

NEWSLETTER

ALOE ALOE

*"WHEN SOMETHING IS IMPORTANT ENOUGH,
YOU DO IT EVEN IF THE ODDS ARE NOT IN
YOUR FAVOUR"* - ELON MUSK -

Dear Residents,

I am sure you all enjoyed the mid-winter week of summer we had this past week. The end of the sunny days also brings us to the end of a very exciting and busy week for us. We have welcome our first residents into the apartment and it was also the most handovers completed in any one week in a very long time. Please join us in welcoming all our new residents.

We have also shared all the new service packages earlier in the week and we have already have our first sign-ups. Thank you for the positive response and I hope we will see many more of these services being used.

While in a celebrating mood we will be ending off this week with the wine list going live today. The full beverage offering will be available at tonight's resident social and also for dinner. I hope to see you all there.

We had a slow but steady start to our blanket drive. Thank you to everyone who donated to the fund so far. the main events are still coming and we have 10 blankets to donate already.

In this weeks Aloe Aloe, besides our regular pages we take take a look at Sour Figs (Suur Vygies) in two articles. Love them or hate them but they this resilient plant deserves its place in our Village.

Our Good Reads page offers something for everyone but starts with a look into the childhood of our very own Elon Musk and how he has grown from an awkward school boy into a billionaire trying to inhabit mars.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

4 - 10 JULY

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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	09Hh00 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	13, 27 July 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	
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

Italian Meatballs on
Fettucine Pasta with a
Garlic Roll

TUESDAY

Chicken Coq Au Vin with
Basmati Rice &
Pan Fried Greens

WEDNESDAY

Lambs Liver topped with
Bacon, Creamy Mashed
Potato, Onion Gravy &
Roasted Vegetables

THURSDAY

Bacon, Feta & Caramelized
Red Onion Quiche with a
Garden Salad

FRIDAY

Beer Battered Hake & Chips
with Lemon Aioli & Coleslaw

SATURDAY

Hawaiian Grilled Chicken
Burger with Rosemary
Roasted Potato Wedges



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

WEDNESDAY DINNER MENU

MAIN COURSE

Honey & Garlic Roasted Pork Neck
with a Dijon Mustard Sauce &
Creamy Mashed Potato

or

Lemon & Herb Crusted Hake with Lemon
Butter Sauce with White wine Risotto

or

Slow Roasted Beef Ragu with Gnocchi

All dishes served with Pan Fried Greens

DESSERT

Baked Coconut Pudding with
Orange Liqueur Sauce

or

Homemade Passion Fruit Cheese Cake

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Glazed Apricot Gammon with Mustard
Sauce, Hasselback Potatoes &
Roasted Vegetables

DESSERT

Sticky Toffee Pudding with
Vanilla Custard

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

4 JULY

NADEEM FREDERICKS - Evergreen Team

8 JULY

CILLA GRIMMER - Noordhoek

9 JULY

BRIAN ROOS - Noordhoek

10 JULY

CHRIS THOMAS - Lake Michelle

ANNIVERSARIES

5 JULY

MALTE & VAL HAUPTMANN - Noordhoek

7 JULY

GEORGE & DAPHNE RAUBENHEIMER - Noordhoek

8 JULY

Mike & Heather McLeroth - Noordhoek

10 JULY

RON & RONNIE ADAMS - Noordhoek

NEW RESIDENTS

DENISE BAWS - Noordhoek
Apartment 26

NORA HOEY - Noordhoek
Apartment 29

GAIL MAC LELLAN - Noordhoek
Apartment 30

JOHN & PENNY BOTHMA - Noordhoek
Apartment 32

JENNIFER MC INTOSH - Noordhoek
Apartment 225

SALLY WILLIAMS - Noordhoek
House 110



Denise Baws being welcomed by Melissa as our very first apartment resident

GREEN FINGERS

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



***Carpobrotus edulis* is also known as the humble sour fig, Cape fig, ghaukum, ghoenavy, Kaapse vy, perdevy, rankvy, suurvy, ikhambi-lamabulawo or umgongozi in Zulu. This easy-growing ground cover is a useful medicinal plant with edible fruit and attractive yellow flowers that fade to pale pink.**

The sour fig can be found from the Namaqualand in the Northern Cape province all the way around the Western Cape coast to the Eastern Cape. The plant is an excellent dune stabiliser and fire resistant barrier.

The fruit ripens to a leathery wrinkled appearance with a mass of seeds in a jelly-like goo. The bottom of the fruit is bitten off and the mass of gel-like seeds are sucked out. The taste is rather astringent. It is salty as well as sour and the fruit is used to make an excellent jam.

ECOLOGY

Sour figs grow easily from cuttings and enjoys well-drained soil and a sunny position.

The leaves are eaten by tortoises. Flowers are pollinated by solitary bees, honey bees, carpenter bees and many beetle species and the flowers are eaten by antelopes and baboons. The clumps provide shelter for snails, lizards and skinks. Fruits are eaten by baboons, rodents, porcupines, antelopes and humans who also disperse the seeds. The sour fig is frequently cultivated as a sand binder, groundcover, dune and embankment stabilizer, and fire-resistant barrier and also a superb water-wise plant.

USES

- The leaf juice is astringent and mildly antiseptic. It is mixed with water and swallowed to treat diarrhoea, dysentery and stomach cramps, and is used as a gargle to relieve laryngitis, sore throat and mouth infections.
- Chewing a leaf tip and swallowing the juice is enough to ease a sore throat.
- Leaf juice or a crushed leaf is a famous soothing cure for blue-bottle stings—being a coastal plant it is luckily often on hand in times of such emergencies. The leaf juice is also used as a soothing lotion for burns, bruises, scrapes, cuts, grazes and sunburn, ringworm, eczema, dermatitis, sunburn, herpes, nappy rash, thrush, cold sores, cracked lips, chafing, skin conditions and allergies.
- An old and apparently very powerful remedy for constipation is to eat fruits and then drink brackish water. The syrup made from the fruit is said to have laxative properties.
- A mixture of leaf juice, honey and olive oil in water is an old remedy for TB.
- The leaf juice also relieves the itch from mosquito, tick and spider bites both for people and their animal companions.
- The Khoikhoi took an infusion of the fruits during pregnancy to ensure a strong, healthy baby and an easy birth and smeared leaf sap over the head of a new-born child to make it nimble and strong.
- In the Eastern Cape it is also used to treat diabetes, and diphtheria.

The fruit is eaten by humans and has been since ancient times. Archaeologists have found plants covering ancient middens along the coast and sometimes marking Khoikhoi burial sites.

WHAT'S COOKING



SUURVYGIE KONFYT [SOUR FIG JAM]

Article and recipe by Razena Schroeder

The Cape Malay Sour Fig konfyt recipe is a popular syrupy sweet and sour speciality of the Cape Malays, most often served as spoon sweets during celebration and feast days on weddings and Eid.

The first time I tasted sour figs in this deliciously tangy syrup was at one of my cousin's weddings when I was a child. Tietie, my father's eldest sister took me into the kitchen at the reception venue where the ladies were preparing the wedding feast. Lined up on every available surface were pretty glass bowls holding all the different konfyts that would be served later. There was watermelon konfyt, sour figs konfyt (suurvye konfyt), green figs konfyt and apricot and peach konfyt dished into dainty little bowls that were ready to be placed on the banquet tables. Tietie allowed me to taste them all, and my immediate favorite was the suurvye konfyt. The sweet, slightly salty sour figs in the luscious thick syrup that I wanted to eat by the spoonful has been one of my favorite tea time indulgences since. The growing season for sour figs is relatively short and it is mostly found during late summer. There are still ladies who make and sell konfyt at neighborhood markets or outside supermarkets on the Cape Flats. I have bought reasonably good watermelon konfyt outside Elite Cash 'n Carry in Athlone Industria and Good Hope Meat Market at Salt River circle. I've also seen dried sour figs konfyt sold at touristy farmstalls like the one at Constantia Nek, where I bought the dried figs for my own sour figs konfyt. We also found dried sour figs at the Oranjezicht Farmers market at Granger Bay. Be careful though because if it's too dry and old all you get after soaking and cooking are seeds and hard skins without the luscious sweet and sour oozy syrup.

HOW TO MAKE SOUR FIG KONFYT IN SYRUP

Soaking

- Snip off the tops and remove the hairy undersides of the figs without cutting into the figs and exposing the insides.
- Rinse the figs thoroughly to remove any debris and place in a large non-reactive bowl.
- Dissolve the salt in the water and pour over the figs, then cover and leave to soak overnight on the kitchen counter.

Syrup

- After soaking, pour off the water and gently peel off the outer layer of softened fig skin.
- Bring the sugar, water and cinnamon sticks to a boil in a large pot, then add the figs.
- Reduce the heat to low and simmer the figs for 2 hours or until the figs are soft but not mushy, and the syrup is thick enough to cover the back of a spoon.
- Decant into warm, sterilised jars and seal.

INGREDIENTS

Soaking

- 1 kg sour figs,
- 5 liters water,
- 100 grams salt,

Syrup

- 1 kg sugar
- 2 cinnamon stick
- 1.5 l water

HOW TO EAT SOUR FIG KONFYT

- Serve as part of a cheese board or charcuterie platter. The sweet tart figs are delicious with sharp cheese.
- Serve in dainty bowls with toothpicks or small coffee spoons to be eaten as a sweetmeat.

GOOD READS

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



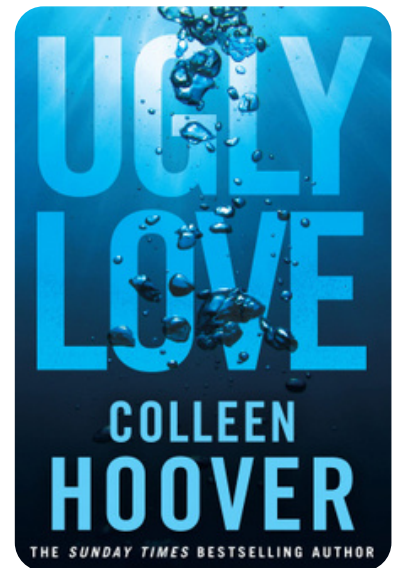
ELON MUSK: Risking it all – by Michael Vlismas

ELON MUSK: Risking it all offers exclusive new insights and firsthand interviews into the childhood that shaped Musk. From humble beginnings as an awkward Pretoria boy, who loved comics, to the influence of his mother and the complex relationship with his father, Musk's early years were crucial in forming his stellar ambitions. Journalist and author Michael Vlismas traces his remarkable life, from his first years in America and development of his entrepreneurial vision to becoming the boundary-pushing billionaire with grand plans of inhabiting Mars. Thoroughly researched, this engaging book dispels several myths and offers other sides to the controversy around Musk's father. Vlismas attended the same school as Musk and has an intimate knowledge of the environment that shaped him.

This is the story of a man utterly uncowed by risk who is driven to preserve the optimism he sees in humanity and to find a future for mankind 'out there among the stars'.

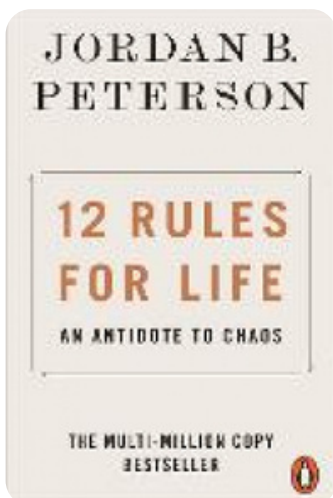
UGLY LOVE – Colleen Hoover

When Tate Collins finds airline pilot Miles Archer passed out in front of her apartment door, it is definitely not love at first sight. They wouldn't even go so far as to consider themselves friends. But what they do have is an undeniable mutual attraction. He doesn't want love and she doesn't have time for a relationship, but their chemistry cannot be ignored. Once their desires are out in the open, they realize they have the perfect set-up, as long as Tate can stick to two rules: Never ask about the past and don't expect a future. Tate is determined that she can handle it, but when she realises that she can't, will she be able to say no to her sexy pilot when he lives just next door?



12 RULES FOR LIFE – Jordan B. Peterson

The #1 Sunday Times bestseller from 'the most influential public intellectual in the Western world right now' (New York Times) – now in paperback. How should we live properly in a world of chaos and uncertainty? Jordan Peterson has helped millions of people, young and old, men and women, aim at a life of responsibility and meaning. Now he can help you. Drawing on his own work as a clinical psychologist and on lessons from humanity's oldest myths and stories, Peterson offers twelve profound and realistic principles to live by. After all, as he reminds us, we each have a vital role to play in the unfolding destiny of the world. Deep, rewarding and enlightening, 12 Rules for Life is a lifeboat built solidly for stormy seas: ancient wisdom applied to our contemporary problems.



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 help make a difference in our community. This year however we aren't asking you to give the traditional 67 minutes of your time, but to 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.