

NEWSLETTER

ALOE ALOE

"WHAT COUNTS IN LIFE IS NOT THE MERE FACT THAT WE HAVE LIVED. IT IS WHAT DIFFERENCE WE HAVE MADE TO THE LIVES OF OTHERS THAT WILL DETERMINE THE SIGNIFICANCE OF THE LIFE LED."

~ NELSON MANDELA ~

Dear Residents,

I hope you all had a great week. I am very happy to announce that we will be launching our very first Wine List and will be putting our liquor license to work as of the 1st of July. We have done our best to create a short list of well priced, quality wines for your enjoyment and to further contribute to the the luxury lifestyle of our Village and residents. I would like to ask everyone to support this new service and I am also happy to share with you that 40% of all the profits generated by the sale of alcoholic beverages in the village will be credited back towards the overall catering expenses for the Village.

I will also be sharing the long awaited amenity packages this coming week which will allow all residents to take up services in "bulk", thereby qualifying for reduced fees. Services will include tiered options in Catering, Domestic help (including "waterless" carwash) and a laundry service, so watch this space .

In another first and new addition to our Aloe Aloe, we will be doing a feature on a resident with an interesting past or achievement that none of us know about. To kick this off, Jenny Wylie wrote a short piece on Maisy Swaboda.

Read more about the astonishing 32 Cape Argus Cycle tours Maisie has completed! I would also like to invite all residents to "share your story". Between our Noordhoek and Lake Michelle Villages we are almost up to 300 residents and I am sure we can write books with all the stories, achievements and accolades you have.

Also note our very important community project for July in celebration of Nelson Mandela Day.

As always, in addition to our regular pages, this week we bring you a true comfort meal in the form of a Deep-dish Pizza and in Bottom's Up, we take a look at where Rose's Cordial originated plus some recipes on how to use their latest additions. In our Musical Corner we take a look [and listen] to Carly Simon.

Last but not least, a very big welcome to Allan and Jennifer Raaff who will be moving into Lake Michelle in the near future.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

27 JUNE - 3 JULY

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?
Rustic Deep Dish Pizza

Bottom's Up!
Good old Rose's

Musical Corner
Carly Simon

Important Dates


- Wine list Launch (1 July)
- Quiz Night (21 July)
- Blanket Drive Sundowner (22 July)
- Christmas in July (27 July)



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 CALLENETICS 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	29 JUNE / 13, 27 July 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			
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	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

Sweet & Sour Pork with
Stir-fried Vegetables &
Egg Fried Rice

TUESDAY

Ragu ala Bolognese
(Traditional Bolognese with
Tagliatelle Noodle), Garden
Salad & Olive Oil Toasted
Ciabatta

WEDNESDAY

Steak & Kidney Pie with
fluffy Mashed Potato &
Garlicky Green Beans

THURSDAY

Indian Butter Chicken Curry
with Basmati Rice, Sambals
& Homemade Flaky Roti

FRIDAY

Fried/Grilled Hake with
Green Salad & Tartar Sauce

SATURDAY

Cape Club Sandwich
(3 layers of Toasted Bread
with Grilled Chicken & Egg,
Lettuce & Tomato) with
Salted Potato Wedges

FRIDAY DINNER MENU

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

Dinner includes a glass of
Cape Point Vineyards House wine, local beer
or a soft drink

MAIN COURSE

Honey Barbequed Sticky Wings with
Chips & Blue Cheese Dip

or

Grilled Bacon & Guacamole Beef Burger
with Chips and Sriracha Mayo

or

Tempura Fried/ Grilled Hake with Chips
& Lemon Aioli

DESSERT

Ice Cream & Chocolate Sauce
with Sprinkled Nuts

or

Chocolate Mousse
with Brownie Crumble

SUNDAY LUNCH

SUNDAY 3 JULY | SERVED FROM 12H00 | R145PP

MAIN COURSE

Rosemary Roasted Leg of Lamb with
seasonal Vegetables, Roasted Potatoes
& Mint Sauce

DESSERT

Sticky Toffee Pudding with
Vanilla Bean Custard

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

28 JUNE

GILLIAN ALEXANDER - Noordhoek
LAWRENCE GREEN - Noordhoek

1 JULY

IAN MACHUTCHON - Noordhoek

ANNIVERSARIES

29 JUNE

CEDRIC & LOUISE JACKSON - Noordhoek

NEW RESIDENTS

ALLAN & JENNIFER RAAFF - LAKE MICHELLE



WHAT'S COOKING?

COOKING MADE EASY



CHEESY DEEP-DISH PIZZA BOATS

Get ready for an epic cheese pull! Roll the dough to your preferred thickness, but make sure it's thick enough to hold all that delicious filling.

INGREDIENTS

- 700g store-bought bread dough
- 2 eggs, whisked
- 4 cups (500g) grated mozzarella
- 1 cup (125g) grated Emmental cheese
- 2 cloves garlic, minced
- ½ punnet (10g) fresh basil + extra for serving
- ½ punnet (10g) fresh parsley
- 1 tsp (5ml) chilli flakes (or to taste)
- Salt and milled pepper
- ½ bag (150g) PnP kale mix or Swiss chard
- 1 red onion, cut into petals
- 1 packet (200g) calamata olives
- Fresh basil or baby spinach, for garnish (optional)

METHOD

- Preheat oven to 180°C.
- Divide dough into two portions.
- Knock it down and roll out into two 15cm circles.
- Coat two round 18cm ovenproof dishes with non-stick spray and dust with flour.
- Press dough into dishes and press it up the sides of the dish, creating a 3cm-high border all around, thick enough to hold the filling.
- Bake for 10-12 minutes, remove and increase oven heat to 200°C.
- Combine egg, half the mozzarella, all the Emmental, herbs and chili in a bowl and mix evenly. Season.
- Divide filling between pizza bases.
- Sprinkle with remaining mozzarella and dot with kale or spinach, onions and olives.
- Bake pizzas on top oven rack for 12-15 minutes, until filling is set, and cheese is golden and bubbling. (Rotate pizzas halfway through for even cooking).
- Serve hot, scattered with fresh basil or baby spinach, if you like.

BOTTOM'S UP!

MIXING IT UP WITH ROSE'S

Lauchlan Rose (1829–1885), a ship chandler in Leith, began a process for preserving lime juice in 1865 and patented this method to preserve citrus juice without alcohol in 1867. He had realised that preserving the juice with sugar rather than alcohol opened the product up to a far wider market.

The first factory producing lime juice was set up as L. Rose & Co. on Commercial Street in Leith, Scotland in 1868. This was located adjacent to the Old East Dock built during the Napoleonic War. This aided both the supply of limes (which do not grow in the UK), and its proximity to what was then Scotland's principal harbour for the Royal Navy. The limes at this time largely came from Dominica in the West Indies. In 1893, Rose purchased plantations there to ensure his supply. This was further supplemented by plantations from Africa from the region now called Ghana.

In 1875 the company had grown so much that it built and moved its headquarters to new premises in London (though still retaining its Leith production). In 1940, during The Blitz, it moved its headquarters from the London docks (a key German target) to St. Albans. After the end of World War II, the company saw its market share in the UK grow. In 1957, Schweppes acquired the company and operated it in the UK until it purchased Mott's in 1982. Cadbury Schweppes merged the operations of the two brands in the United States and Rose's US products became domestically produced.



WATERMELON MOJITO

INGREDIENTS

¼ cup (60ml) Rose's watermelon flavoured cordial | 5-6 mint leaves | 4 lime wedges | Crushed ice | 2-3 cucumber ribbons | Lemonade or sparkling water

METHOD

Divide Rose's watermelon flavoured cordial between two glasses. | Add mint leaves and lime wedges to each glass. | Muddle to release the lime juice. | Top up with crushed ice, cucumber ribbons and lemonade or sparkling water.



SPICY APPLE AND GINGER

INGREDIENTS

1 apple ~ chopped | Sugar ~ 2 tbsp | Apple juice ~ 2 cups | 3 fresh thyme sprigs (plus extra for garnish) | 1 cinnamon stick | Juice of 1 small lemon

METHOD

Add the apple, sugar, apple juice, thyme & cinnamon in a small saucepan & simmer on low for 15 - 20 mins. Remove & cool for 10 mins. Pour the mixture into a shaker & add lemon juice & Rose's. Shake, strain & serve!



PASSIONQUILA

INGREDIENTS

2 Shots Rose's Passion Fruit Flavoured Cordial | 2 Shots Tequila | 1 Shot Lemon Juice | 2 Shots Mango Juice | Granadilla Pulp

METHOD

Add all the ingredients into a tumbler with ice and stir. | Garnish with half a granadilla shell with pulp. | As a party alternative, empty the granadilla shell and fill with tequila to use as a shot glass.

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

CARLY SIMON

[Click here to listen](#)

Carly Elisabeth Simon (born June 25, 1945) is an American singer, songwriter, musician, and children's author. She rose to fame in the 1970s with a string of hit records; her 13 Top 40 U.S. hits include "Anticipation" (No. 13), "The Right Thing to Do" (No. 17), "Haven't Got Time for the Pain" (No. 14), "You Belong to Me" (No. 6), "Coming Around Again" (No. 18), and her four Gold-certified singles "You're So Vain" (No. 1), "Mockingbird" (No. 5, a duet with James Taylor), "Nobody Does It Better" (No. 2) from the 1977 James Bond film *The Spy Who Loved Me*, and "Jesse" (No. 11). She has authored five children's books as well as two memoirs. In 1964, Simon began a brief stint with her sister Lucy Simon as the Simon Sisters. The duo released three albums, beginning with *Meet the Simon Sisters*, which featured the song "Winkin', Blinkin' and Nod"; based on the poem by Eugene Field, the song became a minor hit and reached No. 73 on the Billboard Hot 100.



After Lucy left the group, Carly found great success as a solo artist with her 1971 self-titled debut album; it won her the Grammy Award for Best New Artist, and spawned her first Top 10 single "That's the Way I've Always Heard It Should Be" (No. 10), which earned her a Grammy Award nomination for Best Female Pop Vocal Performance. Simon's second album, *Anticipation*, followed later that year and became an even greater success; it spawned the successful singles "Anticipation" and "Legend in Your Own Time", earned her another Grammy Award nomination, and became her first album to be certified Gold by the RIAA.

Simon achieved international fame with her third album, *No Secrets* (1972), which sat at No. 1 on the Billboard 200 for five weeks and was certified Platinum. The album spawned the worldwide hit "You're So Vain", which sat at No. 1 on the Billboard Hot 100 for three weeks, and earned Simon three Grammy Award nominations, including Record of the Year and Song of the Year. The second single "The Right Thing to Do", as well as its B-side "We Have No Secrets", were also successful. Her fourth album, *Hotcakes* (1974), soon followed and became an instant success; it reached No. 3 on the Billboard 200, went Gold within two weeks of release, and spawned the hit singles "Mockingbird" and "Haven't Got Time for the Pain". In 1975, Simon's fifth album *Playing Possum*, and the compilation *The Best of Carly Simon*, both appeared. The former made the Top 10 on the Billboard 200 chart and spawned the hit single "Attitude Dancing" (No. 21), and the latter eventually went 3x Platinum, becoming Simon's best-selling release.

In 1977, Simon recorded "Nobody Does It Better" as the theme song to the Bond film *The Spy Who Loved Me*, and it became a worldwide hit. The song garnered her another Grammy Award nomination, and was the No. 1 Adult Contemporary hit of 1977. Retrospectively, it has been ranked one of the greatest Bond themes.^{[4][5][6]} Simon began recording more songs for films in the 1980s, including "Coming Around Again" for the film *Heartburn* (1986). The song became a major Adult Contemporary hit, and the *Coming Around Again* album appeared the following year, to further critical and commercial success. The album earned Simon another Grammy Award nomination, went Platinum, and spawned three more Top 10 Adult Contemporary hit singles; "Give Me All Night", "The Stuff That Dreams Are Made Of", and "All I Want Is You". With her 1988 hit "Let the River Run", from the film *Working Girl*, Simon became the first artist to win a Grammy Award, an Academy Award, and a Golden Globe Award for a song composed and written, as well as performed, entirely by a single artist.

One of the "confessional" singer/songwriters who emerged in the early '70s, Simon has 24 Billboard Hot 100-charting singles and 28 Billboard Adult Contemporary charting singles. Among her various accolades, she has won two Grammy Awards (from 14 nominations), and was inducted into the Grammy Hall of Fame for "You're So Vain" in 2004. AllMusic called her "one of the quintessential singer-songwriters of the '70s". She has a contralto vocal range, and has cited Odetta as a significant influence. Simon was inducted into the Songwriters Hall of Fame in 1994. She was honoured with the Boston Music Awards Lifetime Achievement in 1995, and received a Berklee College of Music Honorary Doctor of Music Degree in 1998. In 2005, Simon was nominated for a star on the Hollywood Walk of Fame, but she has yet to claim her star. In 2012, she was honoured with the Founders Award from the American Society of Composers, Authors and Publishers. On November 5, 2022, Simon will be inducted into the Rock and Roll Hall of Fame. [TO LEARN MORE ABOUT THIS GREAT ARTIST click here:](#)

SHARE YOUR STORY



Shenzi, SPCA 2009 Mutt of the year



Maisie Swaboda



Shenzi & Maisie "Cycle the Hills for SPCA"

The Story of the life of our Resident Maisie Swaboda. While I was recently chatting to Maisie, I felt so inspired as I listened to her tell me the story of how she achieved an outstanding record of having ridden the Argus Cycle Tour 32 times in successive years, the last ride was when Maisie was 80 years old in 2016.

Here the story unfolds: Maisie was born in Cape Town and at the age of 16 she started her first job and was employed by Barclays Bank Claremont and continued working for the bank until she retired on her 55th birthday on 20 May 1990, this being the retirement age for ladies. She began her career working in the Waste Department and gradually worked her way up through each department and eventually became the Assistant Accountant. It was while working as a Teller that she met her husband to be, Jerzy Swoboda, a gentleman who kept coming into deposit money on a regular basis, mostly to pursue Maisie. They became an item and after going out together for 5 months they married. They enjoyed a happy life together and travelled much even visiting Poland 17 times together. They were married for 27 years and sadly Jerzy passed away from kidney failure.

After Maisie retired from the Bank, she had the urge to ride a bicycle and after purchasing one she took on the challenge, together with her brother, to enter the Argus Cycle Race. She enjoyed the races so much and completed her final race in 32 consecutive years. Throughout those years come wind or sunshine she never once fell off her bicycle or had any mishaps. Her best time in the race was 3 hours 37 minutes 35 seconds in 1991 at the age of 56.

I quote from the article in the Footprints magazine issued in 2010 "Not even the fierce southeaster could keep veteran Argus Cycle Tour rider, Maisie Swoboda (74) from completing her 26th Pick n Pay Argus Cycle Tour on 14th March 2010 and leading the "Cycle the Hills for the SPCA" challenge. I was very excited to be riding for the animals and felt that I needed to contribute to the good work of the SPCA. I can see that I am getting old now (giggles) as I complete the race in just under 6 hours compared to much better times in previous years, nevertheless I am happy to have done yet another race and look forward to many more".

Her last race was in 2016 after 32 years of riding the Argus Cycle Race. She had entered the race for 2017 but that year the race was cancelled due to strong winds buffeting the Cape Peninsula.

As Maisie came to the end of her cycling career in 2016 at the age of 82, she got itchy feet and decided to take on half marathon runs. She did 6 half marathon runs, the Knysna Forest Marathon and for one year did the half marathon of 21.1 kilometres from Cape Town around the Peninsula and even entered the Cape Times Big Walk from Cape Town to Simonstown and many other walks around Cape Town such as the Rondebosch Common. After that she became involved in her church activities assisting with Care Groups, visiting the elderly and transporting them when needed.

She and her friend Anne live together in our village and are extremely happy and always eager to attend as many functions as possible. They also attend stretch classes, the Christian Fellowship meetings, the Bingo and Quiz evenings and they enjoy walking around the village and eating at the Bistro. Thankyou Maisie for sharing your story with us.

Written by Jenny Wyllie

SENSE OF COMMUNITY

BLANKET DRIVE

"WE CAN CHANGE THE WORLD AND MAKE IT A BETTER PLACE. IT IS IN YOUR HANDS TO MAKE A DIFFERENCE"

- NELSON MANDELA -

In celebration of Nelson Mandela Day on 18 July we are asking for your support to make a difference in our community. We are not asking you to give the traditional 67 minutes of your time, but rather support our blanket drive and donate R67 for a blanket. We have negotiated this very reasonable price per blanket with PEP in the Western Cape.

At a special Resident Sundowner Social on 22 July we will also be selling the drinks at reduced prices and all proceeds will go towards the Blanket Fund.

Western Province Caterers have also agreed to donate any funds raised through our "Christmas in July" event to the Blanket Fund. The Christmas in July Dinner will be held on 27 July. Tickets for a 2 course dinner, including a beverage can be booked directly at the Bistro at R150 per person. I would like everyone to open their hearts and let's ensure we help as many people in need as we possibly can this winter.

Thank you in advance for your support.