

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

18 - 24 JANUARY 2021



WHAT'S ON THIS WEEK

This week we celebrated a very special birthday with Jo and Nicolette Andreae [Noordhoek]. It was heartwarming to see how everyone rallied together to enjoy this happy and momentous occasion with them; and a big thank you to everyone that joined the Birthday "Walk-By" and who did so safely.

And on the note of special celebrations, Congratulations to everyone who will be having another 'trip around the sun' this coming week.

In other good news it seems the Western Cape continues to do good work compared to many other provinces. The Western Cape Government and Provincial Health Minister has stated that despite the National Health department being the sole purchaser of Covid-19 vaccines for South Africa, they too will be acquiring their own supply of vaccines as they feel there will be a need that will expand beyond the priorities of National Government.

At the same time, Cape Town has been ranked in the Top 10 Global Cities for remote working. Hopefully this will mean a decrease in peak-hour traffic when life eventually returns to normal and a renewed interest in Cape Town, city-living and the greening thereof.

Best wishes for a wonderful week ahead,

Regards

Riaan and the Evergreen Team



WEEKLY ACTIVITIES

Listed activities to be confirmed by organizers.
Please ensure that Covid protocols are adhered to at all times.

MON 18 JAN	TUE 19 JAN	WED 20 JAN	THU 21 JAN	FRI 22 JAN	SAT 23 JAN	SUN 24 JAN
BISTRO Take-aways ext.2404 SPECIAL CINNAMON DOUGHNUTS (3) R20	BISTRO Take-aways ext.2404 SPECIAL STRAWBERRY CHEESECAKE R15	BISTRO Take-aways ext.2404 SPECIAL MILTART & COFFEE / TEA R25	BISTRO Take-aways ext.2404 SPECIAL DANISH PASTRY & COFFEE / TEA R25	BISTRO Take-aways ext.2404 SEE "WHAT'S ON THE MENU"		

All activities must be
booked in advance
with reception

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



LUNCH MENU

***AMENDED HOURS 08H00 - 12H00**

AVAILABLE AS A TAKE-AWAY OPTION ONLY AT R52 PER MEAL

18 - 22 JANUARY 2021

MONDAY

BEEF SAUSAGES

SERVED WITH GRAVY, MASHED POTATO AND SEASONAL VEGETABLES

TUESDAY

GRILLED HAKE

WITH LEMON BUTTER SAUCE, MASHED POTATO AND ROAST VEGETABLES

WEDNESDAY

VENISON & ONION POT PIE

SERVED WITH GRAVY, PARSLEY POTATOES AND SEASONAL VEGETABLES

THURSDAY

COTTAGE PIE

SERVED WITH GRAVY AND SEASONAL VEGETABLES

FRIDAY

TEMPURA PORK

SERVED WITH ROAST POTATO WEDGES & GREEK SALAD

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 11H30 FOR THE FOLLOWING DAY.

NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY.

PLEASE CONTACT BRANWINE ON EXTENSION 2404

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!*



18th January

BRIDGET SCHOLTE - Noordhoek



22nd January

INGRID RINDFUSS - Noordhoek



23rd January

CHERYL BAIN - Noordhoek



24th January

DAWN BRYANT - Noordhoek

SPECIAL MOMENTS



Thank you to all who came to wish me well on my 90th birthday. Loved seeing your happy faces, as well as the singing, balloons and lovely plant! You made my day, and I thank you for your kindness and friendship. We know for sure Evergreen is the place to be!

Jo Andreae



Jo & Nicolette Andreae with Chairman John Pritchett



BOTTOM'S UP!

IT'S (ICED) TEA TIME!

THREE WAYS TO MAKE ICED TEA

Hot Brew - make hot tea, then cool it down and pour over ice.

Ice Chill - make hot tea then cool it down quickly by shaking it with a ton of ice.

Cold Brew - makes the best-tasting iced tea. Put loose tea in cold water in the fridge for 12 hours.

IS THERE A DIFFERENCE BETWEEN LOOSE TEA, TEA SACHETS, AND TEA BAGS?

Yes! Loose tea is usually the highest quality. Tea in tea bags are the lowest quality. The more of the tea leaves you can see whole, the better. Tea bags usually contain the powder of broken tea leaves.

CAN I USE TAP WATER?

The best tasting tea is made with the best tasting water. Use filtered water if you can.

HOW MANY TEASPOONS OF TEA ARE IN TEA BAGS?

There is usually 1 teaspoon of tea in a tea bag [and usually 1.5 teaspoons of tea in a tea sachet.]

HOW CAN I SWEETEN MY ICED TEA?

It's best to use simple syrup (half water, half sugar) since it incorporates into iced tea the easiest. Simple syrup is easy to make. Just mix sugar and hot water in equal parts until the sugar dissolves.

HOW LONG CAN I KEEP MY ICED TEA IN THE REFRIGERATOR?

No more than 4 days.

RECIPE 1



ARNOLD PALMER

Named after the famous golfer, Arnold Palmer, this drink is a mix of iced tea and lemonade. A popular summertime drink, this one is made from scratch using cold brewed tea.

INGREDIENTS

Cold Brew Iced Tea

- 2 cups water
- 1 tablespoon black tea
- Ice

Lemonade

- 1 $\frac{2}{3}$ cup water
- $\frac{1}{3}$ cup lemon juice
- 2 $\frac{1}{2}$ tablespoons sugar

METHOD

MAKE COLD BREWED TEA

Put tea and filtered water in a pitcher or glass container. Cover pitcher and put in refrigerator for at least 12 hours.

MAKE LEMONADE

Boil water and stir in sugar until the sugar has completely dissolved. Set aside to cool.

Squeeze one large lemon [to get $\frac{1}{3}$ cup] lemon juice. Strain out the seeds and pulp.

Combine lemon juice, simple syrup, and cold water.

ASSEMBLE DRINK

Start with filling the cup $\frac{1}{3}$ full with lemonade. Add ice, filling to $\frac{2}{3}$ of the way up. Add the cold brewed tea. Stir before drinking.

BOTTOM'S UP!

RECIPE 2



RASPBERRY ICED TEA

Refreshing, perfectly sweet iced tea made with fresh raspberries

INGREDIENTS

ICED TEA

- 4 cups ice
- 2 cups water
- 3 black tea sachets

RASPBERRY SYRUP

- 2 cups water
- 1 cup fresh raspberries, + extra for garnish
- 3 tablespoons white sugar

METHOD

MAKE TEA

Boil 2 cups of filtered water.

Put tea sachets into a pitcher and add hot water and steep for 5 minutes.

Discard tea sachets and let tea cool

MAKE RASPBERRY SYRUP

In a saucepan, heat water, sugar, and raspberries. Over medium-high heat, let it come to a boil then lower heat and simmer for 10 minutes.

Mash raspberries - while simmering, use a wooden spoon or potato masher and mash the raspberries. The raspberries will lose their bright red color and look pale pink.

Using a mesh strainer, filter out the raspberry solids and discard.

Let the raspberry syrup cool for about 10 minutes.

ASSEMBLE DRINK

Pour cooled down raspberry iced tea into cups filled with ice.

Optional: Garnish with a couple of fresh or frozen raspberries.

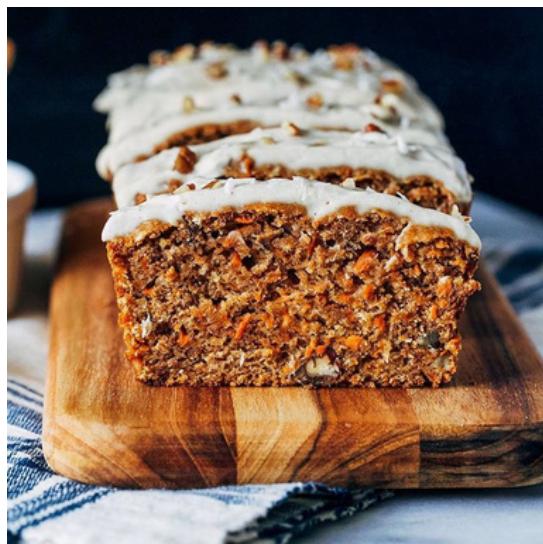
WHAT'S COOKING

CARROT & BANANA LOAF

Lockdown has been extended so time to bake the obligatory Banana Bread! This one is 2 cakes in one - carrot cake and banana bread - double deliciousness! And one we make at home often!

INGREDIENTS

- 250ml [1 cup] white sugar
- 250ml [1 cup] oil
- 3 extra large eggs
- 375ml [1½ cups] cake flour
- 10ml [2 tspns] cinnamon powder
- 10ml [2 tspns] baking powder
- 5ml [1 tspn] bicarbonate of soda
- pinch salt
- 250ml [1 cup] coarsely grated carrots
- 250ml [1 cup] mashed ripe banana
- 200ml coarsely chopped macadamia nuts
- 5ml [1 tspn] anilla essence



METHOD

- Pre-heat the oven to 180°C (350°F) and grease a loaf tin with butter/margarine/non-stick spray or oil [this also makes 1 large cake if using a loose bottomed cake tin].
- Beat the sugar and oil together with an electric beater and then add 1 egg at a time, beating well after each addition.
- Sift cake flour, baking powder, cinnamon, bicarb of soda together and add into the sugar mixture. Add pinch of salt and lightly fold in.
- Lightly mix in the grated carrots, mashed banana, chopped nuts and the vanilla essence.
- Pour the batter into the prepared tin and bake for 40 - 55 minutes or until a skewer comes out clean when inserted into the centre of the cake.
- Allow to cool in the tin before turning out onto a wire rack to cool completely.
- Ice the cake with one of the icing suggestions below:

ICING

BUTTER ICING

- 250ml [1 cup] of icing sugar
- 125g softened butter
- 10ml [2 tspns] vanilla essence

Using a hand mixer or stand mixer, beat icing sugar and softened butter together until light and fluffy. Add vanilla essence and mix. Ice cake/loaf once cooled and top with finely chopped pecans for extra decoration.

CREAM CHEESE ICING

- 8 ounces [240ml/230g] cream cheese at room temperature
- ⅓ cup butter, softened
- 3 to 3½ cups icing sugar
- 1 teaspoon vanilla extract, or lemon juice
- ½ teaspoon lemon zest [optional]

Using a hand mixer or stand mixer, combine cream cheese and butter together on medium speed until smooth and creamy. Mix in vanilla (or lemon juice and lemon zest if using). Add in icing sugar a bit at a time until fluffy. Do not overmix. Store up to 5 days in the refrigerator.

MUSICAL CORNER

This week we celebrate

JANIS JOPLIN

Janis Lyn Joplin was born at St. Mary's Hospital in the oil-refining town of Port Arthur, Texas, near the border with Louisiana. Her father was a cannery worker and her mother was a registrar for a business college. As an overweight teenager, she was a folk-music devotee (especially Odetta, Leadbelly and Bessie Smith). After graduating from Thomas Jefferson High School, she attended Lamar State College and the University of Texas, where she played auto-harp in Austin bars. She was nominated for the Ugliest Man on Campus in 1963, and she spent two years traveling, performing and becoming drug-addicted. Back home in 1966, her friend Chet Helms suggested she become lead singer for Big Brother and the Holding Company, an established Haight-Ashbury band consisting of guitarists James Gurley and Sam Andrew, bassist Peter Albin and drummer Dave Getz). She got wide recognition through the Monterey Pop Festival in 1967, highlights of which were released in Monterey Pop (1968), and with the band's landmark second album, "Cheap Thrills". She formed her "Kosmic Blues Band" the following year and achieved still further recognition as a solo performer at Woodstock in 1969, highlights released in Woodstock (1970). In the spring of 1970, she sang with the "Full Tilt Boogie Band" and, on October 4 of that year, she was found dead in Hollywood's Landmark Motor Hotel (now known as Highland Gardens Hotel) from a heroin-alcohol overdose the previous day. Her ashes were scattered off the coast of California.

Her biggest selling album was the posthumously released "Pearl", which contained her quintessential song: "Me & Bobby McGee"

TRIVIA

- Was the oldest of three children: has a younger sister, Laura Joplin, and a younger brother, Michael Joplin.
- Canadian singer-songwriter Leonard Cohen penned "Chelsea Hotel #2" about her.
- Died at 27 years old, making her a member of the "27 Club"; the 27 Club is a group of prominent musicians who died at the age of 27. Other members include The Rolling Stones co-founder Brian Jones, guitarist Jimi Hendrix, The Doors frontman Jim Morrison, Amy Winehouse and Nirvana front man Kurt Cobain.
- Her passing was acknowledged in Don McLean's classic song "American Pie": "I met a girl who sang the blues/And I asked her for some happy news/But she just smiled and turned away."
- Was good friends with Grace Slick and Kris Kristofferson. Kristofferson wrote her song "Me and Bobby McGee", which became her only 45 single to reach #1 on the Billboard chart.
- Wrote her will shortly before her death. Drawing up the document with her Los Angeles lawyer, she set aside \$2500 for her friends to throw a party in the event of her death. After she died of a heroin overdose on October 4, 1970, her friends followed her wishes and threw a party in her honor at a club in San Anselmo, California. The party invitations read: "Drinks are on Pearl". Younger sister Laura Joplin, six years her junior, was among those who attended.



QUICK FACTS

NAME

JANIS LYN JOPLIN

NICKNAMES

PEARL

THE QUEEN OF PSYCHEDELIC SOUL

THE QUEEN OF ROCK 'N' ROLL

BIRTH DATE

19 JANUARY 1943

PLACE OF BIRTH

PORT ARTHUR, TEXAS, USA

DATE DIED

4 OCTOBER 1970 (27)

AWARDS

#3 ON VH1'S 100 GREATEST WOMEN OF ROCK N ROLL

VOTED THE 47TH GREATEST ARTIST IN ROCK 'N' ROLL BY ROLLING STONE

POSTHUMOUSLY INDUCTED INTO THE ROCK AND ROLL HALL OF FAME (1995)

WAS POSTHUMOUSLY AWARDED A STAR ON THE HOLLYWOOD WALK OF FAME ON 4 NOVEMBER 2013

FAMOUS QUOTE

"You can destroy your now by worrying about tomorrow.."



HEALTH CARE

BE SUN SMART

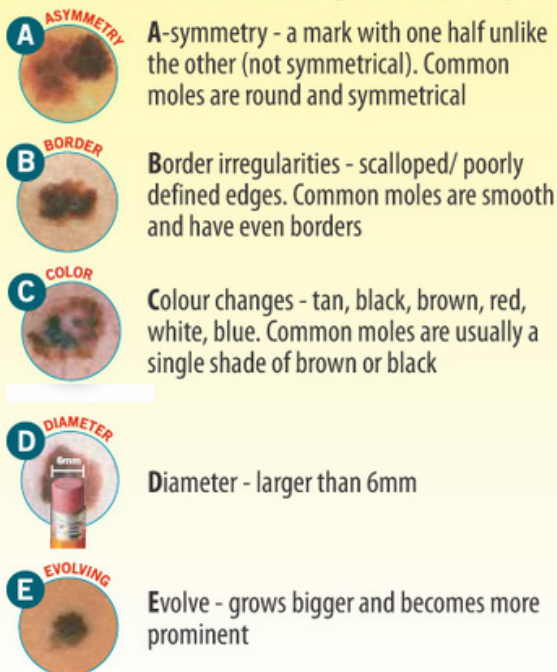


HOW TO LOWER YOUR SKIN CANCER RISK:

Do a Monthly “Spot the Spot” Check Up:

Always seek medical advice as soon as possible when concerned about a particular spot on your skin. Check your skin carefully every month and ask a family member or friend to examine your back and the top of your head. If you notice any of these warning signs, see a doctor or dermatologist immediately – follow the A B C D E Warning Signs:

WARNING SIGNS FOR SKIN CANCER (ABCDE)*



CANSA has partnered with Miiskin, a free user-friendly app for monitoring changes on your skin, although it doesn't replace a doctor's visit and isn't a diagnostic tool. Any suspicious moles or abnormalities should be checked out by a dermatologist or medical professional. It's another way to encourage people to be aware of skin changes and to monitor them. Extra functionalities can be accessed through a subscription that comes with a 30-day free trial and if consumers take this up, Miiskin donates 15% of subscriptions to CANSA to assist in implementing our risk reduction and support work.

www.miiskin.com

Get Screened at Your Local CANSA Care Centre:

Go to your local CANSA Care Centre for screening with our **FotoFinder Dermoscope machine**. The FotoFinder Dermoscope offers an all in one dermoscopic skin cancer screening and mole mapping, making it the imaging system of choice by thousands of dermatologists worldwide. The system automatically links digital dermoscopic images of moles to an overview image, making the identification and tracking of lesions easy. These machines complement the 'spot the spot' clinics run by CANSA at beaches. Every client with suspicious skin damage is referred for an intensive skin evaluation using the FotoFinder dermoscope, which roam between CANSA Care Centres – please make an appointment for a screening, to ensure the machine is available. If you are concerned about your symptoms, please do not wait – contact your Care Centre, doctor or dermatologist immediately.

Avoid the Following:

- Stay out of the sun between 10am and 3pm – stay under the shade of trees or an umbrella as much as possible.
 - Avoid sunbeds & sunlamps
- Individuals Who Should Never Use a Sunbed according to the World Health Organisation (WHO), are: under 18s, people who have very fair skin, people who burn easily, people who tan poorly, people with a lot of freckles, people with a lot of moles, people who have had skin cancer, people who have a family history of skin cancer, people using medication that could make their skin more sensitive to UV, people who already have extensive “sunlight” damage.

GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES,
because they make them so...

- Joseph Joubert -

BIZZY BEES



BEES PLAY A VITAL PART IN OUR FOOD CHAIN. WITHOUT BEES, OUR WHOLE ECOSYSTEM WOULD SUFFER SO IT'S IMPORTANT THAT WE TAKE RESPONSIBILITY IN PROVIDING THEM WITH VITAL NUTRIENTS AND HABITATS THAT WILL ALLOW THEM TO GROW AND REPRODUCE.



An estimated one third of the food we consume each day relies on pollination so if we want to continue eating the food we love, then we need to show these small yellow and black insects some love too! Sadly, bees are facing challenges ranging from climate change, to habitat loss and harmful pesticides, which means a bad year could see a bee colony lose 15-20% of its population.

Bees are most commonly known for honey, but the intelligent creatures are also behind most of the food we love to eat like fresh fruit, veggies, chocolate or even coffee as well as some of our favourite threads like cotton.

Albert Einstein famously said that “if the bee disappeared off the face of the Earth, man would only have four years left to live,” but why exactly are bees important? Bees are crucial for the pollination of plants, as they transfer pollen from one flower to another therefore fertilising them. Many of the world’s food crops depend on bees to pollinate them as they are incredibly hard workers collecting about 20kg of pollen every year, which is more than any other insect.

So what can be done? While banning harmful pesticides, preserving wild habitats and restoring ecological agriculture are key, there’s lots you can do to help save the bees in your own garden too, such as providing plants that are essential habitats for bees in your area.