

NEWSLETTER

ALOE ALOE

"COOKING IS ALL ABOUT PEOPLE. FOOD IS MAYBE THE ONLY THING THAT REALLY HAS THE POWER TO BRING EVERYONE TOGETHER. NO MATTER WHAT CULTURE, EVERYWHERE AROUND THE WORLD, PEOPLE EAT TOGETHER." ~ CELEBRITY CHEF GUY FIERI-

Dear Residents,

I hope you all had a great week. I am sure all the sports fans are looking forward to the coming weekend.

After Springbok coach Jacques Nienaber surprised the whole world and upset a few Welshmen by selecting what they referred to as a "Springbok B team", I personally feel we might see some of the most exciting attacking Springbok rugby we'll see in a long time and cannot wait to watch the game. On Sunday we might see one of the most controversial tennis players in years play in a Wimbledon final. Whether you are a fan of Nick Kyrgios or not, there is seldom a dull game when he is involved.

This coming week we will send out the final menu and details for our fundraising events on the 22nd and 27th of July. Thank you to everyone who has handed in donations to date; it is really appreciated. The blankets purchased with these donations will be going to a very worthy cause and will bring much needed warmth and relief to those less fortunate than ourselves.

In a recent Aloe Aloe we shared the life story of one of our residents, Maisie Swaboda. I have received some amazing feedback and comments from many residents in passing, mentioning the unknown accomplishments of a neighbour or a friend in the Village. I would like to invite anyone willing to write a short piece on a friend or neighbour that they feel has a story to tell for the newsletter.

As always, in addition to our regular pages, this week we bring you a mouth watering Chicken Tikka Curry and in Bottom's Up, we take a look at drinks of all kinds that can be paired with curries, try this weeks recipe and pairing suggestions and let us know how it goes. In our Musical Corner we take a look [and listen] to Blondie Chaplin, a not so famous South African artist who performed with some of the biggest bands in history.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

11 - 17 JULY

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Important Dates

- 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	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	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 | R65PP

MONDAY

Smoked Salmon & Spinach
Quiche with Citrus Salad

TUESDAY

Cape Malay Bobotie with
Yellow Basmati Rice &
Chutney Riata

WEDNESDAY

Pork Schnitzel with Blue
Cheese Sauce, Pan- fried
Vegetables and Thyme
Roasted Potato Wedges

THURSDAY

Tuscan Chicken in Creamy
Sundried Tomato Sauce
with Coriander & lemon rice
and sautéed Vegetables

FRIDAY

Grilled/ Fried Hake & Chips
with Asian Salad & Tartar
Sauce

SATURDAY

Sweet Chilli Chicken Wrap
with Garden Salad/ Chips

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

Tempura Fried/ Grilled Calamari & Chips
with Lemon Aioli

or

Grilled/Fried Hake & Chips with Tartar
Sauce

or

Sticky Barbeque Riblets & Chips with a
Smokey Paprika Dip

DESSERT

Churro Cups with Vanilla Ice Cream

or

Key Lime Parfait with a Nutty Crumble

SUNDAY LUNCH

SUNDAY 17 JULY | SERVED FROM 12H00 | R120PP

MAIN COURSE

Roast Beef with Yorkshire Pudding, Red
wine Jus, Seasonal Vegetables & Roast
Potatoes

DESSERT

Apple Crumble with Vanilla Ice Cream
& Caramel Sauce

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

11 JULY

MAUREEN LIEBENBERG - Noordhoek

13 JULY

PETER SCHOLTE - Noordhoek

14 JULY

SALLY KROMBERG - Noordhoek
OWEN BARENDS - Evergreen Team

15 JULY

SUSAN ROBERTSON - Noordhoek

16 JULY

ROY ZAZERAJ - Noordhoek

ANNIVERSARIES

15 JUNE

KEITH & JUNE HUTCHESON - Noordhoek

16 JUNE

IAN & GILLIAN ALEXANDER - Noordhoek

18 JUNE

MIKE & HEATHER MCLEROTH - Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S COOKING?

COOKING MADE EASY

CHICKEN TIKKA CURRY

The weather outside is frightful but a curry is so delightful!

Chicken tikka is a chicken dish originating in the Indian subcontinent during the Mughal era. The dish is popular in India, Bangladesh and Pakistan. Tikka is an Indian word referring to a dish of small pieces of meat or vegetables marinated in a spice mixture.

INGREDIENTS

- 1 x chicken braai pack - 10 pieces
- Salt and milled pepper
- 3 Tbsp (45ml) tikka chicken paste
- 1/2 cup olive oil
- 2 onions, chopped
- 3 Tbsp (45ml) medium curry powder
- 3 garlic cloves, sliced
- 1 Tbsp (15ml) freshly grated ginger
- 3-4 whole tomatoes, chopped
- 1 Tbsp (15ml) tomato paste
- 2 tsp (10ml) brown sugar
- 2 cups (500ml) chicken stock
- 4 potatoes, peeled and chopped
- Handful of fresh coriander, chopped
- Juice (60ml) of 1 lemon
- Plain roti
- Red onion and tomato sambal

METHOD

- Season the chicken with salt and pepper.
- Rub with the tikka chicken paste, making sure to coat evenly.
- Heat the olive oil in a pot and fry onions for 3-4 minutes.
- Add the curry powder and fry for another 3-4 minutes.
- Add the garlic, ginger and chopped tomatoes and fry for about 5-6 minutes.
- Add the tomato paste and brown sugar and fry for another 2 minutes (add a splash of water if necessary).
- Add the marinated chicken and stock and cover with a lid. Simmer for 15 minutes over medium heat.
- Add the potatoes and fresh coriander and simmer for a further 20-25 minutes or until the chicken and potatoes are cooked through.
- Season well, stir through freshly chopped coriander and lemon juice.
- To serve:
- Serve with flaky roti or charred pitas, sambals and cucumber yoghurt if preferred.

BOTTOM'S UP!



SOPHISTICATED PAIRINGS FOR A CURRY

When deciding on what to drink with your curry, sophisticated pairings are easily found, from iced Indian classics to more refined ale options.

LASSI

This yoghurt-based drink – a traditional way to keep cool and fed on the Subcontinent – bursts with taste combinations, a world away from bland beer. Easiest to find is the sweet form, often flavoured with rosewater, sugar and fruit juices; mango lassi conjures up tropical sojourns to India. The savoury version, known as chaas, is thinner, with added salt and flavour from roasted ground cumin, or ginger, and more. But the sweet version, most popular in the Punjab region, cuts through the spiciest of curries as well as working as a cooling dessert. Recipes for homemade lassi are can be found online, with a good quality diary foundation (using buttermilk, or Greek yoghurt, etc) being key to the taste.

WHISKY

Supping a dram while feasting on Indian grub has become a trend over the last few years, with many restaurants melding complex whiskies with rich flavours. Pairing Scotch walks a similar line to matching wine: delicate flavours pair well with single malts, while spicier booze goes with stronger flavours. An Indian whisky produced in Goa, Paul John Classic Select Cask, has a light touch of citrus and a sweeter finish that works well with seafood. For something cooked in a tandoor, the Ardmore 2010 – with only 262 bottles available from an ex-bourbon cask – is a fine choice: soft caramel and tropical fruits on the nose, with a floral smoky finish.

IPA

Don't write off beers completely; make a clever choice and you could discover perfect bedfellows. Indian pale ales, the craft brewer's favourite and historically linked to the English in India, have the range to suit a number of dishes: American-style IPA slices through creamy dishes, while a balanced English IPA will help soothe a burn – even if it feels worse at first.

WINE

Uncorking a bottle of wine with Indian food can be hit and miss. With reds, avoid anything full of tannins (the bitterness will overpower any subtle flavours in the food) and opt for something light. And as food gets spicier, a white – crisp, chilled and dry – or even bubbly could be better for the table.

CIDER

Cider needn't be relegated to BYO plonk; it stands as a viable alternative to lagers, especially if you choose fruity upmarket varieties with a little fizz and a sweetness matched to chutneys. Avoid anything too fizzy, though, or it will interfere with any heat in the food. If your meal is on the mild side, choose a dry cider – something based on dessert apples is worth a try.

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

BLONDIE CHAPLIN

Terrence William "Blondie" Chaplin (born 7 July 1951) is a South African singer and guitarist from Durban, where he played in the band the Flames in the mid to late 1960s. From 1972 to 1973, he was a member of the Beach Boys and was a long-term backing vocalist, percussionist, and acoustic rhythm guitarist for the Rolling Stones.



[Click here to Listen](#)

Chaplin grew up in South Africa under apartheid where he was classified as Coloured. Both Chaplin and Ricky Fataar were members of Durban-based rock band The Flames, which they joined at ages 13 and 9, respectively. Their 1968 album *Soulfire* produced a hit in South Africa: the band's cover of "For Your Precious Love" was #1 on white radio for thirteen weeks.

Beach Boy Carl Wilson heard The Flames while the band was performing in London and signed them to the Beach Boys' Brother Records label and produced their self-titled album, *The Flame* (changed from *Flames*, to avoid confusion with The Famous Flames who were backup singers with James Brown), which featured soulful rock/pop songs in the vein of The Beach Boys and Badfinger. The Flames were the only band aside from The Beach Boys to record for Brother Records.

Chaplin and drummer Ricky Fataar joined the Beach Boys as full-fledged members and Chaplin left the group in 1973 after a dispute with the Beach Boys' management; Fataar left the band the following year.

Chaplin sang lead on various Beach Boys songs from two studio albums, *Carl and the Passions – "So Tough"* and *Holland*, and plays on the live album *The Beach Boys in Concert*. "Sail On, Sailor" from the album *Holland*, on which he is the lead singer, is his "signature song".

Chaplin recorded a self-titled album, released on Asylum Records in 1977. He also performed on Rick Danko's self-titled debut album, which also featured each of Rick's former bandmates from The Band along with Ronnie Wood, Eric Clapton, Doug Sahm, and Danko's brother, Terry. Chaplin went on to tour with the David Johansen group and participated in producing Johansen's third solo album *Here Comes the Night*, on which he played guitar and sang backing vocals and co-authored seven tracks.

Chaplin toured with former Rolling Stones guitarist Mick Taylor and performed on his live album, *Stranger in This Town*. Starting in 1997, with the recording and release of the *Bridges to Babylon* album and subsequent tour, and, for some 15 years following, Chaplin served as a backing vocalist, percussionist, and, at times, backing guitar player for The Rolling Stones, in the recording studio and on the road. The *Bridges to Babylon* album lists Chaplin's credits as backing vocals, tambourine, piano, bass guitar, percussion, shakers, and maracas.

Chaplin is the vocalist, songwriter, and lead guitar player with Skollie, a band formed with fellow South Africans Keith Lentin on bass and Anton Fig (of the CBS Orchestra) on drums. Chaplin has also recorded three solo albums.

In late 2013, Chaplin was featured at select shows of former Beach Boys bandmate Brian Wilson and guitarist Jeff Beck. Chaplin also appears on Wilson's 2015 album *No Pier Pressure*, on which he is the featured vocalist on the song "Sail Away", and he then went on tour as a featured performer, along with Al Jardine, for Brian Wilson's 2015 tour, with Rodriguez as the opening act. He also joined Wilson's *Pet Sounds 50th Anniversary World Tour* in 2016, performing alongside the touring band and has continued to tour with Wilson through 2021.

On September 29, 2017, Big Noise's Al Gomes and Connie Watrous presented a plaque from Roger Williams University to Chaplin. The plaque commemorates The Beach Boys' 22 September 1971 concert at The Ramada Inn which was a very significant historic event in The Beach Boys' career – it was the very first time Chaplin's fellow member, Ricky Fataar, played on-stage as a new member of The Beach Boys, which led to Chaplin joining the band, and essentially changed The Beach Boys' lineup into a multi-cultural group. This shifted the band into an essential and important creative period from 1971–1974 that included the recording of their *Holland* LP, which *Rolling Stone* magazine named "Album of the Year". TO LEARN MORE ABOUT THIS GREAT ARTIST click [here](#):