

# EVERGREEN NEWSLETTER

## ALOE ALOE

EVERGREEN  
Lifestyle  
at lake michelle

*"Strength does not come from physical capacity.  
It comes from an indomitable will."*

MAHATMA GANDHI

Dear Residents,

I hope you all had a good week.

As we ease into April it would seem that at first glance, what appeared as a not overly busy month has turned into the busiest thus far.

Thank you to everyone who kindly hosts the plethora of interest groups and activities that keep so many residents in our village active. You will notice after some input that we have changed the weekly calendar somewhat. In the two additional pages, residents, especially the new residents, will get a better understanding of what our interest groups and activities are all about, making integrating into our community that much easier.

I would also like to invite anyone that would like to join us for a monthly "brainstorm" to discuss ideas for and upcoming social events. There won't be a formal committee or homework for anyone; it is purely to obtain ideas of what events and activities would benefit our social calendar. The first get together will be on Wednesday, 5 April at 16h00. If you would like to attend or if you have any questions, please contact me directly.

This coming weekend, the armchair sports fans should find something to suit everyone! The Blitz Boks are looking to find form at the Hong Kong 7's under a new coaching team, while all our local teams will be in action in the Heineken Champions Cup. And did you know... there is at least one South African playing in each of the top 16 teams that have reached the playoffs. Go SA!

Cricket fans can watch the Proteas take on the Netherlands. and a series win here will secure our participation in the ICC world Cup. On Sunday, we switch time zones so FI fans will have to get up early this week to watch the Australian Grand Prix.

Also in this week's newsletter, read more about all the planned activities in April, and just a reminder that still have a few seats left for Easter Sunday's Carvery Buffet.

In Bon Appetit, as Easter and Pesach/Passover overlap this year, we look at something most of us grew up with even if you weren't Jewish - Matzo. We've also included a recipe for a more modern version of Matzo balls.

In "Did you know?" we delve into the food trends for 2023 as predicted by Unilever.

Read more about where the future is heading with regards to medical services (whether this is exciting or scary news I'll leave for you to decide.)

To end off, grab a cuppa and test your book knowledge with the "Impossible Literary Quiz."

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

## Week 14

### 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!

#### Bon Appetit

So You Think You Know Matzo?

#### Did You Know

Unilever Identifies Future Menu Trends

#### Health & Wellness

Meeting Your Surgeon In The Metaverse

#### Book Club

Try An "Impossible" Literary Quiz

# ACTIVITIES & EVENTS

MON 3 APR	TUE 4 APR	WED 5 APR	THUR 6 APR	FRI 7 APR	SAT 8 APR	SUN 9 APR
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLANETICS</b> ACTIVITY ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
		09h00 <b>AMANDA SIMPSON</b> ACTIVITY ROOM 1	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	09h15 <b>AQUA AEROBICS</b> POOL		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	10h00 <b>5 &amp; 19 APRIL CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	<b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2			12H00 <b>SUNDAY LUNCH</b> BISTRO
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
		16h30 <b>SOCIAL EVENTS BRAINSTORM</b> MAIN LOUNGE		17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE		
		18H00 <b>FRIDAY NIGHT DINNER</b> BISTRO				

# ACTIVITIES & FACILITIES

## STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

## AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

## CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

## TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

Roy ext. 22129

## BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

## LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

## GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

## LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

## TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

## BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

## POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

## GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

## LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

## SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

## SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

# GROUPS & EVENTS

## CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

## BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

## OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

## KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112  
Avril - ext. 2049

## LADIES MEET & GREET

A fun get-together for all the ladies. Takes place every second month.

Bridget - ext. 2002  
Irene - ext. 2031

## MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

## GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

## HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

## AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

## UPCOMING EVENTS

### APRIL

LINE DANCING PERFORMANCE - 1ST  
FRUIT GALORE & MORE - 1ST  
OPERA - 4TH  
DINNER SERVICE - 5TH, 14TH, 21ST, 28TH  
EASTER SUNDAY BUFFET LUNCH - 9TH  
AIRSHOW PRESENTATION - 12TH  
FERGIE'S SHOES - 13TH  
FELLOWSHIP - 5TH & 19TH  
MOBEE CARWASH - 5TH & 19TH  
BIRD GROUP - 19TH  
QUIZ NIGHT - 20TH  
MOVIE - 26TH

### MAY

DINNER SERVICE - 5TH, 12TH, 19TH, 26TH  
FRUIT GALORE & MORE - 6TH  
MOTHER'S DAY - 14TH  
FELLOWSHIP - 5TH & 19TH  
MOBEE CARWASH - 10TH & 24TH  
BINGO NIGHT - 18TH  
MOVIE - 24TH  
SPECIAL EVENT - 26TH

# FEATURED GROUP

## The Knitting Group

Thursday we all meet, for a wonderful, social morning. While having a great time over coffee, the ladies are very busy knitting mostly for charity.

### Babies

Babies born at False Bay Hospital, who have no clothes to go home in, are given the necessary, be it a top, booties and/or beanie, mostly knitted by the ladies.

- Zoey Project – Retreat As above
- CHOC – Babies and Children are housed while having cancer treatment, this home is always needing children's clothing

### Rotary Projects

- Kensington Old Age Home. Main project at the moment for Easter, each resident will get a parcel with a knitted beanie, bed socks and small chocolate, supplied by Rotary for 120 residents. Ladies are well on the way to meeting the target.

We would like to invite anyone interested in joining the group, you may not be a knitter, but would like to spend a morning having coffee and a chat.

ALL ARE WELCOME

**Time: Thursdays at 10h00**

**Contact: Avril Allan – ext. 2049**

### BED SOCKS

*Charity Wool double knit, 1 ball; 5.5 needles*

1. Cast on (61) (71) (81) (91) 4 different sizes
2. Knit 14 rows garter stitch
3. Next row knit 28; 33; 38; 43; slip 1, knit 1 pass slip stitch over; knit 2 tog; knit to end of row
4. Next row pearl; 27; 32 37; 42; pearl 2 tog; pearl 1; pearl 2 tog; pearl to end of row
5. Repeat 3 and 4 rows 29; 35; 41; 47; stitches
6. Pearl next row; no decreasing
7. Knit 4 rows garter;
8. Knit 2; (make 1 stitch, knit 2 together, knit 1) repeat until end of row
9. Knit 4 rows garter
10. Cast off

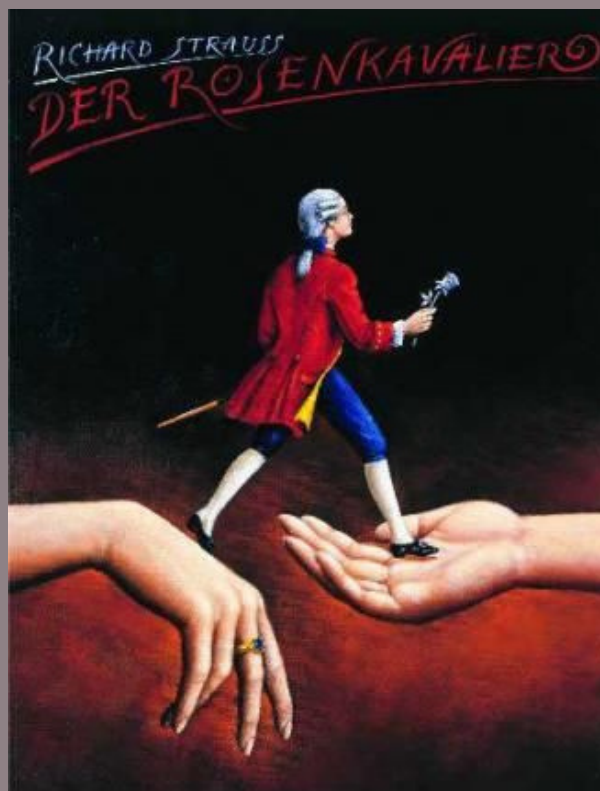
# ACTIVITIES & EVENTS

## Der Rosenkavalier

### OPERA

Der Rosenkavalier is a sizzling comedy opera by Richard Strauss. He wrote a number of serious operas but this classic love story has lots of fun and beautiful music. The vocal trio at the end of act 3 is regarded by many to be among the most exquisite vocal ensembles in all opera. The opening scene depicts the Marschallin in bed with her young lover Octavian! Later we meet Baron Ochs a vulgar cousin. That sets in motion a hilarious chain of events. One of the great classics of opera, don't miss Der Rosenkavalier

**Time: 14h00 | Date: Tuesday, 4 April**  
**RSVP: Mike Jacklin - ext. 2112 / 082 900 3248**



## Museums and Aviation Legends

### AIRSHOW PRESENTATION

If you missed the first Flying Legends talk, this one is for you.

I visited several famous Aviation museums in the UK and take you on a journey into some of the aircraft that made Britain famous during WW2 and after. Museums such as RAF Hendon in North London, the Famed Shuttleworth collection and the De Havilland museum.

The talk also includes more photos and stories from Flying Legends airshows over the years.

**Time: 15h30 | Date: Wednesday, 12 April**  
**RSVP: Pete Van der Spek - ext. 2065 /**  
**pete@skypics.co.za**



# ACTIVITIES & EVENTS



Riaan's fruit van brings you first class, **fresh produce** and daily **homemade baked** goods.

We will be here on Saturday

**1 April '23 | 10am - 11am**

*and every first Saturday of the month*

## Fruit

Avo's | Persimmons | Mangos | Figs | Plums | Peaches  
Naartjies | Nectarines | Kiwi | Grapes

## Variety of Veggies

Potatoes | Onions | Tomatoes | Brinjals | Peppers | Green beans

## Freshly baked goods

Rusks | Banana loafs | Biscuits | Dates | Honey

**and much more**

Come have a look at our reasonable prices and DAILY SPECIALS.

Riaan 072 126 1172 | Ilse 082 472 4040

[fruitgaloreandmore@gmail.com](mailto:fruitgaloreandmore@gmail.com)

# ACTIVITIES & EVENTS

## FERGIE'S SHOES

*QUALITY SHOES AT  
AFFORDABLE PRICES*

**THURSDAY, 13 APRIL**

**10H00 - 14H00**

**THE LIFESTYLE CENTRE**

*From boots to sneakers to  
slippers....*





# ACTIVITIES & EVENTS

## Easter Sunday

BUFFET & CARVERY  
LIVE ENTERTAINMENT

### *Starter*

A Selection of Bread and Rolls with Pates & Flavoured Butter  
Broccoli & Bacon Salad | Pickled Fish | Build your own Salad Bar:  
Crisp Lettuce, Cucumber, Marinated Olives, Cherry Tomatoes,  
Red Onion, Beetroot, Herbed Feta Cheese, Garlic Croutons,  
Roasted Nuts & Seeds Selection of Homemade Salad Dressings


### *Main Course*

Carvery: Pork Shoulder with Crackling | Rosemary & Garlic  
Roasted Beef with Rosemary Jus | Sweet Onions | Yorkshire  
Pudding | Lemon & Herb Chicken | Roasted Potatoes | Aubergine  
Parmigiana | Spinach & Feta Canneloni |  
Roasted Seasonal Vegetables

### *Dessert*

Selection of Mini Desserts | Rocky Road Roulade | Sticky Toffee  
Pudding & Vanilla Ice Cream

Tea & Coffee Service



R225 pp / Children under 12years R95 | Bookings essential - ext 2404 |  
Seating from 12h00 | Special dietary needs catered for on request

# IT'S A CELEBRATION

*Count your age by friends, not years.*

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

## NEW RESIDENTS

DENZIL & MARLENE GUNNING  
Apartment 15 - Noordhoek

*Welcome*

## BIRTHDAYS

**4 APRIL**

DEBBIE VORSTER - Noordhoek

**5 APRIL**

JO FOAD - Lake Michelle  
CECILY LIEBENBERG - Noordhoek  
SUZANNE CADMAN - Noordhoek

**7 APRIL**

BERYL KING - Lake Michelle

**6 APRIL**

JUDY MOOLENSCHOT - Noordhoek  
RICHARD MOOLENSCHOT - Noordhoek

## ANNIVERSARIES

**5 APRIL**

ANTHONY & VAL STOCKDEN -  
Noordhoek

**6 APRIL**

ERIC & MARY JENNINGS -  
Noordhoek

**7 APRIL**

CHRIS & IVIE COX -  
Noordhoek

**8 APRIL**

RICHARD & MAV MAGNIN -  
Noordhoek

**8 APRIL**

PETER & MAUREEN STONE -  
Noordhoek

# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS – R65

#### MONDAY

Beef enchiladas served with guacamole, sour cream and salsa

OR

Spinach and feta with salmon quiche served with roasted vegetables and potato wedges

#### TUESDAY

Creamy chicken and basil pasta served with a garlic roll and a side salad

OR

Herb-encrusted porkchop served with savoury rice and roasted vegetables

#### WEDNESDAY

Beef kebabs served with potato and a green salad

OR

Pork bangers and mash served with gravy and seasonal vegetables

#### THURSDAY

BBQ chicken leg ¼ served with cauliflower and broccoli bake and roasted potatoes

OR

Meatball's served with tomato and onion sauce on a bed of spaghetti and a side salad

#### FRIDAY

Deep fried hake served with fries, lemon wedge and tartare sauce.

OR

Pickled fish served with hot cross buns

#### SATURDAY

Mediterranean chicken wrap served with sweet potato fries and a side salad.

OR

Butternut and feta quiche served with potato wedges and roasted vegetables.

### THE BISTRO

OPEN DAILY 08H00 – 16H00

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 (WED) – R95

#### MAIN COURSE

Beef Bourguignon served with mashed potatoes and pan-fried greens

OR

Roasted chicken thighs served with mushroom sauce, mashed potatoes and pan-fried greens

#### DESSERT

Apple strudel served with vanilla ice cream

### SUNDAY LUNCH R225

See menu on page 9

# BON APPÉTIT



## SO YOU THINK YOU KNOW MATZO?

ARTICLE BY: CLAIR SUDDATH (TIME)

In the beginning, there was dough. When Egypt's pharaoh finally agreed after much convincing (and 10 plagues) to let Moses' enslaved people go, the Jews left their homes so quickly — pursued by the pharaoh, who by then had changed his mind — that they didn't have time to prepare bread for the journey. Instead, they ate an unleavened mixture of flour and water that, when baked, turned flat and hard. Passover began on April 8 this year, and for the next eight days, Jewish people all over the world will remember their exodus by forgoing cakes, cookies, pasta and noodles — anything made to rise with yeast, baking soda, etc. — in favor of the only bread product they're allowed: matzo.

For thousands of years, the story of matzo remained relatively unchanged. For one week during Passover, observant Jews refrained from any leavened bread product (meaning, anything made from dough that is able to rise), replacing it with irregularly shaped discs of handmade matzo. Orthodox Jews went a step further, eating only *shmurah*, or "guarded" matzo made from grains that had been watched by a Jewish official from the moment of harvest to ensure that they never came into contact with a liquid that would lead to accidental leavening. According to rabbinic law, once the flour is combined with water, matzo dough must be kneaded,

rolled and baked within 18 minutes — otherwise it will begin to rise. Judaism takes its bread rules very seriously; in 2001, Israel's Interior Ministry even conducted raids on local restaurants to make sure they weren't serving leavened bread during Passover.

In 1838, a Frenchman named Isaac Singer invented a matzo-dough-rolling machine that cut down on the dough's prep time and made mass production possible. But changes to 3,000-year-old religious traditions never go smoothly, and Singer's invention became a hot-button issue for 19th century Jewish authorities. In 1959, a well-known Ukrainian rabbi named Solomon Kluger published an angry manifesto against machine-made matzo, while his brother-in-law, Rabbi Joseph Saul Nathanson, published a defense. Jewish communities around the world weighed in on the issue — arguing that handmade matzo provided kneading jobs for the poor; that the machine made matzo cheap enough that poor people could afford it; that the mitzvah, or good deed, of eating matzo was ruined if a machine was used; that the machine made it easier to abide by the 18-minute rule. These discussions were not resolved quickly — and in some Orthodox communities, not at all.

In 1888, a Lithuanian immigrant named Dov Behr opened the first matzo-making factory in Cincinnati, Ohio. Behr adopted the name Manischewitz, named his factory the B. Manischewitz Company and developed an entirely automated method of matzo production. In advertisements, Manischewitz boasted that "no human hand touches these matzos!" By 1920, he was the world's largest matzo producer — at 1.25 million rectangular, sheetlike matzos a day — but he always adhered to the original kosher rules. As Manischewitz's popularity grew, so did the general perception of matzo. Gone were the lumps and bumps of homemade matzo; machine-made matzo was uniform in size, shape, taste and texture. Manischewitz endured some controversy for his use of machines, but after he spent 13 years studying the Talmud in Jerusalem, even the most hardened traditionalists eventually considered him an acceptable authority on matzo. The Manischewitz family sold the company in 1990 for \$42.5 million; the brand is still the most popular type of matzo in the world.

Other machine-made-matzo companies sprung up around the country, and by the mid-20th century, matzo was available in nearly every grocery store. The crisp, crackerlike bread became popular with Gentiles, and soon companies were producing flavoured matzo, spiced matzo and matzo covered in chocolate. Organic and gluten-free versions of the food are now available for those who don't consider the unleavened sheets healthy enough. "People started buying flavored matzo year-round sometime over the last few decades," says Alan Adler, director of operations for the family-run Streit's, which has been operating out of the same Manhattan location since 1925. Streit's offers every kind of matzo, from unsalted to sundried tomato, although Adler says the Passover-approved matzo – supervised by rabbis holding stopwatches to monitor the 18-minute rule – is still the most popular. "For the bad rap it gets at the holiday as being the bread of affliction, I guess it's still pretty good."

But despite the technological advancements and added flavors, matzo still remains a food steeped in religious tradition. At Passover Seders, families retell the story of the Jewish exodus from Egypt, eat matzo plain and then with a fruit-and-nut concoction called haroseth that symbolizes the bricks and mortar the Jews had to prepare as slaves. Sometimes parents hide a piece of matzo – called the afikoman – and reward children with money or gifts if they find it. But when the eight days of Passover are over, it's back to the world of starchy carbohydrates.

**Matzo Facts:**

1. A matzo bakery was invited to the 1938 New York World's Fair, but for unknown reasons never appeared.
2. In 1973, Apollo 17 astronaut Gene Cernan shouted, "Man, oh, Manischewitz," the matzo company's slogan, in the middle of his moonwalk.
3. In 2008, competitive-eating champion Joey Chestnut ate 78 matzo balls in eight minutes for a \$1,500 prize.



## DEEP FRIED MATZO BALLS

RECIPE BY: WHATJEW WANNA EAT

**INGREDIENTS**

2 eggs | 1 tablespoon vegetable oil | 2 tablespoons chives, minced, plus more for garnish | 1 packet Lipton Kosher Matzo Ball Mix | 10 cups water or broth

*For Deep Fried Matzo Balls*

1 cup all-purpose flour or potato starch | 2 eggs | 2 teaspoons kosher salt | 1 teaspoon black pepper | 2 cups Panko bread crumbs or matzo meal | Oil for frying

*For Sauce*

1/2 cup mayonnaise | 1 tablespoon sriracha (or your favorite hot sauce) | 1 teaspoon lime juice

**RECIPE**

Whisk together 2 of the eggs and 1 tablespoon vegetable oil with a fork in a medium bowl. Then add chives and matzo ball soup mix and stir to combine. Refrigerate for 10 minutes. While the mix is chilling, bring 10 cups of water or broth to a boil in a medium stock pot. Wet hands and form batter into 12-15 1-inch balls. Carefully place balls in the stock pot and lower to a simmer. Simmer for 15 minutes, turning balls occasionally, until cooked through and the balls expand. – Set aside and let cool.

Whisk together mayo, sriracha, lime juice and salt to taste in a small bowl. Set aside three large, shallow bowls. In one, mix flour (or potato starch), salt and pepper. In another, mix remaining 2 eggs. Put the Panko or matzo meal in the third. One at a time, place the balls in the flour, and dust off any excess, then the egg, and lastly coat in Panko. It helps to use one hand for wet ingredients and one for dry. Meanwhile, heat 2-3 inches of oil up in a medium stock pot to 350 degrees F. Fry matzo balls in batches, about 5-6 minutes, until golden. Let cool on cooling rack slightly, plate, garnish with salt and chives, and eat immediately with spicy aioli!

# DID YOU KNOW?

## UNILEVER IDENTIFIES FUTURE MENU TRENDS

ARTICLE BY: BIZCOMMUNITY



Unilever Food Solutions (UFS) has released its first Future Menu Trends report. Developed with a team of industry partners and chefs, the UFS anchored the trends report around eight core themes based on global data, with input from more than 1,600 chefs, global social media analytics and the expertise of hundreds of chefs who offer practical, real-world applications.

The report covers the major trends and demonstrates how these trends can be brought to life with recipes.

### Top eight trends identified in the report

- Modern comfort foods puts a new spin on timeless dishes, while keeping that sense of connection to one's culture,
- Irresistible vegetables that take centre stage as decadent and indulgent plant-based dishes,
- Wild and pure use foraged ingredients to create tasty and sustainable dishes,
- Flavour contrasts bursts with unexpected multisensory dining experiences,
- Feel-good food is about vitality and the key to this is diversity and balance in the food we eat,
- New sharing is about bonding around generous dishes that are food for the soul,
- Mindful proteins is about diversifying to include different sources of protein and
- Low-waste menus aim for minimum waste and maximum flavours in dishes.

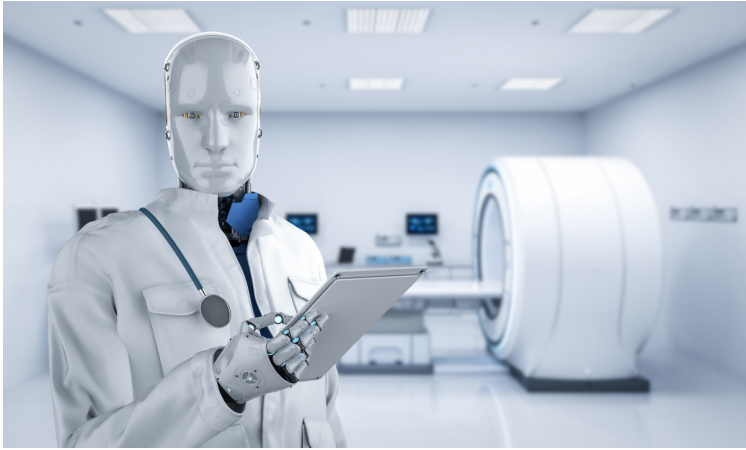
Four of the eight big megatrends that Unilever has identified are linked to the food service industry and come from 178 trend report sources, analysing 44,000 food occasions, from more than 15 countries.

The megatrends are conscious choices, healthier living, cooking renaissance and indulgent experiences that represent big shifts in the world and that will stay with us over a few years. The trends are being brought to life with recipes, created with inspiration from a variety of different food cultures and are well-tested recipes for professional kitchens and possible home use.

"Identifying the hottest global trends is critical in our quest to provide solutions for chefs, who are contending with challenges ranging from labour shortages to tackling sustainability issues like food waste," said Hanneke Faber, President of Nutrition Unilever. "With the release of the Future Menu Trends report, Unilever Food Solutions is not just sharing future trends, but also offering solutions-based insights and adaptable recipes to inspire chefs and help them feel prepared for the future."

Click [here](#) to read more about menu trends in 2023.

# HEALTH & WELLNESS



## MEETING YOUR SURGEON IN THE METAVERSE; CAN 2023 DRIVE THE METAMORPHOSIS OF HEALTHCARE TECHNOLOGY?

ARTICLE BY: AVSHARN BACHOO IS THE GROUP TECHNOLOGY DIRECTOR FOR AFROCENTRIC GROUP.

As post-Covid-19 reality gets caught up with political, economic and social volatility, optimistic technology innovations cast a vision for the future. Sometimes far-reaching, the potential of emerging trends to transform society has driven a global technological gold rush, however, much remains to be explored regarding its impact in healthcare.

### GOODBYE TELEHEALTH, HELLO METAVERSE

Telehealth, the use of video calling apps to experience virtual appointments has become the norm post-Covid. This surge has evolved into a more immersive world of the metaverse.

But what is it and what does it mean for this industry?

Simply put, the metaverse is a virtual space where the digital and real worlds overlap and people interact using avatars. Its backbone comprises augmented and virtual reality, and artificial intelligence.

Meeting your surgeon in the metaverse will permit a more personalised experience, such as reviewing your digital twin heart, a virtual representation of your heart for your planned artery procedure. Portable heart rate and blood pressure monitors can sync with the metaverse for data collection. In the metaverse, your surgeon can conduct surgeries before a procedure is carried out in the live surgical room with enough data to develop bespoke treatment.

Gamification and personalisation of the metaverse allow patients to socialise with others with similar health issues, providing a sense of community to make lifestyle changes. It may sound odd for adults to use a virtual platform of cartooned avatars, but the metaverse is already mainstream and on track to revolutionise medical processes.

### AI TRANSCENDING DOCTORS?

A smartphone app downloaded from your app store has an AI algorithm that can identify eye diseases using your phone camera, just as meticulous as medical specialists. An AI sensor can detect skin cancer with more accuracy than your human doctor. Empirical research shows that IBM's Watson diagnoses heart disease better than many cardiologists. Finally, downloads of mental-health apps using deep learning algorithms for psychology and psychiatry have increased by 500% removing barriers to traditional treatment. With AI superior to humans in terms of raw computational power, it can spot subtle patterns that human doctors easily miss. Where does that leave human doctors in the medical diagnostic industry? Despite all the benefits of AI, human doctors will not be replaced. 2023 will augment roles with AI working more actively and closely alongside doctors without actually replacing them. Doctors will more confidentially use AI diagnosis as a 'second opinion' to their diagnosis.

### DEMOCRATISATION, CONTROL OF YOUR OWN MEDICAL DATA

Patient data often needs to be shared quickly and efficiently across different healthcare professionals operating in separate networks. Delayed information transmission can lead to slow treatment, duplication of lab work and patients paying higher medical bills.

Healthcare professionals stored patient records are exceptionally inconvenient for patients to access. 2023 will see interoperability within the healthcare industry, giving patients full access and control over their healthcare data. This will be achieved by enabling them access to their Electronic Health Records (EHRs). Doctors will be able to access a patient's complete history, thereby reducing the need for duplicate tests if already performed and increasing diagnosis and treatment speed. This will lead to a health score to enable personalised healthcare treatment. Furthermore, patients will be able to access their health records on their smartphones.

### **CYBERCHONDRIA: ARE YOU OBSESSED WITH DR GOOGLE?**

Stomach ache? You could visit your doctor or consult Dr Google. However, the first thing that comes up is colon cancer! Although a stomach ache is more likely caused by food bacteria or a strained muscle from your last workout, search engines tend to list the most serious ailments at the beginning of their search results. Cyberchondria is a technology-based mental disorder where a person spends hours researching illness symptoms online. Psychologists state that the more a cyberchondriac tries to find information online to assure themselves that their illness is minor, the more they spiral into cycles of increased anxiety jumping to the worst possible conclusions.

With Google just revealing that health-related queries are now the second most searched term, and the American Psychiatric Association evaluating cyberchondria to be a recognised mental disorder, 2023 will see this technology-based illness accelerate further.

### **STANDING ON THE SHOULDERS OF GIANTS**

Tech giants such as Alphabet, Apple, Amazon and Microsoft developed big data platforms, API, and contact-tracing apps during Covid that instantly aggregated live mobile data and triggered an ecosystem of solutions that helped reduce the spread of Covid and potentially future pandemics.

Interestingly enough, these giants also manufacture the most popular wearable devices. These wearables have sensors that continuously monitor your current health, measuring biometrics like your heart rate, temperature and activity levels, and can predict your long-term health based on the data collected.

The sensors in the next generation of wearables can analyse your perspiration for toxins, viruses, and bacteria. 2023 will see these tech giants further integrate themselves into the healthcare sector. Platforms such as metaverse and AI introduced earlier are being spearheaded by them. These giants are providing digital solutions to facilitate data sharing and interoperability gaps, as well as replace dated legacy systems and infrastructure. 2023 will see traditional stakeholders such as health insurers forming strategic partnerships with these giants to infuse their digital transformations.

### **NOTHING VENTURED, NOTHING GAINED**

Healthcare services are initialised as soon as a patient becomes ill. 2023 will see healthcare providers change their approach from a reactive to a preventive healthcare paradigm. 'Healthcare' will move to 'health' that is consumer-owned and powered by these revolutionary technologies that will support early interventions and allow preventative strategies.

We must look at these innovations and technologies with optimism given their potential to provide a virtually limitless health experience. Anything that can break the barriers of geographic restriction, improve care for patients around the world and move human health one step forward is a possibility worth exploring. Virtual reality or reality check? There remains a limitless opportunity to empower the health industry and drive true exploration through technology.



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# BOOK CLUB



## TRY THIS IMPOSSIBLE LITERARY QUIZ

ARTICLE BY: BEN WILLIAMS. PUBLISHER OF THE JHB REVIEW OF BOOKS - THE DAILY MAVERICK

In the high mountain retreat that is Santa Fe, New Mexico, where I currently live, we've had 48 hours of heavy spring snow, so I've just unpacked another box of books from my past.

This time, I discovered a mix of works that made up my prescribed reading as an undergraduate decades ago – plus a copy of an extremely rare number of one of Chicago's most important literary magazines.

Grabbing an armful of titles, along with the magazine, I've concocted the following impossible literary quiz from my personal library.

How many can you get right without Googling?  
And with Googling?

Good luck!

**Which Italian novel, set amid Partisan resistance in Liguria, is told from the point of view of a 10-year-old orphan whose sister is a prostitute?**

*This book influenced my own writing: about 10 years after first encountering it, I merged its storyline with one from my family's World War 2 origin myths to create a long passage set in the Italian Alps, which I included in my first novel.*

**Which author, who wrote what is probably America's most successful debut novel, described his third work to an editor of The New Yorker as "pretty skimpy-looking"?**

*I've always preferred this book to the more famous one.*

**Which 1960s American fantasy novel, which introduces a world that many lovers of the genre class alongside Tolkien's Middle Earth and Lewis's Narnia, shares an illustrator with a non-fiction work by the author's mother?**

*This author occasionally goes viral for remarks she gave on art and capitalism, observing, of publishers, that they often sell writers "like deodorant". It's a classic soundbite – look it up.*

**This Chicago author's Selected Poems contains a short poem that occupies a place in American culture similar to the one that Chris van Wyk's In Detention occupies in South African culture. The poem has inspired many homages, most recently from US Poet Laureate Joy Harjo, who published her take, An American Sunrise, in 2019. The original poem was banned in a few US states for its use of the word "jazz". Who is she?**

*I was fortunate to hear the author read her poem in a cramped seminar room at the student centre where I was an undergraduate. I remember being somewhat confused and uncomfortable, so casually allowed to share such an intimate space with her. Why was this giant of American letters giving a reading to a handful of students in the middle of the day, instead of to a packed auditorium during a gala evening? I only realised later how little account the university's poetry professors took of her. A formal event wouldn't even have come up. Their nose-holding still rankles me!*

**Which utterly ungovernable Chicago literary magazine featured an excerpt from How Late it Was, How Late by James Kelman in its sixth issue – a very rare issue indeed, as back copies of it and the other numbers from one to 13 now count as "things we lost in a fire", thanks to a 2001 blaze on the city's South Side?**

*This magazine's editors and contributors taught me how to "read" culture and politics like no other source of cultural criticism. My life changed when I handled my first issue, which happened to be the one in question here.*

**This book of short stories has the most riotously underwhelming blurb of any I've encountered, which was offered up by Harper's Magazine: "It is hard to explain that reading these stories is not a lugubrious experience." Good on the publisher for picking out that gem. Elsewhere in my edition, the work is described as "the lusty, defiant bestseller" by "one of the best English writers of our day". If I give a further clue that the English writer set his stories in Nottinghamshire, does that help at all?**

*Having achieved some success in the sport mentioned in the title story, I've always felt an especial secret affinity with this book.*

**Back to poetry. This English-American author's collected verses from the 1960s opens with a "To the Reader" poem whose first, rather arresting image is of a polar bear urinating in the snow.**

*My favourite poem from the collection, though, describes the three postcards she keeps above her desk.*

**This experimental French novel gets its title from a type of window whose mechanism for shielding against lookers-in is comparable to Venetian blinds. Who is the author?**

*Any clues less cryptic would make it too easy for you. Okay, okay, the book also famously features a centipede. The work had approximately the same effect on my mind as the Cambrian Explosion had for life on Earth.*

**Which 18th-century "modern" novel features pages that are entirely blacked out?**

*Rather like page 225 of Vol. 5 of The Report of the Truth and Reconciliation Commission, which has the subheading, "Finding on Former State President FW de Klerk".*

**This South African-American's debut work of short stories includes one titled Carillon. His father was an editor of the Golden City Post. Who is he?**

*This author, who is a good friend, had a major influence on my decision to head to South Africa straight after graduating with my BA. I put his book into a box, along with the others listed here, and left for what was to become my new home.*

**Upside-down answers (the best part of any quiz):**

10. Tony Eprile, and the book of short stories is Temporary Sojourner. He also wrote the novel The Persistence of Memory.

9. Tristram Shandy by Laurence Sterne.

8. Alain Robbe-Grillet, and the novel is: Jealousy (La Jalousie in French).

7. Denise Levertov, and the book is: Poems 1960-1967.

6. The Loneliness of the Long Distance Runner by Alan Sillitoe.

5. The Baffler, founded by Thomas Frank.

4. Gwendolyn Brooks. The poem in question is We Real Cool.

3. Wizard of Earthsea by Ursula K. Le Guin.

2. JD Salinger, and the book is: Franny and Zooey.

1. The Path to the Nest of Spiders by Italo Calvino.