

NEWSLETTER

WHAT'S HAPPENING

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

Albert Pike

Dear Residents,

I hope you all had a good week.

This coming week we see July out on a high note with our 'Christmas in July' Dinner on Tuesday evening.

Below are a few details to note:

- Shuttles will depart from the clubhouse at 17h45. There will be 2 shuttles doing 3 trips to the Brasserie in Tokai.
- After dinner, the shuttles will start departing from 21h00.
- Please be reminded that beverage bills outside the sponsored wine must be settled per table and not individually.
- Name cards will be placed at each seating to help serving staff identify which desserts are to be served where.

Then on Friday you can join us for the last social event of the month, The Resident Walk. The walk will start at 09h30 to hopefully miss the worst of the Winter morning chill. Please note there will be no catering after the walk.

As we approach a new month, the event calendar for August can still do with some filling up. On the 18th it will be National Pinot Noir Day and on the 28th it is National Red Wine Day so we will maybe use that as a theme to add some exiting events to look forward to.

September and spring will certainly fill the Rugby calendars of all the Rugby fans when the world cup kicks off in France.

Coincidentally The Springboks are playing Ireland on the 23rd of September, we might have to start Heritage Day celebrations a day early but we will be sure to make have the Braais ready by that time.

This week we've included Pancake recipes you have to try in 'What's Cooking' and in the 'Making Headlines' section learn all about a shark that is still swimming in the deep, dark depths of the ocean some 300 years later!

And because it is still great weather to be indoors, we've included 3 fabulous reads on our 'Book Club' page.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

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ACTIVITIES & EVENTS

*For more information on any events or activities kindly
contact Reception on ext. 3200*

MON 24 JULY	11h30 CLUBHOUSE ANTI-AGING	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 25 JULY		14h00 CLUBHOUSE SCRABBLE	18H00  THE BRASSERIE CHRISTMAS IN JULY DINNER
WED 26 JULY	11h30 CLUBHOUSE ANTI-AGING		
THUR 27 JULY		14h00 ART CLASSES	
FRI 28 JULY	09h30  CLUBHOUSE RESIDENT WALK		
SAT 29 JULY		10h00 CLUBHOUSE LAWN BOULE	
SUN 30 JULY			

ACTIVITIES & EVENTS

RESIDENT WALK

Friday, 28 July at 09h30

Join us for our monthly Resident walk.
5km and 7km route map available
at Reception

For more information contact
Myrle on ext. 3053 by Wednesday,
26th July 2023.

IT'S A CELEBRATION

"The more you praise and celebrate your life, the more there is in life to celebrate". — Oprah Winfrey

BIRTHDAYS

25 JULY

KEVIN HOJEM – House 33
GORDON COLLENDER – Apartment 105

30 JULY

HEATHER HONEYSETT – House 78

31 JULY

ROGER PRIDEAUX – Apartment 104

WHAT'S COOKING



5 PANCAKE RECIPES YOU NEED TO TRY

ARTICLE BY: FRESH LIVING MAGAZINE

Rise and shine, it's pancake time! Undeniably one of the best breakfast foods around, these hot cakes can be so much more! Whether you like them sweet or savoury, our pick of five delicious recipes is bound to become your go-to.

JAPANESE SOUFFLÉ PANCAKES

We're taking pancakes to new heights with this one – literally! Add a generous serving of your favourite veggies (we used mushrooms and spinach) to these incredibly light and fluffy soufflé pancakes and elevate dinner instantly!

INGREDIENTS

Garlic veg:

- 2 Tbsp (30ml) butter
- Olive oil or canola oil, for frying
- 2 Tbsp (30ml) PnP crushed garlic
- 1 punnet (250g) white button or portabellini mushrooms, sliced
- 2 leeks, sliced
- 1 packet (100g) baby spinach
- 1 tsp (5ml) balsamic or red wine vinegar
- Salt and milled pepper
- 1 tsp (5ml) brown sugar

Pancakes:

- 3 eggs, separated
- 2 Tbsp (30ml) milk
- 1 Tbsp (15ml) canola oil
- ½ tsp (3ml) baking powder
- Pinch salt
- ¼ cup (40g) cake flour
- 1 tsp (5ml) white wine vinegar
- ¼ cup (60g) sugar

Method:

1. Heat butter and oil in a pot over medium heat.
2. Add garlic and cook for 2 minutes until fragrant.
3. Add mushrooms and leeks, and sauté for 8-10 minutes.
4. Stir in spinach, vinegar, seasoning and sugar, and cook for another 5-8 minutes. Set aside.
5. Whisk together egg yolks, milk, oil, baking powder and salt in a bowl until light and foamy.
6. Sift in flour and mix until smooth.
7. Combine egg whites and vinegar and whisk to stiff peaks.
8. Whisk, while gradually adding sugar, to form a stiff meringue.
9. Mix a third of the meringue into the egg yolk mixture, then gently fold in the rest.
10. Spoon into a piping bag and cut about 4cm off the tip.
11. Heat a pan over low-medium heat and add a thin layer of oil.
12. Pipe mixture into 8cm discs about 2-3cm high (or use a cookie cutter as a mould, if you like). Add a little water to pan and cover with lid.
13. Cook pancakes for 4-6 minutes per side until golden.
14. Serve with garlicky veg topping.



GLUTEN-FREE RICOTTA AND PUMPKIN PANCAKES

Gluten-free? No problem. Make breakfast or brunch an unforgettable affair with these scrumptious flavour-packed pancakes. Be warned: your friends and family will beg you to make these on repeat.

Click [here](#) to view recipe



PEANUT BRITTLE AND GANACHE PANCAKE STACK

Brace yourself – these may be the most indulgent pancakes you've ever had! The recipe calls for a bit of elbow grease, but the end results are more than worth it. Enjoy!

INGREDIENTS

Chocolate ganache:

- 4 slabs (90g each) dark chocolate, chopped
- ¼ cup (60ml) cream
- 1 Tbsp (15g) butter

Peanut butter sauce:

- ¾ cup (180ml) peanut butter
- ½ cup (125ml) cream
- 1 Tbsp (15ml) golden syrup

- 30–40 pancakes (see Classic Pancakes recipe)
- 1 large bar (100g) peanut brittle, broken into shards

Method:

1. Melt chocolate and cream in a double boiler.
2. Stir in butter and set aside.
3. Place peanut butter, cream and syrup in a saucepan and stir over low heat. Set aside to cool.
4. Place a pancake on a cake stand or serving plate and spread with chocolate ganache.
5. Layer another pancake on top and spread with peanut butter sauce.
6. Repeat layering with the rest of the pancakes.
7. Spoon remaining sauce over and top with peanut brittle shards.

SAVOURY PANCAKES

Need a super-easy dinner that the whole family will love? We can't think of anything better than a flavourful mince filling rolled up in tasty home-made pancakes and covered in a tangy cheesy sauce.

Click [here](#) to view recipe

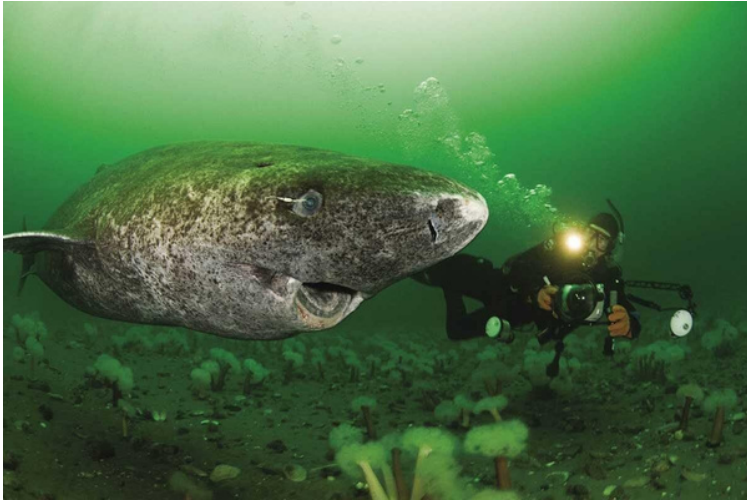


CLASSIC PANCAKES

Fluffy, moist and super easy to make! There's nothing better than waking up to a steaming stack of good ol' classic pancakes.

Click [here](#) to view recipe

MAKING HEADLINES



THE GREENLAND SHARK'S SLOW SWIM THROUGH DEEP TIME — AND INTO POSSIBLE EXTINCTION

ARTICLE BY: BY DON PINNOCK FOR THE DAILY MAVERICK

We tend to think of vertebrates as living about as long as we do, give or take 50 to 100 years. That notion has been completely trashed by a fish — the Greenland shark.

Everything about the Greenland shark is slow, deep and long. There are some — perhaps many, but they're hard to count — that were alive before the Dutch colonised the Cape of Good Hope and will go on to outlive all humans presently on earth. The oldest recorded one, caught and killed, it embarrasses me as a human to say, was more than 400 years old. They're the longest-living vertebrate animals known to science.

At the birth of that now-dead shark, the English Civil War between the Roundheads and Royalists was raging. While the shark was still a pup, Europe entered the Renaissance and the Mughal Empire was consolidating its conquest of India. A hundred years later, in 1700, when it was still young, Europe was in the middle of the Enlightenment and, as it was nearing midlife, the Industrial Revolution began. At that point, it had become old enough to breed. When it was 200 years old and in breeding prime, the Anglo-Boer war was taking place. For this Arctic Ocean fish, World War 2 was a short while ago and Mars landings, its yesterday.

About the future of the Greenland shark, there is good news and bad. The good news is that in September 2022, after years of haggling and calls for more information, the intergovernmental Northwest Atlantic Fisheries Organisation prohibited the retention of Greenland sharks in international waters and called for any caught to be handled with care and returned to the ocean. The ban didn't make the front page — it wasn't a fish anybody cared much about.

The bad news is that fishing is not an exact science. Nets and hooks haul out whatever gets caught by them and Greenland sharks are not exempted from what's known as bycatch — unwanted and unintentional capture. There's another problem.

According to Sonja Fordham, president of Shark Advocates International, these sharks are "good at playing dead. So they're often assumed dead and may not be treated particularly carefully and it can also be hard to get them out of the net".

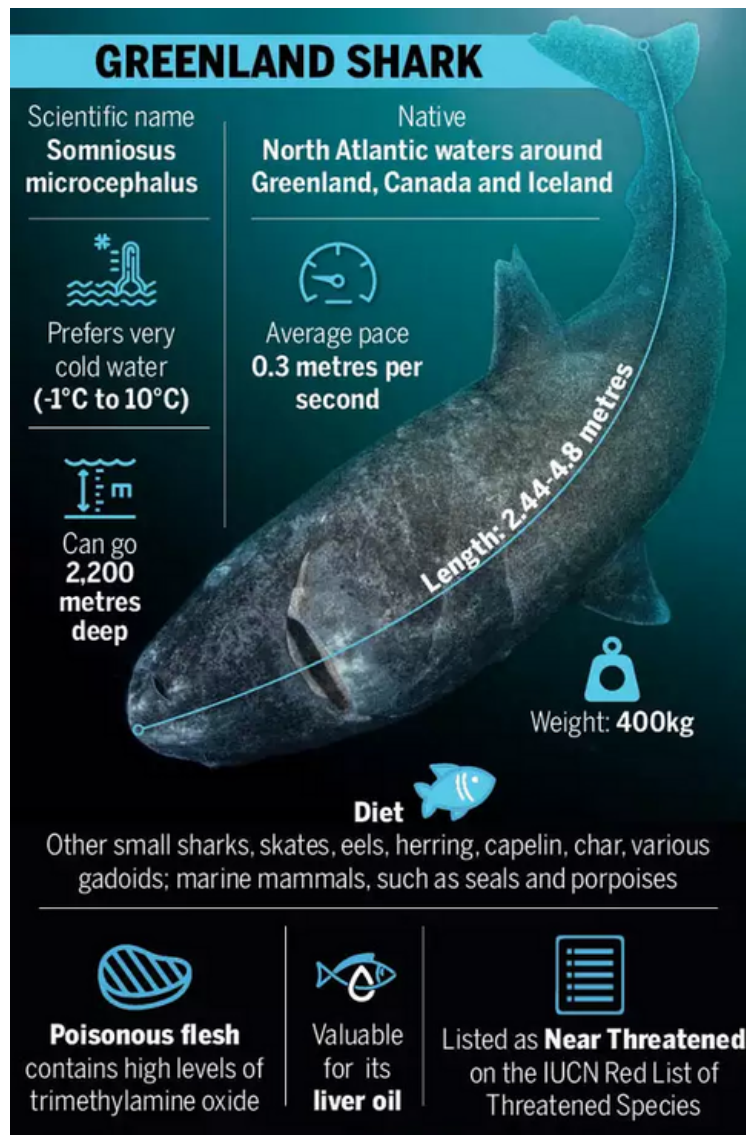
This, along with historically targeted fishing pressure, has contributed to a decline of about 60% in the past 420 years. In 2020, the Greenland shark's conservation status on the IUCN Red List worsened from near threatened to vulnerable.

Mystery fish

We know almost nothing about Greenland sharks, but what we do know are the reasons for their vulnerability. They swim slowly, grow slowly and mature slowly. They inhabit both the abyssal deeps, continental shelves and shallows, leaving them vulnerable to trawling, gillnetting and longlining.

It's estimated that before the ban, around 50,000 had been caught to support the liver oil industry (10 million years of cumulative life). In 2012 it became compulsory to report Greenland shark catches. The following year it was recorded at 22.2 tons; in 2016 it was at 210.2 tons. As the Arctic ice recedes and the planet warms, fishing boats are pushing northwards into the core habitat of Greenland sharks. Vessel noise is known to alter both short and long-term habitat decisions, affecting overall species distributions.

As to its daily life, science offers a few clues — at a cost. Though its heart pumps at between 12 and 20 beats a minute, it's no slouch as a predator.



Researchers who cut open 39 Greenland sharks found 25 different fish species – and wiped out a possible 8,000 years of life to discover that.

“There’s still so much we don’t know about [Greenland sharks],” Arctic fisheries adviser Brynn Devine told the environmental news site Mongabay. “How many there are, their abundance, their population structure... We have no idea where they go to mate, or where they go to have their pups.

“We don’t know how many pups they have or how often they reproduce. And that makes conservation planning particularly challenging because those are the things that you need to know to understand how at-risk a species is to things like bycatch.”

The population of the Greenland shark is thought to have been stable for more than five million years until humans began deep-sea fishing. In the past 100 years, in addition to fishing, it has had to deal with vessel traffic, seismic survey blasts, pollution, and climate change.

In a way, it’s a poster fish for our destruction of marine life – a synecdoche for the impact of humans on the planet.

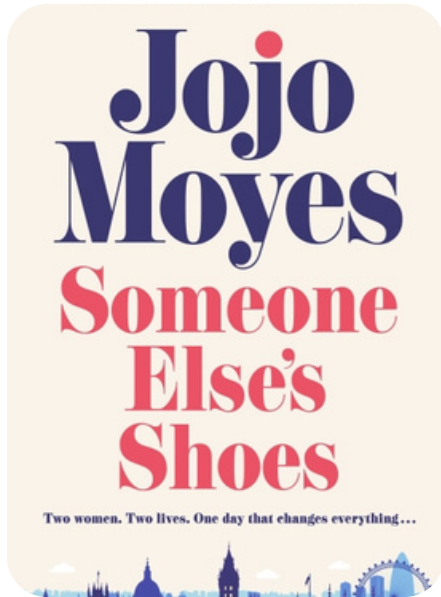
Out of sight is generally out of mind and three-quarters of our planet lives there. But if this long, slow shark was to go extinct, it would be akin to losing every elephant, lion or polar bear.



Article By Don Pinnock

Don Pinnock is an associate of Southern Write, a group of top travel and natural history writers and photographers in Africa. He's a former editor of Getaway magazine in Cape Town, South Africa. He has been an electronic engineer, lecturer in journalism and criminology, consultant to the Mandela government, a professional yachtsman, explorer, travel writer, photographer and a cable-car operator on the Rock of Gibraltar. His present passion is the impact of humans on planetary processes.

BOOK CLUB



SOMEONE ELSE'S SHOES, BY JOJO MOYES

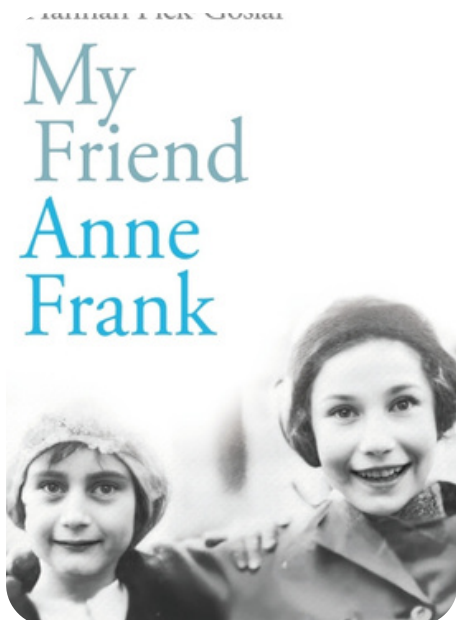
The brand-new novel from the International No 1 Bestselling phenomenon and author of *Me Before You* and *The Giver of Stars*. Nisha Cantor and Sam Kemp are two very different women. Nisha, 45, lives the globetrotting life of the seriously wealthy until her husband inexplicably cuts her off entirely. She doesn't even have the shoes she was, until a moment ago, standing in.

That's because Sam – 47, middle-aged, struggling to keep herself and her family afloat – has accidentally taken Nisha's gym bag. Now Nisha's got nothing. And Sam's walking tall with shoes that catch eyes – and give her career an unexpected boost. Except Nisha wants her life back – and she'll start with her shoes...



BLACKOUTS & BOEREWORS, BY KARL TESSENDORF AND GREG GILOWEY

Load-shedding sucks! You know it. We know it. The whole country knows it. It's also no secret that it's here to stay for the foreseeable future. Is it annoying, frustrating and downright infuriating? Yes, no question about it. However, every blackout is a fire begging to be built, a juicy chop ready to be turned and a family braai just waiting to happen. With a little planning, some clever thinking and 40 great recipes – quick and easy, plan ahead and weekend winners – load-shedding can go from the worst part of your day to the best. Follow more recipes to become the king of condiments and the sultan of sauces, then power up your pantry with a store-bought collection of spices, smears, sauces and jazzier-uppers. Put your money where your braaibroodjie goes and join the Beer Country duo as they dive into their best braai recipes for the Eishkom disaster. Welcome to the braight side of load-shedding life!



MY FRIEND ANNE FRANK, HANNAH PICK-GOSLAR

'The inspiring and heartbreaking true story of two best friends torn apart and reunited against all odds. When Hannah Pick-Goslar's family fled Nazi Germany for Amsterdam, she struck up a close friendship with her next-door neighbour; precocious, outspoken, and fun-loving Anne Frank. Hannah instantly warmed to happy-go-lucky Anne and for seven blissful years, the inseparable pair navigated school, boys, and coming of age in Amsterdam's Rivierenbuurt neighbourhood. But in 1942, life quickly changed for the thirteen-year-old girls. The Nazi occupation of Amsterdam meant the friends were separated without warning. Hannah called on Anne, but there was no trace of her friend or her precious diary. Hannah was tormented over the fate of Anne, wondering if, by some stroke of fortune she had escaped danger and was alive and well elsewhere.

In this groundbreaking memoir, Hannah Pick-Goslar shares an intimate portrait of Anne Frank, the young Jewish diarist who has captured the hearts of millions of readers around the world.