

NEWSLETTER

ALOE ALOE

*"TOO MUCH OF A GOOD THING IS BAD, BUT
TOO MUCH GOOD WHISKEY IS BARELY
ENOUGH" ~ Mark Twain ~*

Dear Residents,

As arrive at the end of the 1st of 4 short four-day weeks I hope you have all got your Easter Weekend plans in place. By now your pickled fish should almost be ready and if your home is anything like mine was growing up, some of you are probably standing guard to stop the "experts" in your home from doing quality checks.

It is also the start of a great sporting weekend. The Two Oceans Marathon does mean that the roads will be affected on Sunday morning. Don't forget that there is loads of other sport also taking place this weekend - the Blitzboks alone definitely owe us a comeback performance in Vancouver as they build towards the World Cup hosted in Cape Town in September.

For the Cricket fans there is loads of IPL action and the 18yr old Dewald Brevis ("Baby AB") will be in action this coming week for the Mumbai Indians.

In addition to our regular pages, we're making Speckled Egg Easter Fudge - it is the perfect way to use up the left-over Speckled Eggs and it is a great activity to do with your grandchildren.

In Bottom's Up we discuss the Water of Life - Whisk(e)y and in our Musical Corner we take a look, and listen (just click on the link), to Roy Orbison who would have celebrated his birthday on 23rd April.

We've added something new too, called 'Nice To Know' and this is where we'll highlight little interesting bits of information as they pop up in the news and on the internet. This week we tell you all about an exciting floral discovery that was made on the banks of the river in Kirstenhof!

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

18 - 24 APRIL

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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	20 APRIL 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	10h00 & 11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 EVERGREEN LAKE MICHELLE EVENT LIFESTYLE CENTRE	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

Bacon, Spinach and Mozzarella Lasagne with Panzanella Salad.

TUESDAY

Salisbury Steak with Mushroom Sauce, Roasted Garlic Potatoes & Pan Fried Vegetables

WEDNESDAY

Chicken Parmigiana with Roasted Butternut, Green Beans & Savoury Rice.

THURSDAY

Crumbed Pork Schnitzel with Cheese Sauce, Potato Wedges & Roast Vegetables

FRIDAY

Tempura fried Hake/Grilled with Carrot and Pineapple salad, Tartar sauce and Chips

SATURDAY

Trio of Sliders (Smokey Beef, Crunchy Chicken & Pulled Pork) served with Shoestring Fries



SERVED FROM 18H00 | 2 COURSE R130

WEDNESDAY SEAFOOD DINNER MENU

MAIN COURSE

Smoked Hake with Herb Butter Sauce, Creamy Leek Mashed Potato & Pan Fried Greens

or

Lemon & Garlic Poached Mussels with Sourdough Bread

or

Grilled Butter Prawns on Savoury Rice

DESSERT

Espresso Chocolate Cups

or

Berry Eton Mess

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Honey & Mustard Roasted Chicken with Roast Pumpkin, Broccoli Bake and Hasselback Potatoes

DESSERT

Upside Down Pineapple Pudding with Homemade Vanilla-infused Custard

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

18 APRIL

TIMOLENE WALRAVEN - Noordhoek

HENNIE KOEN - Noordhoek

PETER BROWN - Noordhoek

HEATHER MCLEROTH - Noordhoek

19 APRIL

GLYNIS SHERIFF - Noordhoek

22 APRIL

VAL HAUPTMAN - Noordhoek

22 APRIL

ROBERT SAYERS - Noordhoek

ANNIVERSARIES

NO NEW RESIDENTS
THIS WEEK

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S COOKING?

COOKING MADE EASY



SPECKLED EGG FUDGE

This is a great way to use up left-over Speckled Eggs! It is an easy-peezy festive Easter fudge you simply need to try!
It's also a great baking activity to try with the grandkids !

INGREDIENTS

- 1½ cup Dark Chocolate Chips
- 2 Tbsp Peanut Butter
- 2 Tbsp Almond Milk
- 100g Speckled Eggs

METHOD

1. In a small saucepan, over a medium heat, melt all the ingredients except for the speckled eggs.
2. Once melted, pour into a small square container (12cm x 12cm) that has been lined with baking paper or tinfoil. Generously dot the fudge with the speckled eggs.
3. Refrigerate for about 1 hour until set.
4. Store leftovers in an airtight container in the fridge.

Notes

1. You can use milk chocolate instead of dark chocolate.
2. Peanut butter can be substituted with almond or cashew nut butter.

Recipe is from Cat Carstens. For more recipes from Cat Carstens check out her website [Le Famished Cat](#) or follow her on Instagram.

BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID

WHISK(E)Y



Uisge beatha is the Scottish Gaelic term for 'water of life' with uisge simply meaning water and beatha meaning life. Over time and through common use in Scotland, uisge beatha was shortened and 'uisge' became known as 'whisky'

What Is Whiskey?

Whiskey is a dark distilled spirit that is made from a variety of grains, including barley, corn, rye, and wheat. It is distilled throughout the world, most popularly in Ireland, Scotland, the United States, Canada, and Japan. There are various styles of whiskey and some countries have regulations that stipulate how it is

produced. Whether it's Irish whiskey, scotch, bourbon, or Canadian whisky, it's the most popular liquor in the world and it's used in numerous cocktail and shot recipes. Surprisingly, drinkers in India consume the most whiskey, though the country's own whiskey is rarely exported.

What Is Whiskey Made From?

Whiskey was originally used as a medicine, both as an internal anaesthetic and an external antibiotic.

Distilling techniques were brought to Ireland and Scotland sometime between 1100 and 1300 by monks. Since wine was not easily obtained there, barley beer was distilled into a liquor which became whiskey. The manufacturing of distilled spirits was limited to apothecaries and monasteries until the late 15th century. Whiskey made its way to North America with Irish and Scottish immigrants and has spread across the globe as well.

Though the various styles of whiskey use slightly different methods, all are essentially made in the same way. Whiskey starts out just the same as beer with a mash of grains—commonly barley, corn, rye, or wheat.

Some, as in the case of barley, may also be malted. The grains are mixed with water and yeast for fermentation, which converts starches to sugars that become alcohol. Afterward, the beer is run through a still—either a pot still or continuous column still—that heats the liquid into a concentrated vapor. This comes out the other end as a high-proof liquid distillate that is clear.

Almost all whiskey is then barrel-aged for at least a few years. This imparts oak and wood flavours, darkens the liquor, and mellows out the harsh alcohol. After barreling, whiskey is then blended with other barrels or different styles of whiskey and often diluted to bottling strength. Whiskey is typically bottled at 40 percent alcohol by volume (ABV, 80 proof) or slightly higher. Some barrel-strength whiskeys, which are not diluted, may reach 140 proof.

Types of Whiskey

Some whiskey styles are highly regulated and others are not. Bourbon, for instance, must meet certain criteria in order to use that name on the label. In contrast, a generically labelled "blended whiskey" can be made anywhere and use any ingredients or production methods. Each style also has its own characteristics, which attracts drinkers of different tastes.

It is generally spelled "whiskey" – with an e – in the USA & Ireland. It is spelled "whisky" – without the e – in Scotland & Canada, which are both well known for their whisk(e)y, & in several other countries.

BLENDED WHISKEY

The term refers to any whiskey that is a blend of various whiskeys that are already aged. Typically, it includes whiskeys distilled from different types of grains. Canadian and Irish whiskeys, as well as scotch, include blended whiskeys. It's also used for whiskeys that don't fall into any of the standard styles.

SINGLE MALT WHISKEY

This term is used to distinguish a whiskey that is produced at a single distillery using a single malted grain. You can find single malts in scotch, Irish and Japanese whiskeys, and whiskeys from other countries.

IRISH WHISKEY

This whiskey must be distilled in Ireland and is most often blended, though single malts are available. Typically, Irish whiskey is triple-distilled from un-malted barley and it must be aged for at least three years. The style is known for being smooth, light, and very drinkable.

SCOTCH WHISKY

Scotch includes single malts made from malted barley and blended whiskeys that include grain whiskey. The signature taste is a smokiness that is imparted by drying the malt over a peat-fuelled fire. Different regions of Scotland produce single malts with individual characteristics as well.

Bourbon Whiskey: This style can only be made in America and has some of the tightest regulations. It must be made from at least 51 percent corn, distilled to no more than 160 proof, barrelled no higher than 125 proof, and aged in new, charred oak barrels. The taste varies, though most bourbon has a robust flavour.

TENNESSEE WHISKEY

Most of the same stipulations for bourbon apply to Tennessee whiskey, but it must be made within the state. It also goes through a charcoal filtering called the Lincoln County Process, which mellows the whiskey while giving it a slight burnt wood flavour.

CANADIAN WHISKEY

Canada is famous for blended whiskeys that are among the smoothest in the world. Rye is a favourite grain, though the whiskeys that go into the blends are made from a variety of grains. It's not uncommon for a Canadian whiskey to use 20 or more ingredients—mostly whiskey, but also things like sherry—in a blend.

RYE WHISKEY

There is no geographical designation to rye whiskey, though much of it is made in North America. Instead, it focuses on the use of rye; smaller proportions of other grains may be used as well. Rye whiskeys tend to be bold and spicy.

JAPANESE WHISKY

Japan learned how to make whiskey from Scotland, so the techniques and characteristics are very similar. It tends to focus on single malts with peaty flavours and they're considered to be very fine whiskeys.

MOONSHINE

Also called "white dog" or, in Ireland, potcheen, moonshine is unaged whiskey. Essentially, it's raw whiskey straight out of the still (possibly diluted) without the mellowness, colour, or extra flavours imparted by wood barrels. It was once relegated to backwoods stills and illegally-made homemade liquor, but there is a growing legal market for it today.

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

ROY ORBISON

[Click here to Listen](#)

Roy Kelton Orbison was an American singer, songwriter, and musician known for his impassioned singing style, complex song structures, and dark, emotional ballads. His music was described by critics as operatic, earning him the nicknames "The Caruso of Rock" and "The Big O."

Born: 23 April 1936, Vernon, Texas, United States

Died: 6 December 1988, Hendersonville, Tennessee, United States

Spouse: Barbara Orbison (m. 1969–1988), Claudette Frady (m. 1965–1966), Claudette Frady (m. 1957–1964)

Children: Roy Orbison Jr, Wesley Orbison, Anthony King Orbison, Alex Orbison, Roy Dewayne Orbison

Music group: Traveling Wilburys (1988 – 1988)

Many of Orbison's songs conveyed vulnerability at a time when most male rock-and-roll performers chose to project masculinity.

He performed while standing motionless and wearing black clothes to match his dyed black hair and dark sunglasses, which he wore to counter his shyness and stage fright.

Born in Texas, Orbison began singing in a rockabilly and country-and-western band as a teenager. He was signed by Sam Phillips of Sun Records in 1956, but enjoyed his greatest success with Monument Records. From 1960 to 1966, 22 of Orbison's singles reached the Billboard Top 40. He wrote or co-wrote almost all of his own Top 10 hits, including "Only the Lonely" (1960), "Running Scared" (1961), "Crying" (1961), "In Dreams" (1963), and "Oh, Pretty Woman" (1964).

After the mid-1960s, Orbison suffered a number of personal tragedies and his career faltered. He experienced a resurgence in popularity in the 1980s following the success of several cover versions of his songs. In 1988, he co-founded the Traveling Wilburys (a rock supergroup) with George Harrison, Bob Dylan, Tom Petty, and Jeff Lynne.

Orbison died of a heart attack in December 1988 at age 52. One month later, his song "You Got It" (1989) was released as a solo single, becoming his first hit to reach the US & UK Top 10 in nearly 25 years. Orbison's honours include inductions into the Rock and Roll Hall of Fame and Nashville Songwriters Hall of Fame in 1987, the Songwriters Hall of Fame in 1989, and the Musicians Hall of Fame and Museum in 2014. He received a Grammy Lifetime Achievement Award and five other Grammy Awards. Rolling Stone placed him at number 37 on its list of the "Greatest Artists of All Time" and number 13 on its list of the "100 Greatest Singers of All Time". In 2002, Billboard magazine listed him at number 74 on its list of the Top 600 recording artists.

Orbison performed at the Front Row Theater in Highland Heights, Ohio on December 4, 1988. Exhausted, he returned to his home in Hendersonville to rest for several days before flying again to London to film two more videos for the Traveling Wilburys. On December 6, 1988, he spent the day flying model airplanes with his bus driver and friend Benny Birchfield and ate dinner at Birchfield's home in Hendersonville (Birchfield was married to country star Jean Shepard). Later that day, Orbison died of a heart attack at the age of 52, at his mother's house.

A memorial for Orbison was held in Nashville, and another was held in Los Angeles. He was buried at Westwood Village Memorial Park Cemetery in an unmarked grave.

TO LEARN MORE ABOUT THIS GREAT ARTIST [click here](#):



NICE TO KNOW

INTERESTING INFORMATION AND HAPPENINGS AROUND THE CAPE



BOTANIST UNCOVERS RARE PLANT SPECIES

Not far from here, in the little leafy suburb of Kirstenhof, an amateur botanist by the name of Tim Kirsten stumbled upon an exciting find! Possibly last seen around the 1830s, the **LONGLEAF FOUNTAIN BUSH** or *Psoralea filifolia* was found and photographed on Wednesday 23rd March along the greenbelt near Oranje Road in Kirstenhof. Tim, who also belongs to the Friends of Kirstenhof Wetland, first noticed the plant in 2020 during its flowering season of November to March. Using the iNaturalist app it was first incorrectly identified as *Psoralea pinnata* but after taking better images it helped iNaturalist professors, Charles Stirton and Tony Rebelo correctly identify it as *Psoralea filifolia*. Professor Stirton said *Psoralea filifolia* was thought to be locally extinct on the greater Cape Flats with last official recordings dating back to the 1830s despite botanists having searched extensively for it since.

Information taken from the article in the Constantiaberg Bulletin by writer, Karen Watkins.