



A MESSAGE FROM YOUR CHAIRMAN

Kelvin Barry
DIEP RIVER RESCOM CHAIRMAN

As I write, wonderful rain is falling.

Anyone who dares to glance at our “riverside” canal when leaving the complex would have seen how full of rubbish it is. And our much-needed rain simply washes this rubbish into our vleis, streams and the sea. We know this and so do our City fathers and our other national flag, the famous plastic shopping bag, can be found everywhere.

Which all brings me to the topic of recycling which is part of our Evergreen lifestyle. We have our dedicated bins on each floor and man-in-charge, Artwell, assures me that our bins have the proper content when they are emptied each Wednesday.

But our recycling can only be as good as our dedication when we put out the rubbish. For example, those plastic platters on which the supermarkets pack the meat we buy, can be rinsed and recycled. Plastic is the killer. Recycle it. The City of Cape Town has a recycling depot on Rosmead Avenue if you need to get rid of a burnt-out microwave or other “hard” rubbish.

So, let all of us think before we throw away!



12 MAY IS SLIPPER DAY WRIST BANDS AVAILABLE

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!**

Join us in the dining room on Friday, 12 May 2017 at 3pm with your Slippers on for a *cuppa* & something sweet or savoury!!

Its Slipper Day, so wear your SLIPPERS all day long!



♥ MOTHER'S DAY ♥

Remember to Spoil Mom

STARTER

Vegetable Soup

MAIN COURSE

Roast Gammon with Mustard Sauce, served with Roast potatoes & seasonal Roast Vegetables

DESSERT

Baked Malva Pudding served with custard

Friends & family Always Welcome!

R80.00 per person



Deepika Patel & Associates

PODIATRY SERVICES

They make house-calls!

Always look after your feet



VILLAGE GUIDELINES *reminders*

5. MEDICAL OR MAINTENANCE EMERGENCIES

5.1 Should Occupants have a maintenance emergency, please contact the Village Manager during office hours or the security office after hours.

5.2 Should Occupants have a medical emergency, please press the emergency response button on the TeleCare Unit.

8. STORAGE

Occupants shall not place on any part of the common areas any storage items. No visible storage of any item will be permitted on garage access paving or elsewhere in the Village.

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

“Drought crisis: City lowers usage target as dam levels continue to decline

Issued by: Media Office, City of Cape Town

The City of Cape Town has lowered the target for collective water use per day by 100 million litres to 600 million litres. This comes amid the continual decline of dam levels and unseasonably hot weather which has pushed up consumption. Dam levels are now at 23,3% (storage levels), which is **0,9% down from a week ago. With the last 10% of a dam’s water mostly not being useable, dam levels are effectively at 13,3%.** The latest consumption is 745 million litres, which is 45 million litres over the previous target of 700 million litres.

Stricter water restrictions could also be on the cards soon, subject to due process. For now, the City asks that residents stop using municipal water for all outside use and that those who are able to do so invest in greywater and rainwater harvesting, among others, for all non-potable uses. Similarly, the City is currently looking at ways to create a greater culture of water harvesting in all of its operations.

‘Residents must please reduce water for personal use immediately to below 100 litres per person per day. At the current consumption rate, 88 days of water remain.

Those who use more will continue to be heavily penalised but we do not want more money from higher tariffs: residents must use less water.

The climatic conditions continue to be erratic and it seems as if many water users respond directly to that – in other words, they use more water as soon as it heats up, but seemingly also when there is rain. This is not sustainable. We must use water in a consistent manner during this **time of crisis,**

The City continues to accelerate its emergency water schemes in accordance with the disaster declaration and as a result of sound, proactive governance. The exploratory phase of a pilot project for the extraction of water from the Table Mountain Group Aquifer (TMGA) is expected to begin near the end of June 2017, pending relevant processes. At this stage, the foreseen yield is approximately two million litres per day. This is because we are taking a precautionary approach to determine the sustainable yield of the TMGA and to prevent over-abstraction and environmental damage.

The City is also continuing with extensive pressure reduction programmes to reduce the flow of water at a time, as well as water losses through leakage in the pipework of the distribution system. The regulation of supply is under way in the central, southern and eastern suburbs and within the next week it will be expanded to the northern suburbs.

Consumers should not be alarmed if they experience very low pressure or if the supply in their area drops away as it will only be temporary until the balance is achieved.

Residents can contact the City via email to water@capetown.gov.za for queries or to report **contraventions of the water restrictions (evidence should be provided to assist the City’s enforcement efforts)** or they can send an SMS to 31373.



SOCIAL ACTIVITIES

MAY & JUNE

- Monday mornings: 11am - 12pm Line Dancing
 - Tuesday mornings: 10am - 12pm Discovery Group meetings & Church Services
Dates: 9 May & 23 May Church Service & 6 June & 20 June
 - Wednesday afternoons: 3pm 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
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- Thursday 4 May 2017: Presentation by Melomed Hospital at 14h30
 - Sunday 14 May 2017: Mother's Day Lunch
 - Sunday 18 June 2017: Father's Day Lunch – Menu available end May



SWAN LAKE AT THE ARTSCAPE

arranged by Evergreen Bergvliet

The Cape Town City Ballet brings a timeless classic to the ARTSCAPE Opera House in a production of Swan Lake. Senior Principal ballerina, Laura Bosenberg, will be joined by Mariette Opperman, recently returned from dancing in Europe. Laura will appear as the White Swan, Odette, with Mariette as the Black Swan, Odile. They will be partnered, **as Prince Siegfried, by South Africa's top male dancer, Thomas Thorne** and welcomes back Kirstel Jensen in the role of Odile opposite Claire Spector as Odette, with Daniel Szybkowski as the Prince. The last pairing is Hannah Ward as Odette with Leanè Theunissen as Odile, partnered by Conrad Nusser. The role of the evil Von Rothbart is taken by Xola Putye and Ivan Boonzaaier. The ballet will be accompanied by the Cape Philharmonic Orchestra conducted by Brandon Phillips. **Sat 03 June @ 14h00** Claire Spector, Daniel Szybkowski, Kirstel Jensen, Ivan Boonzaaier **Sun 18 June @ 15h00** Laura Bosenberg, Thomas Thorne, Mariette Opperman, Xola Putye (subject to change without notice)

TICKETS: R70.00 Please book and pay for tickets with reception by no later than Friday, 13 May to secure your seats.



Tips to stay healthy in winter

Don't let colds and flu stop you this winter. Follow these tips and hints and you can continue to get more out life despite the weather forecast. *From Health 24*

Did you know that the common cold accounts for up to three years of the average person's life? The reasons behind this rather depressing statistic are not easy to pinpoint, and in contrast to what many believe, have nothing to do with the chill in the air.

And while it is the most common illness among humans it does not occur as a result of wet hair, stress, a change in temperature, cold feet or bad weather. The fact of the matter is that when the weather forecast is at a low, our immune systems are weakened making us more susceptible to colds.

Don't let colds and flu stop you this winter. Follow these tips and hints and you can continue to get more out life despite the weather forecast.



Handy hands

- Hands are described as a germ factory for a reason, so be sure to wash your hands several times throughout the day using a sanitizer.
- **While warm soap and water also work, make sure you don't rush the process and wash your hands for at least 20-seconds to kill all germs.**
- Use paper towel to dry your hands and **close the tap so that you don't come into contact with germs** once again after washing them.
- **Keep your hands away from your nose and mouth wherever possible so that they don't attract additional germs.** And if you need to sneeze, try to do so in the crook of your arm so that the germs **on your hands don't come into contact with your nose.**
- Try and eat with a knife and fork so that germs are not transferred from your hands to your food.

Surface issues

- Colds and flu are spread by viruses which can easily spread from surface to person and person to person. For this reason, **it's a good idea to carry an alcohol-based cleanser** with you to sterilise any surfaces you believe to be putting your health at risk.
- Antiseptic wipes should also be used to cleanse desktops and phones regularly.
- Always dispose of used tissues as they are the ultimate germ carriers.

Build immunity

- Exercise to build your immunity. Research suggests that by working out and making your heart pump a little faster you strengthen your immune system.
- **If you're already sick**, the general rule of thumb is that you can continue to do so if the symptoms are experienced above the neck, such as stuffy noses and sore throats. If, however, you have a temperature and are experiencing aches and pains in your body you should rest and give the gym a skip.
- **Don't worry, be happy. It's a well-known fact** that a positive attitude can boost your immune system.

Eat and sleep

- Get at least eight to ten hours sleep a night to prevent your immune system from weakening and making you more susceptible to colds and flu.
- Eating large quantities of fresh fruit and vegetables supports your immune system so make sure your diet is designed to protect you.

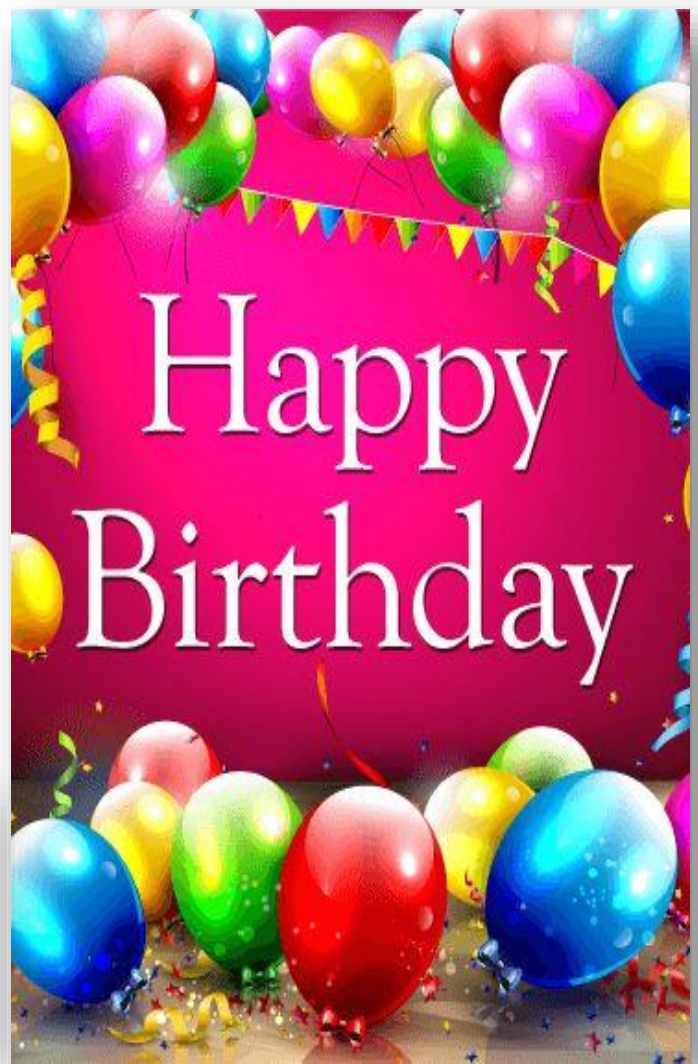
Steer clear

- While it may seem perfectly obvious, stay away from people displaying symptoms such as coughing and sneezing

HAPPY BIRTHDAY to you! 🎵🎵🎵🎵🎵🎵

Wishing you all a Beautiful day filled
with lots of love & laughter

- 6th Gordon Bushell
- 16th Kim Whitworth
- 17th Artwell Chisvo
- 22nd Ingrid Gunther
- 22nd **Bessie D'Ambrosio**
- 28th June de Jong
- 30th Gail Röhm



Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. It is celebrated on a variety of dates worldwide, South Africa Celebrate it in the month of June.

FATHERS DAY, 18 JUNE 2017

