:14		12:01
25	06:13	18:12	Full	11:59
26	06:14	18:11		11:57
27	06:14	18:10		11:56
28	06:15	18:09		11:54
29	06:15	18:08		11:53
30	06:16	18:07		11:51
31	06:16	18:06		11:50





ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Collections for the 43rd 100 Club draw were welcomed in the month, and the draw was held on Valentine's Day, 14th February (an auspicious date!). Tickets sold amounted to R12 500 and prizes totalling R6 300 were won by 10 lucky winners.

ResCom funds were boosted by R6 200 from this valued (and vital) event, This will appear in the February report.

Expenses for social functions in the month amounted to R3 589.54.

As always, transactions in the fund will be willingly clarified if required.

SUMMARY OF TRANSACTIONS FOR JANUARY 2024

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
Funds on hand at 31/12/2023			19 574.12
43 rd 100 Club Collections	4 000.00		
Villiersdorp Kelder o.b.o. Waterhole		2 400.00	
Balance of Burn's Night Piper Fee		1 170.00	
Nature & Birding Group function deposit	540.00		
Bingo Mystery Prizes		166.24	
Function Supplies		965.30	
Office, Administration & Rounding Costs		0.01	
Catering Service Fee (December)		569.25	
Catering Service Fee (January)		718.75	
Bank Charges		321.90	
Interest Received	6.77		
Funds on hand at 31/01/2024	4 546.77	6 311.45	17 809.44 *
Reserved Funds			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Library Functions Budget			(500.00)
Unutilised 2023 Arbour Day Contributions			(1 662.35)
43 rd 100 Club Prizes			(4 000.00)
Waterhole funds held for future purchases			(9 515.88)
Bingo "Mystery Prizes" (Monthly)			(100.00)
New Residents Welcome (Estimate)			(520.00)
TOTAL RESERVED FUNDS			(17 413.13)
Funds available after reserves			396.31
Memo: Funds on hand made up as:			
Bank accounts:	Business Account	14 841.01	
	Savings (Call) Account	1 232.83	16 073.84
Cash			1 735.60
			17 809.44 *

What are the rules for pedestrian crossing in South Africa



Submitted by Oom Frikkie Kraamwinkel

The driver of a vehicle must yield right of way, slow down or stop if necessary, to yield right of way to a pedestrian crossing a roadway within a pedestrian crossing.

Zebra crossings.

Remember that traffic does not have to stop until someone has moved onto the crossing. Drivers and riders should give way to pedestrians waiting to cross and **MUST** give way to pedestrians on a zebra crossing (see Rule H2)

Gated estates in South Africa – do traffic laws apply?

It is alarming to see that a large number of gated estates in SA wrongly view the roads within the estate as **“private” roads** and are managing them accordingly, says Arrive Alive.

In many instances the Estate regulatory signage and road markings also does not comply with the requirements of the National Road Traffic Act and is illegal.

Arrive Alive runs through the basics of the law when it comes to gated estates and traffic laws in SA.

It frequently happens that traffic laws in these estates are generally not complied with nor adequately enforced because of the misconception by drivers that the estate

roads are wrongly deemed as **“private” roads**. The misapplication of the law by estates is primarily in relation to the driving of unlicensed vehicles and drivers.

Traffic control within the estate is generally viewed only as an internal conduct issue that is normally regulated by estate management through security service providers. This is wrong.

Most, if not all roads within these gated estates are not **“private roads”** but they are in fact **“public roads”** in terms of the law and they are regulated by the provisions of the National Road Traffic Act 93 of 1996 (NRTA) notwithstanding anything to the contrary that the estate management may state in their rules. Non compliance is still a criminal offence and soon will be regulated by AARTO or the demerit point system.

The controls that the Home Owners’ Associations put into place in terms of contractual arrangements with residents, land owners, visitors and other road users within the estates as conduct rules cannot take on or replace the NRTA or the powers and duties of the law enforcement authorities (provincial and local authorities) being responsible for traffic law enforcement under the NRTA.

These are internal contractual conduct measures and the law still applies as on any other public road.



What are the rules for pedestrian crossing in South Africa



From an Estate Safety as well as legal traffic regulation aspects this unwittingly situation require attention.

Vehicles are parked on unmarked spaces. This practice results in obstructing the view of both pedestrians and traffic to the zebra crossing entry. The driver of a vehicle cannot see a pedestrian waiting to cross or entering the zebra crossing to slow down or stop if necessary, to yield right of way to a pedestrian crossing a roadway. Neither can the pedestrian see the approaching vehicle from a waiting or entry point to the zebra crossing.

Should there not be zebra crossing signs as well?

Remember that traffic does not have to stop until someone has moved onto the crossing.





Tips for the garden

- Cut lavenders back lightly in the shape of a dome to allow sunlight to reach the plant all over. It will encourage dense new growth and will result in much better-looking plants.
- If you think your rosemary plants will also benefit from a good cutting back, refrain from cutting too harshly and into old wood (as with lavenders). The plant will not grow well and it can even cause it to die.
- Keep on pruning shrubs that are done with their late-summer flowering. If not done already, give evergreen hedges another clipping. Clean away any debris at their bases and give them a feed with a balanced, slow-releasing fertiliser.
- Cut back old stems and leaves on Baberton daisies (gerbera). If they appear overgrown, you can dig them up, divide them and replant.

Rose care for March



From March onwards, the climatic differences from region to region dictate the kind of care that roses need:

- In the Highveld and summer rainfall areas the cooler nights and heavier dew create the right conditions for black spot. In a large rose garden, it is cost-effective to use the fungicide Chronos mixed with Ludwig's Insect Spray or spray on its own. Rose Protector is a good remedy for smaller gardens for black spot and powdery mildew.
- In the Western Cape and winter rainfall areas it is only necessary to spray preventatively for black spot and downy mildew if the winter rains have started. Spray with Chronos every two weeks.
- In KwaZulu-Natal and other subtropical areas, the cooler conditions make the best time for roses. A light cutting back of leafy stems in March will produce flowers in winter, In cooler, wetter areas like Hillcrest, spray regularly to prevent downy mildew.
- In all areas, fertilise with Vigorosa by the middle of the month to replenish the food the the plant is withdrawing from the leaves and storing in the stems for the spring growth.
- Watering can be cut back to once a week but make sure that it is long and deep enough for water to reach the roots.

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



G'Mere's (Hebrard) La Daube

Recipes from our Residents



Submitted by Edna Grenfell

Beef La Daube

- Topside Roast
- 1 tablespoon crushed ginger
- 2 tablespoons crushed garlic
- 1 large onion
- 2 large carrots
- 2 cloves
- fresh thyme
- fresh basil
- 1 chilly (optional)
- olive oil
- 4 medium potatoes
- 1 tin crushed tomato - or 4 medium freshly chopped tomatoes
- 1 tablespoon Bisto
- Salt and pepper to taste
- Rub salt pepper and part of crushed garlic & ginger on the roast
- Heat olive oil in a pot
- Add the topside and seal all sides
- Add carrots and onions roughly chopped
- Slowly cook for one hour (or until soft), adding a little water and turning the meat
- Remove from the heat and set aside.
- Add chopped tomatoes, thyme, basil, cloves and chilly (you might need to add a little water at this stage)
- Add the rest of the garlic & ginger
- Simmer for about 45 min to one hour
- Add bisto mixed with water
- You should now have a thick sauce
- Cut the topside into slices and add to the sauce
- Cut potatoes into half (or quarters) and add to sauce.
- Add more water if needed
- Simmer for a further 30 to 45 min or until potatoes are soft
- Remove from heat, add to a serving dish, and garnish with chopped parsley
- Serve with basmati rice

Pets Corner

Featuring Residents &
their furry friends

Lady, a ten-year-old cross-something and Fyn, a 15-year-old Jack Russell, are the family members of Malcolm Taylor, with all three having relocated to Evergreen Broadacres during the latter part of 2023.

Both pets are "rescues", with Lady having been found on the highway between Durban and Pietermaritzburg. Sadly, she had been stabbed and was also pregnant at the time.

With the assistance of the vet she was able to make a full recovery and, although still somewhat nervous, has proved a most loving and affectionate companion.

Fyn was the 'left behind' result of emigrating owners and dominated by four much larger companions. He still suffers today from a severe reaction to storms and results regularly in scratches and bites to Malcolm's arms.



Meet Lady & Fyn Taylor, who lives with their Dad Malcolm in Bushwillow B19

He also had the misfortune to be in the wrong place at the wrong time and was the 'chewing toy' of a great dane. Although most fortunate to have survived, he has employed the option of moving in the opposite direction should he come across dogs larger than himself.

As much as Jack Russells tend to be independent, Fyn also, has a very soft side and will only sleep on the bed.

Both pets love their walks and can be seen regularly 'doing their thing'.



"Rescued is my favourite breed."

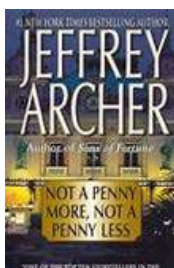
"You can't buy love, but you can rescue it."

"Money can buy a fine dog, but only love can make him wag his tail."

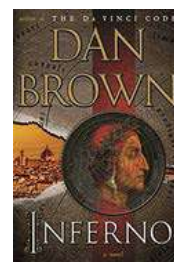


From the Library

Book Reviews



submitted by Libby



Jeffrey Archer

Not a penny more not a penny less

Jeffery Archer published this, his first novel in 1975. The story caused a sensation at the time as it was so different.

Combine an intriguing plot with many twists and turns with excellent storytelling and you've got a gripping read which is still popular today.

The plot revolves around four men, an Oxford don, a physician, an art dealer and an English lord, all of whom invest their life's fortune with one man. Overnight they lose everything. The story moves between these men, the devastation that follows their loss and their eventual banding together in an even bigger, more elegant scam in order to get back what was theirs – but only what was theirs, not a penny more, not a penny less.

In our library: Archer 1060

Dan Brown

Inferno

Dan Brown first read Dante's Inferno 30 years ago at school while studying Italian. He recalls, "it was the darkest, scariest thing I had ever read. I couldn't believe it was written 700 years ago."

Dan was already familiar with descriptions of hell from the Bible and Greek mythology, but to him nothing was as vivid as Dante's hell. For more than a decade he kept the idea of using this 14th century poem that envisions the nine circles of Hell, as both "catalyst and inspiration" for a novel.

In Inferno Robert Langdon, his chief character, lands up in Florence, Italy, matching wits with another madman who also leaves clues based on Dante's poem. Langdon's new adversary is a genius in genetic engineering who's obsessed with both global overpopulation and with Dante, whose version of hell, the madman warns, "is not fiction ... It is prophecy!"

The major twist in this novel couldn't have been executed better, it was a stunner. Inferno, like all Dan Brown's novels, is not only unputdownable but is also well researched and full of interesting information about places, buildings and history. Did you know you can also have a visual tour of the sites on the internet?

In our library: Brown 1591



From the Library



From Libby

April is Book Review Month

April will be book review month for residents, and we extend a warm invitation to all book lovers to join in a literary exploration.

Whether you have recently discovered a hidden gem, revisited a classic, or immersed yourself in the latest releases, we welcome diverse perspectives and reflections. Let's celebrate the magic of words and the joy of storytelling.

Reviews should be brief, about ten minutes maximum. Information about the book and author. Don't think about telling the whole story - that will defeat the purpose which is to intrigue one to read the book

A note from Lynn who organises the DVDs

PLEASE - when logging out
record 'DVD' and the number

eg S31 or M45



Nature & Birding Group



There is no charge to join the group, anyone can come to the meetings.

We started the year off with a talk on bees by **Natasha Lyon**. It was a fantastic, informative, excellent, captivating talk, one of the best we have heard. Natasha was knowledgeable, and what she talked about was more than understandable to all in attendance.

These are some of the comments from those in attendance.

Natasha is a beekeeper, bee conservationist, author and South Africa's first and only internationally certified Honey Sommelier, i.e. an expert in the 'sensory attributes of honey', an authority in how honey tastes, smells and feels in the mouth. Natasha studied Honey Sensory Analysis in Italy to become the first person in Africa to be included in the Italian Register for Experts in Honey Sensory Analysis. Natasha has designed bespoke honey tasting (the process similar to wine tasting; you close your eyes, pinch your nose, dab some honey on a spatula and then smell the honey) to create awareness of the worrying bee and pollinator decline. Natasha brought interesting items to show, A Bee Hotel, her honey and was given a Leaf Cutter Bee's leaf house to offer, which she was delighted to receive, and she kept it.

A good morning was had by all who attended.

From Bees to Butterflies – A common sight towards the end of December, early January, and even February (depending on the rainfall) is the large swarms of white butterflies fluttering steadily across the country in more or less the same direction. This is the **Brown-Veined Whites Butterfly**. The butterflies originated from the Southern African interior, where most of their larval hostplants grow naturally. The good rains in January and February and the subsequent rush of new leaves saw the females laying their eggs on their specific food plants in great abundance. Within days, millions of tiny caterpillars hatched and ate their way steadily but surely "out of house and home". These caterpillars then pupated and emerged as butterflies to go in search of a mate and a new food plant to lay their eggs upon, and so the cycle continues

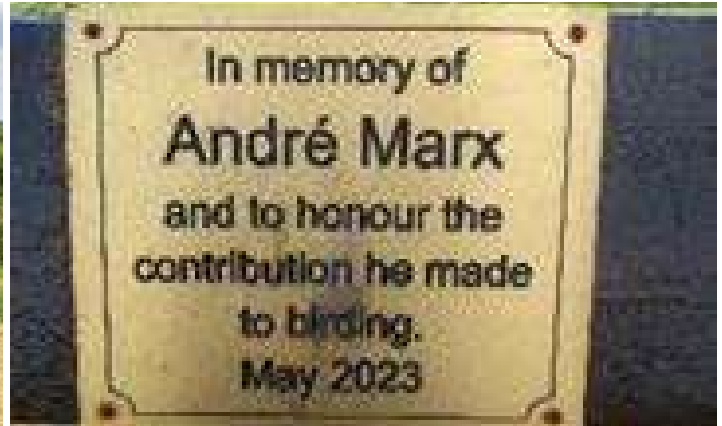


Photography - Heather Mutch

until the larval food plant supply is finished. This phenomenon is known as population explosion. Adults that have not yet procreated will disperse to look for their food plants elsewhere and will somehow keep moving in a southeasterly direction from the Karoo towards the sea off Mozambique. Most will, unfortunately, perish en route due to total exhaustion.

A few nectar plants in your garden help to sustain the travellers

Nature & Birding Group



Photography - Gillian Campbell

OUR SECOND MEETING FOR 2024 will be an outing on Tuesday, 7th May.

We shall go to **Random Harvest in memory of Andre Marx**. Many of you will know Andre from the bird walk he did around Evergreen 23rd February last year and the many walks we have done over the years with him as our guide at Random Harvest. Random Harvest put a bench in his honour overlooking the dam. We will probably leave about 8.30am and on arrival walk down to the dam and remember Andre. We will then go back to the tea garden for tea, all the while looking for birds.

Random Harvest is an Indigenous Nursery – there will be time to shop.

RECENT SIGHTINGS – at the bottom dam Photography Heather Mutch



African Black Duck

24 January 2024

**Common Moorhen with
Chick named Pompom**

18th February 2024



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**

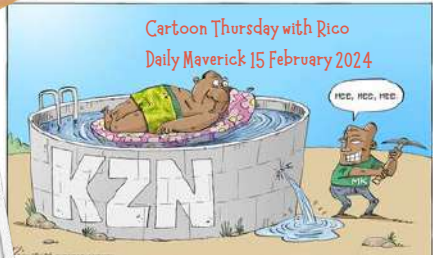


Heather Mutch



Lisa Nuttall

This & That



Interested see Nick Isaakidis Acacia A204 ext 11204

The Golden Crystal Collection



Oom Frikkie shared some of his beautiful photographs taken in and around the Village during his walks



New Residents

Houses

Colin & Alex Napier
Mike & Aldean Prior

Acacia

Hugh & Diana Russell
Maria Staulino
Nick Isaakidis

Bushwillow

Ann Willsher
Malcolm Taylor
Frances Kazantzias
Philip du Plessis



David Presbury (Chairman)
welcomed new residents

ResCom
Welcomed new
Residents



Arranged by Judy Stuart
& assisted by
Sue Hartley
Sue Stirton
Caroline Brickett



David & Marion Presbury
Heather Morgan (100 Club)



Delicious refreshments.
provided by
Chef Andrew and Team.



Photography Kiloran



Happy Birthday Barbara
Thank you for allowing us to
share it with you



Still
beautiful at
80



*Happy 80th Birthday Graeme
definitely not bowled out.
Wonderful to see you enjoying
your day with your sons.

Thank you to your daughter for
arranging the function
especially the stunning cake





A fabulous, fun evening
enjoyed by everyone



Ruby Tuesday



Chef Andrew and his Team



Brenda



Kiloran



EVENTS

February



“Where words fail, music speaks.” Hans Christian Andersen

Health talk in March

Dr Carol Wootton will be giving a talk on
Emotional Intelligence
The Thinking Brain & The Feeling Heart







Dr Carol Wootton is an Educational Psychologist who has extensive experience working with children and adults in private practice.

She will talk on emotional intelligence, a very interesting topic that became a buzzword about fifteen years ago and has since been widely used to improve the culture in business and social and emotional well-being across all age groups.

Tuesday, 26 March @ 10:00 am refreshments and talk at 10:30 am.



EMOTIONAL Intelligence *Body Wellness*

-  **Self-Awareness** – Aware of one's emotions and how they affect others. Knows their strengths, weaknesses and limitations.
-  **Self-Regulation** – Able to control one's impulses. Conducts themselves appropriately and thinks before they speak. Takes responsibility for their actions and easily adapts to change.
-  **Empathy** – Able to understand how others are feeling and feel compassion.
-  **Motivation** – Looks to fulfill their inner needs and passions. Values self-improvement. Not afraid to face adversity. Is both optimistic and resilient.
-  **Social Skills** – Able to manage relationships and interacts well with others. Is good at active listening and conflict resolution.



Submitted by
Laurraine & Dennis



NATIONAL AND PROVINCIAL ELECTIONS 2024

As of 3 February 2024, all residents of Evergreen Lifestyle Village in Broadacres who are South African citizens were registered to vote. **The voter's roll is now closed.**

ResCom has agreed with the Independent Electoral Commission (IEC) that Evergreen Broadacres will be a voting station for residents who have been granted a special vote. As in the previous election, ResCom will organise sessions to assist residents to apply for a special vote.

The IEC have announced that applications for special votes will open on 15 April 2024 and close on 3 May 2024.

ResCom will assist residents to submit an application for a special vote, once the application period opens. We anticipate that all such applications will be approved, as they were at the last election held. ResCom will be arranging sessions for completing application forms at the Club House to complete the necessary form and will then arrange for the forms to be submitted.

Dates for casting special votes are usually 2-3 days before the general election date.

Recent polls have shown that the election is likely to be closely contested. The final list of registered parties that will be part of this contestation is still to be announced, but it is already clear that it is a long list.

The concept of coalition government has become well known at the local government level, and while the performance of coalition governments has been disappointing in many cases, there are about 70 local authorities governed by coalitions. This number is quite fluid as it can change because of a single by-election. Fact is though that coalitions are a feature of South African politics at local level and may be a feature of both national and provincial governments after the 2024 elections.

NATIONAL AND PROVINCIAL ELECTIONS 2024



Most polls show that support for the ANC has declined significantly since the last election. This has led to several opposition parties and even new parties exploring potential coalitions. The largest and most visible of these is the so-called **Multi-Party Coalition for South Africa, which currently comprises ten members.**

- ActionSA,
- African Christian Democratic Party (ACDP),
- Democratic Alliance (DA),
- Ekhetu Party,
- Freedom Front Plus (FF Plus),
- Inkatha Freedom Party (IFP),
- Independent South African National Civic Organisation (ISANCO),
- Spectrum National Party
- United Christian Democratic Party (UCDP)
- United Independent Movement (UIM).

This list may increase further before the election as negotiations are ongoing with other parties to join.

Currently, these parties together hold 112 of the 400 seats in the National Assembly. Polls show that this number can be expected to increase significantly, but only if people vote.

It is, therefore, imperative for all of us to cast a vote in this election.

Please encourage your family and friends to vote in this watershed election.

We reiterate the offer made in our last Newsletter to try and source answers for any questions you may have on this election. Questions and answers will be published in the Newsletters leading up to the election.



What's
Happening
in



Christian Fellowship Group
6 March @2:30pm in the
Boardroom



15 March
at 2:30 pm



St Patricks Day
Social Dinner
20 March @ 6 pm



Health talk
Dr Carol Wootton
26 March
@ 10:00am for
10:30 an



Easter Sunday Lunch
31 March @ 12:30 pm



7 March
@ 11 am



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



Birthdays March 2024

Robert Lloyd	1st
Sheila Rackley	2nd
Gillian Croisier	3rd
Peter McMurrey	5th
Pauleen Green	5th
Val Diesel	5th
Aileen Langmead	7th
Cynthia Lamb	10th
Charmaine Hall	11th
David Campbell	13th
Esme Paul	13th
Judy Stowell	15th
Ann Willsher	16th

Ivar Skanke	18th
Rita Cloete	18th
Angela McMurray	19th
Carol Roberts	21st
Glynnis Webb-Murfin	23rd
Mike Prior	24th
Andrew Johnson	26th

Anniversaries

Willie & Hester Kilian	2nd
Gerd Pontow & Gunnar Svensson	17th
Ivar & Pat Skanke	30th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	2 World teen mental wellness day	3 World hearing day
4 National dance the Waltz Day 9am + 945am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	5 National Cheese doodle day 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	6 National Oreo Cookie day 2:30pm Christian fellowship group 6pm Social Dinner 	7 National Flapjack Day 8am Therapeutic Exercise class 9am Yoga 10am Visual Music – House 81 11:00 TOWN HALL MEETING 2pm Bridge 3pm Pétanque 6pm Movie Night	8 International Woman's Day 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	9 National get over it day 	10 International Bag pipe Day
11  National Napping Day 9am + 945am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	12 National plant a flower Day 9am Therapeutic Exercise Class 10am Book Morning 2pm Rummikub 2:30pm Scrabble 2:30 Craft class 5pm Ladies Pool & Waterhole	13 National Earmuff Day 6pm Social Dinner 	14 World Kidney Day 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night 	15 World sleep Day 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 2:30pm BINGO 5pm Waterhole	16 National quilting Day 	17 St. Patricks Day
18 National awkward moments day 9am + 945am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	19 National Certified Nurses Day 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	20 World Story Telling Day  6pm St. Patricks Day Social Dinner	21 PUBLIC HOLIDAY 2pm Bridge 3pm Pétanque 6pm Movie Night 	22 International Day of the Seal 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	23 Cuddly Kitten Day 	24 National Cocktail Day 
25 Waffle Day 9am + 945am Therapeutic Water Aerobics 10am Knit & Natter 1pm Bridge 5pm Pool / Snooker & Waterhole	26 Epilepsy Awareness 9am Therapeutic Exercise Class 10:30 Medical Talk: Emotional Intelligence – Dr Carol Wootton 2pm Rummikub 2:30pm Scrabble 2:30 Craft class 5pm Ladies Pool & Waterhole	27 National Spanish Paella Day  6pm Social Dinner	28 National Black Forest Cake Day 8am Therapeutic Exercise class 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	29 PUBLIC HOLIDAY GOOD FRIDAY Bistro Closed 	30 World Bipolar Day 	31 Eiffel Tower Day 12:30 Easter Sunday Lunch 



MARCH 2024 - 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	R72,00	Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	04-Mar R72,00	Pork bangers, mash and onion gravy, cauliflower and peas Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	11-Mar R72,00	Chicken a la king with steamed rice, minted peas and carrots Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	18-Mar R72,00	Beef lasagne with Italian salad and roasted med style veg Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	25-Mar R72,00	Meat loaf, mash and gravy served with buttered gem squash and sweetcorn Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>
TUESDAY	R72,00	Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	05-Mar R72,00	Cottage pie with baby marrow in cheese sauce and glazed carrots Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	12-Mar R72,00	Italian meat balls, tomato and basil sauce, spaghetti and roasted veg and green salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	19-Mar R72,00	Chicken burger and chips served with grilled pineapple, sweet chilli glaze, cole slaw Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	26-Mar R72,00	Chicken schnitzel with mash, cheese sauce, glazed carrots and peas Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>
WEDNESDAY	R72,00	Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	06-Mar R72,00	Ox Liver mash and onion gravy with fried cabbage and peas Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	13-Mar R72,00	Pork Schintzel with parsley mash, cheese sauce, butternut and cream spinach Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	20-Mar R72,00	Pork stir-fry, fried rice and vegetable stir-fry Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	27-Mar R72,00	Peppered pork fillet, apple sauce, cream of leek sauce, potato wedges, spinach and pumpkin Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>
THURSDAY	R72,00	Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	07-Mar R72,00	Chicken myo health roll with potato and beetroot salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	14-Mar R72,00	Cold meats and salads, carrot, beet and potato Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	21-Mar R72,00	Closed Public Holiday Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	28-Mar R72,00	BBQ Haiwiaan chicken kebab, sweet chilli with fried rice and vegetable stir-fry Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>
FRIDAY	01-Mar R92,00	Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	08-Mar R92,00	Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	15-Mar R92,00	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad and garden salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	22-Mar R92,00	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>	29-Mar R92,00	Closed Public Holiday Deliver: <input type="checkbox"/> Collect: <input type="checkbox"/> Sit down: <input type="checkbox"/>


Terms and Conditions:

Delivery meals will be charged an additional R15.00 for packaging.

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.



MARCH 2024 SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday – 06 March 2024	Cream of cauliflower soup with cheese and herb croutons	Sticky garlicky Asian pork, fried rice and vegetable stir-fry – R85.00	Chicken fillets with cream of mushroom and cheese crust, parsley mash, peas and carrots – R80.00	Individual lemon meringue pie, served with vanilla ice cream - R48.00
Wednesday - 13 March 2024	Asian chicken noodle soup	– Slow braised beef bourguignon served with cheese mash, green beans and onions - R90.00	Hawaiian sweet chilli, chicken kebab, grilled pineapple, fried rice and vegetable stir-fry – R80.00	Croissant bread and butter pudding with sherry-soaked fruits and toasted almonds, served with cinnamon custard – R48.00
Wednesday – 20 March 2024 St Patricks Evening	Cream of potato and leek soup served with ham cheese and beer bread 	Lamb Shepards Pie, topped with cheesy mash served with fried cabbage, Brussel sprouts, bacon and peas, glazed carrots - R105.00	Beer battered haddock served with roasted potato and caper salad, fried cabbage, Brussel sprouts, bacon and peas, glazed carrots - R105.00	Peppermint and chocolate mousse with dark chocolate crumble and marshmallows – R48.00
Wednesday – 27 March 2024	Butternut and orange soup, topped with cinnamon crème fraiche and pretzel croutons	Grilled BBQ pork chop, apple sauce, sauté potatoes, braised red cabbage - R95.00	Chicken paprika in sherry cream sauce, fried pasta noodles and savoury spinach - R95.00	Ice cream, meringues and macerated seasonal fruits – R48.00

**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!



EASTER SUNDAY LUNCH 31 MARCH 2024

12h30-15h00

Starter Platter per table

Pickled fish with potato salad, garden salad
and Hot cross buns

Main Course

Roast sirloin of beef with cream horseradish and rosemary jus
Hawaiian BBQ sweet sticky chicken pieces
Cream of mushroom and Parmesan penne pasta
Roast rosemary potatoes
Seasonal vegetable bake in cheese sauce
Roast orange and cinnamon butternut
Savoury rice

Dessert

Marbled white and dark chocolate mousse
Chocolate marshmallow eggs
Baked chocolate pudding with caramel custard
Strawberry and cream tartlets with meringues
Seasonal fruit in cinnamon syrup
Vanilla ice cream with chocolate sauce and wild berry sauce
Cheese platter with fruits and pickled onions,
cheese straws and savoury biscuits

Residents - R175.00pp

Visitors - R190.00pp

Children under 12yrs - R140.00pp

Terms and Conditions.

Pre pay by Monday 25 March 2024 at 16:00 to secure your booking.
Tables can be booked with Tshwanelo at reception.
Bookings will not be accepted unless proof of pre-payment is not provided.
Cancellations will not be refunded.