



"None of us are getting out of here alive, so please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There's no time for anything else."

ANTHONY HOPKINS

Dear Residents,

I hope you've all had a good week.

As I am sure you all saw today, the clubhouse is really starting to take shape and we are now in the final stretch before we move back into our "home".

By next week we will also be ready to share details on our Festive calendar. Those of you who will be holidaying at home will definitely have some exciting events to look forward to.

We have also been hard at work to ensure a much improved catering experience. We will most likely take a step-by-step approach and grow the offering as we move into the new year.

While we look forward to a new-look clubhouse we thought it would only be appropriate to enter December with a new-look Newsletter. We will keep to a festive theme until we revert to a standard and similar look in January.

Please feel free to share your feedback with regards to topics you would like covered and also simple things like font sizes and layout that might make the read less or more pleasurable.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

IN THIS ISSUE



Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

New Ways With Christmas Trifle

Why Do We Kiss Under the Mistletoe?

The Stories Behind Weird Cocktail Names

Heatstroke vs Heat Exhaustion:

How to look after yourself in a heatwave

WEEKLY ACTIVITIES

MON 27 NOV	11h30 HOUSE 24 AGELESS GRACE CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 28 NOV		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 29 NOV	11h30 HOUSE 24 AGELESS GRACE CLASS		
THUR 30 NOV		14h00 ART CLASSES	
FRI 1 DEC	09h30 RESIDENT WALK		
SAT 2 DEC		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
SUN 3 DEC		CLUBHOUSE LAWN BOULE	

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

HAPPY Birthday

3 DECEMBER

THEO WEBER – HOUSE 5

6 DECEMBER

JOHN DRAKE – APARTMENT 3

7 DECEMBER

PATRICIA OBERHOFFER – HOUSE 1

13 DECEMBER

MIKE UYS – HOUSE 8

JENNIFER FISHER – APARTMENT 1

15 DECEMBER

MARETHA LUBBE – HOUSE 73

20 DECEMBER

RONNIE VAN REENEN – HOUSE 4

21 DECEMBER

RICHARD EASTWICK – APARTMENT 110

DONALD CAMPBELL – HOUSE 41

28 DECEMBER

DAVE PHILLIPS – HOUSE 56

HAPPY Anniversary

3 DECEMBER

KEVIN AND SALLY HOJEM – HOUSE 33

16 DECEMBER

LAUBI AND CHRISTINE WALTERS – HOUSE 64

18 DECEMBER

CHARLES AND TERTIA HARROD – HOUSE 13

21 DECEMBER

JEFF AND PADDY HAWTHORNE – HOUSE 70

22 DECEMBER

RODNEY AND LORRAINE BRYANT – APARTMENT 102

EDWARD AND ESTELLE TWIGGS – HOUSE 62

RESIDENT WALK

1 December 2023
09h30

Join us for our last Resident
Walk of the year.

For more information contact Myrle on ext. 3053

'TIS THE SEASON FOR GIVING



Christmas gift drive

Dive into the Christmas spirit by participating in our annual Christmas Gift Drive for the residents of Douglas Murray Home!


Please drop off your thoughtful gifts at Reception before December 15th, and we'll ensure they reach the Home by December 20th, bringing happiness to each resident during this magical season.

Gift ideas: Personal Hygiene Products in particular Roll On / Talcum Powder, Shavers etc. | Clothing in particular Female Knee High Compression Stockings | Adult Incontinence Products | Sweets and Chocolates

Let's make their Christmas unforgettable together!



Christmas Cake Raffle



HOW TO ENTER:

Complete the entry form at Reception and select your ticket number.

Tickets are R50 per entry. Number of entries are not limited.

The Draw will take place at this year's Christmas Dinner



Hope house

Counselling Centre

For the past several years we have donated gifts to Hope House in Tokai. This year they are hoping for stationary and reading books (5-14 years). Be sure to wrap and identify your present with a small label to include whether it is for a girl or a boy and the age group.

Please drop your gifts at reception in the designated box.



The cut-off date is 30th November

Thank you in advance for your support.

Cake for Good

Buy a delicious fruit cake and help

Victoria Hospital's Abundant Life Palliative Care



only R120

Traditional fruit cake (1kg) made with a generous portion of fruit. To place your order contact: Roger Cummins on Ext. 3020 or 082 379 8417

NEW WAYS WITH CHRISTMAS TRIFLE

T

rifle is an essential at most Christmas meals. This year, why not remix the recipe with some of these great trifle ideas?

At Fresh Living, the festive season is trifle season! If you're looking for some fresh ideas and flavour combinations, read on for trifle inspiration from our team. We have recipes for the chocolate-lovers and berry-lovers, and there's even a trifle ice cream!



CLASSIC SUMMER TRIFLE

It's a classic for a reason! If this is your first time building a trifle, start with this traditional recipe.

The trifle you knew as a kid gets a few trendy touches

Ingredients:

2 packets (80g each) peach jelly
2 (350g each) PnP madeira cakes, cut into squares
2 punnets (100g each) raspberries + extra for serving
4 cups (1L) custard
5 yellow-flesh nectarines, quartered + extra slices for serving
1½ cups (375ml) cream
½ cup (125ml) castor sugar
½ tsp (3ml) vanilla essence

Method:

Prepare jelly according to packet instructions and set in a 3L trifle bowl. Top with half the madeira cake squares and half the raspberries. Pour custard over cake and layer with remaining cake and berries, then nectarines. Whisk cream, castor sugar and vanilla together to firm peaks and spoon onto fruit. Serve topped with extra berries and nectarines.

ARTICLE BY:
FRESH LIVING MAGAZINE

LEMON CURD AND CREAM TRIFLE

Tart and creamy: what a great combination! This recipe brings bright citrus zing to your Christmas table.

Emergency dessert in a flash! The lemon curd can be made in advance, and then it's just a few minutes to put the trifle together.

Ingredients:

- 2 cups (500ml) sugar
- Juice (240ml) and grated peel of 4 lemons
- ½ cup (125ml) butter, cut into knobs and chilled
- 4 large eggs, whisked
- 4-6 slices PnP Madeira cake
- ½ cup (125ml) cream, whipped
- ¼ cup (60ml) pecan nuts, chopped

Method:

Pour sugar, lemon peel and juice and butter into a heatproof bowl. Place bowl over a tight-fitting pot of simmering water, the glass not touching the water. Stir with a wooden spoon until sugar has dissolved and butter has melted. Add eggs to the bowl and continue to cook, stirring constantly until the mixture thickens enough to coat the back of the spoon (about 15-20 minutes). Pour lemon curd into warm, sterile jars. Cool to room temperature. Slice cake and layer into serving glasses with cream and lemon curd. Use 3 tablespoonfuls of lemon curd per glass. Serve sprinkled with nuts.



PANNA COTTA BERRY JELLY TRIFLE

These little desserts will win over the most ardent trifle sceptics. The rich and creamy panna cotta pairs beautifully with tangy fresh berries.

End your Christmas meal on a high note!

Ingredients:

- Panna cotta:
- 1 sachet (10g) gelatine
 - ¼ cup (60ml) boiling water
 - 1 cup (250ml) milk
 - 1 vanilla pod, split
 - ½ cup (125ml) castor sugar
 - 1 tub (250ml) PnP cream
 - 2 tubs (250ml each) PnP extra-thick cream

Jelly:

- 1 packet (60g) PnP raspberry jelly
- 1 punnet (100g) each raspberries and blueberries
- 1 punnet (250g) strawberries

Topping:

- 2 tubs (500g each) PnP fresh vanilla custard
- 1 PnP Bakery Swiss roll, cut into chunks
- Berry liqueur or medium-cream sherry
- 1 tub (250ml) PnP extra-thick cream
- 1 packet PnP Bakery meringues, crumbled

Method:

Dissolve gelatine in boiling water. Heat milk and vanilla pod in a small saucepan to just below boiling point. Add sugar and gelatine mixture, remove from the heat and cool slightly. Stir through regular and extra-thick cream. Strain mixture through a sieve into a large trifle bowl. Leave to set. Make jelly according to packet instructions. Cool until just set. Stir berries into jelly and carefully pour mixture over set panna cotta. Allow to set completely. Spoon custard over mixture, dot with slices of Swiss roll and drizzle with liqueur. Whip cream until soft peaks form and fold through meringues. Top trifle with meringue mixture and serve.



why do we kiss under the mistletoe?

ARTICLE BY:
THE HISTORY CHANEL

Kissing under sprigs of mistletoe is a well-known holiday tradition, but this little plant's history as a symbolic herb dates back thousands of years. The Greeks were known to use it as a cure for everything from menstrual cramps to spleen disorders, and the Roman naturalist Pliny the Elder noted it could be used as a balm against epilepsy, ulcers and poisons.

The plant's romantic overtones most likely started with the Celtic Druids of the 1st century A.D. Because mistletoe could blossom even during the frozen winter, the Druids came to view it as a sacred symbol of vivacity, and they administered it to humans and animals alike in the hope of restoring fertility.

Many ancient cultures prized mistletoe for its healing properties — and its romantic symbolism.



Another famous chapter in mistletoe folklore comes from Norse mythology. As the story goes, when the god Odin's son Baldur was prophesied to die, his mother Frigg, the goddess of love, went to all the animals and plants of the natural world to secure an oath that they would not harm him.

But Frigg neglected to consult with the unassuming mistletoe, so the scheming god Loki made an arrow from the plant and saw that it was used to kill the otherwise invincible Baldur. According to one sunnier version of the myth, the gods were able to resurrect Baldur from the dead. Delighted, Frigg then declared mistletoe a symbol of love and vowed to plant a kiss on all those who passed beneath it.

Mistletoe's associations with fertility and vitality continued through the Middle Ages,

and by the 18th century it had become widely incorporated into Christmas celebrations.

Just how it made the jump from sacred herb to holiday decoration remains up for debate, but the kissing tradition appears to have first caught on among servants in England before spreading to the middle classes.

As part of the early custom, men were allowed to steal a kiss from any woman caught standing under the mistletoe, and refusing was viewed as bad luck. Yet another tradition instructed the merrymakers to pluck a single berry from the mistletoe with each kiss, and to stop smooching once they were all gone.

THE STORIES BEHIND WEIRD COCKTAIL NAMES

From Sex on the Beach to Screwdriver, obscure drinks have graced cocktail menus and been ordered by many around the world.

But have you ever wondered about the weird and wonderful stories behind their names? Like, why is it called a Screwdriver or a Moscow Mule and why do we love naming cocktails after Marys?



ARTICLE BY:
CRUSH MAGAZINE



BLOODY MARY

If there was ever a recipe to cure a hangover, it's a Bloody Mary. The vile tomato juice and Worcestershire sauce-filled drink certainly isn't for everyone and neither was the Queen it was apparently named after.

During her reign of terror, Mary Tudor ordered the killings of those with Protestant beliefs, resulting in the bloodshed of at least 280 people burned at the stake – labelling her 'Bloody Mary'. According to another tale, the drink was named by author, Ernest Hemingway, and entertainer, George Jessel, after their mutual friend, Mary Geraghty.

MARY PICKFORD

If there's one thing we have prohibition to thank for, it's the invention of cocktails. Apparently, America endured prohibition during this cocktail's inception.

Cuba was influenced by American culture and decided to pay homage by naming the cocktail after Hollywood star, Mary Pickford. The origins of its name are widely rumoured, one tale purports that the signature cocktail was invented during the actress' trip to Havana, Cuba, as she and her husband, Owen Moore, frequently visited for filming. A Mary Pickford is made with two-thirds pineapple juice, one-third rum and a dash of grenadine – a popular cocktail ingredient during this era.

The Mary Pickford cocktail was named after the Hollywood actress, who rose to fame during The Roaring Twenties.

MOSCOW MULE

If you've never had a Moscow mule, you're missing out. This vodka-based, ginger and lime-infused cocktail is super refreshing. As for the moniker, apparently, alcoholic drinks that are infused with ginger and citrus are referred to as 'buck drinks' because the alcohol has an extra kick, much like a mule. The 'Moscow' part derives from the fact that the drink is vodka-based. As we know, Russians love their vodka, and Moscow is, of course, the capital of Russia. A Moscow Mule is commonly served from a copper mug, as it helps regulate cold temperatures; it's also believed to keep the drink fizzy and carbonated.



LONG ISLAND ICED TEA

Despite its name, the Long Island Iced Tea does not contain any tea – but to be fair, who would want tea in their cocktail? It is a strong cocktail made with a combination of vodka, rum, tequila, gin, triple sec, lemon juice, simple syrup and topped up with cola. The cocktail is believed to have been invented in the 1970s by a bartender named Robert 'Rosebud' Butt in Long Island, New York. The name 'Long Island' is derived from its place of origin, and the 'Iced Tea' part is a nod to the drink's appearance, as it closely resembles a glass of iced tea.

HARVEY WALLBANGER

The Harvey Wallbanger is a tall cocktail with vodka, Galliano liqueur and orange juice. The exact origin of the name is unclear, but it is believed to have been popularised in the 1950s and 1960s. The most common story behind the name is that it was named after a California surfer named "Harvey" who would frequently bang against walls while drinking this cocktail. Be careful of these, they live up to their namesake!

FUZZY NAVEL

The Fuzzy Navel is a simple cocktail made with peach schnapps and orange juice.

Its name is a playful reference to its two main ingredients. 'Fuzzy' comes from the peach schnapps, as peaches are often described as having a fuzzy or velvety texture, and 'navel' comes from the orange element, as navel oranges actually grow a second 'twin' fruit opposite its stem, which resembles a human belly button. This one spells hangover to us!

SIDECAR

The origins of this Cognac-based drink aren't exactly clear, but its rumoured origins place it at the end of the First World War. Apparently, WWI veteran, Henry MacElhone, left the London Royal Navy Air Service after serving to become a bartender in 1919. After concocting a variety of cocktails, he later move to Paris and eventually bought a bar, which he named Harry's New York Bar. The Sidecar was one of the many cocktails he created, gaining popularity and shaping the cocktail culture in France.

The combination of Cognac, orange liqueur (typically Cointreau, triple-sec, Grand Marnier or dry curaçao) and lemon juice gives this drink its distinct sour taste.

SEX ON THE BEACH

Based on blockbusters, we know that most spring break ventures never lead to anything good – this delicious cocktail might just be the exception. In the U.S. Spring Break of 1987, a peach schnapps company went around pitching different bars to promote their product. Barmen were asked to create interesting peach schnapps-based drinks. The bar that created the best drink was based in Florida and mixed peach schnapps with vodka, orange juice, and grenadine. They ended up naming the drink 'Sex on the Beach' in honour of the two things Florida was best known for – their beaches and ...

HEATSTROKE VS HEAT EXHAUSTION:

HOW TO LOOK AFTER YOURSELF IN A HEATWAVE

WHAT IS HEATSTROKE AND WHAT CAUSES IT?

Heatstroke occurs in hot, humid conditions when the body fails to control its temperature. It is a medical emergency.

There are two types of heatstroke: classical and exercise-induced. Classical heatstroke affects the more fragile - the very young and the elderly, and often, those who have heart disease. It occurs when there is no exercise activity. Young children are particularly at risk when they are locked in a hot car. There is usually no sweating involved. Exercise-induced heatstroke is more common in young, healthy, fit athletes who exercise in hot, and especially humid, conditions.

Athletes who exercise vigorously for short periods, such as in short-distance races (6-15 km), rather than marathons, are most at risk. It seems that only certain athletes are susceptible to this condition, suggesting an inherited metabolic predisposition.

WHAT ARE THE SYMPTOMS AND SIGNS OF HEATSTROKE?

The hallmark of this condition is an extremely high body core temperature of at least 41°C (taken rectally) and a reduced level of consciousness. The person initially becomes irritable and confused and may have seizures.

Other early symptoms include weakness, headache, nausea and vomiting, and muscular pain. The pulse is rapid and the skin hot, red and dry, even under the armpits. If the condition is not promptly treated, the person becomes unconscious and might die.

Heatstroke is deadly and it is crucial that it is recognised early and that immediate first aid and medical treatment is given.

FIRST AID FOR HEATSTROKE

Get immediate medical help. While waiting for an ambulance or transport to hospital:

Move the person to a cool, shaded area and check the ABCs (airway, breathing, circulation). Apply ice packs or cover the person with cool, wet sheets. The sooner the person is cooled, the lower the risk of mortality. If the person is able to drink, give them water or a sports drink. Hospitalisation is always necessary as temperature could increase again after cooling.



- Signs of heatstroke include: confusion; irritability; rapid pulse; hot, dry, red skin.
- Heat exhaustion involves an excessive drop in blood pressure following exercise - the core body temperature rises to 38-40°C.
- First aid involves cooling the person down and hydration



CAN HEAT STROKE BE PREVENTED?

Help prevent heatstroke by:

- Avoid strenuous physical activity outdoors during the hottest hours of the day (10:00 to 15:00). Avoid overexposure to the sun.
- Staying cool. Wear light clothes and a wide-brimmed hat and take a cool bath or shower once or twice a day.
- Staying well hydrated, but be careful not to overhydrate.

WHAT IS HEAT EXHAUSTION AND WHAT CAUSES IT?

Heat exhaustion occurs when there is an excessive drop in blood pressure as a result of the pooling of blood in the lower limbs, following exercise.

Despite its name, heat exhaustion is not directly related to heat and is no longer considered the first step toward the development of heatstroke.

WHAT ARE THE SYMPTOMS AND SIGNS OF HEAT EXHAUSTION?

Suspect heat exhaustion is when a person who has stopped exercising on a hot day suddenly becomes listless, weak and dizzy.

The pulse is rapid and there may be nausea and vomiting. Unlike heatstroke, the body core temperature rises to over 38°C, but never exceeds 40°C, and mental status and behaviour are normal.

FIRST AID FOR HEAT EXHAUSTION:

- Lay the person on their back and elevate their legs and pelvis.
- Encourage the person to drink, even if not thirsty.
- Following basic first aid management, recovery is usually rapid.

