

NEWSLETTER

ALOE ALOE

"THE WAY I SEE IT, IF YOU WANT THE RAINBOW, YOU GOTTA PUT UP WITH THE RAIN!" - DOLLY PARTON -

Dear Residents,

This week you would have received your AGM Packs with all the relevant information for the AGM's being held on 1 June (Noordhoek) and 2 June (Lake Michelle). Thank you to everyone that has already sent through questions and confirmed their attendance. Please ensure that all proxy's and Rescom nominations are submitted by the dates stipulated in the notice.

Last month we completed our voluntary evacuation drills in Noordhoek and over the the next 2 months we will also be doing the annual fire extinguisher servicing. Further information will be sent out as required. As explained at the evacuation drills, residents can volunteer to act as evacuation marshals. We have not received enough volunteers to proceed with incorporating these residents into the programme so I would like to ask that anyone who would like to volunteer to please contact me directly.

On the social front we had another very successful Quiz Night last night. Thank you again to Mike Chiles and Norma Roos for another great event and also to everyone that attended. It was great to see some new faces.

This coming week we are hosting a Soup and Wine/Dessert Wine event so as the sun sets come and get warmed up from the inside out. Nothing brings people together more than a hearty bowl of soup and a well-crafted glass of wine or dessert wine!

In this weeks Aloe Aloe, besides our regular pages we get fashionable with the very regal colour purple [just in time for the Queen's Jubilee] in Green Fingers and delve into the benefits of seeds in Health Matters. Our Good Reads page has a light-hearted feel to it this week and I'm sure there will be something appeals.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

23 - 29 MAY

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Health Matters

The Health Benefits Of Seeds

Good Reads

Learn more about South Africa with one of our suggested reads

- A WEDDING IN PROVENCE by Katie Fforde
- TWO TONS O FUN by Fred Khumalo
- RUN ROSE RUN by Dolly Parton & James Patterson



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		GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY	09h00 CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM ROOM 2 Cecile ext. 2011			14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089
WEDNESDAY	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	1, 15, 29 JUNE 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			18h00 SOETES & SOP 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	10h15 & 11h15 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	18h00 WEEKLY DINNER BISTRO ext. 2404
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

Pasta Primavera with
Bacon, Roasted Tomatoes,
Basil Pesto & Garlic
Bruschetta

TUESDAY

Meatloaf Wellingtons with
Mash Potato, Buttered
Green Beans and Gravy

WEDNESDAY

Pork Schnitzel, Potato
Wedges, Roast Vegetables
& Mushroom Sauce

THURSDAY

Sweet & Sour Chicken Stir
Fry with Egg Fried Rice

FRIDAY

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

SATURDAY

Cheesy Chicken Quesadilla
with Salsa & Guacamole Dip



FRIDAY NIGHT SOCIAL MENU

SERVED FROM 18H00

MAIN MEALS R85 | DESSERT R38 | 2 COURSE R120

MAINS

Grilled/Fried Hake & Chips
with Tartar Sauce

or

Sticky BBQ Ribs & Chips with
Monkey Gland Sauce

or

Chicken Cordon Bleu with Chips
& Smoked Paprika Aioli

DESSERT

Chocolate Mousse Duo

or

Vanilla Ice Cream &
Homemade Caramel Sauce

SUNDAY LUNCH

SERVED FROM 12H00 | R95

MAIN COURSE

Garlic & Thyme Roast Beef with Roasted
Vegetables, Potatoes,
Yorkshire Pudding & Thyme Jus

DESSERT

Apple Crumble with Vanilla Ice Cream
& Caramel Sauce

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

23 MAY

JANET POTTER - Noordhoek

DENISE DUFF - Noordhoek

NOMAPHELO BOOI - Evergreen Team

24 MAY

SUE PAYNE - Lake Michelle

JENNIFER KNIGHT - Noordhoek

27 MAY

MAY JENNINGS - Noordhoek

GLENDA INSKIP - Noordhoek

TREVOR DOUGLAS - Noordhoek

28 MAY

LINDA GREEFF - Noordhoek

29 MAY

PAM GRAHAM - Noordhoek

ANNIVERSARIES

24MAY

RICHARD & JUDY MOOLENSCHOT -
Noordhoek

29MAY

PETER & GLENDA INSKIP -
Noordhoek

NEW RESIDENTS

BOBBY & WILMA HAINS -
Noordhoek House 43

RORY & LALEEN BLAND -
Noordhoek House 96



GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES, BECAUSE THEY MAKE THEM SO...



TRENDY VERI PERI

The Pantone colour of the year is **Very Peri** – a courageous, statement-making violet-blue that generates creativity and inspiration in the garden. Cultivate some confidence and curiosity by incorporating a striking variety of purple Veri Peri stunners. Here is your grow guide for 2022.

ETERNAL PURPLE BLISS

According to the trend-setters at Pantone, “17-3938 Very Peri is a dynamic periwinkle blue hue with a vivifying violet-red undertone that blends the faithfulness and constancy of blue with the energy and excitement of red”. In addition, this colour represents:

- Newness
- Mending and healing
- Courageous creativity
- Imaginative expression
- The power of manifestation

TASTY EDIBLES

The health benefits of purple food include anti-inflammatory and anti-cancer properties. Anthocyanidins are responsible for the purple pigment in our edibles and also helps to boost the immune system.

- Fruit: blueberries, raspberries, blackberries, red grapes, figs, plums, and passion fruit.
- Veggies: Beetroot, eggplant, red cabbage, purple cauliflower, and sweet potatoes.

IDYLIC INDOORS FOR 2022

Having shades of purple plants around the house helps to invoke peace and happiness. There's a lot going on in the world, so if you're looking to reap a little more optimism for the new year, grow these:

- Calatheas, cyclamen, orchids, and rubber tree plant (*Ficus elastica*).

THE MOST BRILLIANT BULBS

When looking at these Veri Peri inspired bulbs, the warmer red-purples are seen as more energetic to the human eye, while the subdued blue-purples are seen as peaceful and contemplative.

- Plant crocus, hyacinth, allium, tulips, liatris, dahlia, anemone, and agapanthus.

[continued]

ANYTHING BUT ORDINARY ANNUALS

Pairing these Veri Peri annuals with hues directly across the colour wheel, such as lime greens and yellow, will create a dynamic contrast in the garden that brings out the best of both extraordinary colours.

- Plant heliotrope, petunia, poppy, verbena, ageratum, nierembergia, verbena, bachelor's buttons, statice, calibrachoa, torenia, scaevola, and sweet peas.

PEACEFUL (BUT POPPING) PERENNIALS

You can create an analogous hue bed by grouping your red-purple and blue-purple perennials together. Experiment with hot and cool-coloured pallets around the garden for a popping landscape this season.

- Plant clematis, baptisia, lupine, iris, campanula, salvia, asters, phlox, Russian sage, perennial geranium, viola, lavender, aconitum, nepeta, delphinium, aquilegia, echinops, platycodon, and pulsatilla.

Remember that perennial plants regrow every spring while annuals only live for one growing season. The advantage of perennials is that they don't often need replacing (if well looked after), while annuals reward the garden with unique seasonal charm.

SHOW-STOPPER SHRUBS

Of all the colours, purple is most associated with rarity, royalty, magic, and mystery. Back in the day, some Roman emperors even forbid their citizens from wearing purple or they would face the death penalty!

- Plant buddleia, lilac, wisteria, hydrangea, vitex, ceanothus, azalea, rhododendron, and Texas sage..

COOL-SEASON ANNUALS TO INSPIRE YOU

Begin your Veri Peri adventure by planting these chilled out, charismatic lovelies in beds and pots for a little upliftment as we head into shorter days and longer nights.

- Alyssum
- Vygies
- Pansies and violas
- Petunias
- Primulas
- Antirrhinum (snapdragons)
- Delphinium (larkspur)
- Phlox
- Lobelia
- Dianthus

Become part of the trendy gardening vibe-tribe and have fun playing with the Pantone colour of the year. Bring in excitement, courage, and joy by growing some of these truly gorgeous plants. Life is a Garden, and it's a purple party!



HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



SOW THE SEEDS OF HEALTH

Seeds are nature's small yet potent superfoods. They're concentrated sources of energy, vitamins, minerals, plant protein, fibre, and other beneficial compounds like antioxidant polyphenols, essential fats and enzymes. Seeds pack this nutritional punch because they require these materials to germinate new plants and support growth. A mature plant then flowers and produces new seeds, which are also packed with high concentrations of vitamins, minerals, and proteins and help to continue the germination cycle.

NUTRIENT POWERHOUSES

The various cultivated seeds you'll find in the nutrition section at your local health store come from different sources. Pumpkins seeds, for example, are vegetable seeds, while sunflower seeds come from a flowering plant. We now also have access to various specialised crops such as flax and hemp seeds.

CULINARY ACCOUNTREMENTS

Seeds are also extremely versatile culinary ingredients. The easiest way to include seeds in your daily diet is to simply use them as a topping. They are great for adding texture to various healthy meals, including smoothies, breakfasts, soups or wraps. You can also crush, puree or blend them into recipes to amplify your dish's nutritional content. And they'll provide an energy boost when eaten as a standalone snack during the day.

Chia seeds - offering a near complete source of protein with 19 amino acids, chia seeds are a popular source of plant protein. One teaspoon of chia seeds delivers 2.5 times more protein than kidney beans, three times more iron than that found in spinach. Chia seeds also contain numerous vitamins and minerals, including calcium and vitamin C, with additional electrolytes that can help to hydrate the body. They are also an excellent source of fibre and antioxidants and are the richest plant source of omega-3 fatty acids. No wonder these seeds are known as a superfood!

Hemp seeds - are nature's highest botanical source of essential fatty acid, with more essential fatty acid than flax or any other nut or seed oil. One tablespoon of hemp seeds also contains all essential amino acids, which makes them another popular ingredient for those looking to bulk up their plant protein intake. Containing 36% protein, hemp is the second-highest protein-rich food on earth after algae by weight. Hemp is also a great alkalisng food with a rich omega-6 fatty acid content. In addition, these seeds are a rich source of phytonutrients - plant-derived compounds that have a protective function and can therefore help to boost our immune systems and protect tissues, cells, skin, organs, and mitochondria.

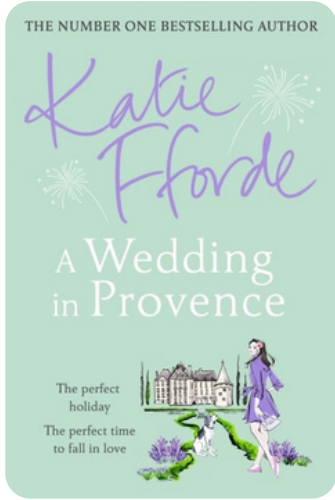
Flax seeds - contain significant amounts of alpha-linolenic acid (ALA), a powerful anti-inflammatory, along with dietary fibre and lignans. The soluble fibre in flaxseeds promotes healthy bowel function - one tablespoon of flaxseed contains as much fibre as half a cup of cooked oat bran. From a nutritional perspective, flax is also a solid source of potassium and is also rich in essential fatty acids.

Pumpkin seeds - contain numerous vitamins and minerals, including iron, potassium, phosphorus, magnesium, and zinc. These seeds are also a great fuel source for active individuals, providing 559 calories per 100g serving. They're also a great source of protein, with about 30g per 100g serving. New research has also found that pumpkin seeds can help regulate insulin levels, which guards against diabetic complications.

Sesame seeds - also contain those powerful antioxidant polyphenols called lignans - they are generally considered the best known dietary source of lignans. They're also a beneficial source of iron, which is an important mineral for endurance athletes and women, who often lack sufficient iron to support red blood cell production. Other important nutrients found in sesame seeds include copper, manganese, and magnesium, along with fibre and omega-6 fats.

GOOD READS

"THERE IS NO FRIEND AS LOYAL AS A BOOK" – ERNEST HEMINGWAY



A WEDDING IN PROVENCE by Katie Fforde

It's late afternoon when Alexandra arrives, and the chateau before her is old, substantial and its four large towers seem to grow out of the soil. It is, she thinks, reassuring in its permanence and solidity.

Less reassuring are the three silent, rather hostile children waiting for her inside. They are to be her charges for a month: a boy and two girls badly in need of some love, attention, and an English education.

Fresh from London and a recent cookery course, Alexandra has always loved a challenge and feels equipped to deal with most things life throws her.

What she is a good deal less sure about is whether she'll be able to cope with their father – an impossibly good-looking, entirely unsuitable French count with whom she is trying very hard not to fall in love...

TWO TONS O FUN by Fred Khumalo

A charming coming-of-age novel set in a Johannesburg township

A car has collided with a Coca-Cola truck in Alexandra. The overturned trailer is spilling its contents, which residents are carrying off in their plastic 'Shangaan Gucci' bags. With two other bystanders, Lerato Morolong, age fourteen, helps the injured truck driver. The woman who drives them to hospital is Professor Ngobese, matriarch of the family at Number 80, the only house in the neighbourhood with a street address, aka Those White People.

Here begins Lerato's relationship with the Ngobeses – Auntie Gugu and her daughter Janine, who becomes Lerato's bf and one half of the dancing duo, Two Tons o' Fun (because life's too short to spend in a tent dress).

As Lerato's story unfolds, you'll meet her quick-fingered, beer-loving, man-eating mom June-Rose, who's not afraid to use the knife she keeps in her bra, and has passed on her tough survivor's spirit to her daughters, especially 12-year-old Florence. When June-Rose brings home yet another man, Florence runs away with dire consequences. Revelations emerge, such as the truth about Lerato's father, who lost his way in the conflicts at the end of apartheid. Rich and humorous, this vibrant coming-of-age story sees a young woman uncover her skill as a writer, explore her sexuality, travel, and finally understand her mother.



RUN ROSE RUN by Dolly Parton & James Patterson

From America's most beloved superstar and its greatest storyteller – a thriller about a young singer-songwriter on the rise and on the run, and determined to do whatever it takes to survive.

Every song tells a story.

She's a star on the rise, singing about the hard life behind her. She's also on the run. Find a future, lose a past.

Nashville is where she's come to claim her destiny. It's also where the darkness she's fled might find her. And destroy her.

Run, Rose, Run is a novel glittering with danger and desire – a story that only America's #1 beloved entertainer and its #1 bestselling author could have created.