

NEWSLETTER

ALOE ALOE

*"IT HAS ALWAYS BEEN EASY TO HATE AND DESTROY.
TO BUILD AND CHERISH IS MUCH HARDER"*

*" THE LESSONS FROM THE PEACE PROCESS ARE
CLEAR; WHATEVER LIFE THROWS AT US,OUR
INDIVIDUAL RESPONSES WILL BE ALL THE
STRONGER FOR WORKING TOGETTHER AND
SHARING THE LOAD. "*

Queen Elizabeth II

Dear Residents,

As we see the end of the longest reigning monarch in the history of the Unite Kingdom and most likely in the history of any nation, one could write a book with all the profound quotes and sayings that Queen Elizabeth II left us with.

This week we pay tribute to this great Queen who was also just a Mum, Grandmother and Great Great Grandmother. I am sure we will see many tributes on many tv channels this weekend and into next week as Operation London Bridge and Operation Unicorn get underway.

If that is not your thing then tune in for the World Cup 7's being played at the Cape Town Stadium this weekend.

A reminder to book for this months Quiz Night on the 15th. An official challenge for an Evergreen Team to enter has been issued and has been accepted. I hope to see everyone there in their regular teams and numbers. I'm sure it is going to be another great event full of laughs and competitiveness!

Also, don't forget to book your spot for the Heritage Bring & Braai on the 23rd.

As always, in addition to our regular pages, we highlight what our landscaping engineers have been up to within the Village in our Green Fingers page. In the Good Reads section we travel from the UK to Africa while winding our way along the coast all the way to Noordhoek.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

12 - 18 SEPTEMBER

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Your weekly guide to sport & recreational activities

What's On The Menu

Delicious meals on offer this week!

It's A Celebration

Birthday's, Anniversaries & New Residents

Resident Activities

Join us for this months Quiz Night and Heritage Day Bring & Braai

Green Fingers

Good Plant/Bad Plant. What to plant in your garden

A Special Tribute and Operation London Bridge

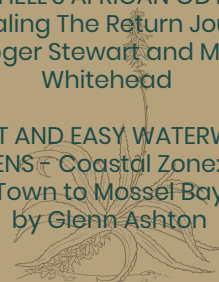
Queen Elizabeth II

Good Reads

ELIZABETH THE QUEEN: The Woman Behind The Throne by Sally Bedell Smith

BURCHELL'S AFRICAN ODYSSEY: Revealing The Return Journey by Roger Stewart and Marion Whitehead


FAST AND EASY WATERWISE GARDENS - Coastal Zone: Cape Town to Mossel Bay by Glenn Ashton



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	 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			
THURSDAY		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	18h00 WEEKLY DINNER BISTRO ext. 2404
SATURDAY					
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

12 SEPTEMBER

FRED NELSEN - Noordhoek

13 SEPTEMBER

JULIANA ORGANE - Noordhoek

14 SEPTEMBER

SUE DOUGLAS - Noordhoek

17 SEPTEMBER

RONNIE ADAMS - Noordhoek
GREG CULHANE - Lake Michelle

ANNIVERSARIES

NO ANNIVERSARIES
THIS WEEK

NEW RESIDENTS

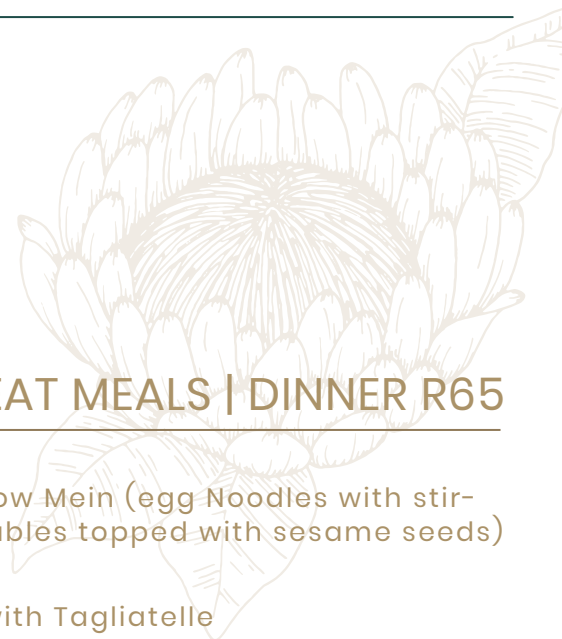
GARTH & DIANE JOYNER -
1 MILKWOOD, LAKE MICHELLE



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

Greek-style Hake with White Wine Risotto & Pan-fried Greens

TUESDAY

Pork Schnitzel with Cheese Sauce, Oven Roasted Potatoes & Seasonal Vegetables

WEDNESDAY

Beef Tomato Bredie with Savoury Rice & Roasted Vegetables

THURSDAY

Butter Chicken Curry with Basmati Rice, Sambals & Poppadom

FRIDAY

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

SATURDAY

Gourmet Boerewors Roll with Mushroom, Feta & Onion Relish with Chips / Salad

SUNDAY | LUNCH - R145

SERVED FROM 12H00

MAIN COURSE

Rosemary Roasted Leg of Lamb with Mint Sauce, Hasselback Potato & Roasted Vegetables

DESSERT

Baked Orange Pudding with Vanilla Custard

HEAT & EAT MEALS | DINNER R65

MONDAY

Chicken Chow Mein (egg Noodles with stir-fried vegetables topped with sesame seeds)

TUESDAY

Beef Ragu with Tagliatelle & Greek Salad

WEDNESDAY

Pork Bangers with Onion Gravy, Mashed Potato, Carrots & Peas

THURSDAY

Salmon, Broccoli & Feta Quiche with Garden Salad

FRIDAY | DINNER - R130

SERVED FROM 18H00

MAIN COURSE

Tempura Fried/Grilled Hake with Chips / Salad & Onion Rings

or

Southern Fried Chicken Strips with Blue Cheese Sauce & Chips / Salad

or

Prego Steak Roll & Chips / Salad

DESSERT

Ice Cream & Chocolate Sauce

or

Malva Pudding & Amarula Custard

SATURDAY

Pork Empanada with Onion Gravy, Baked Potato & Seasonal Vegetables

SUNDAY

Beef Lasagne with Garden Salad

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

HERITAGE MONTH



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.

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

TRIBUTE



It was with much sadness that we learned of the passing of Her Majesty, Queen Elizabeth II on Thursday. She was Queen of the United Kingdom from 6 February 1952 until her death on 8 September 2022. Her reign of 70 years and 214 days was the longest of any British monarch and the second-longest recorded of any monarch of a sovereign country.

She leaves behind an extraordinary legacy. She was an inspiration to many and was a constant steady presence not just for the people of the UK, but for the many lives and hearts she touched around the world.

Rest in Peace Your Majesty

Phillip came to me today,
and said it was time to go.
I looked at him and smiled,
as I whispered that "I know"

I then turned and looked behind me,
and seen I was asleep.
All my Family were around me,
and I could hear them weep.

I gently touched each shoulder,
with Phillip by my side.
Then I turned away and walked,
with My Angel guide.

Phillip held my hand,
as he lead the way,
to a world where King's and Queens,
are Monarch's every day.

I was given a crown to wear
or a Halo known by some.
The difference is up here,
they are worn by everyone.

I felt a sense of peace,
my reign had seen its end.
70 years I had served my Country,
as the peoples friend.

Thank you for the years,
for all your time and love.
Now I am one of two again,
in our Palace up above.

J.BOYLE (FROM HEARTFELT)



Our beloved Queen

1926 - 2022



"... we will be with our friends again; we will be with our families again; we will meet again."

~ HRH Queen Elizabeth II ~

OPERATION LONDON BRIDGE



With the passing of Queen Elizabeth, one may be wondering what happens next.

Following the sad news of the Queen's death aged 96, long-held plans have now been put into place called Operation London Bridge and Operation Unicorn. It sets out exactly what will happen over the next 10 days, including where her coffin will lie in state, funeral preparations and what Charles first week as King will involve.

September 9th will be referred to as D-Day, with the coming days to be referred to as D-Day plus the number of days that have passed since her death. The first steps of D-Day are already underway, with flags lowered to half-mast as a sign of respect. Here's what will happen in the days to come...

D-Day (Friday, September 9)

- Charles and Camilla will return to London and the King will have an audience as monarch with Prime Minister Liz Truss as soon as practically possible.
- Charles will meet the Earl Marshal – the Duke of Norfolk – who is in charge of the accession and the Queen's funeral, to approve the carefully choreographed schedule for the coming days. They will incorporate Operation Unicorn, the contingency plans for the death of the Queen in Scotland.
- The King will decide on the length of court or royal mourning for members of the royal family and royal households. It is expected to last a month. The Government will confirm the length of national mourning, which is likely to be around 12 to 13 days, from now up to the day after the Queen's funeral.
- Bells will toll at Westminster Abbey, St Paul's Cathedral and Windsor Castle, and gun salutes – one round for every year of the Queen's life – will be fired in Hyde Park and at other stations.
- The King will make a televised address to the nation, which he is due to pre-record. He will pay tribute to the Queen and pledge his duty to his service as the new sovereign.
- The Prime Minister and senior ministers will attend a public service of remembrance at St Paul's in central London, with the event planned to appear as if impromptu.

D-Day +1 (Saturday, September 10)

- There will be a meeting of the Accession Council at 10am. The official body includes senior government figures and members of the Privy Council. Charles will be proclaimed King during this meeting.
- The proclamation will be read at St James' Palace and at the Royal Exchange in the City of London. It is likely that Camilla will be with him and her new title will be revealed. The Queen used the Accession Day of her Platinum Jubilee to share her wish for her daughter-in-law to become Queen Consort.

D-Day +2 (Sunday, September 11)

- The Queen's coffin is expected to be taken by road to the Palace of Holyroodhouse in Edinburgh.
- Proclamations will be read in the Scottish, Welsh and Northern Ireland devolved parliaments in Edinburgh, Cardiff and Belfast.

D-Day +3 (Monday, September 12)

- A procession is expected along the Royal Mile to St Giles' Cathedral in Edinburgh along with a service and the Vigil of the Princes by members of the royal family.
- The public may get the chance to file past the Queen's coffin at a mini lying in state in St Giles'.
- The House of Commons and the House of Lords are expected to come together in Westminster for a Motion of Condolence, which the King could attend.
- After leaving England and visiting Scotland, Charles will at some stage travel to the other countries of the UK – Wales and Northern Ireland – known as Operation Spring Tide.

Continued...

D-Day +4 (Tuesday, September 13)

- Charles will carry out a tour of the UK
- The Queen's coffin expected to be flown to London and expected to be at rest at Buckingham Palace.
- A rehearsal for the procession of the coffin from Buckingham Palace to the Palace of Westminster takes place.

D-Day +5 (Wednesday, September 14)

- The Queen's coffin will be taken in a ceremonial procession from Buckingham Palace to the Houses of Parliament, where a service will take place at Westminster Hall.
- The Archbishop of Canterbury will conduct a short service following the coffin's arrival.
- Hundreds of thousands of people will file past the coffin on its catafalque and pay their respects, just as they did for the Queen Mother's lying in state in 2002.
- Senior royals are also expected to pay their own moving tribute, standing guard at some stage around the coffin – the tradition known as the Vigil of the Princes.

D-Day +6 (Thursday, September 15)

- There will be a service at St George's Chapel in Windsor
- From this today for three days, members of the public will be allowed to view the Queen's coffin, which will lie on a catafalque in the centre of Westminster Hall. Dignitaries will be issued with tickets giving them a time slot.
- A rehearsal will also take place for her state funeral procession.

D-Day +7, +8 and +9 (Friday, Sep 16, Saturday, Sep 17 and Sunday, Sep 18)

- Lying in state continues, ending on D+9. Heads of state begin to arrive for the funeral.

D-Day +10 (Monday, September 19)

- The Queen's state funeral is expected take place at Westminster Abbey in central London.
- The original plans are for the Queen's coffin to process on a gun carriage to the abbey, pulled by naval ratings – sailors – using ropes rather than horses.
- Senior members of the family are expected to poignantly follow behind – just like they did for the funeral of Diana, Princess of Wales and the Duke of Edinburgh.
- The military will line the streets and also join the procession.
- Heads of state, prime ministers and presidents, European royals and key figures from public life will be invited to gather in the abbey, which can hold a congregation of 2,000.
- The service will be televised, and a national two minutes' silence is expected to be held.
- The same day as the funeral, the Queen's coffin will be taken to St George's Chapel at Windsor Castle for a televised committal service.
- Later in the evening, there will be a private interment service with senior members of the royal family.
- The Queen's final resting place will be the King George VI memorial chapel, an annex to the main chapel – where her mother and father were buried, along with the ashes of her sister, Princess Margaret.
- Philip's coffin will move from the Royal Vault to the memorial chapel to join the Queen's.



GREEN FINGERS



I want to start this week's Green Fingers section with a big Thank You to the team that work tirelessly all year round to make our Village a pleasure to live and work in. A big thank you to Osuman and the White Cliffs team, Albert, Gideon, Malidzan, Homan, Everson along with Abdul and Kassiem who help with utility and general upkeep duties. We also highlight the progress our gardens have gone through and the end result of their hard work.

Everyone thinks that growing a garden in Noordhoek is hard. It is but if you do it right it's not. We will show you how to do it right, first time, no messing around. We all know that our suburban sprawl displaces natural systems and varieties of vegetation. Noordhoek is no different. It is important that we attempt to replace what we displace and reduce our impact on our sensitive local environment, as we all wish to do, as responsible citizens!

Luckily it's not hard to make things grow well here. Waterwise gardening has become popular in the past few years and we know that local plants can outgrow exotic plants every time – after all they have had thousands of years of practice. The real trick here is to fool plants that they are indeed growing in nature and not in our backyard. We have to study how the wind (that never stops in summer, parching everything) blows around our property. There will be calm and drafty spots. There are wet and dry spots.

Learn where all of these components of the microclimate are situated. Check out the soil. Is it sand or soil? If it's sand, help it – add lots of compost, a bit of clay helps too. Keep adding compost and plant matter and you will have good soil in a few years.

You want trees? Remember, trees never grow in isolation. Show me a one-tree forest. Solution; fool the trees that they are in a forest. Difficult? No, not really. Luckily we have lots of fast growing plants like the *Chrysanthemoides* and *Euryops* family (large daisy like bushes) that will give shelter to the more sensitive plants, while providing a haven for them to get established in.



GREEN FINGERS

Mimic nature. Use the fast growing plants to shelter the slower growing. So use the daisy bushes, camphor bushes and so forth to give shelter to slightly slower growing Protea family plants – cone bushes (Leucadendrons), pincushions (Leucospermum) and proteas (proteas!). Plant thatch. Its very pretty and grows anywhere.

Now use your Protea bushes to give shelter to the trees. Some proteas are trees and do not mind some wind. The silver tree is a good example which does well in Noordhoek. Plant wild peach, wild olive, wild plum, wild fig (lots of local wild things to plant, hey?!) amongst your proteas. Now they will think they are in a forest and behave accordingly.

If you have a corner of the garden that is too windy to grow anything – and don't we all – don't despair. There are always alternatives. Some succulents like aloes, botterboom, vygies and others really don't mind a gale. Neither do pincushions. In fact, given a chance there are several trees such as coastal silver oak, which will grow in a salt laden gale.

So don't despair, anything is possible. If you have a calm corner, use that to grow more sensitive plants and trees such as yellowwoods and karee.

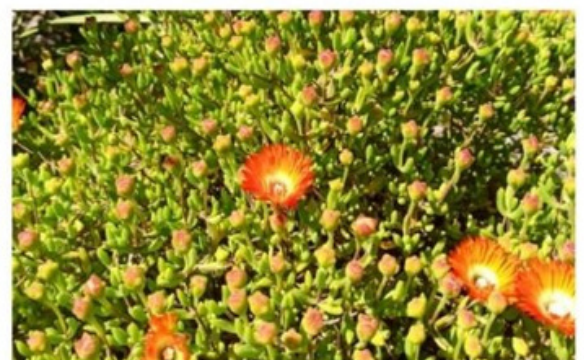
Now for a few don'ts. Don't think that Australian trees are better. Like their rugby and cricket players, they are not. Australian cherry (Eugenia) may look like an easy option but they are (like the sportsmen) boring, monotonous and predictable. Local wildlife like birds and insects don't like them. They spread and become weedy. Same with Myoporum/manatoka. They look like an easy option but they are hell to get rid of and now that we have got most of the stinkbean, wattles, rooikrans and other Ozzie trash out of the neighbourhood (who let them in?) the manatoka are making themselves equally obnoxious.

Same with kikuyu grass. Get rid of it, it's awful and it makes you itch when you roll in it. Buffalo grass is okay but best is Cape Kweek. This is the grass that surrounds the old Pick n Pay centre. It is never watered, it has football played on it 365 days a year, it is on salt soil and it thrives. It is soft it is local and its lekker.

So whenever possible, go local. And it is always possible. In fact go as local as possible and use plants that are not just indigenous but endemic, that is that are from the area. You will save water, you will have a beautiful garden and you will be the envy of the neighbourhood.

So have fun, go local and make it lekker.

If you want a great book to point you in the right direction go and buy, immediately, ['Fast and Easy Waterwise Gardens, Cape Town to Mossel Bay'](#) by Glenn Ashton.



GOOD READS



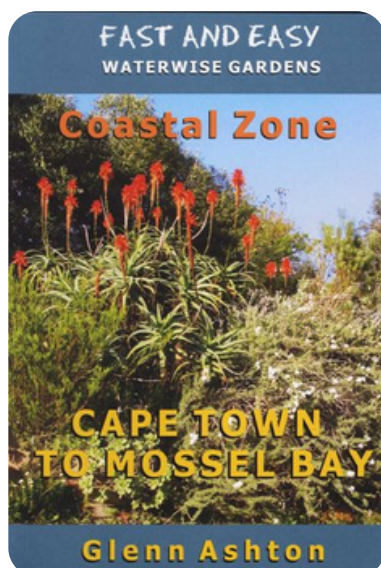
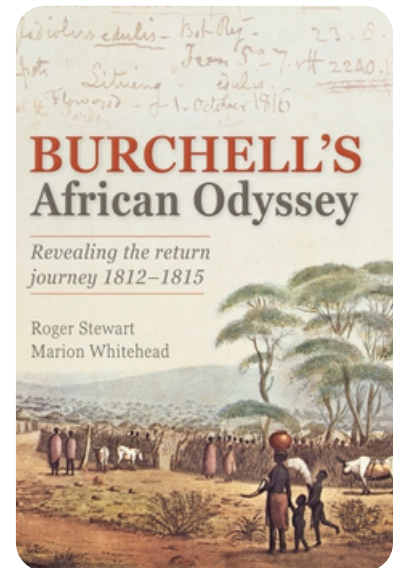
ELIZABETH THE QUEEN: The Woman Behind The Throne by Sally Bedell Smith

This definitive biography of Queen Elizabeth II is the first all-round, up-close picture of one of the most fascinating, enigmatic and admired women in the world. With exclusive access to the Queen's personal letters, close friends and associates, this intimate biography is a treasure trove of fresh insights on her public persona and her private life. It also explores her close relationships with her family, her children, and Prince Philip. This book will transport you back to a moment nine decades ago when a young Princess Elizabeth first discovered her destiny. Here we see how over the years she has navigated through the political challenges and personal sacrifices ahead of her, to put the Crown, the Country and her unswerving sense of duty first. There is so much more to our Queen than that which is reported, but in these pages we at last get to meet the leader, strategist, and diplomat; the daughter, wife, mother and grandmother - Elizabeth the Queen.

BURCHELL'S AFRICAN ODYSSEY: Revealing The Return Journey 1812-1815 by Roger Stewart & Marion Whitehead

The English naturalist William Burchell arrived in Cape Town in June 1811 to explore the flora and fauna of the vast southern African interior. Over a four-year period, and travelling in a custom-built ox wagon, he amassed an astonishing 63000 specimens of plants, bulbs, insects, reptiles and mammals – many not previously documented for science – as well as over 500 paintings and illustrations.

While the outbound trek is well described in Burchell's famous *Travels in the Interior of Southern Africa*, little has been published about the challenges and discoveries made on his return journey to Cape Town, from 1812-1815 which traces the homeward leg of Burchell's epic odyssey – through the arid northern Cape, the Great Karoo, the war ravaged eastern Cape, and along the Eden-like southern Cape coast. Drawing on primary and secondary sources, including Burchell's letters and the detailed map he created to record his trek, the authors have crafted a thought-provoking and beautifully illustrated account that encompasses both the genius of the man and the natural history of the region that so intrigued him.



FAST AND EASY WATERWISE GARDENS: Coastal Zone by Glenn Ashton

At last we have a book that sets out in everyday English how to establish an attractive and waterwise garden in this challenging climatic region. This guide gives complete background information on how to prepare your garden for planting and explains how best to situate plants in suitable positions.

A complete plant list is included, along with clear guidelines on how to mimic local natural processes to speed up the establishment of your garden. Using the handy advice you will be able to start from scratch or simply give your existing garden a boost toward waterwise beauty. You will even find that it is possible to grow trees here quickly, despite what you have been told!

This easy-to-read book is already selling very well in the region and provides an invaluable tool to bring the beauty of our surroundings back into our suburbs and homes.

"With lots of useful tips based on hands-on experience this book will help you to re-create nature on your doorstep and watch the diversity of the Cape return to your garden. It is mostly about doing, creating and observing while having fun as an eco-engineer. There is a great list of useful, indigenous plants and clear instructions on how to make them thrive in your garden." -- Professor Timm Hoffman, Director, Leslie Hill Institute for Plant Conservation, Botany Department, University of Cape Town.