

NEWSLETTER

ALOE ALOE

*"THE UNIVERSE IS A MIRROR THAT REFLECTS BACK
WHAT YOU TRULY FEEL ABOUT YOURSELF. POLISH
YOUR MIRROR!"*

~ BOY GEORGE ~

Dear Residents,

I hope you all had a great week and have enjoyed the rather unseasonably warm weather we've been having. It seems like it will continue into the start of the weekend with some rain to be expected late on Sunday only.

So while the weather is good you might want to consider squeezing in a braai tonight or tomorrow while you enjoy watching some rugby. We have 2 South African teams in the URC semi-finals - a great accomplishment for our first season playing in Europe.

For those of you who have a little more time to kill and who enjoy a little motorsport action, Sunday's Catalunya Moto GP and the Azerbaijan F1 GP should keep you entertained.

We had some "sports" of our own this week with a long overdue visit from our friends at Evergreen Muizenberg. Thank you to everyone involved in the catering and preparations and also to everyone who joined in the fun. It was great to see residents popping in to support and help make the event even more special.

In the coming week we will be sharing Resident Information forms, as we have noticed that some resident's details have changed. We will need you to complete these forms and we will record this in such a way where we will be able to send it out annually to update any changes without having to continuously complete lengthy forms. Some information we know will never change but please bear with us while we streamline our record keeping processes.

As always, in addition to our regular pages, this week we bring you a hearty, rich Oxtail recipe perfect for those chilly nights, and in Bottom's Up, we discuss Tipping when out and about.

In our Musical Corner we take a look [and listen] to Boy George who celebrates his birthday on 14 June while in our Resident Activities section we highlight our next Bingo evening, talk art with Judy Moolenshot, bring you the results of the Inter Village Competition and remind you of the fun you can have at our Ladies Meet & Greet Tea's.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

13 - 19 JUNE

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Tomato & Chilli Oxtail with Butter Beans

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Resident Activities


- Bingo Evening
- Art Workshop
- Results Inter-Village Competition
- Ladies Meet & Greet



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	1, 15, 29 JUNE 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			18h00 WEEKLY DINNER BISTRO ext. 2404
THURSDAY YOUTH DAY	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 FATHER'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

Salmon & Spinach Quiche
with Garlic & Olive Oil
toasted Bruschetta

TUESDAY

Toad in a Hole with Mashed
Potato, Seasonal
Vegetables & Onion Gravy

WEDNESDAY

Moroccan Chicken with
Yellow Rice & Pan-fried
Green Beans

THURSDAY

Harissa Chicken &
Cauliflower Pilaf with Pan-
fried Vegetables

FRIDAY

Fried/Grilled Hake with
Green Salad & Tartar Sauce

SATURDAY

Cape Style Bobotie
Pancake with Cheese Sauce
& a Tomato & Feta Salad

FRIDAY DINNER MENU

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

Welcome Drink – Frozen Margarita

MAIN COURSE

NACHOS

Shredded chicken or spicy mince, crunchy
corn tortillas, melted cheddar, guacamole, &
fresh tomato, red onion & coriander salsa

or

PIZZA

Spicy mince, green pepper, roasted cherry
tomatoes, red onion, charred corn

or

Bacon, avo & feta

or

EVERYONE'S FAVOURITE

Grilled/ fried hake & chips with Mexican
coleslaw and lemon aioli

DESSERT

Churro Cups with Vanilla Ice Cream

or

Lemon & Lime Cheesecake

FATHER'S DAY LUNCH

SUNDAY 19 JUNE | SERVED FROM 12H00 | R125PP

MAIN COURSE

Roast Beef with Mediterranean
Vegetables, Garlic & Thyme Roasted Baby
Potatoes, Yorkshire Pudding & A
Red Wine Jus

DESSERT

Selection of Petit Desserts &
Malva Pudding with Coffee/Tea Station

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

13 JUNE

DENISE BYE - Noordhoek
PETER SALTER - Noordhoek

14 JUNE

SUSAN GRAVE - Lake Michelle
SALLY KROMBERG - Noordhoek

15 JUNE

BRIAN ALDRIDGE - Lake Michelle

16 JUNE

ROGER BAGSHAW - Noordhoek
SUSAN VAN DER SPEK - Noordhoek

18 JUNE

JACKIE GARDNER - Noordhoek

19 JUNE

PETE VAN DER SPEK - Noordhoek

ANNIVERSARIES

17 JUNE

BILL & JUDY VENABLES - Noordhoek
JOHN & MARY SMIT - Noordhoek

19 JUNE

IAN & ALDYTH THOMAS - Lake Michelle

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S COOKING?

COOKING MADE EASY



TOMATO & CHILLI OXTAIL *WITH BUTTER BEANS*

INGREDIENTS

- 13 Tbsp (45ml) canola oil + extra for sautéing
- 2 packets (2kg) oxtail
- Salt and milled pepper
- Flour, for dusting
- 2 onions, chopped
- 4 cloves garlic, chopped
- 2 Tbsp (30ml) Worcestershire sauce
- 1-2 tsp (5-10ml) chilli flakes
- 1 Tbsp (15ml) smoked paprika
- 1 large packet (100g) tomato paste
- 4 cups (1L) beef stock
- 1 can (400g) chopped tomatoes
- 1 cup (250ml) water
- 2 cans (400g each) butter beans, drained
- 1 packet (200g) baby carrots
- 1 packet (200g) vine tomatoes
- Thyme, parsley and crusty sourdough bread, for serving

METHOD

- Heat oil in a pressure cooker or normal pot.
- Season oxtail well and dust with flour, shaking off excess.
- Brown meat all over. Remove from pot.
- Fry onion in the same pot over lower heat until golden, about 5 minutes.
- Add garlic and fry for another minute.
- Add Worcestershire sauce, spices and tomato paste, and cook for 2 minutes.
- Add stock, chopped tomatoes, water and browned meat.
- Cook in a pressure cooker for 1 hour or on the stove over medium heat for 2.5 hours, until tender and almost falling off the bone.
- Sauté baby carrots in a pan over high heat for 3-4 minutes.
- Stir butter beans, carrots and vine tomatoes into sauce and heat through.
- Garnish with herbs and serve with bread – no time for cutlery here, so get your hands dirty!

BOTTOM'S UP!

GUIDE TO TIPPING IN SOUTH AFRICA

Travel introduces you to a whole new world of culture and history, and without a little background on the place you're visiting it can be tough to know what's expected of you as a guest. Tipping is one of those things that is different all over the world, and it can be awkward trying to figure out etiquette and local customs. We asked some local experts to weigh in, and provide the official guide to tipping in South Africa.

SOME BROAD RULES FOR TIPPING

South Africa has a tipping culture, and the general rule is we start at 10%. Many people who work in the service industry rely on these tips to make a living wage, so often tips are higher than 10%.

TO TIP OR NOT TO TIP?

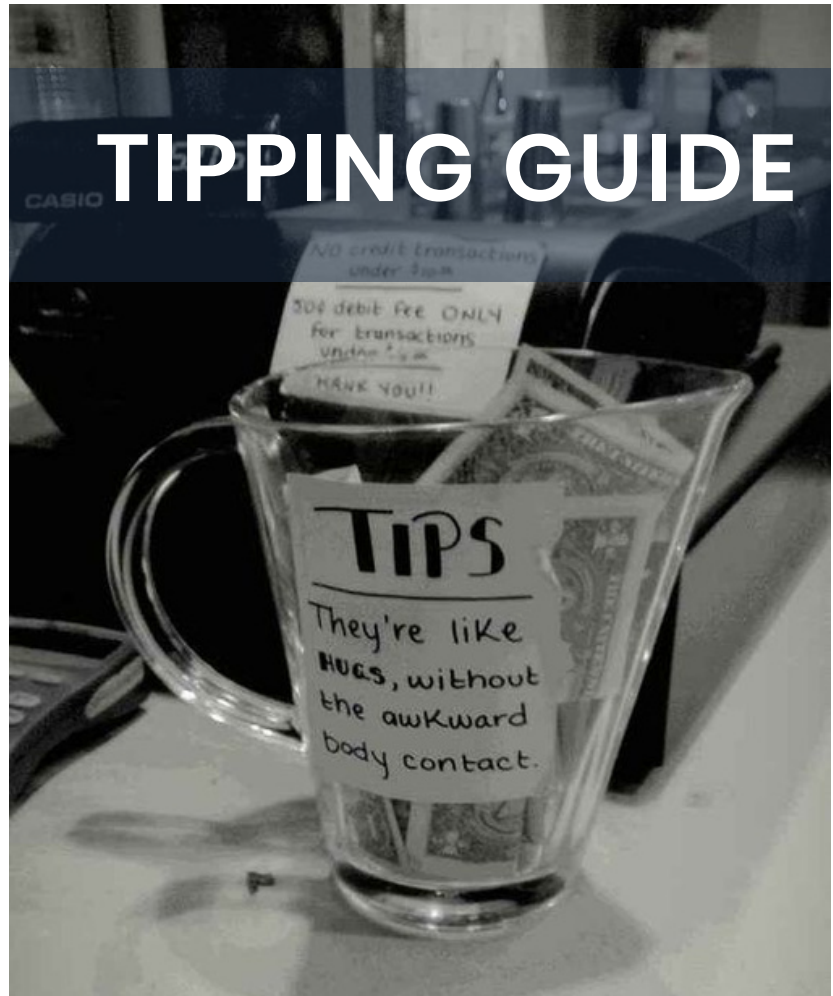
You're not obliged to leave a tip if the service provider was unprofessional, rude or has provided inadequate service, says Kane William Pretorius, Etiquette Consultant at The South African School of Etiquette in Sandton, Johannesburg. "For example, if you did not receive what you were promised in an acceptable time frame and there was no preemptive attempt to salvage the situation, you do not need to leave a tip," he says. Tip with cash, if you can, says Riandi Conradie, Founder of The South African Etiquette Academy. "Tipping by card is also appreciated, but the service staff member only receives it by the end of the week or month."

RESTAURANTS

At many restaurants, waitstaff are paid a minimum wage and rely on tips. Check your bill to see if the restaurant has already included a 10% or higher tip on the bill (this is sometimes standard for tables of a certain size). If not, make sure to leave a tip. If a sommelier has given excellent advice and enhanced the dining experience, you can consider dedicating a separate tip by clearly indicating it on the bill/check, says Harry Melck, Cape Wine Master and Head of Cape Wine Academy. Average tip: 10% is the absolute minimum, but 15% and up is more usual. Something to consider: Don't penalise the waitstaff for food quality, unless they do not handle the complaint well. These kind of complaints should be directed at management.

IN A BAR

When tipping bar staff in South Africa, it's commonplace to leave a tip on the bar counter and an accordingly larger tip when ordering a specialised drink or a bigger round that takes longer to prepare. Average tip: 10%–20% of the cost of the bill. Something to consider: If you tip generously at the bar the first time round, you're likely to be noticed for it and get quicker service on the next round.



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

BOY GEORGE

George Alan O'Dowd (born 14 June 1961), known professionally as Boy George, is an English singer, songwriter, DJ, fashion designer, photographer and record producer. He is the lead singer of the pop band Culture Club. At the height of the band's fame, during the 1980s, they recorded global hit songs such as "Karma Chameleon", "Do You Really Want to Hurt Me" and "Time (Clock of the Heart)". George is known for his soulful voice and his androgynous appearance. He was part of the British New Romantic movement which emerged in the late 1970s to the early 1980s.

His music is often classified as blue-eyed soul, which is influenced by rhythm and blues and reggae. His look and style of fashion was greatly inspired by glam rock pioneers David Bowie and Marc Bolan. He was the lead singer of Jesus Loves You between 1989 and 1992. In 2015, Boy George received an Ivor Novello Award from the British Academy of Songwriters, Composers and Authors for Outstanding Services to British Music. In 2002, he was voted 46th in a BBC poll of the 100 Greatest Britons.

Boy George's androgynous style of dressing caught the attention of music entrepreneur Malcolm McLaren (previously the manager of the Sex Pistols), who arranged for George to perform with the group Bow Wow Wow. Going by the stage name Lieutenant Lush, his tenure with Bow Wow Wow proved problematic with lead singer Annabella Lwin. George eventually left the group and started his own band with bassist Mikey Craig. They were joined by Jon Moss (who had drumming stints with the Damned and Adam and the Ants) and then guitarist Roy Hay. Originally they were named Sex Gang Children, but settled on the name Culture Club, referring to the various ethnic backgrounds of the members.

"Britain, home of the brave new world of pop, has kept lobbing them over. One need only look at the current charts, which are flecked with such dauntless new-music wunderkinds as Eurythmics and Madness, not to mention the unlikeliest pop scion of them all, by george: Boy George O'Dowd of Culture Club."

—Anglomania: The Second British Invasion, by Parke Puterbaugh for Rolling Stone, November 1983. The band recorded demos that were paid for by EMI Records, but the label declined to sign them. Virgin Records expressed interest in signing the group in the UK for European releases, while Epic Records handled the US and North American distribution. They recorded their debut album *Kissing to Be Clever* (UK No. 5, US No. 14,) and it was released in 1982. The single "Do You Really Want to Hurt Me?" became an international hit, reaching No. 1 in multiple countries around the world, plus top ten in several more countries (US No. 2). This was followed by the Top 5 hit "Time" in the US and UK, and "I'll Tumble 4 Ya" which reached US No. 9. This gave Culture Club the distinction of being the first group since the Beatles to have three Top 10 hits in the US from a debut album.

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

[Click here to Listen](#)



RESIDENT ACTIVITY

A promotional graphic for a Bingo Night event. The background is dark blue with diagonal white stripes. In the center, there are two 3D-style text boxes: a light blue one with 'BINGO' in white and a yellow one with 'NIGHT' in black. To the left are two bingo balls, one red with the number 6 and one yellow with the number 33. To the right is a tilted bingo card with the word 'BINGO' at the top and several numbers in circles. A yellow telephone handset icon is also present.

BINGO NIGHT

THURSDAY, 23 JUNE
TIME: 18H00 | VENUE: BISTRO

ENTRY R20PP - ALL PROCEEDS GO TOWARDS THE RESIDENT SOCIAL FUND

TO BOOK CONTACT
NORMA ROOS. EXT 2089

Art Workshop

Date: Saturday, 18 June 2022
Time: 09h45 - 12h45
Venue: Lifestyle Centre, 1st floor Lounge
Cost: R150 (includes tea / coffee and some material)
Judy: ext. 2141 /
judy.moolenschot@gmail.com

Please contact Judy for more details.
There is limited space available - (12 persons)



RESIDENT ACTIVITIES

MUIZENBERG VS NOORDHOEK INTER-VILLAGE 2022

A BIG thank you to the Ladies and Gentlemen from Evergreen Muizenberg who joined us for another great afternoon of fun. Our NH gents redeemed themselves and drew 4 games each in the pool competition. In table tennis MZB took the doubles and NH the singles. At the Bridge and Canasta tables all the games were closely contested with shared spoils. Well done to everyone that took part.



LADIES MEET & GREET TEA

