

NEWSLETTER

ALOE ALOE

"PEOPLE RESPOND IN ACCORDANCE TO HOW YOU RELATE TO THEM. IF YOU APPROACH THEM ON THE BASIS OF VIOLENCE, THAT'S HOW THEY'LL REACT. BUT IF YOU SAY, 'WE WANT PEACE, WE WANT STABILITY,' WE CAN THEN DO A LOT OF THINGS THAT WILL CONTRIBUTE TOWARDS THE PROGRESS OF OUR SOCIETY.

~ Nelson Mandela ~

Dear Residents,

I hope you all had a great week!

As we step into Spring and look forward to the warmer days, there are also opportunities to take short trips out of the city to go and see the floral wonder around the province.

We've had a few windy days of late which also means our cars aren't looking their best so be sure to start or end your trip with a clean car by booking your slot for the 7th Sep, with Mobe Waterless Carwash.

For those of you not planning to travel just yet, join us for a Traditional "Boerekos" buffet on the 14th. Also, don't forget to book your seat for the Quiz Night on the 15th and/or for the Heritage Day Bring and Braai on the 23rd.

While we are on social events, I am happy to announce that for this years Oktoberfest we have secured the winner of KFM's "Best of the Cape, Best Craft Beer / Brewery category" - Devil's Peak who will have their entire range of beers available on tap and for sale in bottles to enjoy later.

In addition to our regular pages, this week in What's Cooking we stick to the Heritage theme and introduce you to one particular spot which offers not only true Cape Heritage but also endless fields of blooming flowers. And while you are there be sure to stop and enjoy lunch at a West Coast institution, Die Strandloper.

In "Bottom's Up" we extend our teaser and tell you more about Devil's Peak Brewery.

In this week's "Musical Corner" we pay tribute to another legend and female trendsetting artiste to close off Women's month. Patsy Cline is considered one of the most influential vocalists of the 20th century and was one of the first country music artists to cross over into pop music. Click on the link on the page and enjoy music the way it used to be made!

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

5 - 11 SEPTEMBER

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Your weekly guide to sport & recreational activities in the Village

It's A Celebration
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Delicious meals on offer this week!

What's Cooking?
We take a look at the floral wonder on our coastline and a legendary restaurant set amidst the beauty of the West Coast

Bottom's Up!
The Best Craft Beer in Cape Town


Musical Corner
We remember Patsy Cline



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	7 & 21 SEPTEMBER 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	09h00 - 16h00 WATERLESS CARWASH BASEMENT Reception ext. 2400	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	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	
SATURDAY		11h00 SPRINGBOK BRUNCH BISTRO ext. 2404			
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

6 SEPTEMBER

PENELOPE BOTHMA - Noordhoek

7 SEPTEMBER

KINNIE BECKER - Noordhoek
VICTOR POLLACHI - Noordhoek

8 SEPTEMBER

JOAN LEON - Noordhoek
DOUG HARRIS - Lake Michelle

ANNIVERSARIES

6 SEPTEMBER

BRIAN & JENNY BROOKS -
Noordhoek

8 SEPTEMBER

LYNDON & MILDRED PHILLIPS -
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



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

Fisherman's Pie with savoury rice & garden peas

TUESDAY

Spaghetti bolognese with toasted garlic & olive oil ciabatta

WEDNESDAY

Lamb's liver with creamy mashed potato & pan-fried vegetables

THURSDAY

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

FRIDAY

Beer-battered fried/grilled hake & chips with garden salad & tartar sauce

SATURDAY

Chicken tikka pita with fresh coriander & yogurt dressing

SUNDAY | LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Rosemary & Garlic Roast Beef with Roasted Baby Potatoes, Broccoli & Cauliflower Bake & Mint Sauce

DESSERT

Pecan Tart with Cinnamon Ice Cream

HEAT & EAT MEALS | DINNER R65

MONDAY

Beef stroganoff with creamy mashed potato & roast vegetables

TUESDAY

Chicken schnitzel with cheese sauce, roast vegetables & potato wedges

WEDNESDAY | DINNER - R145

SERVED FROM 18H00

STARTER

"Brood Tafel" with preserves & flavoured butter

MAIN COURSE

Waterblommetjie bredie, traditional chicken pie & savoury rice, pampoenkoekies & "gestoofde groenboontjies"

DESSERT

Koeksisters, Melktert, Malva Pudding

THURSDAY

Bacon, spinach & feta lasagne with greek Salad

FRIDAY

Pulled pork enchilada with tangy Mexican slaw

SATURDAY

Smoked salmon & spinach pasta with garden salad

SUNDAY

Chicken & mushroom pie with roasted vegetables & roasted baby potatoes

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 BREAKFAST PROMOTION

**SERVED EVERY SATURDAY
9:00 – 11:00**

COLD SELECTION

Selection of Muffins, Plain Croissants, Charcuterie Board, Muesli, Fruit & Yogurt Parfaits
Fruit Juice, Tea & Filter Coffee

R70pp

[ADD] HOT SELECTION

Bacon, Scrambled egg, Grilled Tomato, Pork Sausage, Toast & Preserves, Frittata (Chefs special)

R115pp

*Served buffet style for
30 or more guests*

All Terms and Conditions stipulated in package agreement apply.



BISTRO LUNCH PROMOTION



We have kicked off our monthly promotion for all Catering Package subscribers and have partnered with Gun Bay Wines (also our latest addition to the wine list).

All subscribers are now 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.

HERITAGE MONTH



CASTLE LAGER
THE RUGBY CHAMPIONSHIP

DATE: SATURDAY, 3 SEPTEMBER
KICK-OFF: 011H30 | VENUE: BISTRO

MENU :
SPRINGBOK BREAKFAST - R60
2 EGGS, BACON, BEEF SAUSAGE, GRILLED TOMATO & CHIPS WITH TOAST & PRESERVES.
INCLUDES TEA & FILTER COFFEE
OR
BASKET & BEER - R75
BEEF MEATBALLS, SPRING ROLLS, SAMOSAS, CHICKEN STRIPS WITH DIPPING SAUCE & CHIPS

(BOOK AT BISTRO ON EXT. 2404)



"BOEREKOS" DINNER BUFFET
7 SEPTEMBER | 18H00 | R145PP

STARTER
"BROOD TAFEL" WITH PRESERVES & FLAVOURED BUTTER

MAIN COURSE
WATERBLOMMETJIE BREDIE, TRADITIONAL CHICKEN PIE & SAVOURY RICE, PAMPOENKOEKIES & "GESTOOFDE GROENBOONTJIES"

DESSERT
KOEKSISTERS, MELKERT, MALVA PUDDING

(BOOK AT BISTRO ON EXT. 2404)

NATIONAL "BRING" & BRAAI DAY
23 SEPTEMBER | 17H00 | R100

BRING & BRAAI YOUR OWN MEAT WHLST ENJOYING THE SIDES & DESSERT BUFFET PREPARED BY WESTERN PROVINCE CATERERS

SALAD BAR
BUTTERNUT & FETA SALAD WITH TOASTED PUMPKIN SEEDS, COUS COUS & ROASTED VEGETABLE SALAD
BUILD YOUR OWN SALAD – CRISP FANCY LETTUCE, CUCUMBER, MARINATED OLIVES, CHERRY TOMATOES, HERBED FETA CHEESE, GARLIC CROUTONS & RED ONION


BREAD SELECTION
SELECTION OF COCKTAIL ROLLS, FRENCH LOAF, CROSTINI STICKS & MOSBOLLETJIES WITH BUTTER & PRESERVES

HOT SELECTION
BARBEQUE CORN RIBS, PAPTERT WITH TOMATO RELISH & CHEDDAR CHEESE

DESSERT BUFFET
SELECTION OF MINI DESSERTS

(BOOK AT BISTRO ON EXT. 2404)

RESIDENT ACTIVITY



QUIZ NIGHT

Test Your National and International Heritage combined with a little bit of General Knowledge this Heritage month

Join us for an evening of fun and loads of 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 PER PORTION

PANKO CRUMBED CHICKEN STRIPS WITH SWEET CHILI MAYO | BEEF KOFTA WITH HUMMUS (3) | VEGETABLE SPRING ROLL WITH SWEET CHILI SAUCE (3) | BEEF SAMOSA WITH CORIANDER & MINT CHUTNEY (3) | FALAFEL WITH TZATZIKI SAUCE (5) | CHICKEN SATAY WITH PEANUT SAUCE (3)

WHEN? Thursday 15th at 18h00 | WHERE? Bistro



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

WHAT'S COOKING?

THE CAPE'S SPRING FLOWERS

STOP AND SMELL. AND MAYBE HAVE SOME LUNCH

For a few precious weeks each year – from mid-August until end-September – the fields, farms, wetlands and dunes of the Western Cape burst into a magnificent riot of colour as the wildflowers come into bloom. It's a short-lived period, during which bloomers and boomers, Gen Xers and Zs hop into their preferred modes of transport to come and witness the wonder of the West Coast's wildflowers. We're not joking when we say "Blink and you'll miss it"; because before you know it, the fields have turned brownish-grey again and the floral splendour is over for another year. If you're keen to make hay while the sun shines and get gazing at nature's magnificent plan, here is our pick of floral hotspots for prime viewing this spring. (Make sure your cameras and smartphones are charged!)

The Cape's West Coast

Postberg and West Coast National Park

Only open during springtime, Postberg is an almost completely undisturbed floral landscape in the West Coast National Park, open 9am and 5pm during August and September (peak flower months).

Distance from CT 1 hour and 30 minutes

Floral expectations Daisies, sporries and magriets.

Closest town Langebaan

Where to stay Whaler's Way in Churchhaven, which has a veranda right on the sandy shore and an obligatory hammock!

Where to eat Geelbek Restaurant or **Die Strandloper in Langebaan**

Entry During flower season August – September 2022: R100 (SA citizens and residents with ID) | R50 (children 2 – 11 years) | R150 (SADC nationals with valid passports) | R75 (SADC children with valid passports)

Contact 022 772 2144



Continued...

DIE STRANDLOPER

BOOK YOUR FEAST AT THE SEA

The sound of gently lapping waves, of crackling open fires, of seagulls calling from above. Welcome to Die Strandloper, on the beach in Langebaan. Join us for a feast of seafood dishes, prepared in true West Coast style, by real West Coast people. Mussels pots, grilled harders, fish curry, freshly baked breads, delicious jams, roosterkoek, sweet potato – the list goes on. Bring your own refreshments or visit our famous Beach Bar as you listen to the sounds of a strumming guitar. This is the land of good food, good cheer and good, old-fashioned Weskus hospitality. Bring your family and friends, book your corporate function, celebratory event or wedding. We're ready and waiting for you at Die Strandloper – fires lit and seafood at the ready to bring you a truly memorable experience – all washed down with moer coffee, koeksusters and fantastic sea air vibes.

ABOUT US

To us, local is lekker. Local food, local staff, local taste – all on a scale of international proportions. We welcome guests from far and wide. From Boksburg to Bangkok, from Cape Town to Cairo, we're here to make sure you enjoy the ultimate in good, old-fashioned, down-to-earth, West Coast awesomeness. You'll find us to be a tight-knit family who love what we do. Whether it's building fires, turning grids, baking breads or simply making you feel right at home, we're into fun, sun, surf and everything that goes with it.

We've been meeting, greeting and bringing our guests memorable moments since 'pa fell off the bus' (which in South Africa is a great way of saying we've been doing what we do for a very, very long time). Some of our staff (like Marie) have devoted almost their entire working lives to us. All have been born and raised in the region. We treat them with love and respect because that's just the way we are.

WHERE TO FIND US

From Cape Town take the R27 towards Velddrif. After about 90km, turn left at the Engen Service Station into Oostewal Rd. After 10km, turn right at the second traffic circle. Go over the stop street. Turn left onto our gravel road about 300 metres further on (you'll see our signboards on your left as you approach us).



BOTTOM'S UP!

THE BEST CRAFT BEER IN CAPE TOWN AS VOTED FOR BY CAPETONIANS



Innovation is at the heart of the Devil's Peak brand. From the start of the craft beer revolution in South Africa, we have led the charge in introducing bold, interesting styles in a market saturated with the status quo. From introducing the latest global trends to putting our unique twist on brewing classics, we deliver in spades. It is in this spirit that we are officially launching the Afrofunk series programme, through which unique, market-leading beers will be launched. Produced in the Afrofunk Sours and Wilds facility, our dedicated, in-house barrel-aging and exploration programme, these beers push the boundaries of what beer can and should be.

"There is so much going on in Afrofunk at the moment! We've taken a previous success, Stoned Immaculate, and added two variants of peach extended ageing. One very succulent/juicy orange peach and one very floral white peach variety. We've done the same with two plum varieties. One that has a fresh and bright acidity and another that has a really ripe (almost ripe red grape like) taste. All of these will age for another 2-3 months on the whole fruit. On top of this, we have a dark sour that is evolving beautifully. We'll be racking some of this from the Foudler and placing it into smaller barrels to age on blackberries, blackcurrant, redcurrant and raspberries. Look out for this one soon." – Devil's Peak Head Brewer, JC Steyn

We do not produce craft beer to sit inside the confounds of what others expect. Exploration – continually pushing the boundaries of style, brewing technique and tradition – is something we strive for daily. After all, a mind that experiences new things can't go back to the place it was before. Only bottled once absolutely perfected, these releases are the culmination of months and even years of patience and dedication to the art of brewing. Continuing the journey from where Devil's Peak started, the Afrofunk series gives a definitive answer to the oft asked question, "What is craft beer?"

Vannie Hout and Vin De Saison – two delightfully complex beers which, though they share the characteristics that accompany barrel-ageing, are both unique and exciting examples of what can be accomplished when pushing beyond the status quo in brewing.

So historically, Vin de Saison and Vannie Hout were both quite similar when they were released due to the malt bills and yeast used. The only real difference was the slight acidity from the grapes to the Vin de Saison. For this year's release, I've changed things up and added a bit more of a complex malt bill for the Vannie Hout to add complexity and at the same time provide the Brett with a bit more to "chew on" as it ages. You will get a slight malt backbone that really complements the Brett funkiness. For the Vin de Saison, historically it was made with Chenin blanc but we were given the opportunity to make use of Clairette Blanche, a new up and coming variety that the Mullineux's had some great success with. It's a lightly floral variety with lots of elegance and poise." – Devil's Peak Head Brewer, JC Steyn

continued....

WE DON'T PRODUCE CRAFT BEER TO FIT THE EXPECTATIONS OF THE MARKET



First brewed in 2012, Vannie Hout was our initial foray into the world of barrel-aged beers. Drawing from the seasonal beers first brewed in the French-speaking region of Belgium some 300 years ago, this farmhouse ale was our attempt at capturing the fresh, effervescent characteristics of the Saison style with the added complexity and nuance that comes with time in previously filled French oak wine barrels. With the addition of *Brettanomyces*, a wild yeast that adds loads of depth and flavour, we were set to create something really special. The result was award-winning and earned this amazing brew a permanent home in our Afrofunk facility.

With this release, you'll once again be able to experience a milestone in South African brewing that helped to open a wider world of craft beer to the country. Vannie Hout: Delicate yellow fruits with some spiciness on the nose and a light bready character. Expect the ever-present Brett funk which will develop with aging. Vibrant palate with a low bitterness and a slightly tart finish.

Vin de Saison, the first beer and wine hybrid brewed in South Africa, is a collaboration between Devil's Peak and Mullineux Family Wines. The initial vintages were made with the addition of 20% Chenin blanc grape must (juice). Since 2016, however, we have combined our Saison base with a lesser-known favourite, Clairette Blanche.

The blends are aged in previously filled French oak wine barrels for 10-14 months and have garnered the acclaim of beer and wine drinkers since launching in 2015. This year's release is set to deliver the same world-class beer – a beautifully well-rounded palate highlighted by a fresh, grape-derived acidity and barrel-aged complexity. This modern classic is a must-have.

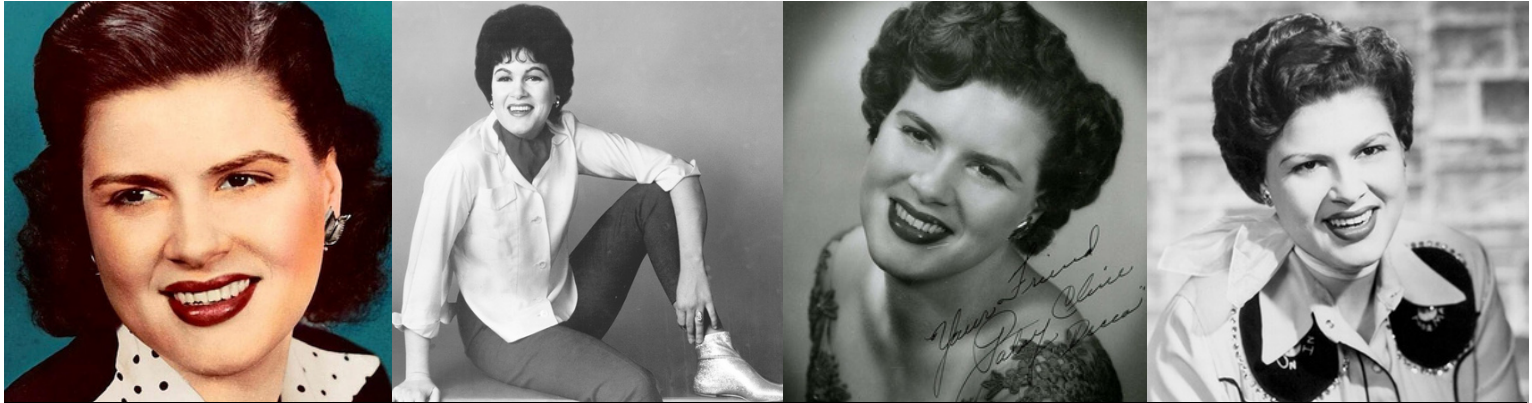
This year's release is set to deliver the same world-class beer – a beautifully well-rounded palate highlighted by a fresh, grape-derived acidity and barrel-aged complexity. This modern classic is a must-have. Vin de Saison: Complex aromas of pear and citrus rind with an unmistakable wine-like character. Soft and velvety on the palate with a distinct wine derived acidity and biscuity aftertaste.

The first in a series of releases from Afrofunk, expect to see many new and exciting beers in the months to come.



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL



PATSY CLINE

[CLICK HERE TO LISTEN TO PATSY'S GREATEST HITS](#)

Patsy Cline (born Virginia Patterson Hensley, 8 September 1932 – 5 March 1963) was an American singer. She is considered one of the most influential vocalists of the 20th century and was one of the first country music artists to cross over into pop music. Cline had several major hits during her eight-year recording career, including two number-one hits on the Billboard Hot Country and Western Sides chart.

Cline's first professional performances began at the local WINC radio station when she was fifteen. In the early 1950s, Cline began appearing in a local band led by performer Bill Peer. Various local appearances led to featured performances on Connie B. Gay's *Town and Country* television broadcasts. It also led to the signing of her first recording contract with the Four Star label in 1954. She had minor success with her earliest Four Star singles including "A Church, a Courtroom, Then Goodbye" (1955) and "I've Loved and Lost Again" (1956). In 1957 Cline made her first national television appearance on Arthur Godfrey's *Talent Scouts*. After performing "Walkin' After Midnight", the single became her first major hit on both the country and pop charts.

Cline's further singles with Four Star Records were unsuccessful, although she continued performing and recording. After marrying in 1957 and giving birth in 1958, she moved to Nashville, Tennessee, to further her career. Working with new manager Randy Hughes, Cline became a member of the Grand Ole Opry and then move to Decca Records in 1960. Under the direction of producer Owen Bradley, her musical sound shifted and she achieved consistent success.

The 1961 single "I Fall to Pieces" became her first to top the Billboard country chart. As the song became a hit, Cline was severely injured in an automobile accident, which caused her to spend a month in the hospital. After she recovered, her next single release "Crazy" would also become a major hit.

During 1962 and 1963, Cline had hits with "She's Got You", "When I Get Through with You", "So Wrong" and "Leavin' on Your Mind". She also toured and headlined shows with more frequency. In March 1963, Cline was killed in a plane crash along with country performers Cowboy Copas, Hawkshaw Hawkins and manager Randy Hughes, during a flight from Kansas City, Kansas back to Nashville. Since her death, Cline has been cited as one of the most celebrated, respected, and influential performers of the 20th century. Her music has influenced performers of various styles and genres. She has also been seen as a forerunner for women in country music, being among the first to sell records and headline concerts.

In 1973, she became the first female performer to be inducted into the Country Music Hall of Fame. In the 1980s, Cline's posthumous successes continued in the mass media. She was portrayed twice in major motion pictures, including the 1985 biopic *Sweet Dreams* starring Jessica Lange. Several documentaries and stage shows were released during this time, including the 1988 musical *Always...Patsy Cline*. A 1991 box set of her recordings was issued that received critical acclaim. Her greatest hits album sold over 10 million copies in 2005. In 2011, Cline's childhood home was restored as a museum for visitors and fans to tour.