

# NEWSLETTER

Evergreen Broadacres March 2024

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



Easter is here and as we search for Easter eggs in the garden, we start to notice that winter is slowly creeping up on us. You would have noticed that we started with planting winter flowers and seedlings.

From  
The Village Manager  
Wilma Swart



On 26 March 2024, The Frederick Road Association organised a community Clean up Day in an effort to make it safer for people to walk and prevent criminals from hiding in the overgrowth on the sidewalks of Pine and Lombardy Road. The initiative was supported by complexes from all around, and over 60 people set out with refuse bags to collect waste on Saturday morning at 9:00. In total, 109 bags were filled with refuse, and it took two truck loads to remove them. We used brush cutters and chainsaws to cut down the grass and trees, and branches and tree trunks were put through a chipper sponsored by Mr. Rubbish. We would like to extend our gratitude to all the residents who joined and helped us to keep our community safe.

Despite the water outages in most of Broadacres, we were fortunate to have uninterrupted water supply for a month from our water treatment plant. In April, we plan to install a bigger pump to increase water pressure to the top of the village. Additionally, we are exploring the use of reverse osmosis to reduce the amount of calcium in the water, which will help prevent calcium build-up in kettles and on glass surfaces.

The transition from utilities reading to Voltano has been quite hectic, and I would describe it as *March Madness*. It has been the most talked-about topic in the Village, and both Management and Rescom have been working hard to find the best way forward for all residents.

**Chef Andrew Hammond** will be leaving us at the end of April to lead a new division for Reef Catering. The new division will offer a hotel-style catering service and will be based at the Cintocare private hospital in Menlyn. Although we are sad to see him go, we wish him all the best in his new venture.

*'Till next month.*



## In this Issue

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- Brimming with Succulents
- Recipes from our Residents
- Pets Corner
- From the library
- Health Talk
- This & That
- Events in March
- Elections 2024
- What's happening in April

And much more in between

# Village Rainfall



by Cecil Fann

March's rainfall was disappointing, although not unusual for this time of year. It is well below the village's 12-year average, skewed by exceptional rains in 2014, 2016, and 2018.

The rainy season will tail-off from now, but hopefully, it will surprise us in the months ahead.

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

Dam levels nationwide show a further decrease, from 92% last year to 85% now. As usual, the current situation varies widely, from 98% for Mpumulanga to 67% for the Western Cape.

Our own Vaal Dam stands at 64.9% full, a decrease of 4.7% in the month.

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

<https://www.sawx.co.za/stae-of-dams> or [dws.gov.za](https://dws.gov.za) or [Time and Date.com](https://www.timeanddate.com)

Daylight hours show a continuing decrease, from 11h:48m on the 1st to 11h:07m on the 30th, a decrease of 41 minutes.

Rainfall by month for the past year	
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
Mar '24	38.5
<b>Total</b>	<b>569.8</b>

March rainfall over the years	
2013	28.0
2014	210.3
2015	83.1
2016	251.4
2017	16.8
2018	184.0
2019	14.8
2020	81.1
2021	64.9
2022	54.0
2023	38.6
2024	38.5
<b>Average</b>	<b>88.8</b>

April 2024 Sunrise, Sunset & Moon Phases				Day Length
1	06:17	18:05		11:48
2	06:17	18:04	Last Qtr.	11:47
3	06:18	18:03		11:45
4	06:18	18:02		11:44
5	06:19	18:01		11:42
6	06:19	18:00		11:41
7	06:20	17:59		11:39
8	06:20	17:58	New	11:38
9	06:20	17:57		11:37
10	06:21	17:56		11:35
11	06:21	17:55		11:34
12	06:22	17:54		11:32
13	06:22	17:53		11:31
14	06:23	17:52		11:29
15	06:23	17:51	First Qtr.	11:28
16	06:24	17:50		11:26
17	06:24	17:49		11:25
18	06:25	17:48		11:23
19	06:25	17:47		11:22
20	06:26	17:46		11:20
21	06:26	17:45		11:19
22	06:27	17:44		11:17
23	06:27	17:44		11:17
24	06:28	17:43	Full	11:15
25	06:28	17:42		11:14
26	06:29	17:41		11:12
27	06:29	17:40		11:11
28	06:30	17:39		11:09
29	06:30	17:39		11:09
30	06:31	17:38		11:07





# ResCom Funds

by Cecil Fann

ResCom Vice Chairman & Finance & Treasury Portfolio



The 43rd 100 Club draw was held on Valentine's Day - 14th February (an auspicious date!). Enthusiasm for this event is such that funds for the 44th draw (due in May) have already been received.

Expenses for social functions in the month amounted to R3 892.34.

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

**SUMMARY OF TRANSACTIONS FOR FEBRUARY 2024**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 31/01/2023</b>			<b>17 809.44</b>
43 <sup>rd</sup> 100 Club Collections	8 500.00		
43 <sup>rd</sup> 100 Club Prizes		6 300.00	
44 <sup>th</sup> 100 Club Collections	400.00		
Nature & Birding Group Speaker		850.00	
Library Expenses		737.21	
Bingo Mystery Prizes		90.00	
Function Supplies		1 028.88	
New Residents Welcome Tea		1 186.25	
Catering Service Fee		1 000.50	
Administration & Office Expenses		369.00	
Bank Charges		119.50	
Interest Received	6.81		
<b>Funds on hand at 29/02/2024</b>	<b>8 906.81</b>	<b>11 681.34</b>	<b>15 034.91</b> *
<b>Reserved Funds</b>			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Hospitality Portfolio Budget			(971.12)
Unutilised 2023 Arbour Day Contributions			(1 662.35)
44th 100 Club Prizes			(400.00)
Waterhole funds held for future purchases			(9 515.88)
Bingo "Mystery Prizes" (Monthly Estimate)			(100.00)
Catering Service Fee (Monthly Estimate)			(680.00)
New Residents Welcome (Monthly Estimate)			(450.00)
<b>TOTAL RESERVED FUNDS</b>			<b>(14 894.25)</b>
<b>Funds available after reserves</b>			<b>140.66</b>
<b>Memo: Funds on hand made up as:</b>			
<b>Bank accounts:</b>	Business Account	9 859.67	
	Savings (Call) Account	1 239.64	11 099.31
<b>Cash</b>			<b>3 935.60</b>
			<b>15 034.91</b> *



Dave Nesbitt  
Security

## *Criminals are targeting banking apps in South Africa*

*The South African Fraud Prevention Services (SAFPS) has reported a rise in fraudulent activities, including a new trend of criminals targeting banking apps to loot victim's bank accounts.*

Manie van Shalkwyk, speaking to SABC News, said, **"Cellphones are stolen, and then, by using the banking app on that phone, criminals are somehow gaining access to bank accounts"**.

It is important to note that if your phone is stolen, the first port of call is the banks so that they can de-link your app from your accounts as soon as possible – only then should you worry about phoning your cell provider and cancelling the SIM.

While there aren't many measures available to protect consumers, Absa's head of fraud strategy, Ulrich Janse van Rensburg, recommends the following procedures:

- Download the latest versions of your banking apps, which are loaded with the latest security features;
- Make sure to read the approval requests carefully to ensure you approve transaction requests you intend to process;
- Never pay monies into third-party accounts;
- Phone your respective bank's fraud hotline immediately if you suspend any fraudulent activity.

According to the latest Interpol report, South Africa is the top country in Africa for cyber threats, ranking third worldwide.

<https://businesstech.co.za>



# Brimming with Succulents

A ceramic pot like this one is tricky so you might need someone to create a design for you but it would be well worth it!

From any angle, this cascading succulent pot is a vertical visual delight



## What you need

- Carved ceramic pot or broken pot without sides 45cm high
- 2 wooden sticks at least the height of the pot
- Cotton twine or string
- Potting soil
- Stones or bits of broken clay



1. Cover the hole at the bottom of the pot with stones or broken clay, to stop the potting soil from draining out. Fill the pot with potting soil, to about a third the height of the pot.



2. Place the wooden sticks into the soil and centre them.



3. Take several pieces of string and make a loop to slide over the stick and one larger loop to attach around the base and roots of the succulent. This will assist in stabilising the plants until they have roots.



4. Place the succulents and slip the rope's end over the stick. Fill in with soil as you move upwards and across the top.

Plants to use:  
 Sedeveria 'Lulu'  
 Echeveria 'San Carlos'  
 Sempervivum tectorum  
 Pachyphytum amethystinum  
 Aloe aristata  
 Delosperma repens  
 Sedum 'Golden Acre'



Email: [John@ngena.africa](mailto:John@ngena.africa)  
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<https://www.thegardener.co.za>

Once again  
John Schulkins  
delights us with  
one of  
his recipes



Recipes from our  
Residents

This is my bastardised version of the classic Moules Marinière. If you've tried mussels & didn't like them then stop reading now. If you just don't like the idea of mussels, then keep going; you'll be very pleased you did! If you like mussels, I hope you'll enjoy this version, which is our favourite.

## Mussel Pot

### Ingredients (for 2 people)

- 700g fresh mussels cleaned & de-bearded
- 1 garlic clove, finely chopped
- 1 onion, finely chopped
- 15g butter or olive oil
- Bouquet garni of parsley, thyme and bay leaves
- 100ml dry white wine
- Splash (only) of Pernod or similar
- 100ml water
- 120ml cream
- Handful of parsley leaves, coarsely chopped

### Method

- Wash the mussels under plenty of cold, running water.
- Soften the garlic and onion in the butter with the bouquet garni, in a large pan big enough to take all the mussels – it should only be half full.
- When onion is transparent (±10 mins on low heat) remove herbs, turn up heat & add wine, water & Pernod – should boil briefly
- Add the mussels then cover and steam them in their own juices for 3-4 minutes. Give the pan a good shake every now and then.
- Discard any mussels that have not opened
- Add the cream and re heat briefly. Spoon into two large warmed bowls, sprinkle with chopped parsley and serve with lots of crusty bread for dipping in sauce.

### Options

- **Add a little more water with cream – gives more soup**
- **Serve with chips (Moules Frites). If you want to be strictly authentic to the Belgian original, the chips should be accompanied by mayonnaise**





## Pets Corner

Featuring Residents & their furry friends



My name is Stella. I came to live in the Village almost five months ago with my new mommy, Emmy in Unit 85. I came from a Rescue Centre and am delighted to have been rescued.

I am very loving as well as friendly and trying to learn not to jump up when I greet everyone I meet. Unfortunately I am not nearly as successful as I should be, but I keep trying.

I am much loved and happy to be in my new home in the Village.



### IF DOGS COULD WRITE... A BILL OF RIGHTS

Although I live in your world I was not born to understand your ways - show me how to cope with patience, compassion, kindness and understanding

Please never use punishment, force, fear or intimidation to try to change me

**I HAVE FEELINGS, EMOTIONS, I AM A SENTIENT BEING**

Don't expect me to understand your words, obey your commands or presume I learn the same way as you

The right to be given an outlet for my natural / genetic behaviours

The right to feel safe, secure and protected in my environment

I am a dog, not a wolf, not a wild animal - you have bred me for a purpose - don't try to train away my genetics

To spend time with my people - I am a social being

Second chances, new beginnings, a forever home

To exercise, experience open spaces, be mentally stimulated

To receive unconditional love as I so freely give

I am an individual, I have the right not to be judged by my breed's reputation - I have my own unique character

I have the capacity to keep forgiving - I need to be forgiven as I don't know what you think is wrong

Not be bred irresponsibly or used for financial gain

To be allowed to make appropriate choices when I don't feel comfortable

I have more cognitive ability than you realise - make the effort to understand how my brain works

I have the right to proper nutrition and veterinary care

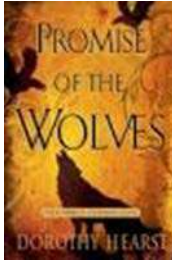
I have the right to die with dignity, be free from pain and be remembered with love

*Dogs Disclosed*



# From the Library

## Book Reviews



submitted by Libby



DOROTHY HEARST  
PROMISE OF THE WOLVES  
published 2008

### What is the wolf's promise?

- Never consort with humans
- Never kill a human unprovoked
- Never allow a mixed-blood wolf to live

Set 14,000 years ago in what is now southern Europe, Promise of the Wolves takes you into the world of the wolf, into a land where time is counted in phases of the moon.

It is a vividly conceived creation myth. Dorothy Hearst wonders how a wild wolf could evolve into the dogs which have become so beloved in our lives. This narrative which is told from the wolf's point of view, follows the adventures of Kaala, a spirited young she-wolf who is destined to bring wolf and human clans together. The relationships between the human characters and the wolf characters are keenly felt.

Hearst's keen interpretations of wolf behaviour, sense and sensibilities will enchant paranormal fans and animal lovers.

SUSAN LEWIS  
HOME TRUTHS  
published 2019

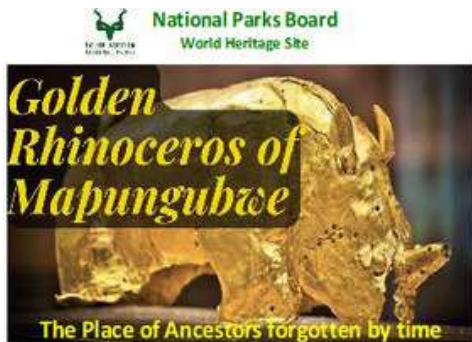
Home Truths could have come straight from the news headlines, portraying as it does the problem of gangs that infiltrate small communities, preying on vulnerable children, turning them into addicts or couriers, or both! It also deals with the issues of internet predators and ruthless landlords.

Angie Watts used to have everything. A beloved husband. Three adored children. A lovely home. But her life is shattered when her son falls in with a bad crowd. But Angie is a mother, and a mother does anything to protect her children, even when her world is falling apart.....

This is the contrast, the love for one's family, and the determination of a mother to save and protect her family, even when the circumstances are dire.



# From the Library



## Mapungubwe

## and the Golden Rhino



submitted by Libby

Talk by Dick Townsend For the Book Morning  
20 February 2024

Dick Townsend's talk on Mapungubwe was intriguing – here was a national park and world heritage site that few knew much about – “discovered” in the early 1900s; why was it kept a secret for so long.

Dick interspersed his trip and experiences in the Park with its history and archaeological discoveries; it was a fascinating mix. The facilities at the Park are fairly basic, kept purposely in tune with the surrounding nature.

The area was the site of an ancient African kingdom, a powerful and wealthy iron-age culture, perhaps southern Africa's first state.



This civilisation flourished around 1200AD, trading in copper, ivory and gold with countries as far afield as India and China. They produced beautiful objects covered in gold, such as the golden rhino. The original artefacts are housed in the museum at the University of Pretoria, but extremely well-made replicas can be viewed in the Exhibition Centre in the Park.

When the ruins of Mapungubwe were first ‘discovered’ in the early 1900s, it was thought that the ancient Egyptians or Phoenicians built these impressive structures. Archaeology, however, has since proved that the sites were built by indigenous African people in the medieval period.

The prosperity of the kingdom came to an end after flourishing for about 700 years, probably due to climate changes and as a result, crop failure. The population moved further north to sites such as Greater Zimbabwe.

The talk was followed by a lively lunch, during which the conversation continued unabated. **Many thanks to Dick and to all the members of the Library team who assisted in organising the event** – and to all who came to listen, participate and question with eagerness and interest

This & That



Amazing photography by  
Kiloran



Black Shouldered Kite





Saturday morning Community clean up  
arranged by the  
Frederic Road Association.  
24 / 7 Security supported  
Evergreen Staff



Evergreen Residents  
lend a helping hand





**EVENTS**  
20 March

**SAINT PATRICK'S DAY TRIVIA**

St. Patrick wasn't Irish. He hailed from Britain.

"Luck of the Irish" was coined after Irish immigrants struck it rich during the gold rush.



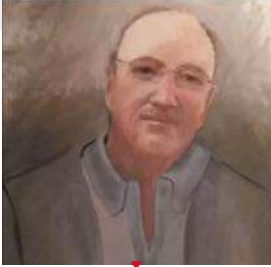


# EVENTS

22 March



Free Pizza Night  
courtesy of the Waterhole



John



Hans



John & Hans hosted an excellent waterhole pizza evening assisted by Taffy. Imagine ordering one pizza but, 100 is amazing!



Taffy







# EVENTS

31 March

Chef Andrew & his incredible Team provided an outstanding Easter Lunch



Brenda



Everyone that made it a special lunch







Submitted by David Presbury

## Health talk on 26 March

### Dr Carol Wootton on Emotional Intelligence The Thinking Brain & The Feeling Heart



On 28 March, we had a very interesting talk by **Dr Carol Wootton, a clinical psychologist**. She talked about Emotional Intelligence, a concept first propagated in 1997. It was encouraging for the retirement village audience that we should (by now, perhaps) know our limitations but nonetheless keep challenging ourselves. We can still develop enthusiasm for life, and our response to other people and our situations is a choice. If we choose a calm response, it actually calms us, too. This idea should help us to resolve conflicts equitably. She pointed out that our emotions lead to physical responses that may not be good for our health. She mentioned butterflies in the stomach, headaches, etc. For instance, most watching the rugby World Cup would have developed a pronounced tachycardia as we scraped over the line by one point.

She spoke of our senses, how we lose them if we don't use them, and that we should embrace the five senses of sight, touch, taste, smell, and hearing. In other words, we should enjoy them. She added that the brain continues to grow throughout life and that we have 30% silent synapses, which we can still light up. Altogether, it is a positive message which tells us that we have choices and can still grow emotionally despite our apparent maturity. One take-home message that no one could miss is that **"we need to sit still and listen"**.





Submitted by  
Lorraine & Dennis



## ELECTION 2024 – BALLOT PAPERS

This election differs from previous elections in the democratic era in that, for the first time, independent candidates, not only political parties, can contest the election. Allowing independent candidates to contest national and provincial elections has required significant changes to the **Electoral Act, which governs elections**.

The most crucial issue for voters is that where there were previously **two ballot papers**, one for the national legislature and a second one for the provincial legislature, on which voters could only vote for political parties, there are now **three ballots**.

Previously, the 400 seats in the National Assembly were all filled by representatives of a political party.

The number of seats in the National Assembly will remain the same, namely 400, but only 200 of these seats will be reserved for representatives of political parties from a closed list. The remaining 200 seats will be called “*regional*” seats and may be filled by political parties or independent candidates. The term “*regional*” refers to the same geographic area as a province.

The 200 regional seats in the National Assembly are divided amongst the nine regions based on the registered population in each province. For this election, the number of regional seats allocated to Gauteng is 48.

There will now be three **ballot papers** as follows:

- **A national ballot** for the election of the 200 members of the National Assembly, which is only contested by political parties on a closed-list basis. This ballot is the same for the whole country. This ballot paper will only contain a list of the political parties competing for seats in the National Assembly.
- **A regional ballot** for the election of the remaining 200 members of the National Assembly. This ballot will vary from region to region, depending on which parties and independent candidates have been registered to compete for the allocated regional seats.
- **A provincial ballot** is used to elect the provincial legislature members in each province. It contains the names of the political parties and independent candidates that have met the requirements to contest each provincial election, and it will vary from province to province.

The IEC has not yet finalised the lists of political parties and independent candidates that will appear on each of the ballots, so it is not yet known if there will be more than one column of names on the ballot paper, as we have been used to in previous elections.

**Undoubtedly, this will require serious focus from each voter to ensure that your choice of party or candidate is reflected correctly on your ballot.**

What's  
Happening  
in



Christian Fellowship Group  
10 April @2:30pm in the  
Boardroom



26 April  
at 2:00 pm



Art Class  
11. 18. & 25 April  
@ 10 am



Ladies Pool Night  
Every Tuesday  
@ 5pm and the  
Waterhole



Sunday Lunch  
28 April @ 12:30 pm



Movie Night  
11. 18 & 25  
April

Titles to be  
announced by  
Chris Edwards



Visual Music  
4 April @ No 81  
10am





## Birthdays April 2024

Frederik Kraamwinkel	1st
André Oostuizen	2nd
Diana Russell	3rd
Sheila Schulkins	4th
Vincent Bosell	5th
James McGibbon	5th
Maureen Slogrove	6th
Lisa Nuttal	6th
Chris Brennan	7th
Anna Squair	8th
Philip du Plessis	8th
Catherine Plaskett	9th
Serafina Da Silva	9th

Maureen Privett	11th
Christopher Joyce	12th
Sally Branson	13th
Kiloran Townsend	14th
Bruce Boswell	14th
Heather Morgan	15th
Henry Dobrowolski	16th
Ernie Mutch	19th
Robin Slogrove	20th
Dick Townsend	21st
Deneise Gregor	21st
Pauline Joyce	23rd
Cyril Rabinowitz	24th
Viv Pike	27th

# Birthdays & Anniversaries April 2024

Dawn Figge	27th
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Gerd Seuffert	28th
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## Anniversaries

William & Kathryn Park	3rd
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Graham, & Caroline Brickett	11th
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Dick & Kloran Townsend	13th
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Vince & Gloria Boswell	19th
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James & Margo Goodwin	29th
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Robin & Maureen Slogrove	30th
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1 PUBLIC HOLIDAY</b> 	<b>2</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>3</b> 6pm Social Dinner	<b>4</b> 10am Visual Music # 81	<b>5</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>6</b>	<b>7</b>
<b>8</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Mens' Pool / Snooker & Waterhole	<b>9</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>10</b> 6pm Social Dinner 2:30pm Christian fellowship group	<b>11</b> 8am Therapeutic Exercise Class 9am Yoga 10am Art Class 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>12</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>13</b>	<b>14</b>
<b>15</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>16</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>17</b> 6pm Social Dinner	<b>18</b> 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>19</b> 9am Line Dancing 10am Visual Music # 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>20</b>	<b>21</b>
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<b>29</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10am Howard Shoes 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>30</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole					





## APRIL 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	01-Apr	Closed Public Holiday	R72,00	08-Apr	Cottage pie with cheese mash topping baby marrow and cauliflower in cheese sauce, glazed carrots	R72,00	15-Apr	Spaghetti bolognaise, roasted Med style veg with Parmesan cheese, Italian salad	R72,00	22-Apr	Cheese burger and chips, green salad and coleslaw	R72,00	29-Apr	Chicken lasagne with roasted vegetables and green salad	R72,00
	02-Apr	Pork stir-fry, fried rice and vegetable stir-fry	R72,00	09-Apr	BBQ Haliwaan chicken fillet, with fried rice and vegetable stir-fry	R72,00	16-Apr	Pork parika in cream sherry sauce, steamed rice, buttered gem squash and sweetcorn	R72,00	23-Apr	Tagliatelle in bacon and mushroom sauce, garlic roasted baby marrows and Italian salad	R72,00	30-Apr	Mince curry and Vetkoek with tomato onion salad, chutney and banana salad	R72,00
	03-Apr	Ox Liver mash and onion gravy with fried cabbage and peas, glazed carrots	R72,00	10-Apr	Slow braised beef short rib, saute potatoes, brussel sprouts and roast butternut	R72,00	17-Apr	Roast BBQ chicken leg quarter, cheese mash, cream spinach and butternut	R72,00	24-Apr	Crumbed chicken strips, cheese sauce, BBQ potato wedges, cream spinach and pumpkin	R72,00			
	04-Apr	Hunter's chicken with mushroom and bacon, parsley potatoes, roast butternut and baby marrow	R72,00	11-Apr	Peppered pork fillet, apple sauce, cream of mushroom sauce, potato wedges, spinach and pumpkin	R72,00	18-Apr	Feta stuffed Italian meat balls, Nepalitano sauce, rice pilaff, grilled baby marrow and cauliflower	R72,00	25-Apr	Meat loaf, mash and gravy served with buttered gem squash and sweetcorn	R72,00			
	05-Apr	Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad	R92,00	12-Apr	Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad	R92,00	19-Apr	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad and garden salad	R92,00	26-Apr	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad	R92,00			

Number of standard meals selected = \_\_\_\_\_ @ R72.00 per meal = R \_\_\_\_\_

Number of Friday meals selected = \_\_\_\_\_ @ R92.00 per meal = R \_\_\_\_\_

TOTAL PACKAGE PRICE: R \_\_\_\_\_

TOTAL PACKAGE PAYMENT REQUIRED: R \_\_\_\_\_

**Terms and Conditions.**

Delivery meals will be charged an additional R12.00 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.



## APRIL 2024 SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday – 03 April 2024</b>	Greek salad platter per table	Slow braised beef short rib, cheese mash, roast butternut, Brussel sprouts – <b>R85.00</b>	Chicken schnitzel with cheese sauce, roast butternut, and peas – <b>R80.00</b>	Ice cream and choc sauce with meringues and banana <b>R45.00</b>
<b>Wednesday - 10 April 2024</b>	Roast tomato soup, basil crème fraiche and herb croutons	Peppered pork fillet with mushroom sauce, fettucine, seasonal vegetables in herb butter - <b>R85.00</b>	Green Thai chicken curry in coconut milk, basmati rice, pawpaw salsa – <b>R80.00</b>	Malva pudding and custard with poached fruits – <b>R45.00</b>
<b>Wednesday – 17 April 2024</b>	Cream of Pumpkin soup, cinnamon and honey crème fraiche	Cape Bobotie with yellow raisin rice, tomato and onion salad, banana salad - <b>R80.00</b>	Moroccan chicken, with buttered couscous, roast Med style vegetables and tomato relish <b>R85.00</b>	Baked apple pudding and cinnamon custard– <b>R45.00</b>
<b>Wednesday – 24 April 2024</b>	Cream of mushroom and leek soup with herb croutons	Sweet and sour pork, fried rice and vegetable stir-fry - <b>R85.00</b>	Roast chicken, roast potatoes, gravy, roast pumpkin and cauliflower in cheese – <b>R85.00</b>	Choc brownie, Ice cream and chocolate sauce – <b>R45.00</b>

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

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

*See you there!*





***Platter per table***

Greek salad platter per table

***Main Course***

Roast Pork with caramelized garlic and red wine jus, apple sauce

Chicken and mushroom pie

Vegetable lasagna

Seasonal vegetables in herb butter

Roast butternut

Roast Potatoes

Savoury rice

***Dessert***

Baked apple pudding and custard.

Mini milk tarts

Chocolate brownies with berry cream

Seasonal fruit salad

Vanilla ice cream with chocolate and wild berry sauce

Cheese and biscuits with cheese straws, savoury crackers and red onion marmalade

Residents – R175.00pp

Visitors – R190.00pp

Children under 12yrs – R140.00pp

***Terms and Conditions***

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)
3. Bookings close on Tuesday 22 April at 16:00
4. No cancellations will be accepted or refunded.
5. No deliveries