

NEWSLETTER

ALOE ALOE

*"I'M HAPPY, AND I THINK BEING HAPPY KEEPS YOU
LOOKING YOUNG."*

~ Olivia Newton-John ~

Dear Residents,

I hope you all had a great week!

I am sure you are all as happy as I am to see the end of a very cold week. The weather luckily did not prevent the ladies enjoying their talk on reflexology on Wednesday or the excellent turnout we had last night with over 80 residents attending the Bingo evening. The theme for the next Quiz Night will be shared soon so everyone can start their research!

With most of the events for August concluded we are now focusing on September. As mentioned more details on national Braai Day/Heritage Day will follow soon with the Quiz night on the 15th.

We are also planning a few drinks evenings and tastings for the wine, gin and whiskey lovers and possibly even a wine pairing dinner.

There's good news for all catering package holders on page 4. Keep an eye on this space for more promotions to follow next month.

As always, in addition to our regular pages, we take a look at what the fabulous female chefs in Cape Town are up to in "What's cooking" and in "Bottom's Up" we find out more about the Bootleggers brand and why they were voted Best Coffee In Cape Town!

In the "Musical Corner" we pay tribute to the legend that is Olivia Newton-John

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen
Team

22 - 28 AUGUST

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Your weekly guide to sport & recreational activities in the Village

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Delicious meals on offer this week!

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Women [Chefs] are doing it for themselves!

Bottom's Up!
The Best Coffee in Cape Town


Musical Corner
We remember Olivia Newton-John



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	10 & 24 AUGUST 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	09h30 ART CLASS ACTIVITY ROOM 1 Judy ext. 2141				
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

DAILY MEAL | BREAKFAST

BACON BENEDICT

English muffin topped with rocket, 2 poached eggs, hollandaise sauce

ENGLISH BREAKFAST

2 eggs, bacon, beef sausage, grilled tomato, toast & preserves

DAILY MEALS | LUNCH R65

MONDAY

Fish pie with mashed potatoes, gravy and seasonal vegetables

TUESDAY

Cape Malay chicken curry with basmati rice, coriander raita & buttered garlic naan bread

WEDNESDAY

Traditional cabbage & pork casserole with pan fried greens & rice

THURSDAY

Steak & kidney pie with a seasonal vegetables and sweet potato wedges

FRIDAY

Beer Battered Fried/Grilled Hake & Chips with Garden Salad & Tartar Sauce

SATURDAY

Shawarma spiced chicken wrap with garden salad or chips

SUNDAY | LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Rosemary & garlic roast beef with Mediterranean vegetables, roasted potatoes, Yorkshire pudding and red wine jus

DESSERT

Tropical mango & passionfruit mousse with almond crumble

HEAT & EAT MEALS | DINNER R65

MONDAY

Traditional beef bolognese with roasted butternut & beetroot salad

TUESDAY

Fish Cakes with mashed potato, pan-fried vegetables & tomato relish

WEDNESDAY

Tomato (beef) bredie with yellow rice & sauteed vegetables

THURSDAY

Chicken & broccoli casserole with honey glazed baby carrots & baked potato

FRIDAY | DINNER - R130

SERVED FROM 18H00

MAIN COURSE

Hake goujons & calamari platter with chips & lemon aioli

OR

Shredded pork nachos with homemade tortilla chips, pulled pork, black beans, salsa and cheese

OR

Pizzas

Meat lovers - bacon & bbq chicken, mushrooms & mozzarella

Mexican - mildly spiced beef mince, peppers, fresh avocado & feta

DESSERT

Chocolate Brownies with Fudge Sauce

SATURDAY

Pulled pork burrito bowl with beans, guacamole & salsa

SUNDAY

Chicken A la King with basmati rice & ratatouille vegetables

OPEN 08H00 - 16H30 | SIT DOWN | HEAT & EAT / TAKE-AWAY | HOME DELIVERY |
BOOKINGS ESSENTIAL - DAILY MEAL AND HEAT & EAT OPTIONS BOOKED BEFORE 09H00 DAILY

WHAT'S ON THE MENU?



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.



BISTRO LUNCH PROMOTION



To kick off our monthly promotion for all Catering Package subscribers, we have partnered with Gun Bay Wines (also our latest addition to the wine list).

From Monday 22 August all subscribers will be able to enjoy a glass of Gun Bay Wines at just R20 per glass during lunch [only].

Profiter Du Vin!

All Terms and Conditions stipulated in package agreement apply.



IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

22 AUGUST

BILL VENABLES - Noordhoek

23 AUGUST

ANN JUDGE - Noordhoek

25 AUGUST

LORNA KIRSTEN - Noordhoek

26 AUGUST

WILLEM VAN ZYL - Noordhoek
NICHOLAS CHARMAN - Noordhoek

25 AUGUST

ROBERT DE VOS - Noordhoek

ANNIVERSARIES

23 AUGUST

DUNNY & ELIZABETH REED -
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S COOKING?



FEMALE MOVERS & SHAKERS IN CAPE TOWN

CELEBRATING FEMALE-OWNED ESTABLISHMENT AND FEMALE EXECUTIVE CHEFS

BEYOND (CONSTANTIA)

Dynamic duo Julia du Toit (Head Chef) and Michelle Elliot (Head Pastry Chef) are at the forefront of leading the magnificent minds behind the scenes at Beyond. They bring life to the beautiful plates they create and have ensured that the team they lead and guide are inspired to do the same everyday.

EMAZULWINI (MAKERS LANDING - V&A WATERFRONT)

Chef Mmabatho Molefe's all-female team is making some serious waves both locally and globally at Emazulwini Restaurant. The restaurant's unique menu pays special tribute to traditional Nguni and Zulu food with a clever haute cuisine twist. It's a dining experience you won't forget, right in the heart of Cape Town's harbour.



FIDELI'S (CAPE TOWN CBD)

Headed up by chef Judi Fourie, Fidelity's is the perfect anytime-meal spot. The in-house deli features only local produce, which is great for a quick local grocery haul, and the beer garden is the perfect place to escape the inner-city hustle and bustle.

COCO SAFAR (SEA POINT)

In addition to an extensive food and beverage menu, you'll find an amazing array of house-made pastries and chocolates crafted under the watch of head pâtissier and chocolatier Carmen Rueda. An establishment perfectly suited to a celebratory dining experience!

SIBA THE RESTAURANT (V&A WATERFRONT)

Siba Montgana is celebrated celebrity chef, cookbook author and now restaurateur. Siba the Restaurant promises a five-star dining experience with exceptional views of both the Waterfront and Table Mountain in the heart of Cape Town. You can expect dishes with a distinct African flair – it's a culinary excursion not to be missed!

GRUMPY & RUNT (GARDENS)

Grumpy & Runt, a hidden gem located in Dunkley Square, is owned and run by talented chef Johke and business partner Carla. If you've never tasted one of Grumpy & Runt's larger-than-life vegan, small-batch doughnuts, you're missing out! They've always got an interesting assortment of uniquely flavoured vegan doughnuts on offer, plus subs, sandwiches, and Oat Mylk soft serve, which is used to make the most amazing loaded sundaes. It's the perfect sweet spot for women's month!

EPICE (FRANSCHHOEK)

The menu features flavour-packed dishes inspired by culinary expeditions to India, headed up by the talented Charné Sampson. It's the perfect go-to if you're looking for an intimate, flavourful fine-dining experience in scenic Franschhoek.



Continued...

WHAT'S COOKING?

TRYN AND BISTRO 1862 (STEENBERG, CONSTANTIA)

Besides being wonderfully picturesque, Steenberg Estate is home to Tryn and Bistro 1862, which is headed up by amazing chef Kerry Kilpin. Tryn is a contemporary establishment with a relaxed approach to fine dining and is a popular go-to for breakfasts, light and easy lunches, and flavoursome dinners.



With Steenberg Estate just a short distance away from our Village, and as we reach the end of Women's Month, Kerry shares her story with us and how another great woman - her mother - helped shaped her career.

I'm sure, many of us can relate a good memory to a plate of food made by our mom. Think of those meals that snuck into your heart and which were made with the most important, and priceless, ingredient – love. So much so that some choose to make a career out of it. In honour of Women's Day Kerry reveals just how her mother figure influenced her love for the kitchen, and what valuable advice she gleaned when it comes to food and healthy living.

Kerry says that her mother gave her sage advice that she still applies to her cooking today. "Taste, taste, taste, from start to finish!" And respect food and never waste anything." One of the key factors her mother highlighted when it came to food is to know where your food comes from.

"I was raised on a farm in Bathurst, in the Eastern Cape, so most of the protein and vegetables were our responsibility to grow and manage. So, from a young age, I knew where my food came from and had respect for what I ate," she adds.

What is one of your favourite memories of you and your mom in the kitchen?

"A meal can add to so many memories stored in our brains, from sitting at the dinner table every evening; to a quick snack made for lunch, even if it's something strange, like rice on a slice of bread, it remains a special memory. One of my fondest memories is making an insane amount of mince pies each Christmas. My mom used to make them for the local home industries and I just loved getting involved."

In addition, Kerry and her mother enjoyed making home-made scones together.

"My childhood memories include sifting flour, rolling dough, and the wonderful smell of baking scones. Over time it became a Sunday morning activity, while my parents had a lie-in," she adds.

When asked what lavish meal her mother used to make, Kerry stated: "The classic roast leg of lamb, with all the homely trimmings – roast potatoes, cauliflower cheese sauce, rich gravy – you name it. It made the birthday and special occasion wish list year after year, as nothing surpassed the love that went into it. And it was the 'last supper' before returning to boarding school. Nowadays, I do consider cooking a 'mean' roast!"

Chef Kerry shared that her mother had a classic handwritten cookbook. Something that many of us hold dear to our hearts and which is most likely passed down through generations, varying from your favourite meals to your favourite desserts.

Chef Kerry's other cooking inspiration came from her mentor of 12 years, Franck Dangereux who many of you will know from The Foodbarn right here in Noordhoek. But of course, the biggest inspiration is her mother, who fired that love for food within her. Her advice as a mother today is simple and sweet: "Food is the comfort of any home. Sitting around a dinner table at home and having a conversation is so important. Just eating and talking about everyday life is one of the best habits instilled into me from a young age and I will never let it go."

"Cooking isn't always about being a professional chef obsessed with perfect knife cuts and a spotless workstation, it's that food is the great connector and I'm grateful that my mom helped me find a career where I can now help others have a meaningful experience with food."

BOTTOM'S UP!



Winner of the 2021 Best Coffee category, Bootlegger successfully defended their title again in 2022. The company was created by three best friends, Pieter Bloem, De Waal Basson and Antonie Basson. Each store has a carefully selected line from an AC/DC song displayed in-store in neon lights - a nod to the brand's attitude grounded in great music. Once again, Bootlegger Coffee Company was nominated for consistently offering the best cuppa in town and for their outstanding customer service.

TAKE AWAY COFFEE CUPS

Bootlegger take away coffee cups are made from paper and are 100% biodegradable and compostable.

All of our cups are sourced locally. The inside liner of our take-away cups are made from corn starch, and thus 100% plant-based. Our lids are made from recycled plastic. In August 2016, we introduced a branded dash cup to promote and incentivise the use of reusable mugs.

RAINFOREST ALLIANCE

100% of our coffee is Rainforest Alliance (RFA) certified. On Rainforest Alliance Certified™ farms, coffee grows in harmony with nature: soil is healthy, waterways are protected, trash is reduced or recycled, wildlife thrives and migratory bird habitats flourish. In addition, many RFA Certified™ farms adopt climate-smart agriculture techniques that sequester carbon.

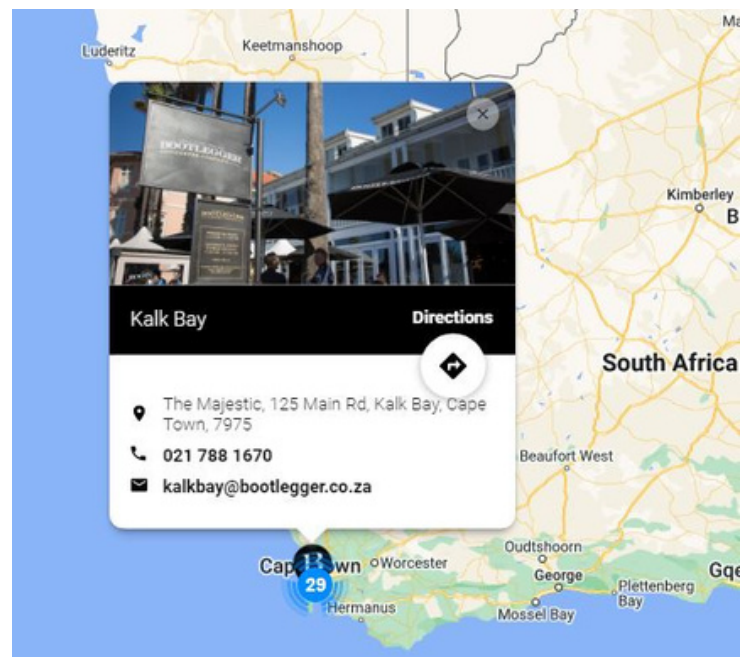
OCEAN PLEDGE

Bootlegger Coffee Company is one of the first restaurants to be fully Ocean Pledge Certified. In order to receive the certification, Bootlegger adheres to a strict set of guidelines regarding single-use plastic usage in our stores.

BOOTLEGGER COMPOST

Bootlegger Coffee Company has partnered with Ywaste, a food waste management specialist, to turn its waste into compost. Customers can buy bags of Bootlegger topsoil, potting soil and compost made with used coffee grounds and organic food waste. For every 10 bags of compost bought, Bootlegger will donate 1 bag of compost to a community food garden.

YOUR NEAREST BOOTLEGGER STORE



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL



OLIVIA NEWTON-JOHN (26 SEPT 1948 – 8 AUG 2022)

Dame Olivia Newton-John was a British-born Australian singer, actress, and activist and who sadly passed away at age 73 on 8 August 2022.

OLIVIA NEWTON-JOHN TRIVIA

Sister of actress Rona Newton-John and Dr. Hugh Newton-John, a medical doctor and specialist in infectious diseases who invented the first portable iron lung. Her ex-brother-in-law was Jeff Conaway, who co-starred in *Grease* (1978). First cousin of Fellini Satyricon (1969) actor Max Born.

Best known as a singer, she had over 25 "Top 40" singles, more than half of which went "Top 10" on the US Billboard charts, including five #1 hits -- "I Honestly Love You" (1974), "Have You Never Been Mellow" (1975), "You're the One That I Want" (1978), "Magic" (1980) and "Physical" (1981), a whopping success that remained #1 for 10 weeks. Well-known songs include "If Not for You", "If You Love Me, Let Me Know", "Let Me Be There", "I Honestly Love You", "Heart Attack", "Have You Never Been Mellow", "Summer Nights", "You're The One That I Want", "Hopelessly Devoted to You", "Magic", "Xanadu", "Physical" and "Twist of Fate".

Her biggest hit was "Physical" which sold over two million copies and spent 10 consecutive weeks at #1 on Billboard's Hot 100 (beginning 21 November 1981).

In 1988, she visited Australia to make a television special titled *Olivia Down Under* (1988) to coincide with the Bicentennial. She and Cliff Richard performed and Prince Charles and Princess Diana were also present.

She was chosen by *People* magazine as one of the 50 Most Beautiful People in the World. [1998]

Her song "Physical" was banned by a radio station in Provo, Utah for its "suggestive" lyrics. She still had a concert in the Dee Events Center in Ogden, Utah, filmed for video.

Ranked #95 on VHI's 100 Greatest Women of Rock N Roll. She performed the background vocals on John Denver's song "Fly Away" and represented Britain at the Eurovision Song Contest. [1974]. She was also close friends with singer Karen Carpenter.

Her performance as Sandy Olsson in *Grease* (1978) is ranked #89 on *Premiere* magazine's 100 Greatest Movie Characters of All Time.

She was awarded the OBE (Officer of the Order of the British Empire) in the 1979 Queen's New Year's Honours List for her services to the performing arts.

She was awarded a Star on the Hollywood Walk of Fame for Recording at 6925 Hollywood Boulevard in Hollywood, California on August 5, 1981.

She received awards for her charity work and was a recipient of the Lifetime Achievement Award at the 16th Annual ARIA Awards (15 October 2002).

She was awarded the AO (Officer of the Order of Australia) in the 2006 Queen's Birthday Honours List for her services to the entertainment industry as a singer and actor, and to the community through organizations supporting breast cancer treatment, education, training and research, and the environment.

On 26 June 2012, the Australian government issued a semi-postal postage stamp to help raise funds for the Olivia Newton-John Cancer & Wellness Centre Appeal. The stamp was valued at 60¢. It was sold in panes of ten stamps for \$8, with \$2 going to the appeal.

She underwent surgery for breast cancer in 1992, and treated for a recurrence of the same disease in 2013. Living with metastatic breast cancer, Newton-John was a spokesperson for the eponymous "The Liv", a heart-shaped, self-examination device for women to aid in the detection of breast lumps.

On May 13, 2017, it was reported that she has cancelled concerts due to sciatica complications and treatment for it in the middle of touring her new inspirational album "LIV ON". On May 30, it was reported that her back pain actually caused by breast cancer returning she already beat twice - in 1992 and 2013 - after which it metastasized to her sacrum reaching stage IV.

Dame Olivia Newton-John passed away peacefully at her ranch in Southern California surrounded by family and friends. Olivia has been a symbol of triumphs and hope for over 30 years sharing her journey with breast cancer. Her healing inspiration and pioneering experience with plant medicine continues with the Olivia Newton-John Foundation Fund, dedicated to researching plant medicine and cancer.