

"ALL LABOUR THAT UPLIFTS HUMANITY HAS DIGNITY AND IMPORTANCE AND SHOULD BE UNDERTAKEN WITH PAINSTAKING EXCELLENCE"

~ MARTIN LUTHER KING JR ~

Dear Residents,

On 1 May we celebrate Workers Day, a day now associated with workers rights but originally a day or festival celebrated by workers at the start of the European summer before harvesting began. The celebrations traditional started on the 27th of April and lasted until the 3rd of May. Strangely many European countries have since added their own twists as to how and why the day is celebrated but 1 May is one of the few days that is celebrated as a public holiday around the globe. In South Africa, it marks the establishment of the Congress of South African Trade Unions in 1985 which was at the centre of the fight for recognition of Workers' Day in South Africa. Large-scale rallies and stay-away actions were supported by many organisations, ensuring 1 May was declared a public holiday in the country.

This also bring us to the end of the run of short weeks and life should be return to normal for a while.

During the month of May...

On Sunday the 8th, it is Mother's Day and it is a great opportunity to celebrate our mothers, whether near or far, you being a mum yourself, as well as the younger mothers coming up through the family line.

On the 19th it's time once again for another Quiz Night. The theme this is Out of Africa so be sure to brush up on your South African and African knowledge!

On the 25th, we'll be having a special Winter event where we will be doing our own interpretation of "Soetes & Sop" to celebrate National Wine Day.

In addition to our regular pages, and in anticipation of the Soete's & Sop evening, we've included a good old fashioned Boontjie Sop [Bean Soup] recipe, and in Bottom's Up, we're talking about fortified wines like Port and Sherry.

In our Musical Corner we take a look [and listen] to Engelbert Humperdinck who celebrates his birthday on 2nd May.

We've also added a page called Resident Activities and this week we highlight new Art Workshops hosted by our very own, Judy Moolenshot.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

2 - 8 MAY

IN THIS ISSUE

Weekly Activities
Your weekly guide to sport & recreational activities in the Village

What's On The Menu
Delicious meals on offer this week!

It's A Celebration
Birthday's, Anniversaries & New Residents

What's Cooking?
Good Old Fashioned Boontjie Sop/Bean Soup

Bottom's Up!
Winter Warmers - Fortified wines

Musical Corner
Engelbert Humperdinck


Resident Activities
Art Workshop with Judy Moolenshot



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	RESUMES 10 MAY 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	4 & 18 MAY 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 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089
SATURDAY					
SUNDAY			12h00 MOTHER'S DAY LUNCH BISTRO ext. 2404		

WHAT'S ON THE MENU?

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

DAILY MEAL | R55PP

MONDAY

Bobotie Pancake topped with Cheese served with a Garden Salad

TUESDAY

Bacon & Spinach Pomodoro with Pesto Bruschetta

WEDNESDAY

Moroccan Chicken with Yellow Rice & Pan-fried Green Beans

THURSDAY

Tomato Bredie with Coriander Rice & Seasonal Vegetables

FRIDAY

Fried/Grilled Hake with Green Salad & Tartar Sauce

SATURDAY

Sesame Chicken & Guacamole Wrap with Cheesy Potato Wedges



SERVED FROM 18H00 | 2 COURSE R130 | MAIN ONLY R95

WEDNESDAY DINNER MENU

MAIN COURSE

Slow-roasted Asian Pork Belly with Mashed Potato and a Medley of Sautéed Vegetables

or

Deboned Chicken, Berry Jus, Savoury Rice, Roasted Butternut & Spinach Bake

or

Jamaican Slow Cooked Oxtail with Creamy Mashed Potato

DESSERT

Berry Mille-Feuille
(puff pastry layers sandwiched together with vanilla pastry cream and berry compote)

or

Apple Crumble with Vanilla Ice Cream & Butterscotch Sauce

MOTHER'S DAY LUNCH

SUNDAY 8 MAY | SERVED FROM 12H00 | R135PP

MAIN COURSE

Roast Leg of Lamb, Red Wine Jus, Roasted Vegetables & Roasted Potatoes, Mint Sauce

DESSERT

Petite Desserts & Coffee Table

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

1 MAY

BILL RAMAGE - Noordhoek

2 MAY

GAIL FORTGENS - Noordhoek

3 MAY

PETE FOAD - Noordhoek

6 MAY

ROGER PAYNE - Noordhoek

8 MAY

ERIC JENNINGS - Noordhoek

ANNIVERSARIES

4 MAY

CHRIS & ROSEMARY MENY-GIBERT - Noordhoek

NEW RESIDENTS

GEORGE & DAPHNE RAUBENHEIMER
Noordhoek



WHAT'S COOKING?

COOKING MADE EASY



*BEAT THE WINTER CHILL WITH A STEAMING BOWL OF
BOONTJIE SOP / BEAN SOUP*

RECIPE AND IMAGES: Tony Jackman/Daily Maverick

INGREDIENTS

- 1 x 1 kg packet of split peas
- 100 g pork lard, diced very small
- 1.5 kg mutton and/or lamb bones
- 2 celery stalks, diced
- 2 onions, finely chopped
- 1 x 200 g packet of fatty streaky bacon (choose the fattiest one they have)
- 2 large carrots, diced (no need to peel, but do wash them)
- A handful of fresh parsley, chopped
- 1 or 2 big rosemary sprigs
- 3 bird's-eye chillies, chopped
- 3 bay leaves
- 3 blades of mace
- 2 litres lamb stock
- 1 packet of tomato soup powder
- 1 packet of thick vegetable soup powder
- 1 tsp onion powder
- 2 tsp garlic powder
- Additional water as needed
- 1 x 400 g can of cannellini beans
- 1 x 400 g can speckled sugar beans
- 1 x 400 g can red kidney beans
- Salt and White pepper

METHOD

- Soak the peas in water to cover, plus an extra litre of water, for 3 or 4 hours. Don't drain them: the pea-soupy water goes into the pot.
- Turn the oven on to 200°C and, once it's hot, put the bones in an oven pan and roast them for about 45 minutes. Let them cool.
- Chop the pork fat into tiny pieces and put them in a deep, heavy pot on a moderate heat. Dice the streaky bacon. When the heat has drawn enough fat out from the lard, add the onions and streaky bacon and sauté for a couple of minutes, then add the chopped carrot and celery and continue to cook gently, stirring, until softened.
- Add the roasted bones. Drain the water from the soaked peas into the oven pan, put it on a high heat, and bring it to a rapid boil while stirring to retrieve all of the meaty bits that have stuck to the bottom of the pan. Tip this into the soup pot, and add the soaked peas too.
- Add the lamb stock (or use beef) and stir in the contents of the two packets of soup powder. While it's coming to the boil, add the mace, rosemary, parsley, chillies and bay leaves, and extra water if everything is not fully covered. Season fairly generously with salt, but taste and stir as you go to ensure that you don't overdo it.
- Boil, then reduce to a constant simmer, and cook for an hour or so, stirring often to prevent it catching at the bottom. The peas in particular will tend to stick, so keep it moving.
- Add the contents of the cans of beans (including the brine, which has both flavour and body), stir in the onion and garlic powder and white pepper to taste, and return to a simmer for 20 minutes or so. Taste to check the seasoning, and add more salt only if needed.
- No need to blend, as the best result is a nice chunky, textured soup. It's hearty and a bit rough. Remove the bones, or just ladle the soup out from around and in between them. No standing on ceremony with this one!

BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID



WINTER WARMERS PORT & SHERRY

As the winter chill sets in and thoughts of warm fires and hearty soups become top of mind, a Port or Sherry is also often the drink of choice. But what is the difference between the two?

It comes down to where they are from as well as the grapes used. Port is a sweet red wine that originates from the Douro region of northern Portugal, while sherry is made with white grapes and comes from what is known as “the Sherry Triangle,” an area in the province of Cádiz in Spain.

Both are fortified, which means brandy or a neutral distilled spirit is added. Port wine tends to be rich and sweet in taste since it is fortified halfway through the fermentation process whereas sherry is fortified after the fermentation process is complete, giving it a dry texture.

PORT

There are many different styles of both ports and sherries. Popular types of port include:

TAWNY PORT

A sweet or medium dry wine made from red grapes known for its nutty flavour.

RUBY PORT

Is stored in stainless steel containers to prevent oxidation as the wine ages.

VINTAGE PORT

Are generally aged in barrels for longer periods of time than other ports.

There is also white port made from white grapes.

SHERRY

Some popular types of sherry include:

FINO

This is the driest type of sherry. It is aged in barrels with an added layer of flor yeast on top to prevent exposure to air.

AMONTILLADO

Also aged under flor yeast, but which is later exposed to air for a darker final product.

OLOROSO

Is exposed to air for an even longer duration, resulting in a darker, richer wine.

In the Jerez region of Spain near the Gulf of Cádiz, you will find the “Sherry Triangle” made up of Jerez de la Frontera (the largest city in the triangle), the historic town of El Puerto de Santa María, and Sanlúcar de Barrameda - a city of noble lineage and origin of Manzanilla sherry. In Portugal, the Douro Valley region is the birthplace of port wine.



WHY CAN WE NO LONGER CALL IT PORT OR SHERRY IN SOUTH AFRICA?

As of January 2012, South African producers are unable to use the word 'sherry' on their labels because the Spanish own the term as sherry is their indigenous drink.

South Africa continues to make some of the world's best sweet wines. From fortified reds to straw wines and late-harvest and botrytized selections, the country does them all—and does them all well. The most common kind of fortified wine from here is traditionally called Cape Port. These Port-style wines can be produced from Portuguese varieties, like Touriga Nacional and Tinta Barroca, or other grapes, like Shiraz or Pinotage.

Last year, Boplaas triumphed once again with the family-owned winery in the Klein Karoo being showered with accolades by the National Wine Challenge/Top 100 SA Wines. Taking the crowning spot was the Boplaas Cape Vintage Reserve Port 2017, named Best in South Africa and Best South African Sweet Wine. The winery prides itself on making 'port' according to traditional Portuguese methods and only Portuguese cultivars are used.

Other South African fortified wines include jerepigo (or jerepiko) and Muscadel. Jerepigo is a vin de liqueur that may be made from any grape variety. Brandy is added to the must prior to fermentation, which results in wines that are full-bodied and sweet. Muscadels, produced exclusively from Muscat de Frontignan or Muscat à Petits Grains (Blanc or Rouge), can be made as a jerepigo or as a vin doux naturel, if the brandy is added after fermentation has started.

Hanepoot, a South African synonym for Muscat of Alexandria, can also be produced in a fortified style. Muscadels and Hanepoots often exhibit musk and floral aromas, as well as notes of sweet stone fruit, lychee and gingery spice.

South Africa's best wines, according to Diners Club South African Wine Guide 2022, were revealed late last year and the winners in the fortified range were:

Port-style

- Boplaas Family Vineyards Cape Vintage Reserve 2019 B
- Boplaas Family Vineyards Cape Tawny Reserve 2005
- De Krans Wines Cape Vintage Reserve 2019
- KWV Wines Cape Tawny NV
- Sijnn 2019

Dessert Wine, Fortified

- Orange River Cellars Omstaan Wit Muscadel NV

Natural Sweet

- Black Elephant Vintners The Honey Thief NV
- Klein Constantia Estate Vin de Constance 2017

Noble Late Harvest

- Boekenhoutskloof Winery 2018
- Buitenverwachting 1769 2020

Vin de Paille/Straw Wine

- De Trafford Wines Straw Wine 2018
- Meerhof Wines Mooistrooi 2020
- Savage Wines Not Tonight Josephine 2020



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

ENGELBERT HUMPERDINCK

Arnold George Dorsey MBE (born 2 May 1936), known professionally as Engelbert Humperdinck, is a British pop singer who has been described as "one of the finest middle-of-the-road balladeers around". He achieved international prominence in 1967 with the hit single "Release Me".

Arnold George Dorsey was born in Madras, British India (now Chennai, India) in 1936, one of ten children. His family moved to Leicester, England, when he was ten years old and he later showed an interest in music and began learning the saxophone. By the early 1950s, he was playing saxophone in nightclubs, but he is believed not to have begun singing until he was in his late teens. His impression of Jerry Lewis prompted friends to begin calling him "Gerry Dorsey", a name that he worked under for almost a decade.

Dorsey's attempt to get his music career off the ground was interrupted by conscription into the British Army Royal Corps of Signals during the mid-1950s. Later, he got his first chance to record in 1959 with Decca Records after his discharge. He had been spotted when he won a talent contest in the Isle of Man the previous summer.

In 1965, Dorsey teamed up with Gordon Mills, his former roommate while in Bayswater, London, who had become a music impresario and the manager of Tom Jones. Mills, aware that the singer had been struggling for several years to become successful in the music industry, suggested a name-change to the more arresting Engelbert Humperdinck, borrowed from the 19th-century German composer of operas such as Hansel and Gretel.

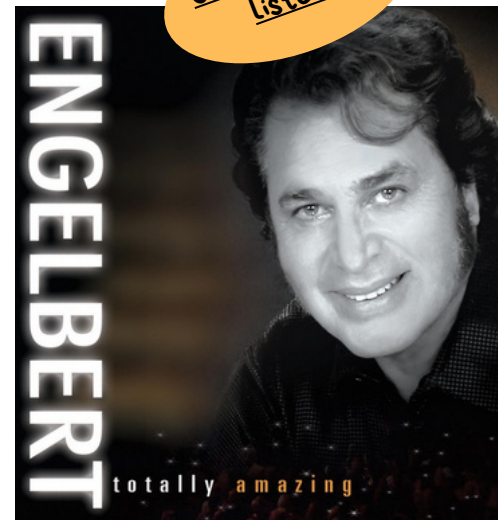
In the mid-60s, Humperdinck visited German songwriter Bert Kaempfert at his house in Spain and was offered arrangements of three songs: "Spanish Eyes," "Strangers in the Night," and "Wonderland by Night." He returned to Britain where he recorded all three songs. He recognised the potential of "Strangers in the Night" and asked manager Gordon Mills whether it could be released as a single, but his request was refused, since the song had already been requested by Frank Sinatra. "Spanish Eyes" and "Wonderland by Night" would be included on the singer's 1968 LP *A Man Without Love*. In early 1967, the changes paid off when Humperdinck's version of "Release Me" topped the charts in the United Kingdom and hit #4 on the US Billboard 100.

"Release Me" spent 56 weeks in the Top 50 in a continuous chart run, and was believed to have sold 85,000 copies a day at the height of its popularity. The song has remained at the core of Humperdinck's repertoire ever since.

"Release Me" was succeeded by two more hit ballads: "There Goes My Everything" and "The Last Waltz", earning him a reputation as a crooner, a description which he disputed. As Humperdinck told Hollywood Reporter writer Rick Sherwood: "[I]f you are not a crooner it's something you don't want to be called. No crooner has the range I have. I can hit notes a bank could not cash. What I am is a contemporary singer, a stylised performer."

Humperdinck's easy going style and good looks soon earned him a large following, particularly among women. His hardcore female fans called themselves "Humperdinckers". Now, well into his sixth decade as a successful entertainer, Humperdinck continues with his schedule of international concert dates and has sold more than 140 million records worldwide.

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



RESIDENT ACTIVITY

ART IS CHAOS TAKING SHAPE - PABLO PICASSO



Art Workshop

Judy Moolenschot will be hosting a short and informal talk about the possibility of starting a series of MONTHLY ART WORKSHOPS including Judy's ideas, experience and processes. Judy has taught classes from beginners to advanced and facilitates workshops which can be as simple or as complex as you choose. She will answer any questions about costs involved, times and dates, as well as subject matter and possibilities of expanding into other Art related activities.

Date: Saturday, 7 May 2022

Time: 10h00

Venue: Lifestyle Centre, 1st floor Lounge

RSVP: Thursday, 5 May 2022

Judy: ext. 2141

Please note: This get-together does not imply any commitment and is purely an informative session. Previous or current experience of artists is not a factor and the workshops will be suitable for any level of enjoyment and expertise.

