

EVERGREEN NEWSLETTER

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EVERGREEN
Lifestyle
at lake michelle

"Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

Hector Garcia Puigcerver, Ikigai

Dear Residents,

I hope you all had a good week.

After a few quiet week's socially I hope you are all looking forward to next week's events. On the 15th all the ladies are welcome to join for an afternoon get together in the main lounge. This will be the first Ladies Meet & Greet of the year so please support this great initiative.

Please also remember to RSVP as soon as possible for the PSG Talk. This event has been opened to all Evergreen Villages to ensure a full-house.

Thank you for your positive response to the St Patrick's Day dinner. We secured Gordon Rocker, a regular performer at Evergreen Bergvliet, to entertain you on the evening. We are close to capacity for the dinner so please book your seats if you are interested.

In this week's newsletter...
Read more on an alternative philosophy to live your life by - Ikigai.

"Ikigai" is a Japanese lifestyle choice and as they are the country with the second highest life expectancy globally, it might be worth finding out what its all about.

Not everyone can or wants to take the time to bake a National Heritage dish, a Milk Tart, so see how shop bought Milk Tarts fair in a Food 24 taste test.

In a slightly different angle to the regular recommended books for the week, we look at what highly-rated (some questionable) movies are based on books. I expect a few raised eyebrows but I also saw a few classic movies that are definitely worth watching again.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

WEEK 11

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

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Birthday's, Anniversaries & New Residents

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Delicious meals on offer this week!

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PSG Talk

St Patrick's Day Dinner

Health & Wellness

The Philosophy of Ikigai

Bang for Your Buck

Taste Testing 6 Shop Bought Milk Tarts

Book Club

25 Best Movies Based on Books

ACTIVITIES & EVENTS

MON 13 MAR	TUE 14 MAR	WED 15 MAR	THUR 16 MAR	FRI 17 MAR	SAT 18 MAR	SUN 19 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	10h30  PSG TALK 1ST FLOOR LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
GAMES ACTIVITY ROOM 2		15h00  LADIES MEET & GREET MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h00 BRIDGE ACTIVITY ROOM 2	18H00  ST PATRICK'S DAY DINNER BISTRO		

UPCOMING EVENTS

MARCH
 DINNER SERVICE - 17TH, 24TH, 31ST
 FELLOWSHIP - 8TH & 22ND
 MOBEE CARWASH - 8TH & 22ND
 LADIES MEET & GREET - 15TH
 PSG TALK - 16TH
 ST PATRICK'S PUB NIGHT - 17TH
 BINGO NIGHT - 23RD
 MOVIE - 29TH
 POTJIEKOS COMPETITION - 31ST - (EVENT CANCELLED)

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 & flavoured 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

ACTIVITIES & EVENTS



The Ladies Meet & Greet Club

'Life is better with Friends'

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

WHEN: Wednesday
15th March at 15h00.

WHERE: MAIN LOUNGE

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

Everyone to please wear
their name tags

Coffee / Tea available at R10 pp.
Order directly with Bistro.
ext 2404

IT'S A CELEBRATION

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

BIRTHDAYS

14 MARCH

ELINOR KEREN - Noordhoek

16 MARCH

SHEILA FARMER - Noordhoek

18 MARCH

MAV MAGNIN - Noordhoek
YVONNE WILSON - Noordhoek

ANNIVERSARIES

13 MARCH

ERIC & ELIZABETH SMITH - Noordhoek

16 MARCH

JOHN & CILLA GRIMMER - Noordhoek

NEW RESIDENTS

NIGEL & LINDA GILBERT

Noordhoek - Apartment 23

DENZIL & MARLENE GUNNING

Noordhoek - Apartment 15



WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65

MONDAY

Beef curry with yellow rice and seasonal vegetables

OR

Chicken & butternut pasta bake with a garlic roll and side salad

TUESDAY

Pork bangers & brown onion gravy on mash with baby onions and roasted vegetables

OR

Hake goujons, savoury rice, lemon sauce and vegetable bake

WEDNESDAY

Chicken schnitzel with cheese sauce, potato wedges and roasted vegetables

OR

Beef & vegetable hot-pot with white rice and beetroot salad

THURSDAY

Meatballs with tomato and basil sauce, creamy mash, baby carrots and peas

OR

Baked creamy chicken pancakes with beetroot salad

FRIDAY

Beer battered hake and chips with tartare sauce and coleslaw

OR

Sweet and sour pork stir-fry with noodles and green salad

SATURDAY

Chicken mayo and bacon wrap with chips and side salad

OR

Beef burger with red onion, tomato, cucumber and cheese served with sweet potato fries

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 and 2 slices of toast and preserves

FILLED CROISSANT

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

DINNER MENU – R125

ST PATRICK'S DAY DINNER

(MORE INFO ON PAGE 4)

Irish soda bread with salted and flavoured 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

SUNDAY LUNCH – R125 / R145

MAIN COURSE

Roast beef in rosemary gravy with garlic potatoes, roasted vegetables and Yorkshire pudding

DESSERT

Traditional malva pudding with custard

DID YOU KNOW



HISTORY OF ST PATRICK'S DAY

St. Patrick's Day is celebrated annually on the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

WHEN WAS THE FIRST ST. PATRICK'S DAY CELEBRATED?

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17.

The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772 to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

GROWTH OF ST. PATRICK'S DAY CELEBRATIONS

Over the next 35 years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

In 1848, several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world's oldest civilian parade and the largest in the United States, with over 150,000 participants. Each year, nearly 3 million people line the 1.5-mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia and Savannah also celebrate the day with parades involving between 10,000 and 20,000 participants each. In 2020, the New York City parade was one of the first major city events to be canceled as a result of the COVID-19 pandemic; it was again canceled in 2021. The parade in New York and others around the country returned in 2022.

THE IRISH IN AMERICA

Up until the mid-19th century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to 1 million poor and uneducated Irish Catholics began pouring into America to escape starvation. Despised for their alien religious beliefs and unfamiliar accents by the American Protestant majority, the immigrants had trouble finding even menial jobs.

When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys. The American Irish soon began to realize, however, that their large and growing numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting bloc, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates. In 1948, President Harry S. Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish Americans whose ancestors had to fight stereotypes and racial prejudice to find acceptance in the New World.

THE CHICAGO RIVER DYED GREEN

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is Chicago's annual dyeing of the Chicago River green. The practice started in 1962, when city pollution-control workers used dyes to trace illegal sewage discharges and realized that the green dye might provide a unique way to celebrate the holiday. That year, they released 100 pounds of green vegetable dye into the river—enough to keep it green for a week. Today, in order to minimize environmental damage, only 40 pounds of dye are used, and the river turns green for only several hours.

Although Chicago historians claim their city's idea for a river of green was original, some natives of Savannah, Georgia (whose St. Patrick's Day parade, the oldest in the nation, dates back to 1813) believe the idea originated in their town. They point out that, in 1961, a hotel restaurant manager named Tom Woolley convinced city officials to dye Savannah's river green. The experiment didn't exactly work as planned, and the water only took on a slight greenish hue. Savannah never attempted to dye its river again, but Woolley maintains (though others refute the claim) that he personally suggested the idea to Chicago's Mayor Richard J. Daley.

St. Patrick's Day Celebrations Around the World
Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia.

ALTHOUGH NORTH AMERICA IS HOME TO THE LARGEST PRODUCTIONS, ST. PATRICK'S DAY IS CELEBRATED AROUND THE WORLD IN LOCATIONS FAR FROM IRELAND, INCLUDING JAPAN, SINGAPORE AND RUSSIA. POPULAR ST. PATRICK'S DAY RECIPES INCLUDE IRISH SODA BREAD, CORNED BEEF AND CABBAGE AND CHAMP. IN THE UNITED STATES, PEOPLE OFTEN WEAR GREEN ON ST. PATRICK'S DAY.

In Ireland, St. Patrick's Day has traditionally been a spiritual and religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world.

WHAT DO LEPRECHAUNS HAVE TO DO WITH ST. PATRICK'S DAY?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13 but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.



HEALTH & WELLNESS



THE PHILOSOPHY OF IKIGAI

Ikigai (ee-key-guy) is a Japanese concept that combines the terms iki, meaning “alive” or “life,” and gai, meaning “benefit” or “worth.”

When combined, these terms mean that which gives your life worth, meaning, or purpose. Ikigai is similar to the French term “raison d’être” or “reason for being.”

In this article, we will delve deeper into the definition of ikigai and the philosophy behind it. We will also share an excellent tool for you to find your own ikigai and provide you with notable examples of people who actively lived out their ‘reason for being.’

WHAT IS THE JAPANESE CONCEPT IKIGAI?

The concept of ikigai is said to have evolved from the basic health and wellness principles of traditional Japanese medicine. This medical tradition holds that physical wellbeing is affected by one’s mental–emotional health and sense of purpose in life.

Japanese psychologist Michiko Kumano (2017) has said that ikigai is a state of wellbeing that arises from devotion to activities one enjoys, which also brings a sense of fulfillment. Michiko further distinguishes ikigai from transitory pleasure (hedonia, in the ancient Greek sense) and aligns it with eudaimonia – the ancient Greek sense of a life well lived, leading to the highest and most lasting form of happiness.

Ikigai also resonates with Cognitive–Behavioral Therapy’s emphasis on pursuing activities that produce enjoyment and a sense of mastery, specifically as a way to alleviate depressive disorder.

Ken Mogi, a neuroscientist and author of *Awakening Your Ikigai* (2018, p. 3), says that ikigai is an ancient and familiar concept for the Japanese, which can be translated simply as “a reason to get up in the morning” or, more poetically, “waking up to joy.”

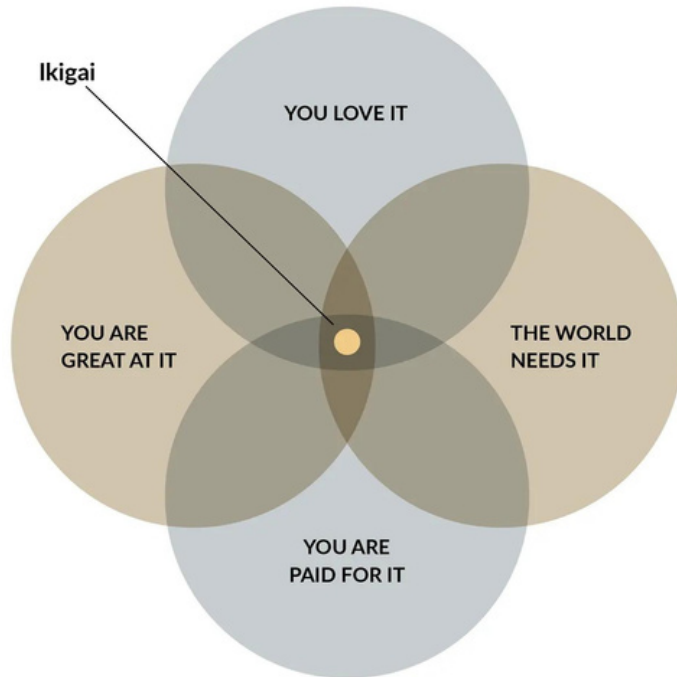
Ikigai also appears related to the concept of flow, as described in the work of Hungarian–American psychologist Mihaly Csikszentmihalyi. For Csikszentmihalyi, flow occurs when you are in your “zone,” as they say of high–performing athletes. Flow is a string of “best moments” or moments when we are at our best. These best moments “usually occur when a person’s body or mind is stretched to its limit, in a voluntary effort to accomplish something difficult and worthwhile” (Csikszentmihalyi, 1990).

Flow can be said to occur when you are consistently doing something you love and that you are good at, with the possible added benefit of bringing value to others’ lives. In such a case, flow might be seen as in tune with your ikigai, or activities that give your life meaning and purpose. It is important to note that ikigai does not typically refer only to one’s personal purpose and fulfillment in life, without regard to others or society at large.

Although it has had some historical shifts in meaning, ikigai has usually been cited as both a personal pursuit and one of benefit to others. In the end, ikigai brings meaning, purpose, and fulfillment to your life, while also contributing to the good of others. Further, it is said that everyone has an ikigai – their particular intersection of passion, talent, and potential to benefit others. It is only a matter of finding it. The journey to ikigai might require time, deep self–reflection, and effort, but it is one we can all make.

The concept of ikigai as a purpose in life with both personal and social dimensions is captured by the well-known ikigai diagram. This diagram includes overlapping spheres covering:

- **What you love**
- **What you are good at**
- **What the world needs**
- **What you can get paid for**



As this diagram shows, ikigai holds the central position and involves four major spheres of interest and how they might overlap in one's life. In trying to determine your own personal ikigai with the help of such a diagram, you would fill in each sphere with its appropriate content based on your own experiences, self-knowledge, and understanding of the world.

Some of the content that would go into these spheres might come easily to you. Other content might take more time and self-reflection. In any case, filling in such a diagram can help clarify where you stand in your search for ikigai and how to make any needed adjustments to attain this sometimes elusive way of being.

YOU LOVE IT

This sphere includes what we do or experience that brings us the most joy in life and makes us feel most alive and fulfilled. What we love in this sense might be sailing, writing poetry, rock climbing, singing in a rock band, reading historical novels, spending leisure time with friends, etc.

What is important is that we allow ourselves to think deeply about what we love, without any concern for whether we are good at it, whether the world needs it, or if we can get paid for doing it.

YOU ARE GREAT AT IT

This sphere includes anything you are particularly good at, such as skills you've learned, hobbies you've pursued, talents you've shown since an early age, etc. What you are good at might be, for example, playing the piano, being empathic, public speaking, sports, brain surgery, or painting portraits.

This sphere encompasses talents or capabilities, whether or not you are passionate about them, whether the world needs them, or if you can get paid for them.

THE WORLD NEEDS IT

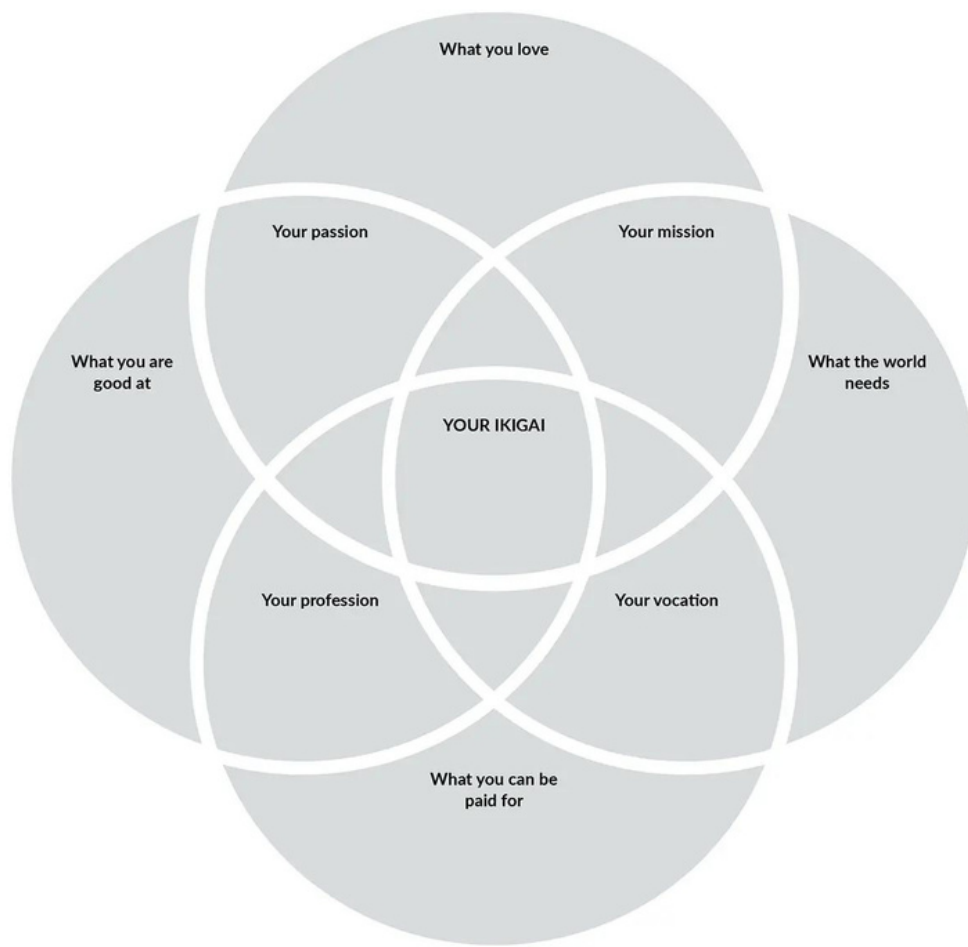
The "world" here might be humanity as a whole, a small community you are in touch with, or anything in between. What the world needs might be based on your impressions or needs expressed by others. The world's needs might include skilled nursing, clean water, home heating, election day volunteers, or improved police training.

This domain of ikigai connects most explicitly with other people and doing good for them, beyond one's own needs.

YOU ARE PAID FOR IT

This dimension of the diagram also refers to the world or society at large, in that it involves what someone else is willing to pay you for or "what the market will bear." You might be passionate about writing poetry or very good at rock climbing, but this does not necessarily mean you can get paid for it.

Whether you can get paid for your passions or talents depends on factors such as the state of the economy, whether your passions/talents are in demand, etc.



It is further noted that according to this diagram:

At the intersection of what you love and what you are good at is your passion. At the intersection of what you love and what the world needs is your mission. At the intersection of what the world needs and what you can get paid for is your vocation. At the intersection of what you are good at and what you can get paid for is your profession. A “sweet spot” within this ikigai diagram would therefore involve something you are passionate about, that you are also good at, that the world needs now, and for which someone will pay you. For example, if I am passionate about crisis counseling, am also skilled at it, there is a need for it in my world at the time, and I have several job offers in this field, I might say I’ve found my ikigai sweet spot.

There is a healthy debate about whether the diagram discussed above best represents the traditional Japanese concept of ikigai or a Westernized version of it.

Not all the above dimensions are necessarily components of ikigai as traditionally understood by its Japanese adherents (Ikigai Tribe, 2019).

Some adherents will say that one’s ikigai does not have to involve something the world needs, or that you can get paid for, or that is a talent. These adherents hold that ikigai is not a “lofty and formidable goal to achieve” (Ikigai Tribe, 2019). Instead, they believe that the traditional Japanese concept of ikigai is closer to:

“...embracing the joy of little things, being in the here and now, reflecting on past happy memories, and having a frame of mind that one can build a happy and active life.”
(Ikigai Tribe, 2019)

Such a concept of ikigai reportedly has little to do with “professional success or entrepreneurship” (Ikigai Tribe, 2019).

This conception of ikigai sounds close to a Zen Buddhist mentality, emphasizing being active, being in the moment, taking joy in the small occurrences in life, and finding a state of flow in one’s life (Hatwalne, 2020).

Whether the ikigai diagram above is traditional or not, filling it in is arguably a useful task. And whether or not the center of such a diagram would represent your personal “sweet spot” as a lifestyle, it should still be useful to determine what “sweet spot” you might find that combines the basic dimensions of “I am passionate about this; it makes me happy” and “This would allow me to do good for others, as well.”

BANG FOR YOUR BUCK



TASTE TEST: 6 STORE-BOUGHT MILK TARTS - WHICH ONE IS YOUR FAVOURITE?

The Food24 Taste Test team tried 6 different store-bought milk tarts to find out which is the creamiest one worthy of a Milk Tart Day win!

Come winter or summer, a traditional milk tart will always be a firm South African favourite. A little reminiscent of classic custard pie but far more delicate, milk tart is all things creamy, luxurious, comforting and wonderfully decadent! To South Africans, a milk tart is so much more than a creamy cinnamon-dusted tart – it is the sweet symbol of a shared cultural treasure in South Africa. A dessert so loved that even a day, 27 February, has been dedicated to its celebration!

You get two types of milk tart, fridge-set and baked. The difference is that a fridge-set milk tart is usually done in a sweet pastry crust that is filled with a thick milk-based custard filling and topped with a generous dusting of cinnamon, while a baked one sees layers of buttery golden puffed pastry filled with a milky firm custard base and a sprinkle of cinnamon to finish.

And while nothing is moreish and comforting than a homemade milk tart, we've not met too many that would turn down a store-bought one!

So, from baked to fridge-set, we put six different store-bought milk tarts to the Food24 Taste Test, and one thing is for sure: only the creamiest most luxurious one will do for National Milk Tart Day.

The only two standard milk tarts we could find that were the same at retail stores across South Africa were from Woolworths (they do a classic fridge-set milk tart) and Checkers (they do a version of a large baked milk tart). The rest of the milk tarts that made up this taste test may vary amongst retailers, as each different version was baked in-house at select retailers' own bakeries.

All of the six samples were held to a high standard, with milk tart being a particular favourite amongst the sampling group, and the results were close, with two different stores sharing a joint first spot.

SPAR MILK TART 3.5/5

Purchased from the bakery at the Sea Point SPAR in Cape Town, this fridge-set version did not disappoint! Coming in joint first spot, this milk tart came with a generous dusting of cinnamon, which some samplers found a tad overpowering, noting, "The amount of cinnamon was overpowering, which made the flavour taste weirdly alcoholic."

The pastry however was perfectly buttery and golden, and the filling was creamy and sweet, hitting all those characteristic milk tart flavour boxes. It's no wonder this version managed to charm the sampling group so.

Here's what some of the samplers had to say: "Prrretty sweet, but the crust had me hooked," and "My fave but could do with a tad less cinnamon," and lastly, "I loved the filling! It was milky and perfect!"

The sample cost R36.95.



PICK N PAY MILK TART 3.5/5

Purchased from the bakery at the Tokai Pick n Pay in the Western Cape, this baked milk tart with a light, somewhat uneven, dusting of cinnamon and a shortcrust pastry crust shared first place with the version from SPAR. The only thing this sample lost marks on was the pastry itself, with samplers noting, "The crust/base on this was very doughy, a bit underbaked perhaps."

Other comments samplers made were: "The perfect blend of a milk tart, have no dislikes of it," and "A lovely milk tart," and lastly, "This sample was the right amount of sweet and creamy. Not pleased with the soggy bottom though!"

The sample cost R36.00.



FOOD LOVER'S MILK TART 2/5

Purchased from the bakery at the Food Lover's Market in Roeland Street in Cape Town, samplers found this baked milk tart to be a little underwhelming overall.

Samplers noted things like: "The flavour of the crust actually overpowers the filling which is a bit eggy and a bit bland in flavour," and "Not much in the way of flavour, in the crust or the filling. Could be sweeter too."

The sample cost R32.99.

WOOLWORTHS MILK TART 3/5

Advertised as being made with free-range eggs and finished with an artsy pattern of dusted cinnamon, this fridge-set version was definitely on the sweeter side. While the milk tart did have that characteristic look and feel to it that you would expect, the samplers had somewhat conflicting reviews.

While a sampler noted that "Sweet but exactly what you'd expect! Pastry had a good texture and taste too. Really loved this sample actually," another noted that it was "Nice... but a bit too sweet and milky without too much depth of flavour."

The sample cost R74.99.



CHECKERS BAKED MILK TART 1.5/5

Samplers found the texture and consistency of this baked milk tart somewhat off-putting, despite it being the costliest milk tart out of the six samples. On a flavour front, it was more characteristic of a sweet baked omelette than anything else and the pastry itself was also extremely blonde, seemingly missing out on heaps of golden buttery baked puff pastry flavour goodness!

Samplers noted: "It just tastes eggy. Pastry is bland, seems undercooked. Definitely not creamy or sweet enough," and "This felt weird to eat due to the consistency of the filling," and lastly, "No man... milk tarts are not meant to be baked. Not particularly flavourful and an odd spongy consistency."

The sample cost R84.99.

Checkers milk tart 1/5



Purchased from the bakery at the Sea Point Checkers in Cape Town, this milk tart did not win too many favours with the sampling group. It lacked that sweet and creamy milky flavour and texture. The filling appeared to be very heavy on cornflour which gave it a rather light and gloopy feel.

Samplers noted things like: "Hands down the single worst milk tart I've ever tasted," and "Tastes like cornflour that hasn't been cooked out properly. The filling doesn't look creamy, it looks gelatinous almost. Not a fave," and lastly, "This sample is so gloopy! I couldn't have more than a bite. It doesn't taste like any milk was used in this recipe. Lacking cinnamon too. Milk tart? I think not!"

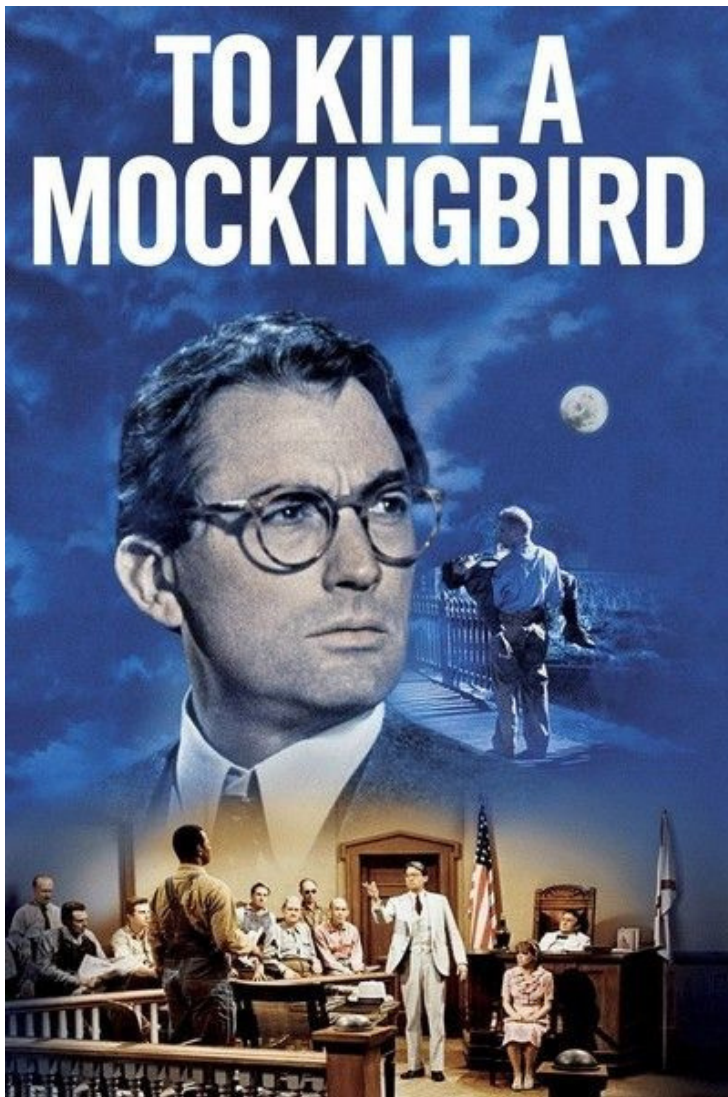
Updated on 27 February 2023: The team at Checkers has indicated that this tart comes from a kosher bakery and as such is made using a 'Bavarian mix' which consists of synthetic milk. The customer profile of this store is different to other Checkers stores. Food24 is in the process of purchasing and tasting the brand's standard milk tart.

Updated on 3 March 2023: We found a Checkers standard baked milk tart at Kloof Street store in Cape Town and the comments tasters noted were: "The sample had the perfect depth of flavour, smooth and not too sweet," and "Nice flavour and colour! Crust is a bit stodgy," and lastly "The crust was soggy and seemed under baked but the filling was faultless. Creamy and delicious without being overly sweet." No score was generated as the milk tart was tasted in isolation and there were fewer tasters than in the original tasting.

The sample cost R34.99.



BOOK CLUB



25 BEST MOVIES BASED ON BOOKS: READ IT THEN SEE IT

ARTICLE BY: TCK PUBLISHING

Just because some people aren't big on reading doesn't mean they can't enjoy the best stories. Thanks to Hollywood, we are able to experience some of the most thought-provoking, heartwarming tales that have made the jump from page to screen. Not all movie adaptations are created equally. Because books tend to be lengthier, a whole new screenplay usually needs to be created in order to create a movie version. Then, there are the creative liberties taken by screenwriters, directors, producers, and even the actors themselves for a unique spin on what was presented in the book.

While you may sometimes hear a disgruntled viewer mumble something about how "the book was so much better than the movie," these 20 movies based on books are unforgettable gems in their own right.

1. TO KILL A MOCKINGBIRD (1962)

This adaptation of the classic novel by Harper Lee is one of the most spot-on portrayals of Atticus Finch, his daughter Scout, and the village hermit Boo Radley. The film effectively captures two of the strongest elements in the book.

2. LITTLE WOMEN (2019)

Louisa May Alcott's *Little Women* has been taken to the big screen a few times, but the 2019 adaptation uses a unique perspective: it imagines Jo as the author of the novel, which transforms the story into a powerful tale of passion, creativity, and achievement.

3. THE WIZARD OF OZ (1939)

This *The Wizard of Oz* movie has played a powerful role in the lives of children, especially during that generation. It was the first clear picture portraying the author's imagination of the wonderful land of Oz. Although the quality of cinematography has improved by astronomical proportions since then, the movie is full of colorful visuals that made it revolutionary during its time, and kept it memorable throughout the years.

4. SENSE AND SENSIBILITY (1995)

This 1995 adaptation of one of Jane Austen's classic works, starring Hugh Grant, uses creative license to make adjustments in the characters. Thankfully, the changes make them more relatable and appealing to the modern viewer, while staying true to the tensions and joys of the book.

5. FORREST GUMP (1994)

The film *Forrest Gump* overshadowed the novel it was based on, written by Winston Groom, by winning 6 Oscars, including Best Picture. But the source material obviously formed part of its strength, making it a creative and ambitious story, and gifting film audiences with one of the most beloved characters in cinematic history.

6. SCHINDLER'S LIST (1993)

This Steven Spielberg adaptation of Schindler's List brought Thomas Keneally's novel of the same name to new heights as one of the most emotionally impactful movies ever made. It portrays one of the most horrific times in history: the Holocaust. The movie adaptation did not follow the chronology of the book, and also skipped many parts. Still, its amplifications of the horrors of that time has affected viewers across generations.

7. THE LION, THE WITCH, AND THE WARDROBE (2005)

This film adaptation of The Chronicles of Narnia by C.S. Lewis amazed fans around the world with its excellent visual representation of the magical world of Narnia. Although the movie left out many scenes, it stayed true to the main theme and motivations that made the classic novel a favorite among children and adults alike.

8. HARRY POTTER (2002-2011)

Adding to the skyrocketing popularity of the book series by J.K. Rowling, the Harry Potter film series exploded to a similar level of fame. Although the movie had to trim down dramatically on the lengthy books, the breathtaking portrayal of many of the fantasy elements makes the movies an art form in their own right.

9. THE PERFECT STRANGER (2005)

Based on the modern novel Dinner with a Perfect Stranger by David Gregory, this independent film entitled The Perfect Stranger changed the main character. In the novel, the protagonist is a man named Nick Cominsky. The film adaptation features a woman named Nikki, but stays true to the overall feel as the main character receives a strange invitation and ends up having dinner with Jesus.

10. GREAT EXPECTATIONS (1947)

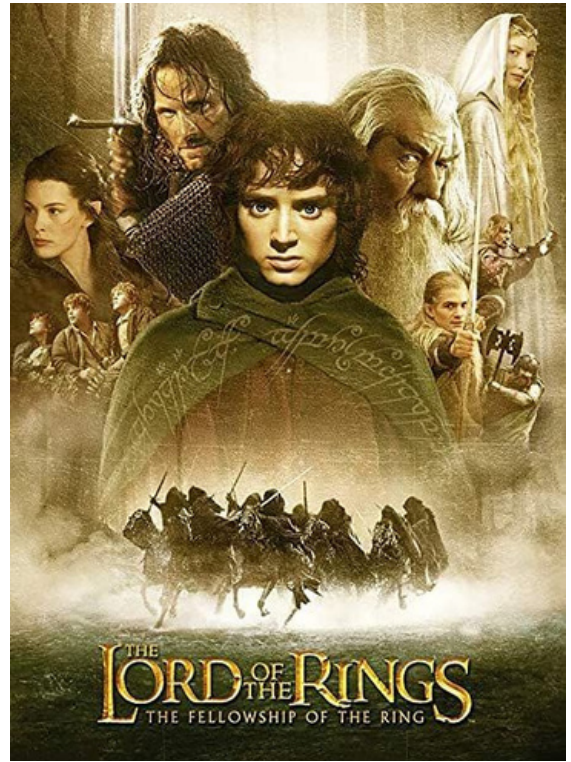
The long Charles Dickens classic required a lot of cutting and trimming to make it the right length for a screen adaptation. Fortunately, this adaptation by David Lean appears to have successfully squeezed the main contents into two hours while remaining faithful to the story presented in the book.

11. POLLYANNA (1960)

This 1960 Walt Disney film adaptation of Pollyanna is faithfully consistent with Eleanor Porter's classic novel. The dialogue itself feels very reminiscent of the actual conversations shown in the book, which features an orphan named Pollyanna who goes through life with a positive outlook.

12. THE DEVIL WEARS PRADA (2006)

Based on the modern novel written by Lauren Weisberger, the film version has a much more attractive appeal for viewers. For one thing, the film ends on an entirely different note, and it also sharpens the main character's personality, making her and the story more relatable.



13. THE LORD OF THE RINGS (2001-2003)

Despite the sheer volume of content in J.R.R. Tolkien's classic fantasy trilogy, Peter Jackson's movie series captures the adventures of the hobbits near-perfectly. However, one absence that was felt by many viewers was that of Tom Bombadil, who had a larger presence in the book.

14. THE SOCIAL NETWORK (2010)

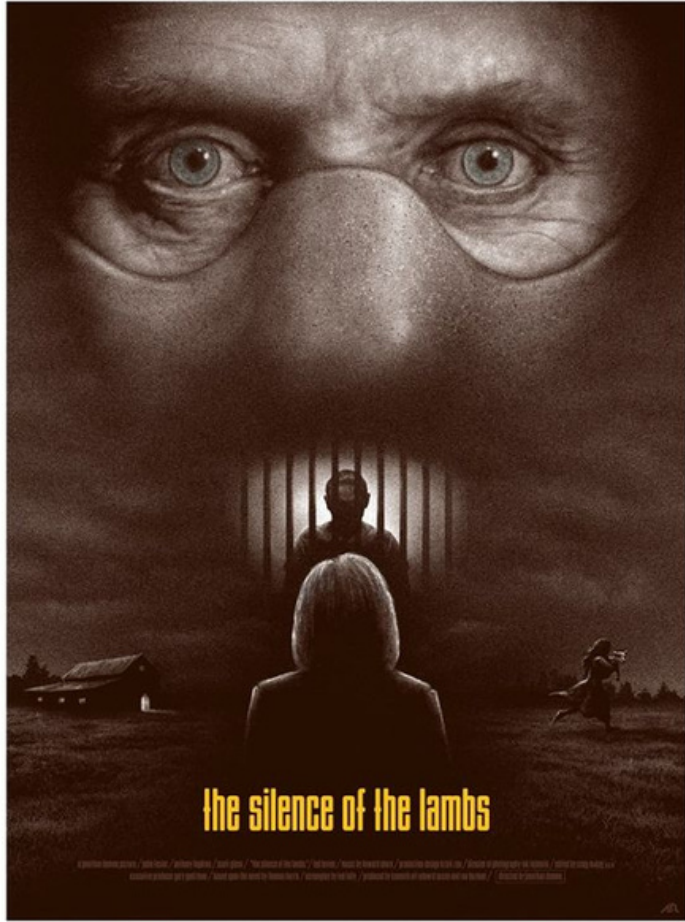
This movie about Mark Zuckerberg and the founding of Facebook was based on Ben Mezrich's nonfiction book The Accidental Billionaires. The excellent research that went into the novel played a big role in the screenplay, but the movie powerfully builds an even more solid character for viewers to sympathize with.

15. WONDER BOYS (2000)

Based on Michael Chabon's novel, the film tells about a writer struggling to finish his second book. After cutting a huge portion of material and having Michael Douglas play the lead role, the film brought this story to new heights of fame.

16. A BEAUTIFUL MIND (2001)

This highly-detailed, captivating film about mathematician and Nobel Prize winner John Nash was based on a bestselling novel of the same title by Sylvia Nasar. With Russell Crowe starring as Nash, A Beautiful Mind grossed more than \$313 million worldwide, winning several Academy Awards, including Best Picture.



17. THE SILENCE OF THE LAMBS (1991)

This film adaptation reflects so much of the suspense of the novel written by Thomas Harris, but the well-known names that played its main characters helped boost its appeal for the general audience. Anthony Hopkins and Jodie Foster, who play Hannibal Lecter and Clarice Starling respectively, have propelled this film into a pop culture icon.

18. CRAZY RICH ASIANS (2018)

This satirical romantic comedy novel was published in 2013, with the movie adaptation released 5 years later, becoming an instant sensation. The film was acclaimed for its portrayal of Asian Americans, who have largely been portrayed in either secondary or very stereotypical roles until recently.

19. THE PERKS OF BEING A WALLFLOWER (2012)

This young adult novel was released in 1999, and more than 10 years later, the author's dream of seeing it on the screen was finally realized. Producer John Malkovich helped put the major themes into a film that even the most strict book loyalists love. The all-star cast, including Emma Watson, likely added to the appeal of the movie.

20. CHILDREN OF MEN (2006)

This film, based on the 1992 dystopian thriller written by P.D. James, effectively portrays the world on the edge of collapse in the year 2027. The film version changes many of the characters but stays true to the story and theme.

21. GONE WITH THE WIND (1939)

This classic movie has captivated fans across all generations, although not all of them have read the book. Both the film and the novel by Margaret Mitchell effectively portray the intricacies of human emotion through one of the most tumultuous times in American history. Protagonist Scarlett O'Hara remains alluring and scheming, and her love-hate relationship with Rhett Butler adds a hint of spice to this fascinating portrayal of the South.

22. THE GODFATHER (1972)

This classic written by Mario Puzo about an American crime family comes to life in this movie adaptation directed by Francis Ford Coppola. The film won the Academy Award for Best Picture, and effectively portrays the struggles and passions of the Corleone family.

23. THE SHAWSHANK REDEMPTION (1994)

Master storyteller Stephen King wrote the book which inspired the movie Shawshank Redemption, starring Morgan Freeman and Tim Robbins. The Academy Award winner effectively leads us through the story of a banker falsely accused of murdering his wife and her lover.

24. THE PRINCESS DIARIES (2001)

Meg Cabot's funny storytelling shines through in the movie adaptation of The Princess Diaries, starring Julie Andrews and Anne Hathaway. Enjoy the learning curve that awkward teenager Mia Thermopolis is thrown after she discovers she is the princess of Genovia, a small European country.

25. HEAVEN IS FOR REAL (2014)

In the book Heaven Is for Real, Todd Burpo shares his 3-year-old son Colton's experience in heaven during an emergency appendectomy. The film version zooms in on the father's struggle in sharing his son's story with the world.