

NEWSLETTER

ALOE ALOE

"I'M A VERY SIMPLE PERSON. I DON'T HAVE ANY MATERIALISTIC THOUGHTS OR DESIRES. I HAD A GOOD PRACTICE. I CHANGED CARS SIX TIMES IN FIVE YEARS. I TRAVELLED OVERSEAS. NOTHING OF THOSE KINDS OF THINGS INTEREST ME ANYMORE. I HAVE NO DESIRE FOR CLOTHES. I HAVE NO DESIRE FOR HOLIDAYS. I HAVE NO DESIRE FOR OUTINGS. BECAUSE ALL I SEE IS THE SUFFERING OF PEOPLE..."

- DR IMTIAZ SOOLIMAN, GIFT OF THE GIVERS -

Dear Residents,

In between the budget discussions, ManCom meetings and AGM preparations, I was privileged enough to attend a talk by Dr Imtiaz Sooliman this week. Besides being in absolute awe of what Dr Sooliman has achieved through the Gift of the Givers foundation and all the amazing stories he told, I was left with a lot to think about. Not only that I am now convinced more than ever that you don't have to have deep pockets and endless streams of income to do good, but when people come together with a common goal and a steadfast and positive focus on achieving it, absolutely anything is possible.

I would therefore like to plant the seed for a project that I would like to kick off after the AGM's are out of the way.

Winter is upon us and looking at what has been going on in KZN and how many people are being affected I feel driven to make bigger changes in our own community to help avoid what is for many, a hopeless situation.

To tie in with our social calendar we will be doing a "blanket drive" in the build up to our Christmas in July event. More information will follow in weeks to come but I would like to ask that in between being "busy", that you join us

in throwing resources and contacts together to see how many less privileged and especially homeless people we can help keep warm this winter. I will do my best to ensure as much of the funds as possible for the Christmas in July events goes towards this cause but if the almost 300 residents who read this newsletter can throw their support behind this cause, we can definitely make a huge difference in many peoples lives. And don't forget that there are homeless animals in need of blankets too. Please package or bundle those up separately as they will be going to a different charity.

For your weekend reading, in addition to our regular pages, in What's Cooking we highlight soup and wine pairings while in Bottom's Up, we ponder whether bottled trumps box wine.

In our Musical Corner we take a look [and listen] to rock legend Suzi Quattro who celebrates her birthday on 3 June and who turns 72 this year..

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

30 MAY - 5 JUNE

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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		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 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	1, 15, 29 JUNE 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		REMINDER 14h00 NOORDHOEK AGM BISTRO CLOSED FROM 13H00	
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	REMINDER 14h00 LAKE MICHELLE AGM BISTRO CLOSED FROM 13H00	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

Creamy Salmon & Spinach
Fettucine with Garlic
Bruschetta

TUESDAY

Smoked Pork Pie with Gravy,
Roasted Vegetables &
Rosemary Potatoes

WEDNESDAY

Lambs Liver with Pan-fried
Vegetables, Mashed Potato
& Onion Gravy

THURSDAY

Greek Chicken Meatballs
with Lemon & Coriander
Rice, Roast Vegetables &
Tzatziki Sauce

FRIDAY

Grilled/Fried Hake with
Coleslaw, Tartar Sauce
& Chips

SATURDAY

Bacon & Roasted Butternut
Tartlet with a Cucumber &
Olive Salad



FRIDAY NIGHT SOCIAL MENU

SERVED FROM 18H00

MAIN MEALS R85 | DESSERT R38 | 2 COURSE R120

MAIN COURSE

Tempura Fried/ Grilled Calamari & Chips
with Lemon Aioli

or

Grilled/Fried Hake & Chips with
Tartar Sauce

or

Beef Burger & Chips with Pepper Sauce

DESSERT

Chocolate Brownies with Fudge Sauce

or

Vanilla Ice Cream with Nuts &
Chocolate Sauce

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Apricot Glazed Gammon Served with
Roast Potato, Glazed Carrots, Cauliflower &
Broccoli Bake & Mustard Sauce

DESSERT

Malva Pudding with
Homemade Vanilla Custard

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

30 MAY

PATTY VON BORMANN - Lake Michelle

2 JUNE

PETER GILCHRIST - Noordhoek

BRIDGET PLAATJIES - Evergreen Team

3 JUNE

VAL HEARD - Noordhoek

TONY KROMBERG - Noordhoek

5 JUNE

JO FOAD - Lake Michelle

MARGARET REID - Lake Michelle

GAEL CULHANE - Lake Michelle

ANNIVERSARIES

5 JUNE

PETE & SUSAN VAN DER SPEK - Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S COOKING?

COOKING MADE EASY



4 PERFECT SOUP & WINE PAIRINGS

Nothing welcomes the cooler seasons like a warm and inviting bowl of soup: it's the perfect meal when you need something simple, satisfying, and delicious. The only thing that can make the ultimate in comfort food a little better? Finding the perfect bottle of wine to pair with your favourite recipe. From slightly spicy reds to sweet whites, we've found our favourite wines to compliment your go-to winter soups. Of course, you'll need to try each pairing to ensure the accuracy of our claims, but we think this is a challenge well-worth accepting.

CHICKEN NOODLE SOUP + PINOT NOIR

Pair this classic cold-weather soup with everyone's favourite wine, and you'll be ready for a perfectly cozy evening in. The hints of berry and mushroom common in a pinot noir make it an easy crowd-pleaser, (making this a great wine to bring to any dinner party,) without overpowering the savoury and hearty flavours of a good bowl of chicken noodle soup. Serve with fresh rolls and you're guaranteed to be everyone's new best friend/dinner host.

TOMATO SOUP + GRENACHE

The light acidity and slightly tart flavors found in a bottle of Grenache are the perfect match for richer cream-based soups. This pairing is especially good if your Grenache has hints of cinnamon and anise, so look for wines from California or Spain—both varieties master that spicy/sweet flavor combo, just like a bowl of homemade tomato soup. A grilled cheese sandwich made with sharp cheddar cheese is optional, of course, but definitely recommended.

BUTTERNUT SQUASH SOUP + GEWÜRZTRAMINER

Butternut squash soup is a winter tradition, with its combination of warm and comforting spices like cinnamon, nutmeg, and ginger make it an easy dinner choice when temperatures drop. Here's why a glass of Gewürztraminer is destined to be best friends with your favourite seasonal soup: the sweet flavours common in this white wine perfectly compliment the classic flavours found in most butternut squash recipes, namely the hint of sweet lychee fruit and warm honey undertones.

VEGETABLE SOUP + RED BLEND

The ultimate feel-good comfort food pairing: warm soup made with sautéed vegetables, enjoyed with a glass of red wine. Why a blend? The simple yet satisfying flavour combination works well with a variety of flavours and ingredients, so it won't mask the garden fresh veggies and rich herb seasoned broth. Fruity without being too sweet, a blended wine and hearty soup combo will make you feel like you're spending the holidays in a charming French villa, très magnifique!

BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID



There's a stigma that's drilled into everyone's brain about box wine - its low quality. But is it really low quality? Everything that is on the cheaper side is automatically taken into consideration as low quality, or 'not good enough', especially in the world of wine. But surprise, that isn't always the case.

HOW IT ALL STARTED

Box wine, thanks to Covid, has seen a resurgence but it has been around for years. Thomas Angove, a winemaker from Renmark, South Australia is the brains behind the whole 'box wine' anthem. He went ahead and patented his company in 1965, on April 20 to be exact. The original design for box wines requires the consumer to snip off the corner of the plastic bladder, pour out the wine, and then reseal it with a special category peg. This peg was based on an already existing product on the market, which was what mechanics used to hold and transport battery acid.

An air-tight tap which was welded to a metallised bladder was patented in 1967 by Australian inventor Charles Malpas and Penfolds Wines, making storage much more convenient than the constant resealing. All modern wine casks now use some kind of plastic tap, which is usually exposed by tearing apart an inner layer of a perforated panel on the box. During the first few decades, box packaging was usually preferred by producers that made less expensive wines as it is cheaper to produce compared to the regular glass bottles. However, in 2003, Black Box Wines introduced premium wines in box packaging form, beating the stigma that boxed wines are the cheap, lower quality wines. Within the next few years, premium wineries, bottlers, and companies started packaging their own premium wines in boxes.

DOES CHEAP MEAN BAD?

The stereotype that box wine is bad because it's cheaper, is well, just a stereotype. As the years have gone by, box wine is becoming more of a norm rather than something looked down at. However, that is only the case with people who know a lot about wine. The average wine consumer still related box wine with low quality wine. You might be wondering if premium wines are packaged in a box, how are box wines still that cheap and affordable. The main reason box wines are cheaper is because the raw material used to produce box wine packaging costs less than that of the material used to make glass packaging. This doesn't mean that the quality is compromised in box wine.

SO HOW DO WE TEST THE QUALITY OF BOX WINES?

The quality of a certain wine solely depends on the drinker. Just like there are bottled wines which are of low quality, there are box wines that are of low quality as well. The only way you can actually test the quality of a particular box wine is how you would test the quality of a regular bottle of wine; by giving it a chance to grace your wine needs.

BOTTOM'S UP!

PROS & CONS OF BOTTLED WINE

Bottled wines are pretty standard, however, there are pros and cons to take into consideration.

PROS

- Wine can age - which is necessary for certain types of wine, and aged wine is a delicacy
- There is a plethora of options - bottled wine being the standard way of packaging wine, there are a lot of options available to satisfy all wine needs.
- Trying something new is easier - since you get less wine from a bottle compared to a box, it will probably get over quicker, which will make you venture out and try something new.
- It's ideal to use a wine cooler - if your wine isn't at the temperature you want it to be, you can easily use a wine cooler.

CONS

- The bottling process is bad for the environment, and a lot of glass is wasted during production.
- Once it's open, you have a certain amount of time to drink it. Bottled wine is usually its best when finished soon after opening. It's not advisable to keep bottled wine in the fridge for over 3-4 days.
- Transport can be an issue. Glass bottles are usually tough to carry around as there's a constant fear that they might end up breaking in the process.

PROS AND CONS OF BOX WINE

Now that you have an idea about the good and the bad about bottled wines, you have to take into consideration the pros and cons of Box Wine as well.

PROS

- Once you pop the tap open, your wine can last for four to six weeks. This means you don't have to rush to finish your wine, and you can easily enjoy it at your own time.
- More for your money. Box wine is said to be equivalent to four bottles of wine, and if you go ahead to calculate the price, it definitely doesn't cost as much as four bottles of wine.
- Carrying it everywhere is much easier. You can easily put a box in your bag or in the front seat of your car without the fear of it crashing against something and pouring out everywhere.
- It's a plus for the environment. A box takes less energy to produce than a bottle. It's also recycled easier, and produced and shipped for a cheaper price than bottled wine, making it much easier on the environment.

CONS

- Box wine can't be aged. If you're someone who loves your aged wine, then it's best not to go for a box wine as it only lasts up to two years when unopened.
- There isn't much of a selection. Since box wine isn't a norm, not a lot of wineries and brands go along with it. Therefore, there isn't much of a selection to pick from, especially if you're a wine enthusiast who likes to go ahead and pick something different each time.
- Wine coolers are a big no-no. The sad thing about box wine is that they're not wine cooler supportive, so the fridge is your best friend in this case.

SO WHAT'S THE PICK?

We obviously can't tell you if you should go for bottled wine or box wine, as it solely depends on you. However, we can erase the stigma of "box wines are low quality" from your head so you have options, and well, you never know, you might find your new favourite in box form. Boxed or bottled, it's still to be enjoyed.

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

SUZI QUATRO

[Click here to Listen](#)

Susan Kay Quatro (born June 3, 1950) is an American singer, bassist, songwriter, and actress. In the 1970s, she scored a string of hit singles that found greater success in Europe and Australia than in her homeland, reaching No. 1 in the UK, other European countries and Australia with her singles "Can the Can" (1973) and "Devil Gate Drive" (1974).

Quatro released her self-titled debut album in 1973 and since then, has released fifteen studio albums, ten compilation albums, and one live album. Her other solo hits include "48 Crash", "Daytona Demon", "The Wild One", and "Your Mama Won't Like Me". Between 1973 and 1980, Quatro was awarded six Bravo Ottos. In 2010, she was voted into the Michigan Rock and Roll Legends online Hall of Fame.

EARLY LIFE

Quatro was born and raised in Detroit, Michigan, United States. Her paternal grandfather was an Italian immigrant to the U.S. Her family name of "Quattrocchi" ("four eyes", meaning "bespectacled") was shortened to Quatro. She has three sisters, a brother, and one older half-sister and her parents fostered several other children while she was growing up. Her father, Art, was a semi-professional musician and worked at General Motors. Her mother, Helen, was Hungarian and in this environment, Quatro grew to be "extrovert but solitary"

She was influenced at the age of six by seeing Elvis Presley perform on television. She has said that she had no direct female role models in music, but was inspired by Billie Holiday and liked the dress sense of Mary Weiss of the Shangri-Las "because she wore tight trousers and a waistcoat on top – she looked hot".

Quatro received formal training in playing classical piano and percussion—her first instrument was bongos. She taught herself how to play the bass, after her sister asked her to learn it for her first band, the Pleasure Seekers. Her father gave her a 1957 Fender Precision bass guitar in 1964, which she still uses in the studio.

CAREER

In 1964, after seeing a television performance by the Beatles, Quatro's older sister, Patti, had formed an all-female garage rock band called the Pleasure Seekers with two friends. Quatro joined too and assumed the stage name of Suzi Soul; Patti Quatro was known as Patti Pleasure and Suzi sang and played bass in the band. The band also later featured another sister, Arlene. Many of their performances were in cabaret, where attention was (initially) focused more on their physical looks than their actual music.

The Pleasure Seekers recorded three singles and released two of these: "Never Thought You'd Leave Me" / "What a Way to Die" (1966) and "Light of Love" / "Good Kind of Hurt" (1968). The second of these was released by Mercury Records, with whom they briefly had a contract before breaking away due to differences of opinion regarding their future direction. They changed their name to Cradle in late 1969, not long after another Quatro sister, Nancy, had joined the band and Arlene had left following the birth of her child.

PERSONAL LIFE

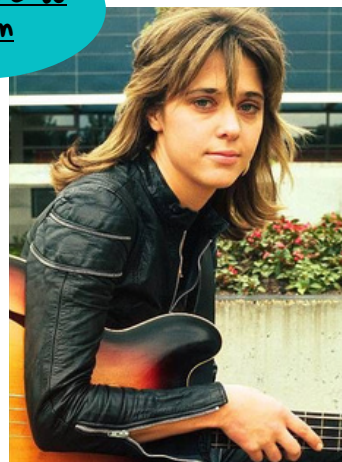
Quatro married her long-time guitarist, Len Tuckey, in 1976. They had two children together (Laura in 1982 and Richard Leonard in 1984) and divorced in 1992. She married German concert promoter Rainer Haas in 1993.

ATTITUDE

In a 2012 interview, Quatro was asked what she thought she had achieved for female rockers in general. She replied:

Before I did what I did, we didn't have a place in rock 'n' roll. Not really. You had your Grace Slick and all that, but that's not what I did. I was the first to be taken seriously as a female rock 'n' roll musician and singer. That hadn't been done before. I played the boys at their own game. For everybody that came afterward, it was a little bit easier, which is good. I'm proud of that. If I have a legacy, that's what it is. It's nothing I take lightly. It was gonna happen sooner or later. In 2014, I will have done my job 50 years. It was gonna be done by somebody, and I think it fell to me to do because I don't look at gender. I never have. It doesn't occur to me if a 6-foot-tall guy has pissed me off not to square up to him. That's just the way I am. If I wanted to play a bass solo, it never occurred to me that I couldn't. When I saw Elvis for the first time when I was 5, I decided I wanted to be him, and it didn't occur to me that he was a guy. That's why it had to fall to somebody like me.

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



OUT & ABOUT

WCCA 2022 GOLF CROQUET TOURNAMENT

Over the past 2 weeks our Evergreen Golf Croquet-ers competed in the **WCCA 2022 Golf Croquet Tournament** which was held at Kelvin Grove and the Fish Hoek Bowling Club. Tony Kroberg and Brian Roos competed in a closely contested final in the "handicap singles" category. Brian came out on top with a final score of 8/10 getting himself some silverware in the process. Well done to everyone that competed and who more importantly, had an immense amount of fun doing so!

