

FEBRUARY 2025

EVERGREEN LIFESTYLE BROADACRES

NEWSLETTER

Editor: Edna Grenfell – email ednagrenfell@gmail.com



In this Issue

- Rainfall & Finance
- Security
- From the library
- Chat Groups
- Roy's Retirement Farewell

And much more in between



From the Village Manager

February has been a month of abundance!

We are so grateful for all the rain, but it has caused many more potholes to develop. A big thank you to everybody who heeded our request to log a call with the pothole brigade to have them repaired.

Marlie, the Biokineticist gave a practical talk on how to get up after a fall. We will definitely invite her back later in the year for a repeat.

We also had an abundance of love and dancing at our Valentine's dinner dance as we said farewell to **Ruby Tuesday** who entertained us with our kind of music from the 60's, 70's and 80's on many occasions.

The talk from Alexander Forbes on Power of Attorney and curatorship was fascinating. The over 80 residents who attended certainly had lots of questions, which the four knowledgeable ladies answered patiently. They ended up spending an entire morning with us. A big thank you to Neville Willemse for arranging this very informative talk

Our caring and generous residents collected R27,155.00 for Roy's farewell, which was presented to him on the 21 February 2025 with tea and cake in the Lifestyle Centre. He was overwhelmed by this gesture of generosity and love and showed his gratitude with emotion and appreciation. He thanked everybody for their contribution and for spending the morning with him. We sincerely hope he enjoys his retirement and wish him well as he starts his golden years.

We welcomed nine new residents to the Village in February 2025 and are delighted that five are for Bushwillow apartments. It is lovely to see Bushwillow starting to fill up, and we hope that these new residents will soon join us in all our activities and social events.

We are very excited to be launching the new Bistro Menu on the 7th of March 2025 and hope that you will support Chef Neo and enjoy the items.

Finally I am taking some time off in March 2025 to have surgery to tend to "plumbing issues." During this time, **Tiaan Van Der Spuy, Village Manager, Evergreen Sitari in Cape Town**, will be deployed to the Village to oversee the day-to-day running of operations. You will love having Tiaan around and hearing his infectious laughter throughout the Lifestyle Centre. Tiaan is very experienced and energetic and I can rest easy knowing that you will be in good hands while I am away.

Till next month!

Village Rainfall

By: Cecil Fann



February has seen some very wet days and a dearth of sunshine, but rainfall has been well above the average for the past 12 years.

As advised elsewhere, the detailed report was unfortunately not available for January 2005.

Dam levels across the country remain lower than this time last year, from 90% then to 81% now. As usual, the current situation varies widely, from 96% for Mpumalanga to 71% for the Western Cape. Our own Vaal Dam stands at 63.3% full, a huge improvement of 34.4% since December 2024. This data is at 18 February 2025.

Water supply constraints in Gauteng remain, and are likely to remain an ongoing challenge.

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

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

March daylight hours continue their progressive shortening, from 12h 37m on the 1st to 11h 50m on the 31st, a decrease of 47 minutes.

Rainfall by month for the past year	
Mar '24	38.5
Apr '24	91.5
May '24	25.0
Jun '24	3.0
Jul '24	0.0
Aug '24	0.0
Sep '24	1.0
Oct '24	28.0
Nov '24	57.5
Dec '24	71.0
Jan '25	173.0
Feb '25	193.5
Total	682.0

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
2025	193.5
Average	150.4

March 2025 Sunrise, Sunset, and Moon Phases				Day Length
1	06:01	18:38		12:37
6	06:03	18:33	First Qtr.	12:30
14	06:08	18:24	Full	12:16
22	06:12	18:16	Last Qtr.	12:04
29	06:15	18:08	New	11:53
31	06:16	18:06		11:50



ResCom Funds

By: Cecil Fann



After a hiatus due to a horrendous computer failure last month, all is now well again. January saw the appeal for contributions for a farewell function for Roy Martin. I am delighted at the generous response from fellow residents, and advise that R27 155 was collected. This was presented to Roy at a well attended function on 21 February.

My, and ResCom's, sincere thanks to all who heled make this event a special success.

Also in January, tickets for the 47th 100+Club draw sold very well, with 26 tickets sold. The draw took place on 19 February, which saw 12 lucky prize-winners take home a total of R6 700, and ResCom available funds boosted by R6 750.

SUMMARY OF TRANSACTIONS FOR JANUARY 2025

	INCOME	EXPENSES	BALANCE
Funds on hand at 31/12/2024			23 187.40
47 th 100 Club Collections	4 000.00		
Collections for Roy Martin Farewell	19 850.00		
Nature & Birding Group	1 100.00		
Waterhole Loan Account	8 000.00		
Bingo "Mystery Prizes"		299.98	
Social Function Supplies		129.99	
Administration & Office Expenses		349.00	
Catering Service Fee		598.00	
Bank Charges		544.00	
Bank Interest Received	6.55		
Funds on hand at 31/01/2025	32 956.55	1 920.97	54 222.98 *
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			(1 870.01)
Unutilised 2024 Arbour Day Expenses			(815.30)
Unutilised Funds: Nature & Birding Group			(1 100.00)
2025 Staff Christmas Appeal			(1 000.00)
47 th 100 Club Prizes			(4 250.00)
48 th to 50 th 100 Club Prizes			(150.00)
Collections for Roy Martin Farewell			(19 850.00)
Waterhole Loan Account funds held for future expenses			(12 506.88)
Bingo "Mystery Prizes" (Monthly Estimate)			(110.00)
Catering Service Fee (Monthly Estimate)			(598.00)
New Residents Welcome (Monthly Estimate)			(966.00)
TOTAL RESERVED FUNDS			(44 831.09)
Funds available after reserves			9 391.89
Memo: Funds on hand made up as:			
Bank accounts: Business Account	36 633.79		
Savings (Call) Account	1 313.59		
Cash:			16 275.60
			54 222.98 *

Security

By: Dave Nesbitt



How to protect your data privacy

Perfect safety is no more possible online than driving on a crowded road with strangers or walking alone through a city at night. Like roads and cities, the dangers of the internet arise from society's choices. Enjoying the freedom of cars comes with the risk of accidents; having the pleasures of a city full of unexpected encounters means some encounters can harm you. Having an open internet means people can always find ways to hurt each other. However, some highways and cities are safer than others.

Basic data privacy hygiene

- To get started with digital privacy, you can do a few things quickly on your own. First, use a password manager like [Bitwarden](#) or [Proton Pass](#), and make all your passwords unique and complex. **If you can remember a password easily, it's probably not keeping you safe.** Also, enable two-factor authentication, which typically involves receiving a code in a text message wherever you can.
- As you browse the web, use a browser like [Firefox](#) or [Brave](#) with a strong commitment to privacy, and add to that a good ad blocker like [uBlock Origin](#).
- On your phone, download only the apps you need. It can help to periodically wipe and reset everything to ensure you keep only what you really use. Beware, especially of apps that track your location and access your files.



Your data privacy is under threat from hackers, data brokers and big tech. Here's what you can do about it.

The Threats

The dangers you face online take very different forms, and they require different kinds of responses. The type of threat you hear about most in the news is the straightforwardly criminal sort of hackers and scammers. The perpetrators typically want to steal victims' identities, money, or both. These attacks take advantage of varying legal and cultural norms around the world. Businesses and governments often offer to defend people from these kinds of threats, without mentioning that they can pose threats of their own.

Shifting Away

- Next, you can start shifting your trust away from companies that make their money from surveillance. But this works best if you can get your community involved; if they are using Gmail, and you email them, Google gets your email whether you use Gmail yourself or not. Try an email provider like [Proton Mail](#) that doesn't rely on targeted ads, and see if your friends will try it, too. Signal makes encrypted messages easy for mobile chat, but only if others use it with you.

Read more: on this article by [Nathan Schneider](#)

<https://www.dailymaverick.co.za/article/2024-10-21>

Chat Groups

By: Brenda Brophy



Group Name	Administrator	Open or Closed
ELV- Broadacres Residents	Wilma Swart 087 809 3366	Closed info only
ResCom - Broadacres Information	Brenda Brophy 082 576 5071	Closed info only
Info Group	Chris Edwards 084 582 9129	Closed info only
Waterhole	John Schulkins 082 553 4043	Closed info only
ELV - Pentanque	Felicity Brand 082 604 5904	Open
Broadacres - Rugby	Hennie du Preez 083 325 7302	Open
Christian Fellowship	Trevor Morgan 076 582 8049	Open
Chat Group	Chris Edwards 084 582 9129	Open
Evergreen Park Runners	Norma Johnson 072 437 0888	Open
Nature & Birding Group	Heather Mutch 083 789 7311	Open
Acacia Apartment Info	Edna Grenfell 064 889 1455	Closed info only
Acacia Social Group	Edna Grenfell 064 889 1455	Open
Bushwillow Notice	Lisa Nuttall 071 007 4654	Closed info only
Bushwillow Apartments	Lisa Nuttall 071 007 4654	Open



WHATSAPP GROUPS

Warm your garden with shades of Orange

Tints and shades of orange can burst with colour or be muted and soft. Shades like peach, salmon, and apricot fall into this spectrum of colour, so it doesn't need to be a primary bold orange to make an impact. These are some of the orange plants that can form the backbone of this colour scheme, and the more you plant, the more attention this will provide

Dahlias

The big beautiful flowers of dahlias are impactful in themselves. When you add shades of orange, they explode with vibrancy. Dahlias come in several flower forms, including pompom, cactus, singles, ball, decorative, anemone and waterlily. They also come in flower sizes, from small tight balls to dinner plate size and growing sizes from dwarf, which are excellent for pots, and tree dahlias can reach 5 m. What is most important is that a summer garden will miss something without dahlias.

Golden Rule

Plant in fertile, moist soil in a sunny spot. Stake tall varieties and give them lots of growing space. Feed every two weeks with plant food high in potassium during summer.



Crocosmia

Crocosmia is excellent for a wild garden in the sun or shade because their wands of orange flowers. Known commonly as falling stars, these tall perennials will brighten up any garden space. They flower in summer and into autumn.

Golden Rule

They prefer cool, moist, well-draining rich soil – nothing too hot or dry. Water once a week. Feed in spring and divide for more plants every 3-4 years to prevent overcrowding.

Echinaceas

Echinaceas come in various colours, but the orange tones really stand out and create a warm and inviting garden. These tough plants flower in spring and through summer, and if the flower heads are left on, the plants become bird food in autumn and winter.

Golden Rule

Plant in sun and shade in any soil as long as it's well-draining. Add compost at planting. Don't overwater they are drought-hardy. Don't overfeed them or you may see a lack of flowers.



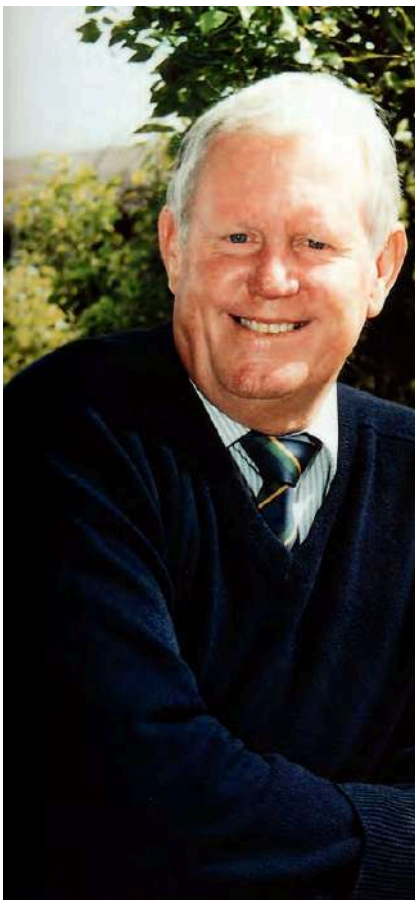
Graeme Pollock

By: Grace Schuurman



Grace Schuurman, born in Boston, Massachusetts, graduated from Mount Holyoke College and built a career in public relations, advertising, and marketing before joining a firm in Johannesburg in 1979. She met Derek on a blind date, and they were married in 1981. Grace worked for Sefin Marketing in Randburg as a writer / journalist, and one of her projects was to produce a monthly magazine for Standard Bank, Consolidator Post. In June 1996, she was given the opportunity to interview our very own Graeme Pollock, showcasing her outstanding journalistic talents. Never imagining she would one day live in the same retirement village as Graeme.

Here is the article



Sitting behind a desk in an office does not camouflage the still strong athletic looks of former cricketer Graeme Pollock. With his boyish grin and easy gait, it is obvious that he is a natural sportsman.

Today Graeme runs a protective clothing company based in Sandton. He also does a lot of cricket commentating which he loves. "I would be watching the cricket in any case" says Graeme, "so it's really a bonus to be paid to be a commentator".

Of course, Graeme has a special interest in watching cricket today.

His two sons, Andrew and Anthony, play for Transvaal, and his nephew, Sean Pollock, who is a leading bowler for South Africa, has really been making headlines lately.

This sports ability is clearly in the family's genes. Graeme was one of the greatest batsmen this country has known.



Graeme Pollock

By: Grace Schuurman



Here is the article
continued

His brother Peter (Sean's father) was a leading bowler for South Africa. Their father played provincial hockey and tennis, and their uncle played hockey for South Africa and cricket and rugby for Natal. As youngsters in Port Elizabeth where they attended Grey School, he and Peter were keen on all sports. "I've been a fanatical cricketer since I can remember," comments Graeme. The last time that Graeme played for South Africa in international sport was in 1970 against Australia at Wanderers in Illovo. His performance was outstanding and won us the game. Sadly, after that, South Africa was banned from international sport until the World Cup in 1992. "During those 22 years we filled in with rebel tours but these were not really satisfactory. Nevertheless, South Africa managed to maintain its standard of cricket - as was evidenced by our sterling performance in the World Cup in Australia in 1992. That was a real thrill for me." Today Graeme is a keen golfer and also goes to gym two to three times a week. He takes a special interest in his children - Andrew, Anthony, and daughters Jackie and Micaela. Graeme has been many things in his life. Sportsman, advertising agency account executive, sales agent for protective clothing, company executive. When asked if he had any special philosophy of life, Graeme answered, "You have to remain positive at all times, no matter what life deals you."

"Fortunately, during my 27 years of playing top cricket, I learned to live with pressure - the pressure of always having to 'deliver the goods.' And this has helped me throughout my life. Of course, having the support and understanding of my wife and children through thick and thin has been, and is a great asset." He goes on, "if you believe you are doing your best at all times, you can't do better than that." He refers to top golfer Greg Norman who recently missed winning the US Open. "Everyone criticises Greg for 'blowing it', but they forget that he came in second in an important international competition," says Graeme. 'I was very impressed by him and by what he said at the time: *'Far better it is to dare mighty things, to win glorious triumphs though chequered by failure than to rank with those poos souls who never enjoy much nor suffer much because they live in the grey twilight that knows neither victory nor defeat.'*

"If you don't try, you'll never know what you're capable of." says Graeme.

Evergreen Library Book Reviews – 18 February 2025

By: Libby Baker



On a cold and rainy day in February, thirty-odd residents gathered in the Clubhouse. Over a warm cuppa and some delicious eats, they enjoyed a morning of book reviews and social togetherness

Initially some feedback about the library volunteers

Andy Johnston has retired from the library team. He has really been an asset, and it was sad to say goodbye. We wish him all the best and thank him for his contribution to maintaining the non-fiction section.

Two new volunteers, Renate Johnson and Rosemary Ross, were welcomed; they will take over from Andy. Andy resigned, but happily, Norma has volunteered to remain on the catering side. Warm thanks and a round of applause were extended to Pru Hall and Norma Johnston for their delicious eats.



The reviews

Libby Baker

David Presbury

Elske Fann

Sue Edwards

David Presbury highlighted 4 books

John Schulkins

Alastair McAlpine, Prescription Ice Cream

Amor Towles, Table for Two

Kate Quinn, The Briar Club

Robert Harris, Precipice

Ronald Balson, A Place to Hide

William Boyd, Gabriel's Moon

Deon Meyer, Leo

Elif Safak, There are Rivers in the Sky

Winston Churchill, History of the English-Speaking People – 4 volumes

All these books have been donated to the library and will be available shortly.

From the Library

By: Libby Baker



Robert Rinder

Do you remember the TV series (around 2014) that featured Judge Rinder?

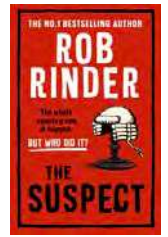


Rob Rinder is a British criminal barrister and was still practising when he started the TV courtroom series, which I thoroughly enjoyed. Subsequently he has written crime novels – this is the second in a series featuring his fictional character, Adam Green.

The stories are good – authentic, light-hearted, and include some delightful comic interventions.



Publ 2024. In our library no 1738



Rob Rinder The Suspect

When the UK's favourite breakfast TV presenter dies live on air in front of millions of viewers, the nation is left devastated. More devastated still when it becomes clear that her death was not an accident.

The evidence points to one culprit: celebrity **chef, Sebastian Brooks**. But junior barrister Adam Green is about to discover that the case is not as open-and-shut as it first seemed.

Although her angelic persona would suggest otherwise, she was not short of enemies in the glittery TV world. Can Adam uncover the truth?

'With a pacy plot, fascinating legal insights and comic interventions by Adam's mum, Rob Rinder's latest legal thriller is a warm-hearted treat' Mail on Sunday.

'Energetic, warm, laced with humourwith a truly inventive mode of murder' Sarah Vaughan

NATURE AND BIRDING GROUP (N&BG)

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

Next meeting – Tuesday, 6 May 2025.

The Owl and Bat Box Project at Evergreen

Thank you for the donations towards this project. We raised R650 at our last meeting which has been given to Cecil Fann to ring-fence for this project. Anyone wanting to know more information about the project, please email me on mutchie@mweb.co.za and I can forward the information that Sara Orchardson from EcoSolutions sent me. She states ***“Evergreen Broadacres is a wonderful estate with the river, trees and open areas and parks.”***

Sightings at Evergreen

Woodland Kingfisher – photographed by **Graeme Smith** outside his home – is an intra-African Migrant, present October to April; nocturnal migrant. You will find them in open woodland savanna, particularly along river, swamp or wetland fringers. They eat mostly insects, especially grasshoppers. Wide range of other prey including small birds, lizards, snakes and frogs. They have a distinct call – loud trilling song kri-trrrrrrr, descending and fading. They are monogamous. Nests in old woodpecker, barbet or natural tree cavities.



Photographed by Gillian Campbell outside their garage. African helmeted turtle, also known commonly as the marsh terrapin, the crocodile turtle, or in the pet trade as the African side-necked turtle, as a species of omnivorous side-necked terrapin in the family Pelomedusidae.

Source Wikipedia

NEWS: Lisa Nuttal has stepped down from the Nature and Birding Group. She is working a few days a week and this will coincide with the Tuesday meetings. Thank you so much Lisa for the help you have given me and for getting going with the N & BG. We wish you many happy working hours.

**For more information on the Nature and Birding Group please contact:
Heather Mutch on 1080; 083 789 7311**



Preparation for next local Government Elections

By: Laurrain Lötter



At its meeting on 6 November 2024, the Cabinet approved the establishment of an Inter-Ministerial Committee (IMC) to oversee preparations for the next Local Government Elections.

The last Local Government Elections were held on 1 November 2021, so the next Municipal Elections must be held between **2 November 2026 and 1 February 2027**.

The IMC will work with the Electoral Commission of South Africa (IEC) and other relevant bodies towards ensuring that the process leading to the local government is smooth and peaceful. – [SAnews.gov.za](https://www.sanews.gov.za)

One of the key questions being asked in the build-up to these elections is whether the barcoded green ID book will still be valid. Although there have been some reports that the green barcoded ID book will be phased out by the end of 2025, there has been no official Notice that this is the case.

In his contribution to the debate on the State of the Nation Address in parliament, the minister of Home Affairs committed to engaging with banks and retailers to dramatically expand the successful pilot project that delivers Home Affairs services in some bank branches.

At the time of writing, the following banks offered this service relatively near to Broadacres.



**Cooperative Governance
Traditional Affairs**

Continue/

Preparation for next local Government Elections

By: Laurrain Lötter



Bank branches offering passport and smart ID services		
Bank	Address	Contact
Standard Bank		
Standard Bank Centurion	Cnr Lenchen and Old Johannesburg Rd Centurion Lifestyle Centre	012 671 4042
Standard Bank Killarney Mall	Killarney Mall, Riviera Rd, Killarney, Johannesburg	011 486 0002
FNB		
FNB Centurion Lifestyle Centre	Cnr Lenchen and Old Johannesburg Rd Centurion Lifestyle Centre Centurion	066 460 0530 / 012 653 2661
FNB Merchant Place	4 Merchant Place c/o Rivonia and Freedman Dr Sandton	066 290 3307
Nedbank		
Nedbank Arcadia	Shop 25, Nedbank Plaza, Beatrix Street, Arcadia	066 460 0122
Nedbank Constantia Kloof	16 Constantia Boulevard Constantia Kloof Roodepoort	011 639 4208
Nedbank Rivonia	135 Rivonia Road, Sandown, Sandton	066 290 3257
Absa (6)		
Absa Centurion Lifestyle Centre	Shop 36 c/o Lenchen and Old Johannesburg Road Centurion Lifestyle Centre Centurion	066 460 0356
Absa Sandton City	Cnr Rivonia Road and 5th Street Sandton	066 290 3314
Absa Towers	Cnr Commissioner and Troye Streets, Johannesburg	011 350 4111
Discovery Bank		
Discovery Bank Head Office	1 Discovery Place, c/o Rivonia Road and Katherine Street, Sandton	0860 998 877
Investec		
Investec Bank Sandown	100 Grayston Dr Sandown Sandton	011 286 7000

The Minister also stated that the Department is working to ensure that every person legally entitled to a Smart ID can get one by fixing the IT block that currently still forces naturalised citizens and permanent residents to use the less-secure green ID books.

According to recent updates, the process to enable smart card IDs for naturalized citizens and permanent residents is currently underway, but no specific timeline has been provided for when this will be fully implemented; however, the rollout is expected

Valentine's Dinner with Ruby Tuesday

The Legend of St. Valentine

The legend of **St. Valentine** is shrouded in mystery, with multiple stories contributing to his legacy as a symbol of love and devotion. One of the most famous tales suggests that Valentine was a priest in **3rd-century** Rome during the rule of **Emperor Claudius II**. The emperor had banned marriages for young men, believing that single soldiers made better warriors. Defying this decree, Valentine secretly performed weddings for couples in love. When his actions were discovered, he was arrested and sentenced to death. While imprisoned, it is said that he befriended or even fell in love with the jailer's blind daughter, miraculously restoring her sight. Before his execution on February 14, 269 AD, he allegedly sent her a letter signed "**From your Valentine**," a phrase still used in romantic messages today.

Another version of the legend suggests that Valentine was not just a priest but also a compassionate healer who aided persecuted Christians. Some accounts claim that he attempted to convert Claudius II to Christianity, which led to his martyrdom. Over time, the story of his sacrifice and devotion to love became intertwined with medieval notions of chivalry and courtly romance. By the Middle Ages, poets like **Geoffrey Chaucer** helped cement Valentine's Day as a celebration of love. The Catholic Church later canonized him as St. Valentine, and his feast day on **February 14** gradually evolved into the modern holiday known for exchanging love letters, flowers, and gifts in his memory.



Saint Valentine healing epilepsy, illustrated by Dr. František Ehrmann, circa 1899.

Valentine's Dinner with Ruby Tuesday



Fabulous Valentine's evening enjoyed by all. Chef Neo and his talented team served a fantastic dinner that delighted everyone's taste buds - adding to the evening Ruby Tuesday's music that set the mood and got everyone bobbing to the old tunes.



Thank you to Wilma
for arranging and

Colin Grenfell
for photography



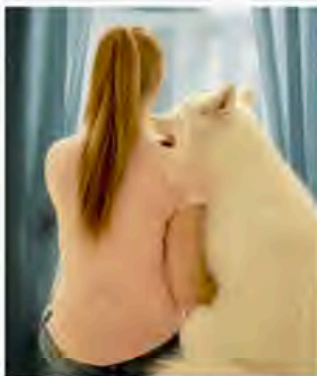
Pet's Corner

By: Wally & Rosemary Ross – House 104

Our furry Yorkie princess Lexi has stolen our hearts with her loving personality and adorable looks! We love her to the moon and back



Meet Lexi, the adorable little bundle of energy wrapped in a tiny, fluffy package. With her silky, coat and big, expressive eyes, she melts hearts wherever she goes



I NOSE HOW YOU FEEL

DOGS HAVE AN AMAZING ABILITY TO RECOGNIZE HUMAN EMOTIONS

DOGS CAN DETERMINE HOW WE FEEL BY CHANGES IN OUR SCENT & ALSO BY NOTICING OUR FACIAL EXPRESSIONS / BODY LANGUAGE / TONE OF VOICE

SCENT

Dogs can smell our emotions & when those emotions change

Chemical changes in our sweat & breath occur when we feel different emotions - happy / sad / stressed / afraid / angry / excited or even have a medical condition

A dogs scent capabilities are highly sensitive to these chemical changes in human body odour

EXPRESSIONS / BODY LANGUAGE

Dogs can recognize human facial expressions / body language to gauge our emotions or to decide whether we are safe or unsafe to interact with

TONE OF VOICE

Like a human baby, a dog's auditory cortex shows a heightened neurological response to an exaggerated / varied / rhythmic tone

Just as we should be aware of a dog's emotions, we should also be aware of how our emotions may have an effect on our dogs

*Dogs
Disclosed*

Recipe of the Month

From – the January/February issue of The Gardener

Hot Pepper Jelly



Pectin reacts instantly when added to anything hot. Mix pectin powder with sugar before adding it, and then use a blender to mix it through.

This will help prevent it from clumping. Strain afterwards to get rid of any lumpy bits.

Liquid pectin is less clump forming.

1 cup chillies

1 sweet red pepper

1½ cups white grape vinegar – don't use spirit vinegar: that should be left for cleaning.

6 cups sugar

60 g pectin

1 teaspoon red food colouring

Chop and deseed the pepper and chillies. Use gloves for this task. From experience, this is a crucial step to avoid pain. Add the peppers to a food processor and mix with 1 cup of the sugar until it's fine. Add the vinegar and mix through before pouring it into a saucepan. Add the rest of the sugar, stir well and bring to the boil. Once boiling, let it boil for 1 minute. Strain the mixture. Be careful, it's very hot and the chilli fumes can catch in your throat.

Return the mix to a clean saucepan and add the pectin and the food colouring. Bring to the boil stirring continuously.

Pour the hot jelly into sterilised jars. To make it shelf-stable, process the jars in a water bath for 10 minutes. Leave 2 cm head space in the jars, wipe the rims with vinegar, and finger tighten the lids. Add to a large pot and cover with boiling water. Bring to the boil and once at a rolling boil time for 10 minutes.

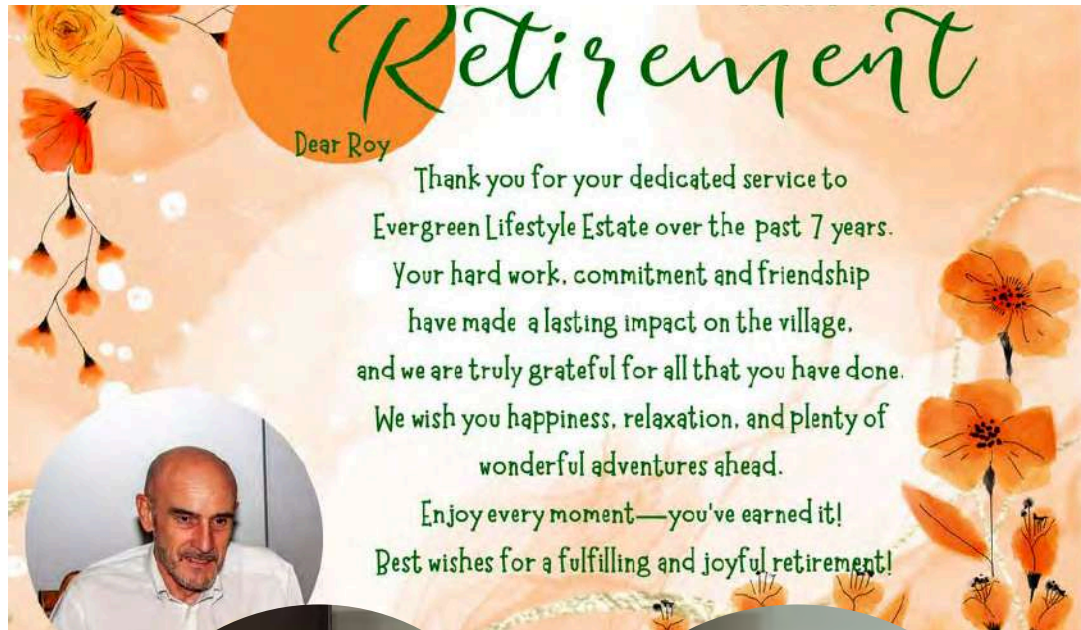
Remove from the water and set aside undisturbed for a few hours until cooled. The lids will pop inwards, making them tight. Label with the name and date before storing on the shelf.



This can be served with cheese and crackers, or anything that demands hot, sweet, and spicy!

Farewell for Roy Martin

David gave a farewell address to Roy, expressing how much the villagers appreciated and miss him.
Cecil handed a card with a collection from residents to Roy.



March Birthdays & Anniversaries

Birthdays

Robert Lloyd	1st
Kobus van Biljon	1st
Sheila Rackley	2nd
Gillian Croisier	3rd
Patrick Hansen	3rd
Peter McMurray	5th
Pauline Green	5th
Val Diesel	5th
Aileen Langmead	7th
Charmaine Hall	11th
David Campbell	13th
Esme Paul	13th
Judy Stowell	15th
Ann Willsher	16th
Carole Everitt	17th

Ivar Skanke	18th
Rita Cloete	18th
Angela McMurray	19th
Carol Roberts	20th
Glynnis Webb-Murfin	23rd
Mike Prior	24th
Andrew Johnson	26th

Anniversaries

Willie & Hester Kilian	2nd
Gerd Pontow & Gunnar Svensson	17th



What's happening in March

What's
Happening
in



St Patrick's Dinner
19 March @ 6 pm



Shuttle Bus
5.12.19 & 26
March @ 9am



Sunday Lunch
30 March @ 12:30pm



Social Dinner
every Wednesday
evening @ 6 pm



Pétangue
Thursdays @ 3 pm &
Saturdays @ 3 pm





Scrabble
4.11.18 & 25
March
@ 2 pm



Movie Night
6.13.20 & 27
Sundays
9.16.23 & 30
March @ 6:30 pm
Titles to be announce
by Wilma

March Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 3pm Pétanque	2 Movie Night:
3 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 2pm Bible Study – in the art's & craft room 4pm Men's Pool / Snooker 5pm Waterhole	4 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool 5pm Waterhole	5 8:15am Lower back group class 9am Broadacres Shopping Centre  shuttle 9:15am Walking group class 11:15am Hip and knee group 6pm Social Dinner	6 10am Art Class 10am Visual music #81 2pm Bridge 2pm Rummikub 3pm Pétanque 6:30pm Movie Night: 	7 9:30am Line Dancing 12:30pm Fish and Chips 5pm Waterhole	8 3pm Pétanque	9 Movie Night: 
10 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 2pm Bible Study – In the art's & craft room 4pm Men's Pool / Snooker 5pm Waterhole	11 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 5pm Ladies Pool 5pm Waterhole	12 8:15am Lower back group class 9am Lonehill Shopping Centre  shuttle 9:15am Walking group class 11:15am Hip and knee group 02:30pm Christian Fellowship 6pm Social Dinner	13 9am Therapeutic Exercise Class 10am Visual music #81 10am Art Class 2pm Bridge 2pm Rummikub 3pm Pétanque 6:30pm Movie Night	14 9:30am Line Dancing 10am Visual music #81 12:30pm Fish and Chips 2:30pm BINGO 5pm Waterhole	15 3pm Pétanque	16 Movie Night: 
17 9am Water Aerobics 1 9:30am Howard Shoes 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 2pm Bible Study 4pm Men's Pool / Snooker 5pm Waterhole	18 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool 5pm Waterhole	19 8:15am Lower back group class 9am Chartwell Shopping Centre  shuttle 9:15am Walking group class 11:15am Hip and knee group 6pm Social Dinner - St Patrick's Irish Dinner	20 9am Therapeutic Exercise Class 10am Art Class 10am Visual music #81 12:30pm Fish and Chips 2pm Bridge 2pm Rummikub 3pm Pétanque 6:30pm Movie Night: 	21 PUBLIC HOLIDAY – Human Rights Day Bistro Closed 9:30am Line Dancing 5pm Waterhole	22 3pm Pétanque	23 Movie Night 
24 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 2pm Bible Study in the Art & craft room 4pm Men's Pool/Snooker 5pm Waterhole	25 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 5pm Ladies Pool 5pm Waterhole	26 8:15am Lower back group class 9am Dainfern Shopping Centre  shuttle 9:15am Walking group class 11:15am Hip and knee group 6pm Social Dinner	27 9am Therapeutic Exercise Class 10am Art Class 10am Power of Attorney talk 2pm Bridge 2pm Rummikub 3pm Pétanque 6:30pm Movie Night	28 9:30am Line Dancing 12:30pm Fish and Chips 5pm Waterhole	29 3pm Pétanque	30 12:30 Sunday Lunch Movie Night
31 9am Water Aerobics 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 2pm Bible Study – Art & Craft room 4pm Men's Pool/Snooker 5pm Waterhole						

Menu



MARCH 2025 - 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	03-Mar	BBQ Grilled chicken with corn on the cob, basil seasonal veg, potatoe crisps & a broccoli & cheddar salad	sit down collect Deliver	10-Mar	Greek Chicken pita bread with hummus, Grilled lettuce, tomatoes, red onion, and olives in pita bread. Served with twice baked potatoes with sour cream	sit down collect Deliver	17-Mar	Grilled pork chops with a orange & thyme sauce rosemary potatoes, with sautéed vegetables, pumpkin wedges	sit down collect Deliver	24-Mar	Braised beef short ribs, hassle back potato, sautéed green beans, honeyed carrots	sit down collect Deliver	31-Mar	Ground beef bobotie with yellow rasin rice, spiced vegetables with cucumber rita	sit down collect Deliver
TUESDAY	04-Mar	Pork and pineapple kebabs, tomato salsa, apple gravy, toasted green beans with garlic & rosemary potatoes	sit down collect Deliver	11-Mar	Beef lasange with a nicolse salad , made with baby potatoe, fine beans, lettuce, tomato, & olives	sit down collect Deliver	18-Mar	Spicy beef meat balls with warm tortilla wraps, grilled aubergine & zucchini served with a Tabbouleh (bulgur wheat, parsley, tomato, and lemon dressing)	sit down collect Deliver	25-Mar	Pork belly strips with braised cabbage, parsley mashed potato served with carrot & orange salad	sit down collect Deliver			
WEDNESDAY	05-Mar	Beef & mushroom stirfy with broccoli & egg noodles served with apople & cabbage colslaw	sit down collect Deliver	12-Mar	Honey mustard grilled pork, garlic sauce with cous cous salad & served with grilled basil pesto zucchini	sit down collect Deliver	19-Mar	Parmesan baked chicken, penne pasta, mushroom & rosemary sauce served with beetroot, pecan & feta salad	sit down collect Deliver	26-Mar	Home-made fish cakes, with buttered green veg, sweet potato mash served cucumber & mint ,yoghurt salad	sit down collect Deliver			
THURSDAY	06-Mar	Chicken, mozzarella, tomato quiche with lemon dressed greens & herb crusted new potatoes with a fresh salad	sit down collect Deliver	13-Mar	Chicken picatta in a lemon & caper butter sauce buttered tagliatelli with a stuffed gem squash	sit down collect Deliver	20-Mar	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweet corn salad and garden salad	sit down collect Deliver	27-Mar	Chicken schnitzel with mushroom & thyme sauce, with creamy potato , buttered peas, served with garden salad	sit down collect Deliver			
FRIDAY	07-Mar	Grilled or deep fried Hake with chips or baked potato, tartar sauce, butternut & feta salad	sit down collect Deliver	14-Mar	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, waldorf salad and garden salad	sit down collect Deliver	21-Mar	Bistro Closed - Public Holiday	sit down collect Deliver	28-Mar	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad	sit down collect Deliver			

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 num

Social Dinner



	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday 05 March 2025	Hearty vegetable soup with parsley cream & croutons	Sweet and sour crispy pork with stir-fried noodles, stir-fried noodles, Asian sesame potatoes R100.00	Chicken korma, garlic roti, traditional sambals, vegetable biryani R85.00	Crème caramel, toffee, fresh fruit R45.00
Wednesday 12 March 2025	Tomato and basil soup with crispy basil and cream and garlic croutons	Braised Oxtail, butter beans, glazed carrots and green beans with creamy polenta – R200.00	Chicken and orange chicken casserole, parsley baby potatoes, broccoli bake & roasted butternut R95.00	Coffee Crème brulee, chocolate ice cream – R55.00
Wednesday 19 March 2025	<u>St Patricks Menu</u>			
Wednesday 26 March 2025	Potato and leek soup with crispy leeks, cream	Roasted pork neck, gravy, apple sauce, seasonal buttered vegetable & creamed spinach Potato gratin R95.00	Chicken parmesan with tomato basil sauce, roasted vegetables, buttered tagliatelle R90.00	Vanilla ice cream and chocolate sauce with fresh fruit R45

Sunday Lunch



Bistro

SUNDAY LUNCH
30 MARCH 2025

Starter:

· Roasted Tomato & Red Pepper Soup
with Garlic Croutons

Table Salad:

Greek Village Salad (Tomatoes, Cucumbers, Red Onion, Feta,
Kalamata Olives, Oregano, Olive Oil & Red Wine Vinegar)

Buffet Main:

Lemon & Oregano Roast Beef Stew
with Pearl Onions & Red Wine)

Sides

Herbed Lemon Potatoes
Oven-roasted with Olive Oil, Garlic & Oregano
Buttered Green Beans with Slivered Almonds
· Roasted Mediterranean Vegetables
(Zucchini, Bell Peppers, Eggplant, and
Cherry Tomatoes with Basil Pesto)

Vegetarian Dish:

Spanakopita (Spinach & Feta Phyllo Pie)

Dessert Station

Ice Cream with Chocolate Sauce
Chocolate fudge brownies
Mini Lemon Cheesecake
· Warm Rice Pudding with Cinnamon

Residents R195-00

Visitors – R185-00

Residents – R120-00

BOOK BY 17:00 ON 25 MARCH 2025 WITH TSHWANELO ON EXT 1200

