



# CHARTWELL

## COUNTRY ESTATES

MAY 2020 NEWSLETTER

**PLEASE KEEP  
DONATING TO THE  
COVID-19 CAUSE  
USING OUR WEBSITE**

### CCE BANKING DETAILS FOR DONATIONS

Go onto our website and make your donations through our shop:  
<https://chartwellcountryestate.co.za/product-category/cvd19/>

#### **Nedbank**

Branch Code: 152205  
Account Number: 1522075356  
Chartwell Country Estates  
Association

### EFT DONATION PAYMENT REFERENCES



CVD 19- FoodParcels



CVD 19- Masks



CVD 19- PetFood



CVD 19- Soup



CVD 19- SanitaryProducts

## WELCOME TO WINTER

### AGM

Due to our current situation with COVID-19 controlling the reality of our world right now, the CCE AGM meeting, which is due to be held in the next couple of months, will have to be held on an online platform. Fortunately, the new terms of our recently revised MOI allow for virtual meetings to take place using a virtual voting process. The AGM document pack which includes the minutes of our previous AGM, the Chairman's report, copy of the audited financials and other relevant documents will be loaded onto the CCE website for all registered CCE residents to access. In order for this process to be smooth and fully inclusive we need every CCE resident to register on our Chartwell website. Once you have registered and set your username and password you will have full access all the documents once the financials have been fully audited, the voting process and other information that will be sent out from time to time.

As has previously been communicated, we will be cleaning up all of our CCE whatsapp groups in conjunction with the website registration process. In the interests of the safety and security of all CCE residents, we are on a drive to remove all unverified members of the various groups. For all of the above reasons, we, appeal to every Chartwell landowner, resident and tenant to please go to our website and register. [www.chartwellcountryestate.co.za](http://www.chartwellcountryestate.co.za). The administrator of the website will then verify your registration. We request that all residents register before the end of June, after which any non-registered group members will be removed from the groups.

### FIRE-BREAKS

As winter is here and veld fires are common in the dry season, it is required by the City of Johannesburg and for the safety of all Chartwell and surrounding residents that fire-breaks are made on large holdings. The fire-break must be 5 meters wide, along the perimeter of your property, parallel with the concerned boundary, with no vegetation or any obstacles in the fire-break. We encourage all residents to preferably cut these fire breaks. If you need to burn them, please be sure to do it on a day with no wind.

**FOLLOW US ON SOCIAL  
MEDIA AND KEEP UP TO  
DATE ON OUR WEBSITE**



INSTAGRAM

@chartwell\_country\_estates



FACEBOOK  
Chartwell CCE



OUR WEBSITE

[www.chartwellcountryestate.co.za](http://www.chartwellcountryestate.co.za)

# Aunty Maureen tells:

## THE BROADACRES ROCK

By Maureen Dalglish

Corner of Cedar and Lombardy roads when driving into Broadacres, a large rock can be seen on the left.

An ordinary rock you may think and one which today is the backdrop of the spaza shop.

But, that rock was the main landmark for the area in the early days of Chartwell. Historically a variety of signs and notices were painted or chalked on it – such as Broadacres Farm School  
Rory's Party  
Church of All Saints  
Lombardy Road

And besides these some great caricature faces were often seen. The rock, being approximately 3km from the Fourways intersection, was the landmark when giving directions to visitors, eg travel north down Rietvallei (Cedar) road for approximately 3km and watch out for a decorated rock on the right. After that rock travel a further 1, 2 or 3km before turning onto a narrow track- etc etc.

A couple of years ago a road construction company, Jodan Construction, descended on the area to upgrade Cedar Road all the way to the Spencer Road entrance into Chartwell North and vast stretches of open land along the verge of the new road had to be cleared.

A sorrowful sight indeed when one day the precious Broadacres Rock was seen scooped up in the bucket of a front-end loader....

Panic rippled through the community – what were they going to do with our rock? Where was it to be taken?

The driver of the construction vehicle was approached and he gave the telephone number of his boss who could be contacted concerning this tragedy. The understanding and sympathetic boss instructed

the driver to wait for him before dumping the rock while he studied his plans and drawings for the new road. He eventually made a plan to take the rock to safety well away from danger and from obstructing the new intersection.

Throughout the road construction process, the rock was carefully guarded and it has now returned to stand fairly close to its original spot. It proudly forms part of the local spaza shop at the traffic light and busy "intersection" of Cedar and Lombardy roads almost opposite the Broadacres shopping complex.

## GET OUT THE DOOR

As the cold and dark winter mornings are here and lockdown is slowly ending, it is easy to get stuck in a routine of sitting around thinking of exercising, rather than actually getting up and doing it. The hardest part of exercising is putting on your exercise clothes and getting out the door.

For everyone, summer bodies are made in winter, so now is the time to wake up and get out the door. Change up what you have gotten used to these past few months of lockdown and take a walk, run or ride around our beautiful area.

Consistency is key, and the best way to be consistent is to get into a new routine of a set exercising schedule. Don't wait to find the time, you never will. Rather set a non-negotiable time to exercise for 20 to

30 minutes, 5 to 6 times a week. Start off with what you can manage in each session, don't over exert yourself in the beginning!!

As we all know, the benefits of exercising and not exercising are huge and affect our entire body and mind, either negatively or positively. Some of the obvious benefits, muscle strengthening and growth, increasing your energy levels, helps your bodies overall health, assists with weight loss, helps with relaxation and sleep, helps our mental state and reduces stress and many illnesses.

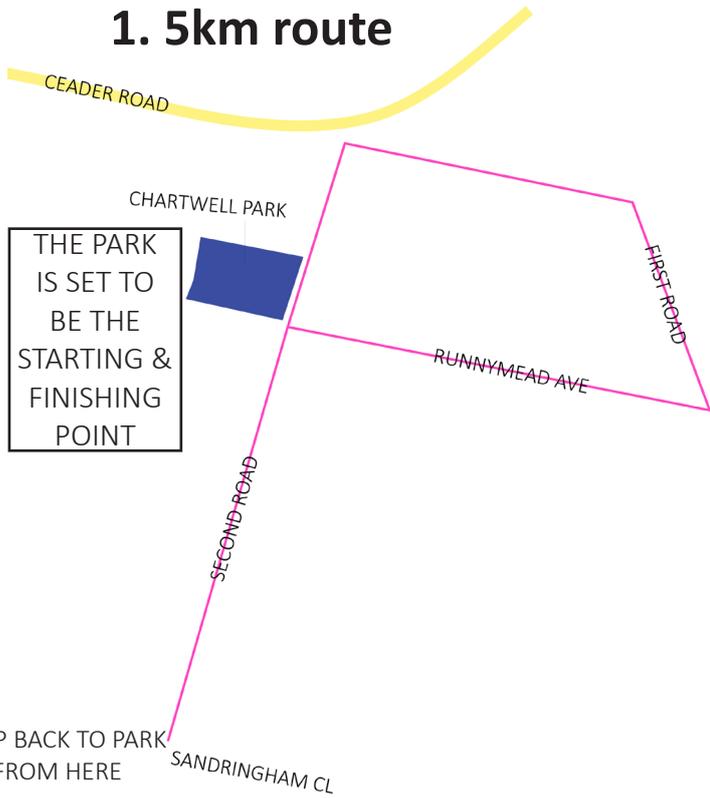
With all Gyms still being closed for the foreseeable future, the CCE would like to try help make it easier and safer for you to 'get out the door'.

Here's the plan. Criminals have unfortunately targeted pedestrians who are exercising in various areas recently, but we can't let this deter us. We suggest you find at least one buddy, preferably who lives with you, a person or a dog, or join the Chartwell walking and running whatsapp group. We have plotted some well-worn walking/ running routes around our area. You will see that each route is numbered with a distance indicated. We have added ADT security control room to the 'CCE Walking/ Running' whatsapp group and asked them to monitor the group. When you are going out walking or running, just put on the group which route you will be taking and Adt will make sure that the reaction vehicle includes that route in his rounds to keep us all safe. Remember to keep all your valuables, such as cell phones, jewellery etc, out of view of any passers-by.

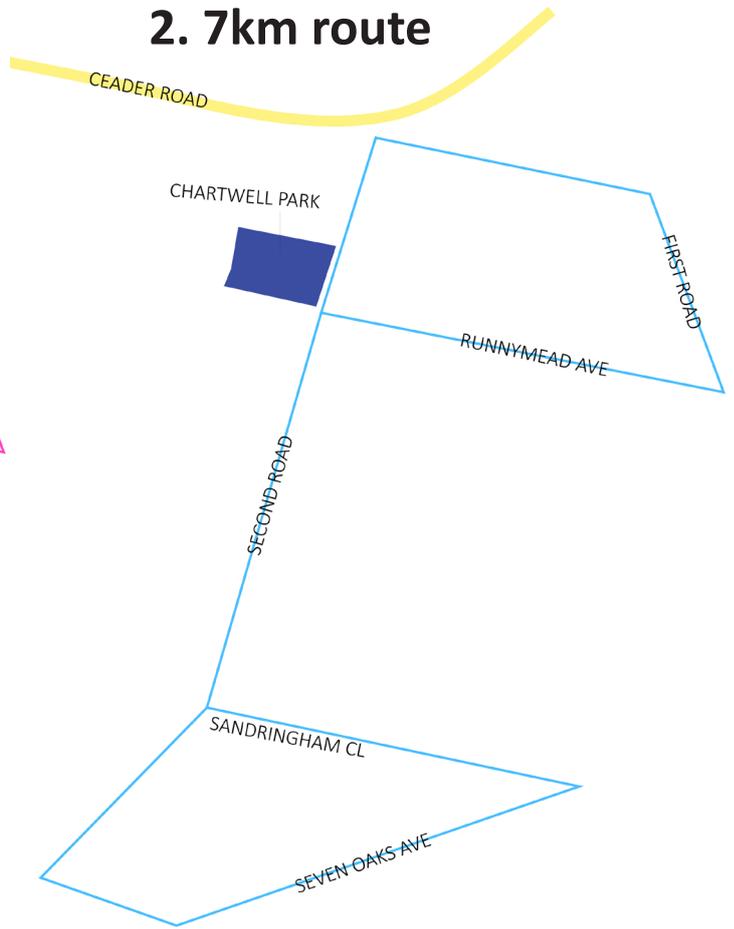
We will be having our annual 'Chartwell Fun Run' again in spring and hope to see many fit and trim Chartwellians out and about.

To be added to the Chartwell walking and running group please contact Mark McClue on 081 262 9505.

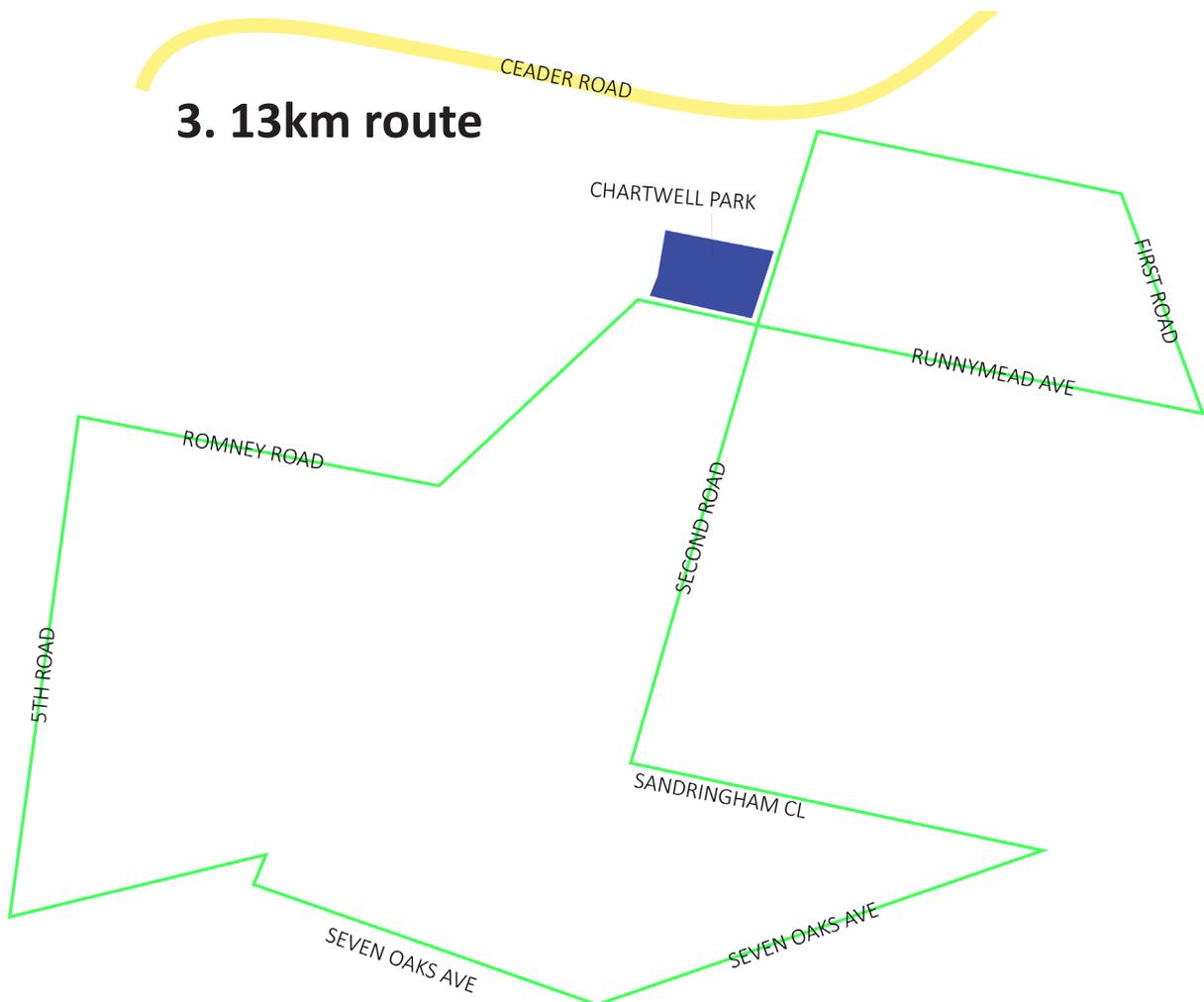
### 1. 5km route



### 2. 7km route



### 3. 13km route



*These routes are estimated distances*

# SOME WINTER RECIPIES

## HOMEMADE PIZZA

Makes 1 extra-large or 2 large pizzas

### Ingredients

#### Dough

600g bread or cake flour, plus extra for rolling

Pinch of salt

10g active yeast

400ml lukewarm water

30ml (2 Tbsp) tomato paste (a tube is useful and easy to use)

#### Toppings

Grated mozzarella or cheese of your choice

Suggestions for additional toppings: sliced onions, crushed garlic, olives, slices mushrooms, sliced peppers, capers, sun-dried tomatoes, artichokes in olive oil, ham, salami, feta, fresh or dried herbs. Add avocado, rocket and other fresh ingredients once the pizza is cooked.

#### Instructions

- Mix the flour, salt and yeast together in a bowl. Make a well in the mixture.
- Add the water and mix with your hands to form a smooth dough.
- Sprinkle flour over the work surface and knead the dough very well.
- Set the dough aside in a clean bowl covered by a damp cloth or plastic wrap, in a warm place for at least 30 minutes. The dough will double in size.
- Preheat the oven to its highest setting, around 230°C, and put a baking tray into the oven.
- Roll out the dough and spread the tomato paste over it.
- Take the baking tray out the oven with oven gloves and gently lift the pizza dough onto the baking tray.
- Sprinkle on your choice of toppings.
- Pop in the oven to bake for about 8 minutes.
- Eat while it's still hot.

*Recipe from For Friends and Family, Nicky Stubbs. 58*

## BUTTERNUT AND PEA BIRYANI WITH LEMON YOGHURT

Serves 6- 8, 300g servings

### Ingredients

¼ cup (60ml) milk

2 pinches saffron (optional)

500g (2 packets) of diced butternut

2 Tbsp (45ml) curry powder

Salt and pepper

2 Tbsp (30ml) canola oil

2 tsp (10ml) cumin seeds

Seeds of 2 cardamom pods

1 stick of cinnamon

2 onions, chopped

2 cloves of garlic, chopped

1 red or green chilli, deseeded and chopped

1 Tbsp (30ml) garam masala

2 tsp (10ml) ground coriander

1 Tbsp (15ml) turmeric

4 cups (710g) basmati rice

4 cups (1L) vegetable stock

1 can (420ml) lentils, rinsed

250g (1 pack) frozen peas

3 Tbsp (45ml) chopped fresh coriander or parsley, with extra for serving

½ cup (100g) turkish apricots, chopped

### Instructions

- Combine milk and saffron and set aside.
- Preheat the oven to 180°C.
- Combine butternut, curry powder and seasoning.
- Place on a greased baking tray and roast for 20- 25 minutes.
- Add onion, garlic, chilli, garam masala, coriander and turmeric and fry until golden, adding a splash of water if needed.
- Add rice and stock and simmer for about 20 minutes, stirring regularly.
- Stir in saffron mixture and wait a few minutes.
- Stir in roast butternut, lentils and peas (take care not to over mix).
- Remove from heat, add herbs, apricots and sea) soning.
- Garnish with extra herbs and served with lemony yoghurt (see recipe below).

### LEMONY YOGHURT

Combine 1 cup (125ml) of plain yoghurt with lemon juice (60ml) and grated peel of 1 lemon and 2 Tbsp (30ml) chopped coriander.

*Recipe from Freshliving, PicknPay, June 2019. 58.*



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