



Village Times



April 2017

A MESSAGE FROM YOUR CHAIRMAN

As I write, we are now well into Autumn and we begin the slow slide into winter (and hopefully lots of rain).

With winter comes the cold and maybe now is the time to dust off those heaters and check them for operational safety. Nothing like switching the heater on and it blows your circuit board and maybe the complex.

Personally, I use fan heaters because they are quicker at heating up the cold air in a small space and over the last few winters I have used an electricity reserve built up over the summer months instead of buying more for heating purposes.

Continuing with safety matters, the big fire doors **nearest** the main stairwells are to be kept closed at all times (except the magnetised ones near the lifts). This is a Health and Safety regulation beyond our control. Please comply and find some other way to cool or air your apartment.

By now you will have noticed that our new well point garden watering system is up and running. Unfortunately, no car washing with this water will be allowed and it is strictly for the use on the gardens and lawns.

Once again you are reminded that if you have concerns you would like to voice, your Committee is there to listen. Please call us or put a note in our post boxes, but please keep personal issues out. A list of the Committee members internal phone numbers and apartment numbers will be placed on the notice board. Please note that Jenny Barnett is no longer an active member.

Lastly, to all those who helped, baked, cooked and more on our first Evergreen Diep River market day, a big thank you and a job well done!

Kelvin Barry
DIEP RIVER RESCOM CHAIRMAN

PODIATRY SERVICES

We will be having a Podiatrist present a talk on
12 April at 10.30am in the Recreation Lounge.

The talk will include the following topics:
general foot hygiene, corns, callus, ingrown nails, suitable footwear, nail fungus and how to manage these conditions.

Kindly book with Nadine by no later than end of day 11 April.



EASTER TIME at EVG DIEP RIVER

There will be a sweet surprise coming your way in the days leading up to the Easter weekend...

Don't forget to book your Easter Sunday Lunch for 16 April 2017 @12h30

STARTER

Lentil Soup

MAIN COURSE

Rosemary Roast Beef, roast potatoes, Yorkshire pudding & gravy

DESSERT

Sago Pudding in Apricot sauce served with Custard

Friends & family Welcome!

Please note that the kitchen will be closed on Friday, 14 April 2017

About Easter..

Easter is linked to the Jewish Passover by much of its symbolism, as well as by its position in the calendar. In many languages, the words for "Easter" and "Passover" are identical or very similar. Easter customs vary across the Christian world, and include sunrise services, exclaiming the Paschal greeting, clipping the church and decorating Easter eggs (symbols of the empty tomb). The Easter lily, a symbol of the resurrection, traditionally decorates the chancel area of churches on this day and for the rest of Eastertide. Additional customs that have become associated with Easter and are observed by both Christians and some non-Christians include egg hunting, the Easter Bunny, and Easter parades. There are also various traditional Easter foods that vary regionally.



St Patrick's Day Celebrations



They say you can't celebrate St Patrick's day without a Guinness!

Seen here are (top) Barbara & Patrick Carlean enjoying their traditional St Patrick's day lunch with friend and family.

Below are Janice & Anne enjoying their lunch on the patio and inside the dining room Clive & Pat Versfeld & Clive Whitson and Richard Gunther also enjoying their celebrations.



OUR SUCCESSFUL MARKET DAY

Congratulations to everyone that was involved in our Market Day, 11 March. From the Entrepreneurs to the buyers, well done, it was a successful morning in bringing everyone together and having some fun.

The market started at 10h30 and ended round 12h30. There were 11 stalls ranging from Boerewors rolls, knitted items, arts & crafts, jewellery, pancakes and other delicious made goods. It was great to see family and friends of residents attend and enjoy themselves. *We will do it again!*



WELL-POINT WATER

We are pleased to advise that we have recently installed a well-point. This water can only be used for watering the gardens / flower beds; and not to wash your vehicles.

Remember to continue conserving your water; only flush when necessary, report / fix any leaking taps, collect shower water if possible, etc.



SOCIAL ACTIVITIES

APRIL & MAY

- Monday mornings: 11am - 12pm Line Dancing
- Tuesday mornings: 10am - 12pm Discovery Group meetings & Church Services
Dates: 11 April & 25 April Church Service and 9 May & 23 May
- Wednesday afternoons: 3.00pm Knitting Group in the dining room
- Thursday evenings: See notice board for updated details
- Saturday evenings: See notice board for updated details
- Sunday evenings: 6.30pm ÚMovies; see the notice board for updated details

- Wednesday 5 April 2017: 10am Malcolm Pillay on *Interpretation of Dreams*
- Wednesday 12 April 2017: 10.30am Podiatry Services Talk
- Sunday 16 April 2017: **Easter Sunday Lunch ... Invite the whole family!!** Menu on display
- Sunday 14 May 2017: **Mother's Day Lunch** – Menu to be distributed

SLIPPER DAY

12 MAY 2017

Join in the fun and raise funds for children whose childhood and youth is being robbed by a life-threatening illness.

This year we have swapped the stickers for a funky **wristband**, designed by some of SA's top celebrities. **And it's still only R10!**



reach for a dream

SAVE THE DATE
12 MAY 2017

Buy your R10 Reach For A Dream **SLIPPER DAY** wristband at any Wimpy or Pick n Pay. Wear your slippers on Slipper Day, 12 May 2017 to redeem your free famous coffee at any Wimpy.

WIMPY
Enjoy every moment

National and Johannesburg:
Sindi Msoni Telephone: 011 880 1740
Email: sindiswa@reachfordream.org.za

Pick n Pay



SATURDAY, 6 MAY 2017; 4pm,
Fugard Theatre
R290.00 PER TICKET

Booking & payment due 24 April 2017
This semi-biographical musical, based on the life and career of Broadway star, film actress and comedienne Fanny Brice features some of the most iconic songs in film and theatre history, including "People" and "Don't Rain On My Parade". This musical classic tells the fascinating and bitter-sweet story of Fanny Brice whose vocal talents and comedic ability see her rise from a Brooklyn music hall singer to Broadway star, and her tempestuous relationship with gambler Nicky Arnstein.

ALL ABOARD! CERES STEAM TRAIN – Saturday, 20 May (6am – 5pm)

The Ceres Railway Line offers a unique way for visitors to experience the Ceres valley whilst being immersed in 100- year old history. The trip features breath-taking scenery, and the excitement of travelling in a restored and refurbished old locomotive and coach. Our plan is to travel by steam train from Cape Town to Ceres, be collected by a coach at the station, have a delicious lazy lunch at Waverly, a beautiful organic wine farm in the area and then wend our weary way home in comfort. The cost for the **day's outing will be in the region of R600.00 excluding refreshments, lunch and wine.** ALL ABOARD! CERES STEAM TRAIN SATURDAY, 20 MAY (6am – 5pm) If you are interested in experiencing a bit of old world charm, please **RSVP by no later than Wednesday, 26 April for us to secure our berths aboard this majestic train.** Call Andréa at Evergreen Bergvliet on 021 713 7860 to book your place.

All arranged by Evergreen Bergvliet



LINE DANCING CLASSES (and the benefits of Line Dancing)

The health benefits of line dancing are obvious. Everyone benefits from exercise and line dancing is so much fun, it doesn't seem like exercise. They say that people who line dance could possibly live an extra ten years? This may or may not be true, but it's certainly something to consider. Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

- * Cardiovascular (heart) and muscular strength and flexibility become better;
- * High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve;
- * Coordination improves as you work through the different movements;
- * Lung capacity can increase;
- * Bone strength can increase; bone loss can be stopped or slowed down
- * Help with weight control - half an hour of continuous line dancing can burn an average of 300 calories
- * The social aspects of line dancing are obvious. Your sense of well-being and the connection you have with the other dancers is wonderful for your health.

Regular Line Dancing Classes take place every Monday morning at 11am in the Recreation. Contact Margaret Hull (ext. 2316) or Jean de Villiers (ext. 2104) for further information.



HONOURING ALL OUR MOM'S ON MOTHER'S DAY

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the month of May in South Africa. It complements similar celebrations honoring family members, such as Father's Day and Grandparent's Day.



This year SA celebrates it on Sunday, 14 May 2017.

Sons / daughters be sure to book your lunch on that Sunday. Lunch is served from 12h30 in the dining room

Menu to be distributed shortly

for all you do
you do with love
you are so special
a gift from above
and with all my heart
I want to say
I LOVE YOU MOM
happy mother's day



VILLAGE GUIDELINES *reminders*

3.6 STAFF

3.6.1 Should Occupants be in need of specific services; all requests thereto must be made through the Village Manager. Occupants are requested not to give instructions to staff, including contractors, such as gardeners and security personnel.

3.6.2 Occupants are requested to refrain from giving gifts, making loans to and/or tipping staff, including contractors on site, save for Christmas gifts which must be coordinated by the Village Manager.

3.6.3 Complaints against any staff member must be made in writing to the Village Manager.

3.6.4 Agency staff and private carers are to abide by the by the Village Guidelines and report to the Village Manager on a daily basis prior to commencing their duties.

... these guidelines are not intended to limit the lifestyle and / or investment of Occupants, but rather to protect them

HAPPY BIRTHDAY *to you!* 🎵🎵🎵🎵🎵🎵

4 May – Bernard Pivalizza

9 May – Pat Masters

20 May – Colleen Welch

21 May – Roy Parfitt

27 May – Letitia English & June Levor

29 May – Hermann Rohm, Sheila Fettelberg &

Gerald Bonthuys

Wishing you all a blessed day and a wonderful year ahead

