

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

15 - 21 FEBRUARY 2021



WHAT'S ON THIS WEEK

It is already the 3rd week of February and while the world stands still and Covid hangs around like an unwanted house guest, it certainly feels like time is flying. One good thing is that each day we wake up, we are one day closer to a much happier and healthier world.

This week sees another 'pink' edition as we continue to celebrate not just those dearest to us but the fact that small gatherings are now allowed. Our interest groups have all re-commenced safely and it was a pleasure to see everyone socializing again. With the village continuing to grow at a tremendous pace we will begin sharing a little more information on the current activities within the village. I hope this encourages more residents to join the social groups and hopefully the enforced lockdown will also encourage you to start up a few new groups - or suggest fun, new activities. Perhaps the whisky and wine aficionados could start an interest group - maybe someone knows an instructor who could teach the gentle art of Thai Chi - or why not start a rock painting group as many are doing with 'Cape Town Rocks' [see their Facebook page [HERE](#)]

In this weeks musical corner we celebrate an all time legend, Johnny Cash and on our Green Fingers page we continue with another [floral] 'legend' in Part Two of caring for your Roses. Learn how to play Canasta in our new 'Let's Play' section and keep up to date with your Heart Health in line with heart month.

Best wishes for a very happy and blessed week,

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 15 FEB	TUE 16 FEB	WED 17 FEB	THU 18 FEB	FRI 19 FEB	SAT 20 FEB	SUN 21 FEB
BISTRO Take-aways ext.2404 SPECIAL APPLE CRUMBLE OR MILTART R15	BISTRO Take-aways ext.2404 SPECIAL APPLE & CINNAMON PANCAKE R15	BISTRO Take-aways ext.2404 SPECIAL CUSTARD SLICE R15	BISTRO Take-aways ext.2404 SPECIAL HOMEMADE DOUGHNUTS R15	BISTRO Take-aways ext.2404 SPECIAL FREEZER FRIENDLY QUICHES & PIES R25		
9am - 9:40pm STRETCH CLASSES Fynbos Sue 072 212 0277		9am - 9:40am STRETCH CLASSES Fynbos Sue 072 212 0277				
	10am - 1pm BRIDGE Fynbos Cecily ext. 2011	10am - 12am FELLOWSHIP Fynbos John Wyllie ext. 2018	10am KNITTING GROUP TV lounge. Jenny ext. 2026			
2pm - 4pm CANASTA Fynbos Norma ext. 2089	2pm TABLE TENNIS, POOL / SNOOKER Fynbos					
		3pm DARTS Fynbos	3pm DARTS Fynbos			
			4pm TABLE TENNIS, POOL / SNOOKER Fynbos			

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

15 - 19 FEBRUARY 2021

MONDAY

SPAGHETTI BOLOGNAISE TOPPED WITH CHEESE

SERVED WITH A GREEK SALAD

TUESDAY

MEDITERRANEAN HAKE

SERVED WITH COUSCOUS & ROASTED VEGETABLES

WEDNESDAY

LAMBS LIVER

SERVED WITH BACON & ONION GRAVY, MASHED POTATO,
BROCCOLI AU GRATIN & JULIENNED CARROTS

THURSDAY

CRUMBED PORK SCHNITZEL

SERVED WITH CHEESE SAUCE, BABY POTATOES & ROAST VEGETABLES

FRIDAY

BUTTER CHICKEN

SERVED WITH HOMEMADE ROTI, ROASTED BUTTERNUT & SAUTÉED BEANS

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!*

15th February

PAMELA LEACH - Lake Michelle



18th February

CLARE YEOWELL - Noordhoek



19th February

IAN THOMSON - Lake Michelle



SPECIAL MOMENTS

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

- J. Malouf -



16th February

JOHN & JENNY WYLLIE

and

ROBERT & SHIELA CROCKET

- Noordhoek -



BOTTOM'S UP!

THE PALOMA

THE PALOMA IS A FAVOURITE MEXICAN COCKTAIL. MADE WITH FRESH GRAPEFRUIT JUICE AND SILVER TEQUILA IT IS ARGUABLY MORE REFRESHING THAN A MARGARITA.

And best of all is that you can make a PALOMA without alcohol! The tequila is just a minor player, so if you want to enjoy one without you won't be missing out on what makes this drink so delicious! There's no need to add any substitutes or doctor the ratio of ingredients. To make this a mocktail just skip the instruction that says to include the tequila AND you'll have a refreshing fun and fruity drink even the kids can enjoy!



INGREDIENTS

- kosher salt
- 2 fluid ounces/60ml silver Tequila
- juice of half a grapefruit (ruby red grapefruit is preferable)
- ½ fluid ounce/15ml of simple syrup
- a squirt of fresh lime juice
- 2-3 ounces/60 to 80ml club soda
- lime and or grapefruit slices for garnish and rim

METHOD

- Pour some kosher salt on a plate. Rub a slice of grapefruit or lime on the rim of a glass and dip rim of glass into the salt.
- Using a shaker or large mixing glass combine tequila, grapefruit juice, lime juice, and simple syrup; stir until well mixed.
- Pour over an ice filled glass and top up with club soda.
- Garnish with a slice of grapefruit and or a lime wedge.

WHAT'S COOKING

SAVOURY WATERMELON SALAD

THIS SALAD REALLY TRANSFORMS THE WATERMELON INTO A SAVOURY DISH THAT FEELS SURPRISINGLY HEARTY! MARINATING THE WATERMELON ADDS SUBTLE HINTS OF LEMON, HONEY AND BALSAMIC TO THE FRESHNESS OF THE WATERMELON, AND PAIRING IT WITH THE FETA, MINT, BACON AND RED ONION MAKES IT MUCH MORE SAVOURY. TOPPING IT ALL OF WITH A DRIZZLE OF BALSAMIC VINEGAR GIVES IT A BIT OF NEEDED ACIDITY AND A NICE TANG!

INGREDIENTS

MARINATED WATERMELON SLICES

- 8-10 rectangles of watermelon (about 3x4 inches & ½ inch thick)
- juice of one lemon
- 4 mint leaves (chopped)
- 1 tbsp balsamic vinegar
- ½ tbsp honey

SALAD [per person]

- 2 marinated watermelon slices
- 4 tsp crumbled feta
- 2 mint leaves (chopped) + more for garnish [or use rocket leaves if preferred]
- ½ slice cooked bacon (chopped)
- few small slices of very thinly shaved red onions
- balsamic vinegar



METHOD

In a ziploc bag, combine watermelon slices and ingredients for marinade. Allow to marinate overnight in the fridge.

TO ASSEMBLE THE SALAD

Place a slice of watermelon on the plate, top with 2 teaspoons of crumbled feta, then 1 chopped mint leaf. Place another watermelon slice on top.

Top with another 2 teaspoons of crumbled feta, another chopped mint leaf, ½ a slice of chopped bacon, a few red onion shavings, and finish with a drizzle of balsamic vinegar and a mint leaf for garnish!

MUSICAL CORNER

This week we celebrate

JOHNNY CASH

Johnny Cash was born February 26, 1932, in Kingsland, Arkansas to Carrie Cash (Rivers) and Raymond Cash. He was the son of poor cotton farmers whose economic and personal struggles during the Depression shaped him as a person and inspired many of his songs.

He made his first single, "Hey Porter" for Sun Records in 1955 and in 1958 moved to Columbia Records. He had long periods of drug abuse during the 1960s, but successfully fought his addiction with the help of singer, June Carter Cash, whom he married in 1968.

In 1971 he appeared in the western 'A Gunfight' (1971) with Kirk Douglas. Cash made only a few films but quite a few appearances on television, both in series and made-for-TV films, and was especially effective as a rural Southern sheriff in the 1930s determined to bring to justice a wealthy landowner who committed murder because he believed he was above the law in 'Murder in Coweta County' (1983), a drama based on a true story.

In 1975 Cash wrote his autobiography, "Man In Black", which is now out of print. In the late 1980s he moved from Columbia Records to Mercury, then in the next decade moved again to American Recordings. Amongst his biggest hit records were "I Walk the Line", "Ring of Fire" and "A Boy Named Sue". After several years of ill health, he died of complications from diabetes on 12 September 2003, only a few months after the death of his beloved wife.

TRIVIA

- He is the only person besides Hank Williams to have been inducted into the Songwriters, Country Music and Rock and Roll Halls of Fame.
- He is the brother of country singer Tommy Cash, Reba Hancock and Joanne Cash Yates.
- Recorded entire albums live in California's Folsom and San Quentin prisons, in front of highly receptive audiences of convicts.
- His album "Bitter Tears" contains original songs told from the viewpoint of Native Americans.
- The scar to the right of his mouth was the result of a botched attempt to remove a cyst while he was serving in the Air Force in Germany.
- Elvis Presley, Hank Williams and Johnny are the only three musicians to have been inducted both into the Rock and Roll Hall of Fame and the Country Music Hall of Fame.
- Member of The Highwaymen, with Waylon Jennings, Willie Nelson and Kris Kristofferson. The foursome recorded several albums in the 1980s and 1990s.
- He was voted the 31st Greatest Rock 'n' Roll Artist of all time by Rolling Stone.
- In his song "Man in Black" he explained that he wore predominately black clothing to honor and remind others of the suffering of the world's poor and oppressed.
- Was ranked #1 of the 40 greatest men in country music.
- The video for "Hurt", from the album "The Man Comes Around" was voted greatest music video ever made according to a panel assembled by the UK newspaper "The Guardian".

[LISTEN TO JOHNNY'S GREATEST HITS COLLECTION HERE](#)



QUICK FACTS

NAME

JOHNNY RAYMOND CASH

BIRTH DATE

23 FEBRUARY 1932

DATE DIED

12 SEPTEMBER 2003

PLACE OF BIRTH

NASHVILLE TENNESSEE, USA

HEIGHT

6' 2" (1.88 M)

GENRES

COUNTRY, ROCKABILLY ROCK AND ROLL, FOLK, BLUES, GOSPEL, OUTLAW COUNTRY

INSTRUMENTS

VOCALS, GUITAR

AWARDS

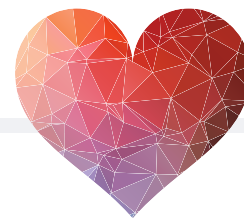
COUNTRY MUSIC HALL OF FAME 1980
ROCK AND ROLL HALL OF FAME 1992

GRAMMY AWARDS: 2008 WINNER,
2005 NOMINEE, 2004 WINNER,
2003 WINNER, 2002 NOMINEE,
1999 WINNER, 1998 WINNER,
1995 WINNER, 1992 WINNER,
1990 NOMINEE, 1987 WINNER,
1976 NOMINEE, 1973 NOMINEE,
1971 WINNER, 1970 WINNER,
1969 WINNER, 1968 WINNER,
1964 NOMINEE

FAMOUS QUOTES

"Success is having to worry about every damn thing in the world, except money."





LOVE YOUR HEART

Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease. Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

HEART FAILURE

A chronic condition in which the heart doesn't pump blood as well as it should.



Heart failure can occur if the heart cannot pump (systolic) or fill (diastolic) adequately.

SYMPTOMS INCLUDE

Shortness of breath, fatigue, swollen legs and rapid heartbeat.

TREATMENTS INCLUDE

Eating less salt, limiting fluid intake and taking prescription medication. In some cases a defibrillator or pacemaker may be implanted.

Requires a medical diagnosis. Lab tests or imaging often required. Treatment can help, but this condition can't be cured. Chronic: can last for years or be lifelong.

ARRHYTHMIA

Improper beating of the heart, whether irregular, too fast or too slow.



Cardiac arrhythmia occurs when electrical impulses in the heart don't work properly.

SYMPTOMS INCLUDE

There may be no symptoms. Alternatively, symptoms may include a fluttering in the chest, chest pain, fainting or dizziness.

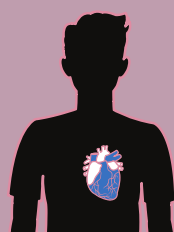
TREATMENTS INCLUDE

If required, treatment includes anti-arrhythmic drugs, medical procedures, implantable devices and surgery.

Requires a medical diagnosis. Lab tests or imaging often required. Treatable by a medical professional. Critical: needs emergency care

PERIPHERAL ARTERY DISEASE

A circulatory condition in which narrowed blood vessels reduce blood flow to the limbs.



Peripheral vascular disease is a sign of fatty deposits and calcium building up in the walls of the arteries (atherosclerosis).

Risk factors include ageing, diabetes and smoking.

SYMPTOMS INCLUDE

Symptoms may include leg pain, particularly when walking.

TREATMENTS INCLUDE

Tobacco cessation, exercise and a healthy diet are often successful treatments. When these changes aren't enough, medication or surgery can help.

Treatable by a medical professional. Requires a medical diagnosis. Lab tests or imaging often required. Chronic: can last for years or be lifelong



GROWING AND CARING FOR YOUR ROSES - PART TWO

PRUNING YOUR ROSES

Rose bushes must be pruned towards the end of July to stimulate new growth and prolific flowering. In colder areas wait until August to prune. A light pruning can be carried out in January to encourage another flush of flowers. Keep deadheading your rose bushes throughout the year to encourage flowering.

MULCHING ROSES

Roses are shallow rooted and need a thick layer of mulch spread around the bushes in August to protect them from the summer heat, suppress weeds and minimize evaporation. Take care to keep the stems of the roses free from mulch. Renew regularly. Non-invasive ground covers with the same watering requirements can also be planted as living mulch. Try Erigeron, Alyssum or Forget-me-Nots. Catnip, Thyme, Pennyroyal and Nasturtiums will also help to deter insect pests.

DISEASE CONTROL FOR YOUR ROSES

Insects and fungi can be a problem at certain times of the year but it can be controlled by following a preventative programme:

January - April: Spray fortnightly against black spot, chafer and other beetles and bollworm with either a 'cocktail' of fungicide and insecticide or a product that contains both. Check for red spider mite.

May and June: Spray fortnightly with a fungicide against black spot, if needed. This is mostly relevant to winter rainfall areas.

July and August: Spray bare stems after pruning with fungicide and insecticide to kill insect eggs and fungus spores.

September - December: Spray fortnightly against black spot, powdery mildew, chafer and other beetles and bollworm with either a 'cocktail' of fungicide and insecticide or a product that contains both. Check for red spider.

Be kind: Consider other beneficial insects and birds and use an organic product for the preventative programme. Only use the chemical alternative in case of a serious infestation.

LET'S PLAY

CANASTA



HISTORY

Canasta - Spanish for "basket" - is a card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand. It is "the most recent card game to have achieved worldwide status as a classic". The game of Canasta was devised by Segundo Santos and Alberto Serrato in Montevideo, Uruguay, in 1939. In the 1940s the game quickly spread in myriad variations to Chile, Peru, Brazil and Argentina, where its rules were further refined before being introduced to the United States in 1949 by Josefina Artayeta de Viel (New York), where it was then referred to as the Argentine Rummy game by Otilie H. Reilly in 1949 and Michael Scully of Coronet magazine in 1953. In 1949/51 the New York Regency Club wrote the Official Canasta Laws, which were published together with game experts from South America by the National Canasta Laws Commissions of the USA and Argentina. Canasta became rapidly popular in the United States in the 1950s with many card sets, card trays and books being produced. Interest in the game began to wane there during the 1960s, but the game still enjoys some popularity today, with Canasta leagues and clubs still existing in several parts of the United States.

HOW DOES IT WORK?

[SEE VIDEO [HERE](#)]

Canasta can be played with 2 to 6 players, but the ideal number of players is typically 4 as a team game.

THE RULES OF CANASTA ARE AS FOLLOWS:

Two decks of 54 cards (108 cards total), including the 4 jokers, are used to play. All cards are shuffled together to form one deck.

Jokers and Twos (Deuces) are used as wild cards.
Threes are bonus cards.

In a 4-player game, players are dealt 11 cards to begin play. In variants, players can start out with 13 or 15 cards. The initial shuffle by the dealer is cut and the cards are then dealt face down, clockwise starting with the player to the dealer's left. The dealer then places the "upcard" on the table to start the discard pile.

If a wild card (Joker or Deuce) or a Three appears as the upcard, then one or more cards must be turned over until a normal card appears.

Any red Threes that are dealt to any player must be placed on the table and then replaced by an equal number of normal cards.

The main objective in Canasta is to score the most points by melding or creating sets out of the cards you have. Making as many canastas as possible is essential. A meld of at least 7 cards of the same rank is a canasta.

During a player's turn, he or she draws one card from the main deck and then discards a card on the discard pile. After a card is drawn, a player can meld cards if he or she wishes.

Regular melds must contain 3 cards, but only 3 cards of the same rank. Having 3 Sevens or Eights works. Sequences like Four-Five-Six don't work. A card that is melded can't return to a player's hand.

Instead of drawing a card from the main deck, a player can take the entire discarded pile, but this is only a legal play if the player can meld the top card.

A penalty of 50 points is enforced if you pick up the discard pile but realize that you can't use the top card.

A hand officially ends when one player has no cards left, or when the main deck runs out of cards to draw from. The game ends when a player reaches 5,000 points in his or her total score.

A player goes out when he or she has at least one or two canastas. This varies depending on the agreed setting for "canastas needed to go out". If a player has one card but has fewer canastas than needed to go out, then he or she must "pass the discard". In other words, not discard the last card.

CARD POINT VALUES

3 [black] = 100 [200 each if all four held]

3 [red], 4, 5, 6, 7 = 5

8, 9, 10, J, Q, K = 10

2 [Wild], A = 20

Joker [Wild] = 50



FOR MORE INFORMATION ON
CANASTA PLEASE CONTACT NORMA
ON EXT 2089