

NEWSLETTER

ALOE ALOE

"IF YOU COULD - WHAT WOULD YOU TELL YOUR YOUNGER SELF?"

"YOU'RE ENOUGH AS YOU ARE, DONT WORRY, LOVE YOURSELF, AND LOVE OTHERS" SAID THE HORSE.

"EAT CAKE" SAID THE MOLE.

- CHARLIE MACKIE (THE BOY THE MILE, THE FOX AND THE HORSE). -

Dear Residents,

With another very wet and cold weekend ahead of us. I guess indoor activities. For the die hard Stormer supporters the URC final between the Stormers and the Bulls will be shown in the Cinema room and any other TV's according to the demand. Kick off is at 19h30. Bulls supporters are also welcome.

In other exciting news Formula 1 might be returning to our shores in 2023 for the first time since 1993. In the meantime you will have to be satisfied with what should be an exciting Canadian Grand Prix on Sunday evening.

If sport is not your thing then its about time you try any of our winter recipes from recent weeks. I am sure some gluhwein and any of this weeks good reads will keep you warm.

This coming week we will be having another Bingo night.

Please remember to book in advance with Norma Roos on ext. 2089.

In this weeks Aloe Aloe, besides our regular pages we learn all about "Companion planting" and what plants play well together in the Green Fingers section; in Health Matters, a reminder that you become what you consume and to carefully consider what you eat. Our Good Reads page offers light hearted, feel good quotes by Charlie Mackie and also a more serious look at our future through the eyes of Sir David Attenborough.

Last but not least I want to wish all the 'Dads" a very happy Father's Day for Sunday. 'Tis the season for new socks and slippers so enjoy the time with your family.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

20 - 26 JUNE

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities

What's On The Menu

Delicious meals on offer this week!

It's A Celebration

Birthday's, Anniversaries & New Residents

Green Fingers

"Companion"planting

Health Matters

"You are what you eat"

Good Reads

Feel good quotes from the Boy, the Mole, the Fox and the Horse.

- PANDORA - by Susan Stokes-Chapman
- A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future - by David Attenborough
- The Boy, the Mole, the Fox and the Horse - by Charlie Mackie



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	29 JUNE 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	18h00 BINGO NIGHT LIFESTYLE CENTRE 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
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

Sweet & Sour Chicken Chow Mein with egg Noodles & Stir-fried Vegetables

TUESDAY

Lasagne al Forno (Classic Italian Beef Lasagne) with Garden Salad & Homemade Garlic Roll

WEDNESDAY

Pork Bangers with Creamy Chive Mashed Potato, Seasonal Grilled Vegetables and onion Gravy

THURSDAY

Authentic Beef Madras curry with Basmati Rice, pickled red onion riata and Buttered Garlic Naan Bread

FRIDAY

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

SATURDAY

Hawaiian Grilled Chicken Burger with Rosemary Roasted Potato Wedges



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

WEDNESDAY DINNER MENU

MAIN COURSE

Beef Bourguignon with Creamy Polenta and Thyme Roasted Vegetables

or

Balsamic Baked Chicken Caprese With Mediterranean Vegetables & Creamy Mashed Potato

or

Slow Cooked Pork Stew with baby onions, button Mushrooms Roast Vegetables & Creamy Mashed Potato

DESSERT

Traditional Tipsy Tart with Vanilla Custard

or

Raspberry Parfait with a Citrus Crumble

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Crispy Crackled Apple & Sage Pork Belly with Maple Glazed Carrots, Broccoli & Cauliflower Bake, Herb Potato Fans and a Berry Jus

DESSERT

Red Wine Poached Pear with Vanilla Bean Custard & Shortbread Crumble

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

20 JUNE

NOMUSA MADLALA - Noordhoek

23 JUNE

ANNE TINGLEY - Noordhoek

24 JUNE

EILEEN SWARTZ - Noordhoek
JUNE PITTERMAN - Noordhoek
JUNE DAVIES - Noordhoek
LOUISE JACKSON - Noordhoek

26 JUNE

INGRID JOLLEY - Noordhoek

ANNIVERSARIES

20 JUNE

JOHN & MARLEEN PRITCHETT -
Noordhoek

22 JUNE

BILL & LYNN HARDING -
Noordhoek

24 JUNE

RICHARD & JUDY MOOLENSCHOT -
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



GREEN FINGERS

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



A GUIDE TO COMPANION PLANTING

Did you know that certain plants can help each other to flourish? Here's how companion planting works and why it can help your plants to grow beautiful produce and flowers.

HOW DOES COMPANION PLANTING WORK?

Just like people need companionship, plants do too. If you pair them with the right mates, vegetables and flowers can reap benefits from this practice. Companion planting works by:

- Keeping pests at bay. Pests often find plants through their scent and companion plants can confuse them by masking one another's scents.
- Improving plant health. Companion planting means plants don't compete for nutrients from the soil. Instead, they share nutrients, which gives them equal nourishment.
- Preventing weeds. Alternating sprawling and tall plants can create a thick covering across open spaces. This can prevent weeds from sprouting.
- Protection from sun and wind. Taller plants can shield smaller plants, as well as protect each other, from harsh sunlight and wind.
- Offering a variety of nutrients like nectar to pollinators, such as bees and birds.

WHICH PLANTS MAKE GOOD COMPANIONS?

If you'd like to get started with companion planting, it's important to know which plants are friends and which are foes. Try these combinations for the best results:

- asparagus with basil, carrots, coriander, dill, marigolds, parsley or tomatoes
- onions with beetroots, carrots or tomatoes
- beans with beetroots, carrots, chard, cabbage, corn, cucumbers, peas, radishes
- potatoes with basil, beans, celery, corn, garlic, horseradish, lettuce, marigolds, onions, peas, radishes, spinach
- squash with beans, corn, dill, marigolds, nasturtiums, peas, radishes, strawberries, sunflowers

WHAT TO AVOID

Some plants don't work well together and should be planted with a good distance between them. Some of these are:

- garlic and onions with beans
- tomatoes with corn
- potatoes with squash
- dill with carrots

HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



YOU ARE WHAT YOU EAT

A helpful rule of thumb to avoid overcomplicating your efforts to follow a good diet is to buy foods predominantly found on the outer refrigerated sections of your local food store, avoid anything in a box that contains more than five ingredients, and don't buy foods if cannot recognise or pronounce most of the ingredients on the label.

GO FOR DENSITY

Of these food choices, it is best to select the foods that contain the most nutrients per gram – a concept known as nutrient density. This is a measure of the ratio of nutrient content (in grams) to the total energy content (in kilocalories or joules). These foods will have a high level of nutrients, which include vitamins, minerals, phytonutrients, essential fatty acids and fibre, in relation to the number of calories the food contains, which means you can eat less food and still get all the nutrition your body needs.

SO MANY BENEFITS

These foods also offer many benefits over-processed and refined foods that have little or no nutritional value, such as improved overall health, longevity, vitality, and physical and mental performance. Choosing nutrient-dense foods will give you more bang per gram and allow you to eat less, which aids with management or weight loss. That's because nutrients are essential for the proper functioning of the human body, including immune system function and they also detoxify and repair our cellular mechanisms to protect us from chronic diseases.

HOW TO BOOST YOUR NUTRIENT INTAKE

To include more nutrient-dense foods in your diet, follow these helpful tips:

- Choose fresh over frozen foods whenever possible.
- Ensure at least half (if not more) of your daily diet consists of nutrient-rich plant foods, with the majority consisting of leafy greens.
- Opt for a range of colourful plant foods to ensure you get a broad range of nutrients.
- Eat foods that are as close to their natural state as possible.
- Eat as much raw veg and fruit as possible as cooking can destroy nutrients. A food loses most nutrients and enzymes when it is heated beyond 115°C.
- Whenever possible, buy organic produce and meat from trusted suppliers.
- Include cold-pressed oils that are raw and organic on salads and as part of other meals.
- Boost the nutrient density of recipes by adding so-called superfoods, which have higher nutrient densities.
- Choose whole-grains over-processed and refined carb sources.
- Avoid processed foods, including meats, packaged and convenience foods, as well as dark-meat poultry and deep-fried foods.

GOOD READS

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



PANDORA – by Susan Stokes-Chapman

London, 1799. Dora Blake is an aspiring jewellery artist who lives with her uncle in what used to be her parents' famed shop of antiquities. When a mysterious Greek vase is delivered, Dora is intrigued by her uncle's suspicious behaviour and enlists the help of Edward Lawrence, a young antiquarian scholar. Edward sees the ancient vase as key to unlocking his academic future. Dora sees it as a chance to restore the shop to its former glory, and to escape her nefarious uncle.

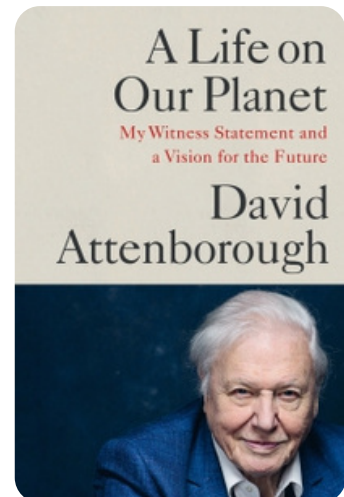
But what Edward discovers about the vase has Dora questioning everything she has believed about her life, her family, and the world as she knows it. As Dora uncovers the truth she starts to realise that some mysteries are buried, and some doors are locked, for a reason. Gorgeously atmospheric and deliciously page-turning, Pandora is a story of secrets and deception, love and fulfilment, fate and hope.

A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future – by David Attenborough

A LEGACY-DEFINING BOOK FROM SIR DAVID ATTENBOROUGH, REFLECTING ON HIS LIFE'S WORK, THE DRAMATIC CHANGES TO THE PLANET HE HAS WITNESSED, AND WHAT WE CAN DO TO MAKE A BETTER FUTURE.

See the world. Then make it better. I am 94. I've had an extraordinary life. It's only now that I appreciate how extraordinary. As a young man, I felt I was out there in the wild, experiencing the untouched natural world – but it was an illusion. The tragedy of our time has been happening all around us, barely noticeable from day to day – the loss of our planet's wild places, its biodiversity.

I have been witness to this decline. A Life on Our Planet is my witness statement, and my vision for the future. It is the story of how we came to make this, our greatest mistake – and how, if we act now, we can yet put it right. We have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited.' All we need is the will to do so.



The Boy, the Mole, the Fox and the Horse – by Charlie Mackie

ABOUT THE BOOK:

'A sweet tale rendered in swirly black calligraphy and watercolour. Childlike in its simplicity, its messages are universal...Mackie has brought people together.' – The Washington Post. Discover the book everyone is falling in love with...

Experience the world of a curious boy, a greedy mole, a wary fox and a wise horse who find themselves together, in sometimes difficult terrain, sharing their greatest fears and biggest discoveries about vulnerability, kindness, hope, friendship and love.

A book to treasure alongside the original blue edition, Charlie has drawn a new rainbow illustration to mark this particularly hard time. This edition contains a gold ribbon marker and is bound in green cloth. 'When the dark clouds come... keep going.'

