

THE ONLY TRUE FAILURE WOULD BE NOT TO EXPLORE AT ALL.

ERNEST SHACKLETON

Dear Residents,

I hope you're all having a good start to the weekend... especially the "bittereinders" who had a late night after another great Quiz Evening!

He's been in the news of late so in true Ernest Shackleton spirit we will also continue to explore new events and activities for everyone to enjoy. Like Line Dancing! It's not only a fun activity that covers a few physical health bases but will also prepare you for a possible barn dance/hoedown we are considering in the next month or so.

We also have the Easter Market coming up and something special for all the Gin and Whiskey enthusiasts.

Please do note that dinner will be served on Friday next week. To keep things a little more casual for the last week of each month, we're introducing a "FAST FOOD FRIDAY" theme - perfect for those who don't feel like cooking after the Friday Night Social.

In addition to our regular pages, and to close off St Patrick's week, we're making a traditional Irish Soda Bread in 'What's Cooking'. We journey to Salt River to the Shackleton Brewing Company (named after Sir Ernest Shackleton) where they make a dark creamy stout perfect for the upcoming winter months. And on our music page, we bring you the hauntingly beautiful voice of Ireland's most successful singer, ENYA. Don't forget to click on her name to listen to her collection of best selling songs.

We still have beer on tap for one last night tonight so please join us from 4pm and kick your weekend off with a cold one.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

21 - 27 MARCH

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WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



MONDAY	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443		CANASTA / BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY	09h00 CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011		14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	9, 23 MARCH 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			18h00 WEEKLY DINNER BISTRO ext. 2404
THURSDAY	08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith 072 623 1013	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
FRIDAY	09h00 SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443			17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089
SATURDAY					
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

WHAT'S ON THE MENU?

OPEN 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY | BOOKINGS ESSENTIAL

DAILY MEAL | R55PP

MONDAY

Roast Chicken, Butternut & Feta Quiche with a Garden Salad

TUESDAY

Pork Bangers with Gravy, Mashed Potato & Seasonal Vegetables

WEDNESDAY

Creamy Spinach & Salmon Pasta with Sourdough Bruschetta

THURSDAY

Beef Bobotie with Sambals, Chutney & Yellow Rice with Seasonal Vegetables

FRIDAY

Fried/Grilled Hake with Tartar Sauce, Chips & Garden Salad

SATURDAY

Crumbed Chicken & Coleslaw Wrap with Chips/Garden Salad



~~WEDNESDAY~~ FRIDAY DINNER MENU

SERVED FROM 18H00 | MAIN R75 | 2 Course R110

MAIN COURSE

Bacon & Cheese Chargrilled Beef or Chicken Burger [double patty R20]

or

Fried/Grilled Lemon & Herb Hake

or

Crunchy Chicken Strips with Cheese Sauce & Shoestring Fries

or

Deep Fried/Grilled Calamari with Shoestring Fries

DESSERT

Ice Cream & Chocolate Sauce with Sprinkle Nuts

or

Chocolate Ganache Tart

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Roast Apple & Sage Pork with Crackling, Apple Sauce, Roast Potatoes & Seasonal Vegetables

DESSERT

Mini Fruit Pavlova's

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

18 MARCH

ANDRE WESSELS - Evergreen Team

24 MARCH

KARIN FISCHER - Noordhoek

ANNIVERSARIES

24 MARCH

GORDON & SHONA FARQUHARSON -
Noordhoek

NEW RESIDENTS

No New Residents
This Week



WHAT'S COOKING?

COOKING MADE EASY



A traditional Irish soda bread made with only 4 ingredients! Enjoy its signature dense and chewy texture, crunchy crust and subtle tang from the buttermilk.

The magic behind this bread lies on the reaction between acid and baking soda that results in the formation of small bubbles of carbon dioxide, which causes the dough to rise. While sour milk was the common choice in the early days of this bread's history, buttermilk is what is (thankfully) used today.



INGREDIENTS

- 3½ cups flour
- 1 teaspoon baking soda
- 1½ teaspoons salt
- 1½ cups buttermilk

METHOD

- Preheat oven to 450 degrees F, for at least 15 minutes. Cover the bottom of a large (5 qt) Dutch oven or cast iron with parchment paper (no need to trim) and reserve.
- In a large bowl, combine all the dry ingredients.
- Gradually add the buttermilk, using your fingers to mix, until a dough comes together and you see no traces of flour or buttermilk.
- For a rustic loaf, stop handling as soon as the dough comes together. For a finer crumb and smoother crust, you can fold dough about 20 seconds more. Roughly shape it into a ball and transfer into prepared Dutch oven.
- Using a sharp knife, score a cross into the top, cleaning the blade in between each cut.
- Cover and bake until it's risen, about 45 minutes. Then, remove the lid and continue baking until golden brown, about 10 to 15 more minutes. Remove from oven and let it cool slightly in the Dutch oven. Then, transfer to a cooler rack and cool for at least 30 minutes before serving.
- Serve while it's still warm, with butter, or as a side for stews and soups!

A FEW TIPS

- Baking soda tends to clump after a while so press your baking soda through a small sieve before measuring, so you don't risk biting into a unpleasant metallic lump.
- If you can't find buttermilk, make your own by adding lemon juice to regular milk (1 tablespoon per cup). Alternatively, you can use Greek yogurt thinned out with a little milk or water.
- Traditionally, soda bread is not made with sugar but if you're into a sweeter loaf, you can add a couple tablespoons to 1/4 cup to this recipe.
- Finally, don't forget to make the cross cut in the centre of your loaf with a sharp knife! It is also highly recommended that you prick the corner of each quarter with the knife. Because, you know, you gotta let the fairies out! :-)

BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID



SHACKLETON BREWING COMPANY

St Patrick's Day is the time for a few pints and especially a pint of Guinness. Unfortunately no Guinness is currently produced in South Africa - it is produced elsewhere in Africa [mainly in Nigeria], which was the first Guinness brewery to be established outside the UK and Ireland - but even though no one officially makes a Guinness here, we do make a really good stout! Just like the lads at SHACKLETON BREWERY are making. And seeing as South Africa has been in the news lately with the discovery of the ship 'Endurance', it makes perfect sense to highlight the brewery named after that intrepid explorer - Sir Ernest Shackleton.

Last week, a mere 107 years after it sank, Scientists discovered the Endurance, the lost vessel of Antarctic explorer Sir Ernest Shackleton, at the bottom of the Weddell Sea in the Southern Ocean. Even though it has been sitting in 3km (10,000ft) of water for over a century, it looks just like it did on the November day it went down.

Shackleton Brewing Company stems from Steve's (Head Brewer) adventures to Antarctica whilst researching climate change and oceanography. He spent 3 months exploring the open ocean of the South Atlantic as well as traversing the Antarctic continent. During his time there he read about the great Sir Ernest Shackleton who, during the early 1900s, began a voyage to cross the Antarctic continent. The compelling story of exploration, innovation, leadership, adventure, survival and an implacable drive for success resonated as qualities that Steve deemed valuable for the brewery. The brewery is located in Salt River where all products are produced on-site using a Brewhouse imported from the UK.

SHACKLETON COCOA OATMEAL STOUT

It might not be a Guinness but the taste of this stout could certainly win a Guinness World Record! Thick. Smooth. Dark. Full-bodied. And Chocolatey...yes, it is unique in every way. It has a thick but smooth mouthfeel and is surprisingly sessionable given its colour. Shackleton is the only craft brewery in SA making a Cocoa Oatmeal Stout, and it is only available in the colder months.

APPEARANCE | Dark black, thick creamy tanned head.

AROMA | Strong cocoa and coffee notes. Light but rich nutty aroma.

FLAVOUR | Presence of roasted coffee, oatmeal and cocoa/milk chocolate.

Unit A2, Salt Orchard, 12 Briar Rd, Salt River, Cape Town, 7925 | [c] 071 347 4089

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL



enya

Remember to
click on the
musician's name
to hear more!

ENYA PATRICIA BRENNAN

was born on 17 May 1961. She is an Irish singer, songwriter and musician, known for pioneering modern Celtic and New-age music.

Regarded as the "Queen of New Age", Enya is the **best-selling Irish solo artist in history**, and second-best-selling overall behind U2.

Born into a musical family and raised in the Irish-speaking area of Gweedore, County Donegal, Enya began her music career when she joined her family's Celtic folk band Clannad in 1980 on keyboards and backing vocals. She left the group in 1982 with their manager and producer Nicky Ryan to pursue a solo career, with Ryan's wife Roma Ryan as her lyricist. Enya developed her sound over the following four years with multitracked vocals and keyboards with elements of new age, Celtic, classical, church, world, pop, and Irish folk. To date, she has sung in ten languages, most notably English, Irish Gaelic (Gaeilge), Latin, and Welsh.

Enya's first projects as a solo artist included soundtrack work for *The Frog Prince* (1984) and the 1987 BBC documentary series *The Celts*, which was released as her debut album, *Enya* (1987). She signed with Warner Music UK, which granted her artistic freedom and minimal interference from the label. The commercial and critical success of *Watermark* (1988) propelled her to worldwide fame, helped by the UK number one and international hit single "Orinoco Flow". This was followed by the multi-million-selling albums *Shepherd Moons* (1991), *The Memory of Trees* (1995), and *A Day Without Rain* (2000). Sales of the latter and its lead single, "Only Time", surged in the United States following its use in the media coverage of the September 11 attacks. Following *Amarantine* (2005) and *And Winter Came...* (2008), Enya took a four-year career hiatus before she resumed in 2012 and released her eighth studio album, *Dark Sky Island* (2015).

Enya's discography has sold 26.5 million certified albums in the United States and an estimated 75 million records worldwide, making her one of the best-selling music artists of all time. *A Day Without Rain* (2000) remains the best-selling new-age album, with an estimated 16 million copies sold worldwide. Enya has won numerous awards, including seven World Music Awards, four Grammy Awards for Best New Age Album,^[10] and an Ivor Novello Award. She was nominated for an Academy Award and a Golden Globe Award for "May It Be", written for *The Lord of the Rings: The Fellowship of the Ring* (2001).

In 1991, a minor planet [first discovered in 1978], 6433 Enya, was named after her. In 2017, a newly discovered species of fish, *Leporinus enyae*, found in the Orinoco River drainage area, was also named after her.

OUT & ABOUT

AND THE POT OF GOLD GOES TO...

Thursday was Quiz Night and we had a fantastic turn-out at our **ST PATRICK'S DAY** themed Quiz! Great fun was had by all! In the end, it was a tussle between The Shamrockers and Irish Eyes "R" Smiling with the Irish Eyes "R" Smiling team emerging victorious!

As always, huge thanks to Mike Chiles, our resident Quiz Master who kept everyone entertained with dance, jokes and limericks and some not-so-easy questions! Huge thanks to Norma Roos for all the organising of yet another successful event and to 'DJ Brian' for supplying the music.

We look forward to seeing you all again at our next Out Of Africa Quiz night.



OUT & ABOUT

YEE-HAW!



GET IN LINE FOR LINE DANCING!

If you enjoy dancing but you don't have a partner, or you do but he or she has 2 left feet, come and join us for a Line Dancing demonstration!



Not sure what Line Dancing is?

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction, or less commonly face each other.

Now that you have the Wikipedia description, why not come and see for yourself? Please give your names to Riaan who will arrange a line dancing class and demo. So do come and 'Do Si Do' with us because if there is enough interest, it will become a permanent weekly activity too!

Oh, and BEST OF ALL, if everyone enjoys it there may just be a **WESTERN HOE DOWN** event coming up sooner than you think! And where better to show off your new-found skills than in the Lifestyle 'Barn'.



OUT & ABOUT

The Ladies Meet & Greet Club



On Wednesday the 16th, The Ladies Meet & Greet Club got together for another great afternoon of tea, coffee and chatter all while wearing their finest hats!
And Anne Stepto walked away with the prize of Best Hat!

We all know that Life Is Better With Friends so if you're new to the village and would like to join this great group of ladies, please do let Bridget [ext 2002] or Irene [ext 2031] know if you would can make it. The next Meet & Greet date is still to be confirmed but keep an eye out for the notice in the next Aloe Aloe.

OUT & ABOUT IN THE VALLEY



High Tea Glencairn Neighbourhood Watch Fundraiser

Please join us in support of The Glencairn Neighbourhood Watch for our annual High Tea with delicious treats and teas. Many prizes, as well as magnificent raffles to be won.

Where: Town Hall, Simon's Town

When: Saturday, 14th of May 2022

Time: Arrival from 13:00, seated 13:30

Dress Code: Semi-Formal, Wear a Hat!

Cost per person: R250.00

Raffle tickets: R25 each

Donations are welcome!

**Bookings Contact: Malinda Coetzee,
076 541 5887, malindacoetzee1961@gmail.com**