

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

16 - 22 NOVEMBER 2020



WHAT'S ON THIS WEEK

WELCOME TO ANOTHER EDITION OF THE VILLAGE NEWS!

As the new week starts, there will be just under 40 days left until Christmas... and personally I think it's time to start finding our joy. After being forced to stay indoors for months, the sun has come out and so too have a plethora of food, craft and Christmas markets. See our list below - there's great gift ideas, delicious food and bargains galore to be found!

We're highlighting the most important meal of the day in our 'What's Cooking' section and we have an easy collection of non-alcoholic sparkling wine mocktails to serve alongside these dishes. And as we've gone with a jazz theme in our 'Musical Corner' be sure to include songs from Diana Krall for a perfect brunch celebration!

Speaking of celebrations, you will notice we had added wedding anniversaries to the list of celebrations. Please continue to send us your news and reasons to celebrate. It can be news of a new grandchild, a special award, or even someone you'd like to commend or celebrate for their great work - we'd like to share these happy moments with you!

Best wishes for a wonderful week,

Regards

Riaan and the Evergreen Team



WEEKLY ACTIVITIES

MON 16 NOV	TUE 17 NOV	WED 18 NOV	THU 19 NOV	FRI 20 NOV	SAT 21 NOV	SUN 22 NOV
BISTRO Take-aways ext.2404 CINNAMON RING DOUGHNUT & COFFEE - R20	BISTRO Take-aways ext.2404 PANCAKE DAY R6 each	BISTRO Take-aways ext.2404 MILK TART & CAPPUCCINO R25	BISTRO Take-aways ext.2404 SCONES WITH STRAWBERRY JAM & CREAM R20	BISTRO Take-aways ext.2404 HAKE GOUJONS & CALAMARI STRIPS, CHIPS & COLESLAW R60		
2pm - 4pm CANASTA Fynbos. Norma ext. 2089	10am - 1pm BRIDGE Fynbos Cecily ext. 2011	9am - 9.40am STRETCH CLASSES Fynbos Sue 072 212 0277	10am KNITTING GROUP TV lounge. Jenny ext. 2026	9.30am - 11am MARKET DAY Bring your own shopping bag	3.30pm THE WILLING WEEDERS Weather permitting, all meet along the path parallel to Kommetjie Rd. More volunteers would be great! Bring your own tools. June Pittermann ext. 2014	
	2pm TABLE TENNIS, POOL / SNOOKER Fynbos	10am - 12pm FELLOWSHIP Fynbos John Wyllie ext. 2018	9.30am PORT JACKSON HACKERS Lorraine ext. 2015			
		2pm - 2.40pm STRETCH CLASSES Fynbos Sue 072 212 0277	1.30pm - 3.30pm ART CLASSES Fynbos Newcomers welcome. Dawn - ext. 2037			
			4pm TABLE TENNIS, POOL / SNOOKER Fynbos			

IT'S A CELEBRATION!

IT'S A SPECIAL OCCASION AND WE'D LIKE TO CELEBRATE IT WITH YOU!

BIRTHDAYS

Wishing you many happy moments and the very best memories on your special day!



19th November

RICHARD MAGNIN - Noordhoek

STUART LEACH - Lake Michelle



20th November

RON ADAMS - Noordhoek



21st November

PETER GRACIE - Noordhoek



22nd November

ROBERT YEOWELL - Noordhoek

SPECIAL MOMENTS

One should never, but never, pass by an opportunity to celebrate.

- J. Malouf -

15th November

MR & MRS DUFF

40th Wedding Anniversary



17th November

MR & MRS UFFAUS

50th Wedding Anniversary



19th November

MR & MRS KNOX

43rd Wedding Anniversary



BOTTOM'S UP!

Who says a Mocktail has to be boring? Enjoy one - or more - of these refreshing non-alcoholic sparkling wine cocktails at your next get-together or as a refreshing sundowner!

Bubbly Mocktails

Berry Bubbly



3 oz Sprite
3 oz Raspberry
Lemonade
1/3 c Muddled
Raspberries

Mix all ingredients and garnish with fresh or frozen raspberries.

Sunshine State of Mind



2 oz Lime Sparkling
Water
2 oz Lemonade
2 oz Limeade
Concentrate

Combine ingredients and pour into a sugar rim glass.

Bubbly Party



Non-Alcoholic
Sparkling Rosé
2 Small Scoops
Raspberry Sorbet

Add sorbet, then top with sparkling rosé.

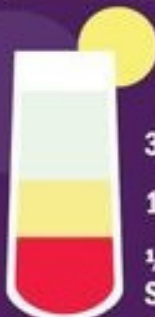
Bubbly Vibes



3 1/2 oz Cherry
Sparkling Water
1 oz Cherry Juice or
Grenadine
1/2 oz Limeade
Concentrate

Combine ingredients and pour into a sugar rim glass.

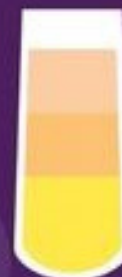
CeleBubbly



3 oz Sprite
1 1/2 oz Lemonade
1/3 c Muddled
Strawberries

Combine ingredients and garnish with lemon.

M² - The Matthew



1 1/2 oz Sparkling
Cider
1 1/2 oz Ginger Ale
1/2 c Pineapple Juice
(or muddle fresh
pineapple)

Combine ingredients and pour into a sugar rim glass.

Strawberry Breeze



1 1/2 oz Lemonade
3 oz Strawberry
Sparkling Water
1/4 oz Simple Syrup

Combine ingredients and garnish with fresh or frozen strawberries.

Rashbubbly



3 oz Non-Alcoholic
Sparkling Rosé
3 oz Raspberry
Lemonade

Combine ingredients and pour into a sugar rim glass. Garnish with fresh or frozen raspberries.

Cherry on Top



3 oz Sprite
1/2 oz Cherry Juice or
Grenadine
2 oz Limeade
Concentrate

Mix all ingredients and top with cherries.

Note: 1 oz = 30ml

'Limeade' is our Rose's Lime Cordial

Simple Syrup is a mix of 1 to 1 of sugar and water dissolved on the stove.

WHAT'S COOKING?

HAM AND EGG CUPS

The perfect portable breakfast! Easy baked ham cups filled with sharp cheddar cheese and scrambled eggs.



INGREDIENTS [6 servings]

- 6 slices of of deli-style ham
- 6 eggs
- ½ cup grated cheddar cheese
- salt and cracked black pepper to taste

METHOD

- Preheat oven to 375°F or 190°C. Spray muffin tin pan with non stick cooking spray and line bottom of muffin tin with individual slices of ham.
- In a pan scramble 6 eggs as desired. Scoop scrambled eggs evenly on top of each slice of ham. Sprinkle with cheddar cheese and black pepper.
- Bake 10-12 minutes or until cheese is melted and ham is baked.

TIPS

Be sure to spray your muffin pan first. If you don't want to scramble your eggs, you can carefully crack an egg right into the ham cup instead however your cooking time will be extended by a few minutes.

These Ham and Eggs Cups can be made to eat later - just cook and toss into the freezer. Heat in the microwave for a few seconds and they are ready to go.

SHAKSHUKA

Shakshuka is an Israeli and Middle Eastern meal of poached eggs in a simmering tomato sauce with spices.

INGREDIENTS [6 servings]

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika
- 1 tsp cumin
- ¼ tsp chili powder
- 1 can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

METHOD

- Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
- Add garlic and spices and cook an additional minute.
- Add the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
- Use a large spoon to make small wells in the sauce and crack the eggs carefully into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
- Garnish with chopped cilantro and parsley.



WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



LUNCH MENU

16 - 20 NOVEMBER 2020

MONDAY

CAPE MALAY BEEF CURRY

SERVED WITH SAMBALS, PARSLEY RICE,
STIR-FRIED CARROTS & BABY MARROW

TUESDAY

CHICKEN, MUSHROOM & FETA CHEESE CANNELLONI

SERVED WITH ROASTED BUTTERNUT AND A
FETA, ROSA TOMATO & ROCKET SALAD

WEDNESDAY

PORK & APPLE PIE

SERVED WITH GRAVY, ROSEMARY POTATO WEDGES
& ROASTED VEGETABLES

THURSDAY

GRILLED HAWAIIAN STYLE CHICKEN TORTILLA

SERVED WITH SWEET POTATO WEDGES

FRIDAY | R60-00 per person

HAKE GOUJONS & CALAMARI STRIPS

SERVED WITH CHIPS & COLESLAW

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 16H30 FOR THE FOLLOWING DAY.

NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY.

PLEASE CONTACT BRANWINE ON EXTENSION 2404

MUSICAL CORNER

This week we celebrate the jazzy sweet tones of

DIANA KRALL

Diana Jean Krall OC, OBC, is an award-winning Canadian jazz singer and pianist best known for her rare contralto vocals.

Grammy award-winning jazz star Diana Krall was just 15 when she started her musical career, playing piano for diners at restaurants in her British Columbian hometown. It wasn't long, however, before the youngster's prodigious gift drew the attention of musicians accustomed to working with jazz greats such as Ella Fitzgerald, Billie Holiday and Peggy Lee.

Born to parents Jim and Adella, Diana, like her younger sister Michelle, was surrounded by music from an early age. The girls would spend Sundays listening to their grandmother sing, while their mother and father took turns to accompany her on the piano. And at the age of four Diana was enrolled in classical piano classes by her parents, who were clearly keen to have her follow in their footsteps.

After graduating in 1983 from Boston's Berklee College Of Music, for which she landed a scholarship, Diana returned to Nanaimo where her piano playing caught the attention of Grammy-winning composer Ray Brown, ex-husband of the late Ella Fitzgerald. And it was after Ray and his drummer pal Jeff Hamilton convinced her to move to Los Angeles and study with famed pianist Jimmy Rowles that Diana's career as a chanteuse [female singer of popular songs] kicked off. Jimmy, a renowned musician who often played back-up for Billie Holiday, Peggy Lee and Ella, soon had her singing, too. Diana spent three years in LA honing her vocal skills before moving to New York in 1990 to immerse herself in the city's famous jazz scene.

Performing in the United States and Canada, she developed a repertoire that included subtle, sophisticated songs and spare accompaniment—a cool jazz rhythm section featuring her own piano, occasionally augmented by discreet string-orchestra backgrounds.

She released three albums between 1993 and 1996. Her first album, [Stepping Out](#), was released in 1993, and her breakthrough came three years later with [All for You](#), a tribute to Nat King Cole that spent more than a year on the jazz best-seller lists. She gained a wider audience with [When I Look in Your Eyes](#) (1999), for which she also received her first Grammy Award. Later albums included [The Look of Love](#) (2001) and the concert recording [Live in Paris](#) (2002). The latter won a Grammy for best jazz vocal album. On [The Girl in the Other Room](#) (2004), Krall for the first time included some of her own compositions as well as songs written or cowritten by British singer-songwriter Elvis Costello, whom she had married in 2003. Diana is the only jazz singer to have had eight albums debuting at the top of the Billboard Jazz Albums.



QUICK FACTS

NAME

DIANA JEAN KRALL

BIRTH DATE

NOVEMBER 16, 1964 [56 YRS]

PLACE OF BIRTH

NANAIMO, BRITISH COLUMBIA,
CANADA

ZODIAC SIGN

SCORPIO

SPOUSE

BRITISH MUSICIAN
ELVIS COSTELLO

FAMOUS QUOTE:

“The greatest thing about music is putting it out there for people to figure out. You want the listener to find the song on their own. If you give too much away, it takes away from the imagination.”

To date, she has won three Grammy Awards and eight Juno Awards. She has also earned nine gold, three platinum, and seven multi-platinum albums.

Often referred to as the “glamour girl of jazz” for her stunning appearance she's more accessible to a broader audience than a lot of other artists are. She's able to straddle that fence between what a real jazz fan wants and what a popular audience needs. The New York Times called her “a superb jazz pianist and an even better singer,” although she would humbly describe her piano technique as limited and never thought she had a good voice. A modest yet commanding performer, Diana plays mostly her own interpretations of the old jazz standards accompanied by her relaxed, intimate singing style.

HEALTH CARE



HOW DO I KNOW IF I HAVE **LOW BLOOD PRESSURE**

Low blood pressure - or HYPOTENSION - is not always a sign of a problem but if you have symptoms of low blood pressure, your doctor can diagnose the condition and uncover the cause. Symptoms of dizziness and lightheadedness when you stand up from sitting or lying down - with a decrease in your blood pressure - may indicate a condition called **postural hypotension**. A wide range of underlying conditions may also cause your symptoms.

It's important to identify the cause of low blood pressure so appropriate treatment can be given. The doctor will look at your medical history, age, specific symptoms, and the conditions under which the symptoms occurred. They will do a physical exam and may repeatedly check your blood pressure and pulse rate - after you've been lying down for a few minutes, right after you stand up, and within a few minutes after you stand quietly.

Other tests like the electrocardiogram (ECG) measures heart rate and rhythm. The echocardiogram is an ultrasound test that visualizes the heart.

You may also have blood tests to look for anemia or problems with your blood sugar levels. More sophisticated home ECG monitoring (a Holter monitor or "event" monitor) may be necessary to check for heart problems that come and go or an irregular heart beat that can cause your blood pressure to drop suddenly. An exercise stress test or, less commonly, an electrophysiology test (EP test) may also be helpful.

Some forms of postural hypotension may require a test called a "tilt table" test. This test evaluates the body's reaction to changes in position. The person lies on a table, is safely strapped in, and the table is raised to an upright position for up to an hour. Blood pressure, heart rate, and symptoms are recorded. Often, medications are given to help guide treatment.

WHAT ARE THE TREATMENTS FOR LOW BLOOD PRESSURE?

For many people, chronic low blood pressure can be effectively treated with diet and lifestyle changes.

- Eat a diet higher in salt.
- Drink lots of nonalcoholic fluids.
- Limit alcoholic beverages.
- Drink more fluids during hot weather and while sick with a viral illness, such as a cold or the flu.
- Have your doctor evaluate your prescription and over-the-counter medications to see if any of them are causing your symptoms.
- Get regular exercise to promote blood flow.
- Be careful when rising from lying down or sitting. To help improve circulation, pump your feet and ankles a few times before standing up. Then proceed slowly. When getting out of bed, sit upright on the edge of the bed for a few minutes before standing.
- Elevate the head of your bed at night by placing bricks or blocks under the head of bed.
- Avoid heavy lifting or standing still in one place for long periods of time
- Avoid straining while on the toilet.
- Avoid prolonged exposure to hot water, such as hot showers and spas.
- To avoid problems with low blood pressure and lessen episodes of dizziness after meals, try eating smaller, more frequent meals. Cut back on carbs and rest after eating.
- Avoid taking drugs to lower blood pressure before meals.
- If needed, use elastic support (compression) stockings that cover the calf and thigh. These may help restrict blood flow to the legs, thus keeping more blood in the upper body.

OUT AND ABOUT

Many markets have reopened and offer something for everyone, day or night. If it's a gift you're after, the festive markets are also about to begin so we'll keep you updated on those details as they are released.

THURSDAYS

CAPE POINT VINEYARDS MARKET 4:30PM-8:30PM

Cape Point Vineyards, Silvermine Road,
Noordhoek

HOUT BAY ORGANIC MARKET 9AM-1PM

The Health Path
41 Victoria Av. Hout Bay
(opposite the medical centre)

WEDNESDAYS

EARTH FAIR NIGHT MARKET 4PM-9PM

South Palms Centre,
333 Main Road, Tokai

FRIDAYS

CHILLED MARKET AT THE RANGE NIGHT MARKET 4:30PM - 9:30PM

The Range Function & Conference Centre,
Orpen Road, Tokai

SATURDAYS

UNDER THE TREES MARKET 10:30AM-3PM

False Bay Rugby Club
Constantia Main Road, Constantia

EARTH FAIR MARKET 9AM-3PM

South Palms Centre,
333 Main Road, Tokai

WEEKENDS

BAY HARBOUR MARKET FRIDAY 5PM-9PM SATURDAYS & SUNDAYS 9.30AM-4PM

31 Harbour Road, Hout Bay