

# NEWSLETTER

ALOE ALOE

*"Try being kind, considerate, pleasant to be around.  
You will not only enjoy life more, but you'll go  
further and people will treat you better"*

*~ Joel Osteen ~*

Dear Residents,

Thank you to everyone who joined us today for Oktoberfest 2022.

Thanks to you the event was a huge success. I would also like to say thank you to the Noordhoek Team, Evergreen and WPC who worked extremely hard to put this event together.

The next big event on the calendar will be the Christmas Market and Carols on the 9th of December. Details to follow next week.

This coming week we switch over to a slightly different approach in the catering service offered by WPC and I would like everyone to provide feedback through the comment cards provided, or by emailing me directly. We will also no longer have one heat-and-eat meal option and one daily lunch option but rather two meal options that can both be ordered either for lunch or as a heat-and-eat meal. This offer will double the variety we currently enjoy.

This does come with some terms. Most important is that the meals must be booked strictly 24 hours in advance.

Also be reminded that this coming week's dinner will be served on Wednesday and not on Friday. Dinner will be served from 18h30 following a wine tasting by Andre Badenhorst, read more in Bottom's Up.

Also in this week's newsletter, pack a picnic basket and head out to a spot detailed in the list of Best Picnic Spots in Cape Town and Surrounds in What's Cooking. In Community Matters we highlight a community project (Masicorp) where you can lend your support to uplift our local community.

With that, we wish you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

31 OCT - 6 NOV

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# WEEKLY ACTIVITIES

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



<b>MONDAY</b> 31 OCT	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 443		<b>GAMES</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b> 1 NOV	09h00 <b>CALLANETICS</b> ACTIVITY ROOM 1 Louise ext. 2143	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2 Cecile ext. 2011		14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB Norma ext. 2089	<b>REMINDER!</b> WEDNESDAY IS RECYCLING COLLECTION DAY
<b>WEDNESDAY</b> 2 NOV	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	2, 16 & 30 NOV 10h00 <b>CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE John ext. 2018	15h00 <b>LADIES MEET &amp; GREET</b> 1ST FLOOR LOUNGE	17h45 <b>WINE TASTING</b> BISTRO	18h30 <b>WEEKLY DINNER</b> BISTRO ext. 2404
<b>THURSDAY</b> 3 NOV	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1 Louise ext. 2143	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE Jen ext. 2026	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2 Cecile ext. 2011	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>FRIDAY</b> 4 NOV	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1 Clair 083 453 5539	09h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 1873	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 <b>RESIDENT SOCIAL</b> LIFESTYLE CENTRE Norma ext. 2089	
<b>SATURDAY</b> 5 NOV					
<b>SUNDAY</b> 6 NOV			12h00 <b>SUNDAY LUNCH</b> BISTRO ext. 2404		

# IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

**31 OCTOBER**

MICHAEL WILLIAMS - Noordhoek

**1 NOVEMBER**

PAUL JOHNSON - Noordhoek

**2 NOVEMBER**

PETER VON BORMANN - Lake Michelle  
ELVIRAH DANIELS - Evergreen Team

## ANNIVERSARIES

**31 OCTOBER**

BRIAN & NORMA ROOS - Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS  
THIS WEEK



# WHAT'S ON THE MENU?

## Bistro

### WEEKLY MENU

#### OPTION 1

#### OPTION 2

<b>MONDAY</b> 31 OCT	Steak & Kidney Pie, Savoury Rice & Steamed Vegetables	Pork Casserole, Pineapple Rice & Grilled Vegetables
<b>TUESDAY</b> 1 NOV	Salmon & Spinach Fettucine with Garden Salad	Butter Chicken Curry with Basmati Rice, Sambals & Poppadom
<b>WEDNESDAY</b> 2 NOV	Lambs Liver, Gravy , Mashed Potatoes & Roast Vegetables	Lemon & Coriander Fishcakes, Creamy Mashed Potatoes & Roast Vegetables
<b>THURSDAY</b> 3 NOV	Beef Sausage, Onion Gravy, Mashed Potatoes & Minted Peas	Chicken Tetrazzini with Garden Salad
<b>FRIDAY</b> 4 NOV	Fried/Grilled Hake with Chips, Garden Salad, Lemon & Tartar Sauce	Grilled Beef Burger with Cheese Sauce, Potato Wedges & Beetroot, Feta & Rocket Salad
<b>SATURDAY</b> 5 NOV	Chargrilled Honey & Mustard Chicken with Mashed Potatoes & Pan-Fried Vegetables	Beef Schnitzel , Cheddarmelt Sauce, Pan- fried Vegetables and Thyme Roasted Potato Wedges
<b>SUNDAY</b> 6 NOV	See Full Menu	Bacon, Caramelized Onion & Blue Cheese Tart with Garden Salad

OPEN DAILY

08H00 - 16H30

BOOK ON  
EXT 2404

DAILY MEAL  
ORDERS BY 10H00

#### BREAKFAST R65

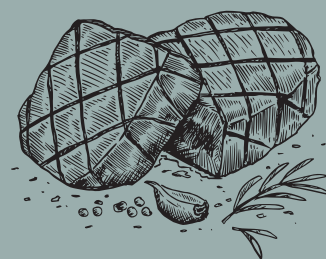
SERVED FROM  
08H00 - 11h00

##### BACON BENEDICT

English Muffin Topped with  
Rocket, 2 Poached Eggs,  
Hollandaise Sauce

##### ENGLISH BREAKFAST

2 Eggs, Bacon, Beef  
Sausage, Grilled Tomato,  
Toast & Preserves



#### SUNDAY LUNCH - R120

SERVED FROM 12H00

##### MAIN COURSE

Honey Glazed Gammon  
with Mustard Sauce, Roast  
Potatoes, Roasted  
Vegetables

##### DESSERT

Berry Pavlova with  
Whipped Cream &  
Roasted Nuts

# WHAT'S ON THE MENU?



## BISTRO LUNCH PROMOTION

Following our very successful wine promotion in September we have decided to have another amazing wine Estate featured for the month of November.

All can enjoy a glass of Secateurs Sauvignon Blanc or Shiraz at R20 per glass during lunch [only].

*Profiter Du Vin!*

All Terms and Conditions stipulated in package agreement apply.

## Bistro

WEDNESDAY  
**DINNER MENU**  
18H30 | R120

### MAIN COURSE

Steak (200g sirloin),  
Hasselback Potatoes &  
Roasted Baby Vegetables

OR

Line Fish Florentine  
Pan-seared Line Fish, Creamy  
Spinach with Mushrooms &  
Red Pepper, served with  
a Side Salad

OR

Mushroom & Spinach Stuffed  
Chicken Supreme, Potato  
Rosettes and Roasted Baby  
Vegetables

### DESSERT

Blueberry & Lemon Cheesecake  
with Fresh Berries & Cream

OR

Crème Caramel with  
Shortbread and Fresh Berries

(Book at bistro on ext. 2404)

# WHAT'S COOKING?



## BEST PICNICS IN CAPE TOWN + THE WINELANDS

There's no shortage of magnificent places to eat out(side) in Cape Town. Nothing says "summertime and the living is easy" quite like an alfresco meal. Fortunately, we live in a city that's blessed with a dreamy climate and spectacular natural beauty, so throwing down a blanket and unpacking a hamper is as easy as pie. Talking of pies... few things compare to the thrill of unwrapping lovingly packed nibbles, and clinking a chilled glass of wine, as you stretch out under a tree with a bunch of friends. And if you're looking for a no-mess-no-fuss solution, you're in luck. Many wine farms have cottoned onto the idea of convenience, offering ready-packed picnic hampers full of delicious goodies, so that all you have to do is call, book your spot, and pitch up on the day.

### THE CELLARS-HOHENORT

#### The setting

In the five-star Cellars-Hohenort's enchanted garden, you can spread out under the ancient (and gigantic!) camphors for a relaxed afternoon picnic, glass of champagne or a favourite from the winelist in hand. Everything in your freshly prepared basket is delicious, but the mini scones dripping in butter and strawberry jam are just perfect for the setting... Bonus? It's really not far for most city dwellers.

#### What's in the basket

Tapas | olive and sundried tomato focaccia bread | lemon-and-rosemary-roasted chicken | artisanal house salads with vinaigrette | mini scones, strawberry jam and butter | orange, apple or vegetable juice

#### Wow factor

You'll feel like you're a world away from the hustle and bustle of the city – but it's so close!

Open: Monday – Sunday, 11am – 5pm

Good to know: Booking a day in advance is essential.

Cost R365 per person | R725 for two

Contact 021 794 2137,  
[restaurantres@cellars-hohenort.co.za](mailto:restaurantres@cellars-hohenort.co.za)

### BUITENVERWACHTING

#### The setting

So close to the city yet it feels like a hidden farm in the country, this historic wine estate founded by the Cape's first governor Simon van der Stel, makes an easy escape for summer picnic relaxation. The wide lawns are shaded by 250 year old trees, chickens run free, and there is a wide choice of picnic platters to choose from, so you can enjoy a full-on feast or a simple snack. And with the deli and coffee shop close by it's easy to add on extra baked treats as the afternoon meanders by.

# WHAT'S COOKING?



## BUITENVERWACHTING (CONTINUES)

### What's on the Harvest platter

Bread and butter | Camembert, Emmenthaler, Chevin | German salami and coppa  
peppadew pâté | stuffed pepperdews + olives  
pickled patty pans + dill cucumbers | hummus;  
sundried tomato feta and olive tapenade;  
peppadew chutney | seasonal fruit | roasted  
almonds + Turkish apricots | chocolate brownie

### Wow factor

The views of the majestic Constantiaberg Mountains are spectacular, and the journey to the estate is an experience in itself, as the road takes you through sprawling vineyards, and around a paddock where horses and cows graze peacefully.

Good to know Bring your own picnic blankets. Advance booking is only required for large groups. Vegetarian options are available, and a vegan option needs to be requested prior.

Open: Monday – Saturday, 10am – 3pm  
Cost R380 (harvest platter for two) | R200 (cheese board for two) | R145 (bread and pâtés for two)

Contact 021 794 5190,  
info@buitenverwachting.com

## LITTLE STREAM

### The setting

The verdant tea garden evokes a tranquil English country setting – surrounded by lush greenery and sylvan expanses on three hectares of land between Groot Constantia and Klein Constantia Wine Estate. Discover a delightful table for two in a secret garden nook to savour a romantic picnic, or relax on the lawns with your own blanket and cushions. The gourmet picnic platters are designed around the best local artisanal produce, and you can bring your own wine, as the tea garden isn't licensed.

### What's in the basket

Homemade chicken liver pâté | onion-marmalade crackers | baby crumbed grilled camembert and Huguenot cheese from Dalewood | poached pear and green fig preserve | salami, pastrami and prosciutto | olives  
freshly baked ciabatta and butter  
sweet treats with coffee or tea

Good to know Booking at least 72 hours in advance is required. Bring your own blankets and wine.

Open: Tuesday – Saturday, 10.30am – 3.45pm

Sunday, 10am – 3pm

Cost R450 for two

Contact 021 794 9147,

info@littlestream.co.za

# BOTTOM'S UP!



AA Badenhorst Family Wines are grown, made and matured on Kalmoesfontein farm in the Swartland appellation of South Africa. 180ha of old bushvines grow in the Siebritskloof part of the Paardeberg mountain. The property is owned by the baie dynamic and good looking cousins Hein and Adi Badenhorst. They are originally from Constantia. Their grandfather was the farm manager of Groot Constantia for 46 years. Their fathers were born there and farmed together in Constantia, during the days when people still ate fresh vegetables and Hanepoot grapes, drank Cinsault and there were a lot less traffic lights and hippies still had a presence. Together these two have restored a neglected cellar on the farm that was last used in the 1930's to make natural wines in the traditional manner.

Andre Adriaan Badenhorst grew up between the vineyards of Constantia and spent his time picking (stealing) grapes. "It all started when Jean Daneel, then winemaker at Buitenverwachting, let me make my first wine when I was thirteen," Adi recalls. After completing his studies at Elsenburg, Adi worked a few harvests at Chateau Angelus, Alain Graillot in the north Rhone, France and Wither Hills in New Zealand and did stints at local cellars Simonsig, Steenberg, Groote Post and nine years as winemaker at the esteemed Stellenbosch estate, Rustenberg.

In 2008 he packed it all in and bought a 60-hectare piece of land in the Paardeberg with his cousin Hein. They now proudly farm together, practice biological farming and make natural wines in the traditional manner. On Kalmoesfontein it is back to basics, using traditional winemaking equipment and old cement kuipe.

"We make wines with immense character. We're using what we can afford. We are making the best wines we can. And we are having great experiences. I want to make something, involving interaction from my family."

Today Adi Badenhorst is a much talked about winemaker, member of the Cape Winemakers Guild, founding member of the Swartland Revolution and Swartland Independent, proud dad to Samuel Sunnyskies & Ana Kalandar and ever evolving Vigneron, amongst other things (like parrot farmer, LP collector, egg poaching pro, tea connoisseur, Land Cruiser driver, ponytail wearer and local legend...)

**Join Andre Badenhorst, "just the old man" but very proud father of internationally acclaimed wine maker Adi Badenhorst for a tasting of their Secateurs range on 5 November at 17h45 before dinner.**



# COMMUNITY

## MASICORP

Masicorp is a non-profit organisation specialising in education programmes for learners of all ages. Masicorp believes in education as a tool to empower people - uplifting communities and bringing about a radical change in living circumstances for people living in Masiphumelele. Everyone deserves the right to quality education which open the doors to opportunity. Our dedicated team of volunteers and staff have a tenacious spirit that understands the importance of leaving behind a legacy for future generations. Masicorp is a non-profit organization specializing in education. We have been active in Masiphumelele for 21 years, which has cemented us into this vibrant community, allowing us to help people progress out of poverty and towards a brighter future.



### MASICORP – PARTNERS IN EDUCATION FOR LIFE

More than 40,000 people live in Masiphumelele. Since 1999, our work has made a proven difference to the lives of these people with our focus on education – the surest route out of poverty. Our projects cover pre-school to adult learners and we are partners in education for life. Please contact us and join our team as a fundraiser, donor or volunteer. You will be very welcome – there is so much still to do.

### OUR SPENDING

Our work is made possible by a team 58 staff members and 62 volunteers who give us their time and talents, and by donors from South Africa, America, the UK and elsewhere.



### WE WOULD LIKE TO INVITE YOU TO PURCHASE A LIMITED-EDITION FYNBOS-THEMED CALENDAR IN SUPPORT OF MASICORP.

These 2023 fynbos-themed calendars tell a story of hope and upliftment. Fynbos thrives in nutrient-poor soil and even in the face of challenging circumstances it blossoms into incredibly stunning arrangements of colour. The people of Masiphumelele face overwhelming obstacles daily, yet their resilience and determination make for a dynamic and proud community. 100% of the proceeds of this calendar will go towards Masicorp to help us continue our work in the community of Masiphumelele.

The support from these calendars will contribute towards ongoing quality education programmes ranging from early childhood development all the way to adult life skills courses. Our work reaches nearly 4000 people in Masi annually and we are changing lives through the most powerful weapon of all – education. This unique and limited edition 2023 calendar is only R175

**To support this project and place an order your calendar please contact Pam Leach (Evergreen Lake Michelle) on 082 493 2291 [psleach@mweb.co.za](mailto:psleach@mweb.co.za)**



# RESIDENT ACTIVITY



*Just a short thank you and BIG PROST! to everyone who attended this year's Oktoberfest celebrations. It was great to see so many of you enjoying yourselves and the event would not be such a success if it was not for your participation and support.*



# RESIDENT ACTIVITY

Dear Opera lover,

On Tuesday, 8 November at 14h00 we will present TOSCA, performed by the New York Metropolitan Opera, with Karita Mattila, George Gagnidze and Marcelo Alvarez.

Tosca is a political thriller, set in Rome in June 1800 (during the Napoleonic wars and a time of great political unrest). The action takes place over less than 24 hours, making it an intense experience!

The plot centres around three main characters – Rome's diva Floria Tosca, her lover Mario Cavaradossi (a painter and republican) and the corrupt Chief of Police, Baron Scarpia. Scarpia has long lusted after Tosca, and when he suspects Cavaradossi of assisting an escaped political prisoner, seizes the opportunity to kill two birds with one stone. He will manipulate Tosca into revealing the prisoner's hiding place and Cavaradossi's involvement, and have her for himself.

When Cavaradossi is captured, Scarpia offers Tosca a horrific bargain – she must give herself to Scarpia, or her lover is killed... what will she choose, and who will survive?

Forza Opera!

PUCCINI'S

TOSCA

Listen here: [George Gagnidze Te Deum "Tosca" MET 2022](#)

RSVP: Mike Jacklin 082 900 3248 | [mikejacklin718@gmail.com](mailto:mikejacklin718@gmail.com)

# RESIDENT ACTIVITY



## The Ladies Meet & Greet Club

*'Life is better with Friends'*

If you're new to the Village or would like to meet regularly to socialise with a great group of ladies, please do join **The Ladies Meet & Greet Club.**

**SPEAKER:**

Janice Salthouse

**WHEN:** Wednesday  
2 November 2022 at 15h00.

**CONTACT:**

Bridget on ext. 2002 or  
Irene on ext. 2031.

**NOTE:**

Everyone to please wear name tag.  
Coffee / Tea available at the Bistro.