



EVERGREEN NEWSLETTER

ALOE ALOE

"When you reach the end of your rope, tie a knot in it and hang on."

Franklin D. Roosevelt

Dear Residents,

I hope you all had a good week.

Thank you to everyone who supported the Bistro this past week. It was great to see so many of you enjoying meals together again. Although many of the team members have stayed on please make sure that you share your feedback and experiences to ensure we are able to make the necessary changes and work on any service elements that might need some fine tuning.

In this week's newsletter you will see our first themed dinner event on the 17th, St Patrick's Day. Join us for a traditional pub dinner with live entertainment. the regular wine and beer selection will be available but feel free to bring your own Guinness to enjoy.

On the 16th the team from PSG Newlands have invited all residents to join them for a talk on the current economic and market conditions, and the opportunities they present for investors in retirement. A team will be available after the talk should you have any questions.

In the Garden and Home section this week, we begin outdoors and learn to create a beautiful rain garden, after which we step back indoors and learn how our beds should be made according to experts.

In Bon Appetit you can learn how to truss a chicken, ensuring it looks and tastes amazing for that perfect Sunday roast, and in Book Club, we bring you 3 more tempting reads.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

WEEK 10

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

What's On The Menu

Delicious meals on offer this week!

Garden & Home

Easy and Efficient Rain Gardens

You've Been Making Your Bed All Wrong

Bon Appétit

How to Truss a Chicken

Book Club

My Father's House, by Joseph o'Connor

Milk The Beloved Country, by Sihle Khumalo

Amazing Grace Adams, by Fran Littlewood

ACTIVITIES & EVENTS

MON 6 MAR	TUE 7 MAR	WED 8 MAR	THUR 9 MAR	FRI 10 MAR	SAT 11 MAR	SUN 12 MAR
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 AMANDA SIMPSON ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 8 & 22 MARCH CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI ACTIVITY ROOM 1			
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2	11H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
GAMES ACTIVITY ROOM 2		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
				18H00 FRIDAY NIGHT DINNER BISTRO		

UPCOMING EVENTS

MARCH

DINNER SERVICE - 3RD, 10TH, 17TH, 24TH, 31ST

FELLOWSHIP - 8TH & 22ND

MOBEE CARWASH - 8TH & 22ND

PSG TALK - 16TH

ST PATRICK'S PUB NIGHT - 17TH

BINGO NIGHT - 23RD

MOVIE - 29TH

POTJIEKOS COMPETITION - 31ST

CONTACT DETAILS

STRETCH CLASS - SUE 072 212 0277

AQUA AEROBICS - RENATE 082 519 443

GAMES - CECILE EXT. 2011 / NORMA EXT. 2089

CALLENETICS - LOUISE EXT. 2143

BRIDGE - CECILE EXT. 2011

TABLE TENNIS - DIANNE EXT. 2061

GOLF CROQUET - NORMA EXT. 2089

CHRISTIAN FELLOWSHIP - JOHN EXT. 2018

LOW IMPACT CARDIO - LOUISE EXT. 2143

TÁI CHI - ROBERT EXT. 22129

KNITTING GROUP - JEN EXT. 2026

BACK CARE YOGA - CLAIR 083 453 5539

SALON - JANINE 073 294 9655

ACTIVITIES & EVENTS



South Africa: Crisis as a catalyst for change

We invite you to join us for an insightful presentation where our speaker, Ronald King, will discuss the current economic and market conditions and the opportunities they present for investors in retirement.



Speaker

Ronald King

**Head: Public Policy &
Regulatory Affairs,
PSG Konsult**

Date Thursday 16 March 2023

Time 09h30 for 10h00

Venue First Floor Lounge

*Light snacks served on arrival. **RSVP at Reception, ext. 2404***

We are looking forward to hosting you,
PSG Wealth Newlands

ACTIVITIES & EVENTS



ST. PATRICK'S PUB DINNER

FRIDAY, 17 MARCH 2023

LIVE ENTERTAINMENT

MENU - R125pp

Irish soda bread with salted butter

MAIN COURSE

Guinness beef pie with boiled cabbage

or

Bangers & colcannon mash with onion gravy
and minted peas

or

Beer-battered hake & chips

DESSERT

Bailey's cheesecake or Irish Apple Cake or
Irish Coffee



Book at the bistro ext. 2404

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

6 MARCH

DAVE DICKASON - Noordhoek

10 MARCH

GRAHAM MCLEOD - Noordhoek

ANNIVERSARIES

7 MARCH

COLIN & MARGARET REED - Lake Michelle

NEW RESIDENTS

GILLIAN VIGNE

Noordhoek - Apartment 10



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Lemon and thyme chicken thighs, sweet potato and gravy with roasted vegetables

OR

Sweet 'n sour pork meatballs on spaghetti with roasted vegetables and green salad

TUESDAY

Beef Lasagna, cocktail garlic roll and side salad

OR

Seafood Paella & side salad

WEDNESDAY

Orange and rosemary chicken leg quarter, roast potatoes, broccoli and cauliflower au gratin and coriander carrots

OR

Beef Stroganoff, creamy mash, baby onions & coriander carrot.

THURSDAY

Mild butter chicken, basmati rice, yoghurt and cucumber sambals

OR

BBQ beef sausages on parmesan mash with brown onion gravy & pan fried vegetables

FRIDAY

Deep-fried Hake & chips with tartare sauce and coleslaw

OR

Garlic and herb crusted pork chop with mushroom sauce, savoury rice and roasted beetroot and green beans

SATURDAY

Individual beef and vegetable pies, roasted broccoli, cocktail tomatoes and baby carrots.

OR

Spinach and feta stuffed butternut & garden salad

THE BISTRO

OPEN DAILY 08H00 - 17H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries & 2 slices of toast & preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

DINNER MENU - R95

SIRLOIN STEAK

200G sirloin steak with mushroom or peppercorn sauce, hand cut chips & a choice of side veg or salad.

CHICKEN SCHNITZEL

Panko crumbed chicken with mushroom or cheese sauce, hand cut chips & a choice of side veg or salad.

HAKE & CALAMARI

Grilled or deep fried with lemon butter sauce, hand cut chips & a choice of side veg or salad.

BARBEQUE RIBS

400G barbeque pork ribs, hand cut chips and a choice of side veg or salad.

SUNDAY LUNCH - R125 / R145

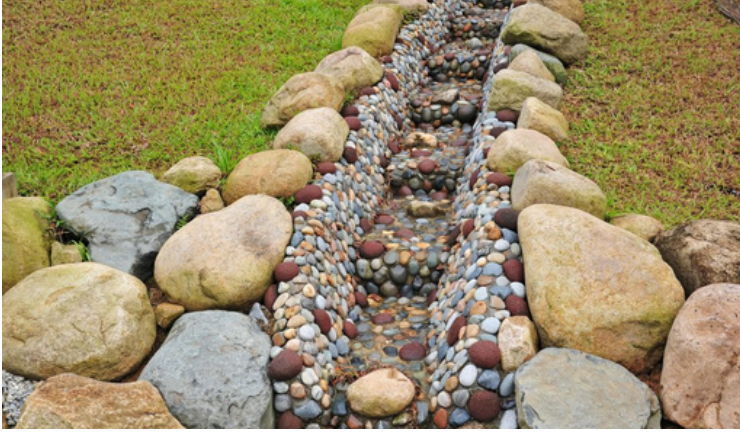
MAIN COURSE

Roast pork fillet, creamy mushroom sauce, potato wedge, roasted brinjal and spinach stir-fry, roasted pumpkin and peas

DESSERT

Duo of chocolate mousse in a wafer baskets with cream or ice-cream

GARDEN & HOME



EASY AND EFFICIENT RAIN GARDENS

article source: Atlantic fertilisers

After so much wonderful rain in parts of SA, there couldn't be a better time than now to invest in a rain garden. Creating one is simple and is all about location, soil, and plant selection. Follow our guide on how to grow a functioning rain garden to prevent flooding, curb water runoff, and play your part in reducing pollution.

A SWAMP OR SANCTUARY?

Besides adding stunning décor features to the landscape, rain gardens are super useful and easy to maintain. However, a rain garden is not a swamp and there are some important elements to understand when creating one. Have a look at these key differences:

A rain garden IS

A plant-filled, low-level area/bed into which rainwater flows and is absorbed into the ground within 48 hours.

A rain garden is NOT

- Constantly wet like a swamp or marsh
- Filled with aquatic plants
- Piled with rocks
- Not necessarily connected to pipes, gutters or plumbing
- A mozzie breeding place

LOCATION IS KEY

The first factor to consider when planning your rain garden is where to dig your bed. When in an optimal location with appropriate plants, your rain garden will act like a sponge and natural filter that absorbs and collects all incoming water, cleans it, and then percolates it slowly into the surrounding soil.

You can also grow multiple smaller rain collecting beds as there is no limit to the size or amount you can have in a space. Ideally, look for areas in the garden that:

- Are naturally lower-lying spaces (downhill, at the bottom of slopes, ditches). If your garden is flat, however, dig a trench to direct rainwater or install gutter/irrigation pipes and slabs to navigate water flow straight to the rain garden.
- Areas that receive full or partial sun.
- Near a runoff source would be ideal (downspouts, driveways, rooves, gutters).
- At least 3 metres away from a building (to avoid deteriorating foundations).
- At least 10 metres away from septic tanks.
- Take note of any possible underground electrical cables or pipes in the area and plan accordingly.

LET THE BUILDING BEGIN

Decide on the design of the new bed and what shape would compliment the rest of the garden. Typically, ovals or kidney bean shapes work well, especially when the length of the bed is longer than the width, which promotes optimal and even water dispersion.

Dash down to your nearest garden center for a good soil mix. We recommend using a mixture of 50% coarse sand, 25% compost and 25% topsoil to ensure optimal drainage.

While you're there, ask your garden center guide to show you all available indigenous plants that match the sun requirements of your chosen location. Local plants are an excellent choice as they are naturally adapted to our climate, require much less fertiliser, and have far-reaching root systems that help send water deeper into the soil.

When considering possible plants, go for:

- A group of plants in the center that can handle wet feet and saturated soil
- An outer circle of plants that are more drought-hardy

Once at home with your dug out new rain garden, fill the excavated area with the soil mixture. Remember to leave enough space for the new plants, mulch and water. When excavating, you want to dig rather deep to ensure you get as much of the premixed drainage soil in there as possible.

Transplant your center wet stunners, followed by the drought-hardy plants around them. Give your new garden a deep watering in the late afternoon.

The final step is mulch up! Check out this article that compares the different types of mulch to help you choose the best one for efficiency and personal style: ([link to living mulch](#))

Maintain your water garden by frequently checking for any debris that may have built up as well as the entry passages and trenches/gutters/pipes. Keeping everything intact will allow as much water to be absorbed as possible. Feed your garden twice a year with an all-purpose fertiliser available at your garden center.

Mulch can be topped up anytime you see exposed soil, which will ensure your plants remain cool during the summer and warm during winter. Planting your rain garden now will give plants an opportunity to settle in before the cold arrives. When the rain comes again, your smart garden will be ready for action! Enjoy all the biodiversity as an extra bonus, and remember to keep your birdbaths clean and collect seeds for our visitors.



YOU'VE BEEN MAKING YOUR BED ALL WRONG



article source: Katie Mortram from tomsguide.com

When it comes to making our beds in the morning, we each have our own routine. Some will simply pull the comforter up to pillows and tuck it in tight. Others will chuck no end of decorative pillows and a throw on top. Some aren't even that fussed about making the bed, and will leave it au natural. Whichever of the above you follow, odds are you're not making your bed the right way.

That's right, there is indeed a right way to make your bed. Follow this, and your sheets will stay cleaner for longer, providing a more refreshing night's sleep. Ignore it, and even the best mattress will encourage dust mites and mold. Keen to learn more? Here's the right way to make your bed, and why it's essential to your morning routine.

WHAT'S THE WRONG WAY TO MAKE YOUR BED?

First, we should explain what's so wrong with your traditional bed-making method. Every night, we secrete sweat and oils as we sleep in our beds. You might have seen the tell-tale yellow stains as evidence when you strip your bed. So, it's not hard to believe that there's plenty of heat and moisture retained in your sheets by the morning.

By immediately making your bed and sealing the comforter on top of your mattress, you're locking in that excess heat and moisture, leaving it stagnant to produce a musty smell when you return later. The warm humidity combined with poor ventilation makes for an ideal breeding ground for bacteria, mold and dust mites as well.

So long story short, whether you neatly make your bed, or simply leave the comforter sprawled on top, you're not being overly hygienic or giving your bed the best care. Even if you opt to use a mattress protector, or a mattress topper, bacteria and dust mites will still build up on the surface, so this advice applies to all.

WHAT'S THE RIGHT WAY TO MAKE YOUR BED?

You need to effectively release that trapped moisture and heat each morning, and give the mattress a sufficient chance to air before you replace the bedding. So rather than tuck the sheets in, pull them back.

Be generous as you do this as well – when you think about it, heat and moisture will have accumulated around your entire body, so the sheets need to be pulled back sufficiently to ventilate the same area. You can either hang the comforter off the end of the bed, or even remove it entirely, so there's optimum air circulation.

Your pillows will also have been compressed throughout the night, so it's a good idea to dislodge them and fluff them up before putting them back. Any heat trapped between them will then be released and the air will circulate through the filling more effectively – although this depends on the type of pillow you use. There are several environmental factors which can make a difference as well. For instance, by opening up the windows and doors in your bedroom, the excess moisture can be vented.



The best dehumidifiers can also keep moisture levels low, while the best air purifiers can reduce a musty smell. It's not the prettiest of bed-making methods, but it's the most hygienic. And your bed needn't stay like this. Simply give it a couple of hours before you return and make it the traditional way. By this point, your sheets should have returned to room temperature and any moisture will have dispersed. In following this method, you will essentially reduce the bacteria which would otherwise be found in your bed, and it can prevent dust mites from breeding as well, because the environment isn't so favorable.

If your bed smells musty despite your newfound bed making method, it might be time to wash the pillows and the comforter. We sweat every night, and so regardless of how well we ventilate our beds in the morning, bacteria and grime can't be avoided. You should wash your pillows and comforter every four months for guidance.

BEDDING CARE TIPS

- Invest in mattress and pillow protectors; these will provide an extra barrier of protection for your bedding against general spills and grime.
- If you find yourself overheating often at night, try reducing the thickness of your comforter. You can also lower the temperature of your thermostat to save some money, or invest in temperature-controlled bedding such as a cooling gel-infused memory foam mattress topper.
- Remember to clean your mattress as often as required to keep on top of spills, stains and dust mites. Left untreated, a dirty mattress can contribute to allergies.
- If you struggle from allergies regularly, invest in hypoallergenic bedding to help you sleep. This deters dust mites and pet dander thanks to the tiny pores.
- Is your mattress particularly musty? Try sprinkling baking soda directly on top and leaving it to deodorize for a few hours before vacuuming it back up.



BON APPÉTIT



HOW TO TRUSS A CHICKEN

Stuffing adds flavour, while trussing ensures your meat browns evenly, without drying out the wings or drumsticks.

It may seem unnecessary at first, but learning how to truss a chicken is the key to the perfect roast – succulent, evenly cooked and beautifully golden every time! Follow our easy guide below to master this meal.

FOWL PLAY

When prepping the chicken, you can also add butter. Combine $\frac{1}{4}$ – $\frac{1}{2}$ cup (60–125ml) soft butter with fresh herbs such as parsley, thyme and rosemary. Loosen skin at the bottom edge of breasts (just above cavity) and spread butter under the skin. As it roasts, the butter melts into the chicken.

WHAT YOU'LL NEED

Stuffing:

Glug olive oil
1 packet (200g) PnP streaky bacon, chopped
1 medium (about 130g) orange sweet potato, cut into small cubes
1 onion, chopped
4 cloves garlic, finely chopped
3 sprigs fresh thyme, leaves chopped
Handful fresh parsley, chopped
 $1\frac{1}{2}$ cups (130g) breadcrumbs
Salt and milled pepper
1 egg
1 (about 1.3kg) whole free-range chicken, giblets removed & Butcher's twine

STEPS TO TRUSSING SUCCESS

STEP 1

Heat oil in a pan over medium heat and fry bacon until golden. Remove and set aside. Fry sweet potato cubes in same pan until just starting to caramelize. Add onion, garlic and herbs and sauté for 5–8 minutes.

STEP 2

Tip in breadcrumbs and bacon, cook for a further 2 minutes. Season and cool slightly (about 8–10 minutes).

STEP 3

Mix in the egg, season chicken on the outside and inside and fill cavity with stuffing.



STEP 4

Place chicken breast-side up. Run kitchen string underneath base of wings and pull up through the wings.



STEP 5

Pull string towards the neck section (top of the chicken) and cross the string over.



STEP 6

Bring string down the sides, hooking in wing tips and threading under the drumsticks.



STEP 7

Loop string around the ends of the drumsticks twice.



STEP 8

Cross string over to secure with a knot.

THE FINISHING STEPS

Rub skin with a glug of oil and season thoroughly with salt and pepper.

Roast for 60–80 minutes at 180°C, basting regularly with juices.

Serve with roasted veg, coriander and pan juices.

BOOK CLUB

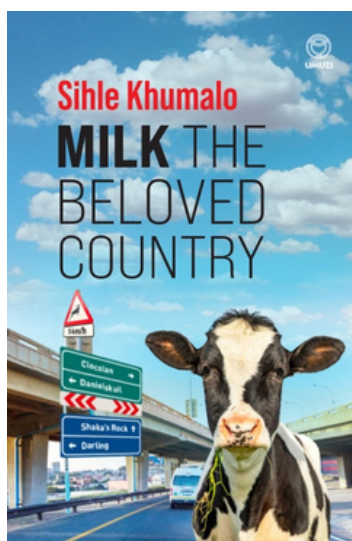
*The more that you read, the more things you will know.
The more things you learn, the more places you will go.*

Dr Seuss



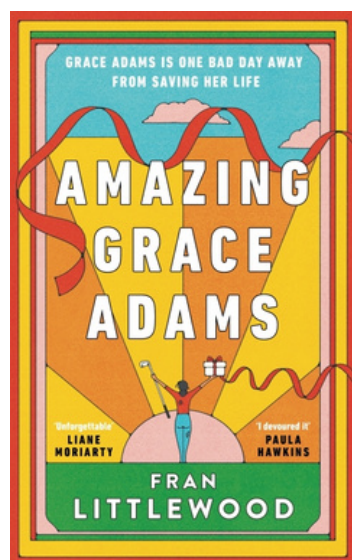
MY FATHER'S HOUSE, BY JOSEPH O'CONNOR

A literary thriller based on the true story of an Irish priest in the Vatican who rescued victims of the Nazis in Rome under the nose of his SS officer nemesis. From the bestselling and prizewinning author of Shadowplay. September 1943: German forces occupy Rome. SS officer Paul Hauptmann rules with terror. The war's outcome is far from certain. An Irish priest, Hugh O'Flaherty, dedicates himself to helping those escaping from the Nazis. His home is Vatican City, the world's smallest state, a neutral, independent country within Rome where the occupiers hold no sway. Here Hugh brings together an unlikely band of friends to hide the vulnerable under the noses of the enemy. But Hauptmann's net begins closing in on the Escape Line and the need for a terrifyingly audacious mission grows critical. By Christmastime, it's too late to turn back.



MILK THE BELOVED COUNTRY, BY SIHLE KHUMALO

Buckle up for a tour of South Africa with your guide the inimitable Sihle Khumalo. Born in South Africa, and having lived here for almost fifty years, Khumalo reflects on the past and ponders the future of this captivating yet complex country. He delves into the history of the names given to our towns and cities (from Graaff-Reinet to Schweizer-Reneke to Zastron) and in the process raises issues we might not have interrogated fully. This is a thought-provoking account by a South African who asks uncomfortable questions and forces his compatriots to contemplate what the future of this country (or cowntry) might hold. Why 'cowntry', Sihle? Consider the shady characters who've been milking this piece of land for centuries. And the fact that some politicians mispronounce the word 'country'. But who knows? Maybe it is not mispronunciation – perhaps they're giving us a message: the people in power are milking this country and it's all just a game...



AMAZING GRACE ADAMS, BY FRAN LITTLEWOOD

One hot summer day, stuck in traffic on her way to pick up the cake for her daughter's sixteenth birthday party, Grace Adams snaps. She doesn't scream or break something or cry or curl into a ball. She simply abandons her car in traffic and walks away. But not from her life – towards it. Towards the daughter who has banned her from the party. Towards the husband divorcing her. Towards the terrible thing that has blown their family apart. She'll show her daughter that no matter how far we fall, we can always get back up. Because Grace Adams was amazing. The world and her family might have forgotten. But Grace is about to remind them!