

# NEWSLETTER

ALOE ALOE

*"I'M STRESSED," SQUEAKED TINY DRAGON.  
"THERE IS SO MUCH TO DO!" "THE RIVER  
DOESN'T HURRY," SAID BIG PANDA, "YET  
DESPITE MANY OBSTACLES, ALWAYS GETS  
WHERE IT'S GOING." - JAMES NORBURY -*

Dear Residents,

As we head into another busy week, luckily we precede it with a sport-filled weekend kicking off with some very exciting rugby - all 3 big Southern Hemisphere teams managed to get their 3 match series against the Northern Hemisphere teams in an all-to-play-for final game and series deciding match. Lets hope the Boks can make us proud and make a statement and remind everyone why we are World Champions.

**Regarding the schedule for next week:**

Please note the very important Noordhoek Residents Meeting where the Rescom and myself will be engaging with residents to answer any questions you might have. Please note the Bistro will close early to accommodate the meeting.

On Thursday evening it's time for another Quiz Night. As always we have limited seating so please contact Norma as soon as

possible to avoid disappointment. We have moved the Wednesday Night Dinner to Friday evening in a last push to get our blanket donations to 200, and to also offer something special to those who missed out on our Christmas in July event. A portion of this dinner and wine sales will also go towards the Blanket Fund. Please see page 3 for more details.

In this weeks Aloe Aloe, besides our regular pages, in our Green Fingers page we step away from our own gardens and take a look at a family-run organic vegetable garden here in Noordhoek.

Our Good Reads page offers something for everyone - from how to get the perfect meal using your Air-fryer to a book made for both adults and kids alike, Big Panda, Tiny Dragon, and ending with the life story of athlete extraordinaire and cancer survivor, Oscar Chalupsky.

Wishing you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

18-24 JULY

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THE AIR-FRYER COOKBOOK - Jenny Tschieche



BIG PANDA TINY DRAGON - James Norbury



# WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



<b>MONDAY</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>10h15</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443		<b>GAMES</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b>	<b>09Hh00</b> CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	<b>10h00</b> BRIDGE ACTIVITY ROOM ROOM 2 Cecile ext. 2011		<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	 <b>REMINDER!</b> WEDNESDAY IS RECYCLING COLLECTION DAY
<b>WEDNESDAY</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>27 July</b> <b>10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	 <b>15h00</b> RESIDENT MEETING BISTRO Mike ext. 2061		
<b>THURSDAY</b>	<b>08h45</b> EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith 072 623 1013	<b>10h00</b> KNITTING GROUP MAIN LOUNGE Jen ext. 2026	<b>14h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>FRIDAY</b>	<b>09h00</b> SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	<b>09h15 - 10h00</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	<b>10h15 &amp; 11h15</b> LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	<b>17h00</b> RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	<b>18h00</b> WEEKLY DINNER BISTRO ext. 2404
<b>SATURDAY</b>					
<b>SUNDAY</b>			<b>12h00</b> SUNDAY LUNCH BISTRO ext. 2404		

# IT'S A CELEBRATION

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WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

**20 JULY**

ORINDIO FERREIRA - Noordhoek

**21 JULY**

CHERRIL CHARMAN - Noordhoek

**24 JULY**

JACOBUS REYNDERS - Noordhoek

**25 JULY**

JEAN THOMAS - Lake Michelle

## ANNIVERSARIES

**18 JULY**

MIKE & HEATHER MCLEROTH -  
Noordhoek

**26 JULY**

ROB & ALLY SAYERS -  
Noordhoek

**25 JULY**

BOB & JEAN THOMAS -  
Lake Michelle

## NEW RESIDENTS

NO NEW RESIDENTS  
THIS WEEK





# WHAT'S ON THE MENU?

OPEN 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY | BOOKINGS ESSENTIAL

## DAILY MEAL | R65PP

### MONDAY

Pulled Pork & Vegetable Pie with Gravy, Brown Rice & Seasonal Vegetables

### TUESDAY

Shepard's Pie with Gravy, Roast Pumpkin & Minted Peas

### WEDNESDAY

Cape Malay Chicken with Naan Bread & Sambals

### THURSDAY

Beef Tomato Bredie with Rice & Seasonal Vegetables

### FRIDAY

Grilled/ Fried Hake with Chips, Asian Slaw, Lemon & Tartar Sauce

### SATURDAY

Creamy Chicken & Mushroom Pancakes with Greek Salad



DINNER SERVED FROM 18H00 | R130 PP

## FRIDAY DINNER MENU

### WINE TASTING

17H00 TO 18H00

### LIVE ENTERTAINMENT

18H00 - 21H00

### MENU

*Southern Style Chicken Wings with Ranch Dressing & Fries*

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*Asian Beef Short Ribs with Shoe String Fries*

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*Pulled Pork Slider with Shoe String Fries*

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*Hake Goujon & Shoe String Fries*

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*(V) Moroccan Falafel Bowl with Hummus & Toasted Pita*

*House Wine R75 per bottle*

## SUNDAY LUNCH

SERVED FROM 12H00 | R120PP

### MAIN COURSE

Apple & Sage Pork with Crackling, Apple Infused Gravy, Potato Au Gratin & Roasted Vegetables

### DESSERT

Apricot & Cinnamon Sago with Vanilla Custard

# BISTRO PACKAGES



BISTRO

## CATERING PACKAGES

Excludes a la carte menu options and special events | Meals are not transferable or refundable if not utilised | Standard Bistro booking cancellation policy applies | Bookings for meals and credits as used are managed by WPC

1

10 X Daily Meals | **Save R100**

**R550**

2

14 X Daily Meals, 1 Dinner, 1 Sunday lunch or 1 Dinner for 2, or 1 Sunday Lunch for 2 | **Save R195**

**R965**

3

16 X Daily Meals, 1 Dinner for 2, 1 Sunday Lunch for 2 | **Save R210**

**R1330**

4

26 X Daily Meals, 1 Dinner for 2, 1 Sunday lunch or 2 | **Save R360**

**R1830**

All Terms and Conditions stipulated in package agreement apply.



# RESIDENT ACTIVITY

## QUIZ NIGHT

### Test Your General Knowledge

Join us for an evening of fun and laughter.

#### HOW IT WORKS

- Enter teams of 6 or sign up to join a table
- Bring your own snacks and drinks
- Prizes to win!
- Entry is R20pp. All proceeds go towards the Village Social Fund.

#### MENU

##### TAPAS R25 – 3 ITEMS OF EACH

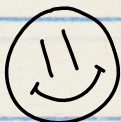
Chicken Satay with peanut sauce | Sausage Rolls with dipping sauce | Mushroom & Feta Quiches

##### TAPAS FOR R20 – 3 ITEMS OF EACH

Spring rolls with dipping sauce | Samosas with dipping sauce | Greek Chicken Meatballs with Mint Chutney | (V) Falafel Balls with Hummus

When? Thursday 21 July at 18h00 | Where? Bistro

To book or for more details contact  
Norma Roos. ext 2089





# GREEN FINGERS

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



**As we become more stressed and overwhelmed, lost in everyday busyness, we become more disconnected from ourselves, each other and nature. It's Angela and Justin's wish that Jardim Family Farm becomes an inspiring space for meaningful connection and nourishment at a time when we need it most.**

We bought our new home in 2015, knowing we wanted to embrace the rural Noordhoek lifestyle. So we signed up for an introductory Soil For Life course and naively set about building our oversized organic veggie garden. Slowly we began to find our way, and the garden revealed itself to be a source of nourishment for the family, not just physically but also spiritually. We realised this was something to be shared, not just with our family, but the broader community. Reading these kind words from an early visitor to the garden confirmed we were on the right path.

"Yesterday I was transported back to my childhood helping my grandfather harvest veggies on his farm. We went to buy veggies from the organic farm in Noordhoek. What made it such a memory trigger is that you pick and choose your own veggies. I loved walking around and touching the spinach leaves, playing hide and seek with the most beautiful eggplant and feeling the ripeness of cherry tomatoes against my skin. I was a child again, mesmerised by all the life around me. The farm had birds, worms and butterflies...The spinach had holes in them...imperfect in every perfect way possible. I loved being back to where my hands are full of sand and my heart full of appreciation. When something is real, it is not perfect."

Using the veggie garden as our foundation, we've since renovated the main house to create a farmhouse feel that continues the garden's "werf-wall" narrative. We've also added the Jardim Greenhouse, made from repurposed elements from the original house, and the Jardim Barn. Both mirror the original vision of Jardim – to become a real world inspirer of meaningful connection.

The Jardim organic vegetable garden is open for picking on a Saturday morning at 3 Rosalyn Rd, Noordhoek between 9 and 1, with our head gardener Tinashe on hand to help you. It's a calming place to connect with each other, and nature, while you harvest your organic produce for the week.

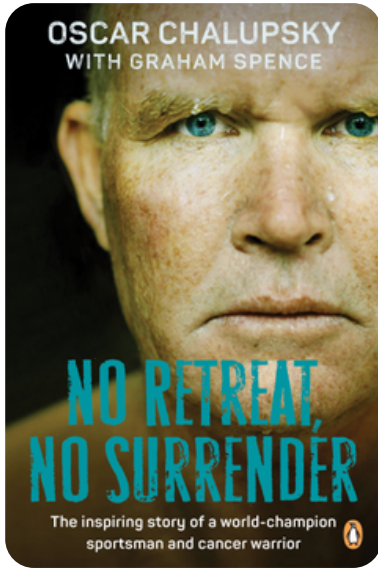


Click [here](#) to read more



# GOOD READS

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



## NO RETREAT, NO SURRENDER by Oscar Chalupsky & Graham Spence

Few athletes hold a record comparable to that of Oscar Chalupsky. He made history at the age of fifteen as the first person to win both the Junior and Senior Ironman titles on the same day at the South African National Lifesaving Championships, he was the country's spokesman at the 1992 Barcelona Olympics, and he is a multiple-times global surfski champion, having won the internationally famous Molokai to Oahu World Surfski Marathon championships in Hawaii a record twelve times – his most recent victory being at the age of forty-nine.

Then, in 2019, he was diagnosed with multiple myeloma, an incurable bone marrow cancer and told he had six months to live. But as with everything else Oscar does, he is determined to emerge victorious. He continues to paddle kayaks, play golf, and with a combination of medical treatment, exercise, iron determination and unconquerable optimism, he has defied every doctor's prediction to date.

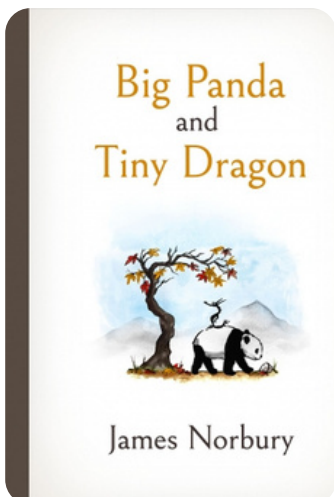
In this book, Oscar relives some of his most exhilarating and nail-biting races, and shares the lessons he has learnt from winning on the international surf lifesaving, kayak and surfski circuits as well as running several successful businesses. The final chapters recount his courageous battle against cancer, the vital support of his family and friends, and his refusal to let the deadly disease dictate his life.

## THE AIR-FRYER COOKBOOK by Jenny Tschiesche

An air-fryer is the latest kitchen must-have and this is the recipe book to go with it!

This nifty, counter-top appliance is similar to an oven, as it bakes and roasts, but the key difference is its heating elements are located at the top and are enhanced by a large, powerful fan. The result is food that's crisp and delicious in no time and, most notably, it makes the perfect alternative to a deep-fat fryer for anyone adopting a healthier lifestyle.

But air-fryers offer plenty of other benefits too: they require practically no heat up time, cook food fast and evenly, can be used away from home (making them popular for camping trips, staycations, and student living), plus clean-up is easy too. Nutritionist Jenny Tschiesche has developed 101 tried-and-tested recipes to help you get the very best out of your air-fryer. Her appealing ideas take their inspiration from all styles of world cuisine, and there is something here to suit every occasion, from snacks and sides, to complete meals and sweet treats.



## BIG PANDA TINY DRAGON by James Norbury

'We're lost again,' said Big Panda

'When I'm lost,' said Tiny Dragon, 'I find it helps to go back to the beginning and try to remember why I started.'

This is the uplifting, beautifully illustrated story of two beloved friends as they journey through the seasons of the year together, into the wild, exploring the thoughts and emotions, hardships and happiness that connect us all.

Writer and artist James Norbury began illustrating the adventures of Big Panda and Tiny Dragon, inspired by Buddhist philosophy and spirituality, to share the ideas that have helped him through the most difficult times, in the hope they can help others too.