

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

22-28 FEBRUARY 2021



WHAT'S ON THIS WEEK

We're almost at the end of another month and we begin this week with the greatest news of all - the first and long awaited Covid-19 vaccination finally be administered here in the Mother City. Lets all keep our fingers crossed that the process is successful and that the "herd immunity" it is intended to create is reached soon.

In other not so exciting news, we've also been notified of a 'kick in the shin' 56 cent fuel increase - but wait, there's more... while hopping on one leg, Eskom's 15% increase in tariff was also approved... Lets hope 2021 offers better news as the year progresses.

Thank you to all the residents who organized social get togethers for the Valentines celebrations. It is great to see everyone working together to keep social activities going in the Village and doing so as safely as possible.

As we continue to get social activities up and running, I would like to invite all the Village bakers to join in next week to bake your most unique banana bread for the **NATIONAL BANANA BREAD DAY** baking competition taking place on **Tuesday the 23rd of February**. The more entries the better and the more fun it will be. We have great prizes lined up that will surely be useful to any baker.

We are also introducing **MEDICAL MONDAY'S from 1st March**. Each Monday between 10h30 and 12h30, Sister Diana will be available in Fynbos, for blood pressure checks, glucose checks, urine testing, wound checks and/or advice, health queries or just for an informal chat. Blood pressure checks will be free of charge, but the services that involve using consumables, will need to be charged for.

You can reach Sister Diana, ext. 2403.

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 22 FEB	TUE 23 FEB	WED 24 FEB	THU 25 FEB	FRI 26 FEB	SAT 27 FEB	SUN 28 FEB
BISTRO Take-aways ext.2404 SPECIAL MALVA PUDDING & CUSTARD R20	BISTRO Take-aways ext.2404 SPECIAL LEMON FRIDGE TART R15	BISTRO Take-aways ext.2404 SPECIAL PEACH CRUMBLE TART R15	BISTRO Take-aways ext.2404 SPECIAL FRESH FRUIT & YOGURT R20	BISTRO Take-aways ext.2404 SPECIAL FREEZER FRIENDLY QUICHES & PIES R25		
9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277				
10h30-12h30 MEDICAL MONDAY Fynbos Sr Diana ext. 2403	10h00 - 13h00 BRIDGE Fynbos Cecily ext. 2011		10h00 KNITTING GROUP TV lounge. Jenny ext. 2026			
14h00- 16h00 CANASTA Fynbos Norma ext. 2089	14h00 TABLE TENNIS, POOL / SNOOKER Fynbos					
		15h00 DARTS Fynbos	15h00 DARTS Fynbos			
			16h00 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

22 - 28 FEBRUARY 2021

MONDAY

BEEF SAUSAGES

SERVED WITH GRAVY, MASHED POTATO & ROAST VEGETABLES

TUESDAY

CRUNCHY CHICKEN SCHNITZEL

SERVED WITH MUSHROOM SAUCE, GARLIC BABY POTATOES & A GARDEN SALAD

WEDNESDAY

BBQ PULLED PORK & COLESLAW PANINI

SERVED WITH HOMEMADE RUSTIC CUT CHIPS & A BEETROOT & FETA SALAD

THURSDAY

CREAMY CHICKEN & MUSHROOM PANCAKES

SERVED WITH OVEN ROAST POTATOES & A GARDEN SALAD

FRIDAY

FRIED HAKE & CHIPS

WITH LEMON, TARTAR SAUCE & GREEK SALAD

[PLEASE INDICATE IF YOU PREFER GRILLED HAKE OR A BOILED POTATO]

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!*



27th February

LORRAINE INNES - Noordhoek



28th February

MARGARET THOMAS - Lake Michelle



SPECIAL MOMENTS

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

- J. Malouf -



27th February

MILTON & LORNA KIRSTEN
- Noordhoek -



BOTTOM'S UP!

MINT STRAWBERRY MOSCOW MULE COCKTAIL

A MINT-STRAWBERRY MOSCOW MULE IS THE PERFECT SUMMER COCKTAIL. MADE WITH VODKA AND GINGER BEER, ITS SUPER EASY!

A Moscow Mule is basically vodka, ginger beer, lime juice and ice. It's really that simple. These mint strawberry moscow mules can also be made in a pitcher like a moscow mule punch if you have a big crowd on hand. In fact it's easier because you could probably use a food processor to blitz up a large batch of strawberries, add everything in a pitcher and stir!

INGREDIENTS

- 4 Strawberries stem removed and cut into half
- 2-3 Sprigs fresh Mint
- 60 ml Vodka
- Juice of a Lime
- 120 ml Ginger beer (approx)

METHOD

- Add strawberries and mint leaves to a glass and muddle till the strawberries are broken down into tiny pieces.
- Add ice, vodka, lime juice and top with ginger beer.
- Stir to mix well.
- Serve immediately.

NOTES

Depending on the size of your glass and your taste, you can add more ginger beer



WHAT'S COOKING

SUPER PINK ROASTED BEET & RICE SALAD

THERE ARE QUITE A FEW COMPONENTS THAT MAKE THIS SALAD A WINNER...

The soft and floral white rice that meets sweet and earthy beets. Finely shredded purple cabbage that adds a bit of crunch, and toasted walnuts for added texture and flavour.

INGREDIENTS

- 3 medium sized beets (and their juice*)
- 1 tablespoon + 1 teaspoon olive oil, divided
- 1 ¼ teaspoons salt, divided
- 1 cup dry white jasmine rice
- 1 cup thinly shredded purple cabbage
- ½ cup toasted walnuts, coarsely chopped
- 1/3 cup chopped fresh parsley
- juice of one lemon
- ½ cup organic sour cream
- 1 ½ tablespoons red wine vinegar
- 1 clove garlic, minced



METHOD

- Preheat oven to 390 degrees F. Trim root end off of beets so that raw skin is exposed, and also trim tail end. Rub with olive oil. Wrap in foil and place in baking dish. Bake for 1 hour or until beets are tender.
- Let beets cool, and drain beet juice into small bowl. When cool, run under cool water and peel. Then cut beets into small cubes.
- Meanwhile, rinse rice in a colander, until white runs clear. Add to pot and cover with 1 1/2 cups water, 1 teaspoon oil, and 1 teaspoon salt. Bring to boil. Reduce heat to low-simmer and cover with a lid. Cook for 15 minutes. Remove from heat, keeping lid on, and let sit for 10 minutes. Fluff with fork.



TO MAKE SALAD

- Combine rice, beets, cabbage, walnuts, parsley, and lemon juice in a bowl. In the small bowl with beet juice, add sour cream, red wine vinegar, garlic, and salt. Whisk to combine, then add to salad bowl. Stir together to coat. Serve room temperature or cold

MUSICAL CORNER

This week we celebrate

JOSH GROBAN

Joshua Winslow Groban is an American singer, songwriter, musician, actor, and record producer. Possessing one of the most outstanding and instantly recognizable voices in music, He has entertained fans across the globe with his multi-platinum albums and DVDs (over 30 million sold worldwide), electrifying live performances, and comedic film and television appearances.

He was born in Los Angeles, California, to Jack Groban, a businessman, and Lindy Groban (née Johnston), a school teacher. His father is a descendant of Jewish immigrants from Poland and Ukraine, and converted from Judaism to Christianity upon marrying Josh's mother.

Groban first sang in public when he was in the seventh grade. His music teacher chose him to sing a solo of "S'wonderful" at the school's cabaret night, where he sang alone on stage for the first time. At this time, he was more focused on acting, playing Tevye in his high school's production of Fiddler on the Roof. He briefly attended Carnegie Mellon University, intent on studying musical theater however, four months into his first semester, he was offered a recording contract and left college to pursue a singing career.

Philanthropy

Under the guidance of his mentor David Foster, Groban has performed for many charity events. Inspired by a visit with Nelson Mandela during a 2004 trip to South Africa, he established the Josh Groban Foundation to help children in need through education, healthcare and the arts. Mandela appointed Groban as an Official Ambassador for Mandela's Project 46664, a campaign to help raise Global awareness of HIV/AIDS in Africa.

Various music critics have described Groban's voice in different ways, with some referring to him as a tenor and others as a baritone. In performance, Groban's music goes as low as G2 and extends up to at least B4. This places his voice lower than the usual tenor range on the low end and just short of tenor C, and therefore above the baritone range, on the high end.

The 37-year-old Los Angeles native stands out as the only artist who has had two albums appear on the Top 20 Best-Selling Albums list of the past decade, according to Billboard. He has appeared feature films such as Crazy, Stupid, Love, The Hollars, Coffee Town, and Muppets Most Wanted, as well as on NBC's The Office, FX's It's Always Sunny in Philadelphia, and CBS' The Crazy Ones.

TRIVIA

- He was first "seen" when he stood in for Andrea Bocelli to sing "The Prayer" with Céline Dion at the 1998 Grammy rehearsals. This led to the MC for the Grammys that year, Rosie O'Donnell, to invite Josh to appear on her show.
- Josh and his younger brother, Chris Groban, were born on the exact same day, 4 years apart.
- A descendant on his mom's side from John Winslow and his wife Mary Chilton who sailed on the Mayflower. Tradition says Mary Winslow was actually the first person from the Mayflower to actually step onto Plymouth Rock.
- During an appearance in the The Late Late Show with James Corden (June/2017), singer Katy Perry confessed she wrote the song "The One That Got Away" about Josh Groban.



QUICK FACTS

NAME

JOSHUA WINSLOW GROBAN

BIRTH DATE

27 FEBRUARY 1981

PLACE OF BIRTH

LOS ANGELES, CALIFORNIA, USA

HEIGHT

5' 10" (1.78 M)

NICKNAME

GOLDEN GROBES

GENRES

EASY LISTENING, VOCAL, ADULT CONTEMPORARY, OPERATIC POP, POP ROCK, GOSPEL, ORCHESTRAL ROCK, SOFT ROCK, JAZZ

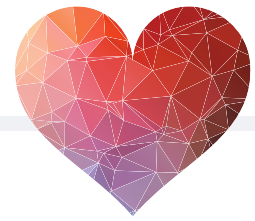
INSTRUMENTS

VOCALS [BARITONE-TENOR], PIANO, DRUMS, PERCUSSION

FAMOUS QUOTE

"No matter what your age and no matter where you come from, everyone can change the world in some way, whether it's being a mentor to someone younger than you or someone that doesn't have as much experience as you. If you're passionate enough, you can do whatever you want and definitely change the world.."

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

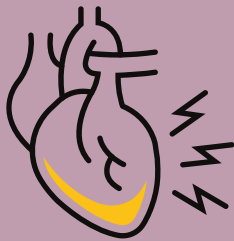


LOVE YOUR HEART

STROKE

A stroke is a medical emergency. Also called: CVA, cerebrovascular accident.

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes. A stroke is a medical emergency, and prompt treatment is crucial.



SYMPTOMS INCLUDE

Trouble walking, speaking and understanding, as well as paralysis or numbness of the face, arm or leg.

Muscular: difficulty walking, instability, paralysis with weak muscles, problems with coordination, stiff muscles, overactive reflexes, or paralysis of one side of the body

Visual: blurred vision, double vision, sudden visual loss, or temporary loss of vision in one eye

Speech: difficulty speaking, slurred speech, or speech loss

Whole body: fatigue, light-headedness, or vertigo

Limbs: numbness or weakness

Sensory: pins and needles or reduced sensation of touch

Facial: muscle weakness or numbness

Also common: difficulty swallowing, headache, inability to understand, mental confusion, or rapid involuntary eye movement

TREATMENTS INCLUDE

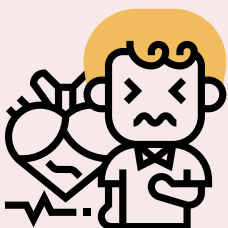
Early treatment with medication like tPA (clot buster) can minimise brain damage. Other treatments focus on limiting complications and preventing additional strokes.

Requires a medical diagnosis. Lab tests or imaging always required. Treatment can help, but this condition can't be cured.

Critical: needs emergency care

CONGENITAL HEART DISEASE

Congenital heart disease is one or more problems with the heart's structure that exist since birth. Congenital means that you're born with the defect. Congenital heart disease, also called congenital heart defect, can change the way blood flows through your heart.



Some congenital heart defects might not cause any problems. Complex defects, however, can cause life-threatening complications.

Advances in diagnosis and treatment have allowed babies with congenital heart disease to survive well into adulthood. Sometimes, signs and symptoms of congenital heart disease aren't seen until you're an adult.

SYMPTOMS INCLUDE

Abnormal heart rhythms, blue-tinted skin, shortness of breath, failure to feed or develop normally, and swollen body tissue or organs.

Can have no symptoms, but people may experience:

Heart: murmur or abnormal heart rhythm

Also common: shortness of breath or swelling

TREATMENTS INCLUDE

Medication to lower blood pressure and control heart rate, heart devices, catheter procedures and surgery. Serious cases may require a heart transplant.

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



CAMELIAS

AS WE WIND DOWN THIS MONTH OF LOVE AND JOY, AND BECAUSE MANY RESIDENTS HAVE BEEN BLESSED WITH LONG AND HAPPY MARRIAGE'S, THIS WEEK IS ALL ABOUT THE CAMELIA.

The Camelia is the perfect choice for a couple celebrating many years together.

MEANING: faithfulness and longevity, the flower is native to Japan and China and has been a popular flower there for centuries.

SPECIAL OCCASION: Buy a deep red shade or pink for an anniversary or special day.

YOUR MESSAGE: "You are my faithful and long-lasting love. I will love you always."

The queen of the winter garden, the Camelia is, without a doubt, stunningly beautiful! They bloom in shades of white and pink, through to deep crimson, and offer a long flowering season. Their dense and glossy evergreen foliage is also attractive, making the camellia a lovely all-year-round garden plant.

CARING FOR CAMELLIAS

Cultivation of camellias in South African gardens is relatively easy, provided that a few simple rules are followed:

- Plant them in well-drained soil which is rich in humus.
- Keep their root zones cool through the heat of summer with a thick layer of mulch in the form of leaf mould, pine needles or pine bark.
- Water them regularly during the flowering season to dramatically reduce the incidence of bud drop.
- Contrary to popular belief, they are not that sensitive to soil acidity or alkalinity. Many may benefit from an annual application of dolomitic lime in areas where soils are strongly acidic.
- **Tip:** Dappled shade from mature trees is ideal for most, though some are more sun tolerant than others. Too much shade reduces bud formation, whilst excessive heat and sunshine scorches fine surface roots and flower buds.

BOULE/PÉTANQUE



HISTORY

Boules (French pronunciation: [bul]) is a collective name for a wide range of games similar to bowls and bocce (In French: jeu or jeux, in Italian: gioco or giochi) in which the objective is to throw or roll heavy balls (called boules in France, and bocce in Italy) as close as possible to a small target ball, called the jack [in English].

Boules-type games are traditional and popular in many European countries and are also popular in some former French colonies in Africa and Asia. Boules games are often played in open spaces (town squares and parks) in villages and towns. Dedicated playing areas for boules-type games are typically large, level, rectangular courts made of flattened earth, gravel, or crushed stone, enclosed in wooden rails or back boards. As early as the 6th century BC the ancient Greeks are recorded to have played a game of tossing coins, then flat stones, and later stone balls, called spheristics, trying to have them go as far as possible. The ancient Romans modified the game by adding a target that had to be approached as closely as possible. After the Romans, the stone balls were replaced by wooden balls.

HOW DOES IT WORK?

[\[SEE VIDEO HERE\]](#)

Boules is most commonly played in teams of 3. A good team of 3 will often consist of a "pointeur" who is best at getting the boules nearest to the cochonnet, a "tireur" who specialises in knocking opposing balls out of contention and a "milieu", the captain who is an all-rounder.

THE RULES OF BOULES ARE AS FOLLOWS:

- Players draw lots to decide who goes first. After the first leg, the player who threw the closest boule in the previous leg starts the next leg from the position of the cochonnet. The player who starts the leg must first draw a circle around her feet with a diameter of between 35 and 50 cm. All players must keep both feet on the ground and within this circle when throwing.
- The player then throws the cochonnet which must land between 6 and 10 metres away and be at least half a metre away from any obstacle. The nearest boule to the cochonnet is always called the "best boule".
- Each player throws their chosen set of patterned boules until that player runs out of boules or throws a boule that is best boule. Once a player achieves best boule, the next player on the opponents team plays in the same way. When a player runs out of boules, the next player in the same team takes over.
- Note that the first player therefore always throws just one boule before retiring from the throwing circle because the first boule is automatically best boule.
- When all the players in a team run out of boules, the opposing team finishes the leg by playing all their remaining boules in an effort to increase their score.
- Scoring is the same as for Lawn Bowls - the winner of the leg scores one point for each boule that is closer to the target than the opponent's best boule. The team that reaches 13 points first, wins.

In the Middle Ages, Erasmus referred to the game as globurum in Latin, but it became commonly known as boules (i.e. 'balls'), and it was played throughout Europe. King Henry III of England banned the playing of the game by his archers - he wanted them to be practicing archery, not playing boules. In the 14th century, Charles IV and Charles V of France forbade the sport to commoners; only in the 17th century was the ban lifted. By the 19th century, in England the game had become bowls or "lawn bowling". In France it was known as boules and was played throughout the country. In the South of France, the game evolved into jeu provençal (or boule lyonnaise), in which players rolled their boules or ran three steps before throwing a boule.

The game was extremely popular in France in the second half of the 19th century (the first official club was established in France in 1854). It was played informally in villages all over Provence, usually on squares of land in the shade of plane trees.

In 1910, an offshoot of jeu provençal called Pétanque was developed in the town of La Ciotat, in Provence. It eventually became the dominant boules sport in France, and is widely played in other European countries.

