



Dear Evergreener's



Our AGM is something of the past and we have a newly elected Rescom with our very first Rescom Chairlady, Claire McKinnon. We wish them all the very best for the year ahead. Sharon Scholtz, one of our Chef's has been transferred to another Western Province Caterers unit and has been replaced by Andrew Lewis. Andrew is a trained chef and has been with WPC for 9 years. Patricia van Rensburg has left the services of Unique Health and Staff Nurse Pamela Cele has been appointed to serve the village along with regular ENA's and care workers. Pam will be available between 7h30 and 17h00 Mondays to Friday's. Another exciting event will be the working lunch Cape Talk Radio Show on 10 October right here in our village. Enjoy every moment of every day and take care...warm regards, Melanie.



Radio presenter Pippa Hudson will be covering topics relating to retirement and health on her show in our village on 10 October from 13h00-15h00.



"You can't go back and change the beginning, but you can start where you are and change the ending."

— C.S. Lewis



Andrew Lewis



Staff Nurse
Pamela Cele

Special Events to Diarise in October

- *Sunday, 1-Choir Festival @ 3pm
- *Wednesday, 4-Rescom @ 8:30am
- *Thursday, 5-Kind to Hearing from 11am. Arrange appointment with Amanda
- *Tuesday, 10-Working Lunch with Pippa from Cape Talk Radio from 13h00-15h00
- *Wednesday, 11-Pamper with Marlie @ 3pm. RSVP by 6 October (Forever Living Aloe Products)
- *Thursday, 19-Penny Lile-Mantelli's Biscuit & treats sale at 10am
- *Thursday, 26-Trip to Babylonstoren (arranged by Bergvliet)

Remember Birthdays are good for you. Statistics show that the people who have the most live the longest. Larry Lorenzoni

We remember those we have lost.....

- Arthur Kinman (Unit 10)
- Cynthia Porter (Apart 6) (Care Centre)

Our new elected Rescom

Front left to right

Chris Turner (Unit 22), Chris Bennett (Apart 127), Claire McKinnon-Chairlady (Apart 202), Alma Swanepoel (Apart 301), Dave D'Alton-Vice Chair (Unit 3), June Orsmond-Secretary (Apart 18), Melanie Carstens (Village Manager), David Rosenberg (Apart 115)

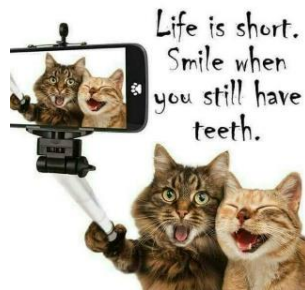


The annual AGM held on 4 September was well attended. Residents enjoyed lovely refreshments arranged by Western Province Caterers after the meeting.

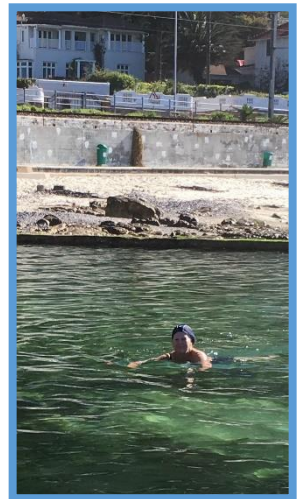


David Rosenberg (Apart 115) offers his services free of charge to residents for advice on

1. Investments
2. Insurance
3. Tax
4. Medical Aid
5. Banking



Marlene Burt taking the plunge on 1 September - Spring Day at St James. What a brave lady!



Evergreen Muizenberg Walking Group

An intrepid group of about nine enthusiastic walkers regularly leave the village at 7:15 am on weekdays to walk briskly for about an hour. During both Summer and Winter (weather dependent) they have safely covered the following areas: Marina de Gama, Zandvlei Bird Sanctuary area, Kalk Bay, Muizenberg Village and the Beach. Once the distance and pace has become too much individuals have continued to exercise around the village. The group have also participated in a charity walk "Blisters for bread" for a bit of fun and to add purpose to their endeavours. Newcomers are always welcome. Please contact Ursula Law (Unit 1/Ext 101)



CCH Productions sang tunes from the 60's era in the lunch time entertainment held on 6 September. Great voices and wonderful entertainment. We look forward to having Enzo, Bronwyn, Byron and Tarryn back in December.



The **Book Club** hosted the authors of the book "Woman Surviving Lavender Hill" on 7 September. Veronica & Naema two of the writers shared extracts from the book about their real life experiences. An absolute must read. June Orsmond (Ext 2018) has copies of the book available at R50.



1 September Spring Tea. A pleasant afternoon enjoyed by all who attended. Sam, a real talented young man entertained us on the piano while residents enjoyed delicious treats prepared by Western Province Caterers.



Laughter is good medicine. Enjoy !

THE MIDDLE WIFE!

The 'Middle Wife' by an Anonymous 2nd grade teacher...

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade classroom a few years back.

When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater.

She holds up a snapshot of an infant. 'This is Luke, my baby brother, and I'm going to tell you about his birthday.'

'First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.'

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

'Then, about two Saturdays ago, my Mom starts going, 'Oh, Oh, Oh, Oh!' Erica puts a hand behind her back and groans. 'She walked around the house for, like an hour, 'Oh, oh, oh!' (Now this kid is doing a hysterical duck walk and groaning.)

'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this.' (Then Erica lies down with her back against the wall.)

'And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!' (This kid has her legs spread with her little hands miming water flowing away. It was too much!)

'Then the middle wife starts saying 'push, push,' and 'breathe, breathe.

They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-center, so there must be a lot of toys inside there.

When he got out, the middle wife spanked him for crawling up in there in the first place.'

Then Erica stood up, took a big theatrical bow and returned to her seat.

I'm sure I applauded the loudest. Ever since then, when it's Show-and-tell day, I bring my camcorder, just in case another 'Middle Wife' comes along.



An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!". The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat. A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.



Ek was Saterdag by 'n troue waar die seremoniemeester gevra het dat al die getroude mans gaan staan by die persoon wat hul lewens die moeite werd maak.....

Die barman is amper doodgetrap!!!

