

EVERGREEN NEWSLETTER

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EVERGREEN
Lifestyle
at lake michelle

“October is breast cancer awareness month. But for a survivor, its every single day ”

-Unknown

Dear Residents,

I hope you've all had a good week. October is Breast Cancer Awareness Month and sadly, over 3 million women are battling it each day. Many of us have been touched by cancer in some way or have experienced it personally. Our quote this week is to remind anyone going through a rough time to keep putting one foot in front of the other, be kind to yourself, and keep fighting.

This past week the weather has been a little more in line with what we would expect for October and I hope you all made the most of it. All the more reason to participate in our open gardens this weekend.

The participating houses are as follows:

- 2,6,12,45,48,56,77,91,117,136,140 & 145.

Please note that access to the gardens is only via the gate to which the balloons are attached. If there are no balloons then it means that the resident has closed their garden, even if they are on the list in the flyer.

Visiting times are: Saturday - 10am - 4pm, and Sunday: 10am-12noon.

In this rollercoaster called life, it is so easy to find ourselves complaining about things more than taking a moment to be thankful & appreciative. Below we have a thank you received from Dave and Carryl Frost for the service for the Evergreen & Fedics staff at Noordhoek.

"We want to thank the bistro staff for the outstanding service we got on the occasion of Carryl's breakfast brunch. They went out of their way to make it a perfect occasion. The table was perfectly set with beautiful pink serviettes and white flowers and they printed an individual menu for each person. Our breakfast was perfect, delicious and hot and enjoyed by everyone. We can heartily recommend them, they really went out of their way to make it an occasion that was enjoyed by each and every one of our guests."

Lastly, a kind reminder to book for Mobeewash this week. Bookings are also open for the Quiz evening on the 19th.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 41

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Weekly Activities

Your weekly guide to sport & recreational activities in the Village

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Delicious meals on offer this week!

What's Cooking

Who makes the best garlic bread? Food24's top garlic butter baguette revealed

Bottoms Up

Coffee and Whisky - a perfect pairing!

WEEKLY EVENTS

MON 09 OCT	TUE 10 OCT	WED 11 OCT	THUR 12 OCT	FRI 13 OCT	SAT 14 OCT	SUN 15 OCT
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		
09h00 TAI CHI ACTIVITY ROOM 1		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09H00 11TH & 25th MOBEEWASH	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB					12H00 SUNDAY LUNCH BISTRO
	14h30 TABLE TENNIS TABLE TENNIS ROOM	10h00 04th & 18TH CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	16h00 MEMORIAL SERVICE BISTRO	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

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

(1) Roy ext. 22129

(2) Fiona 082 920 1818

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

KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril - ext. 2049

GARDENING GROUP

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

Val - ext. 2056

MOSIAC GROUP

Do you want an afternoon of fun and creativity? Then come and join our MOSAIC CLASS. All help and a start up pack will be provided to get you going.

June H- ext. 2107/Cora ext. 2051

BIRD WATCHING

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

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

HIKING GROUP

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

Ron - ext. 2068

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Ron - ext. 2068

OPERA APPRECIATION

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

Mike - ext. 2112

MOVIES

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

Clare - ext. 2039

AIR SHOW TALKS

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

Pete - ext. 2065

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Pete - ext. 2065

UPCOMING EVENTS

OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH

CHRISTIAN FELLOWSHIP- 4TH & 18TH

MOBEEWASH - 11TH & 25TH

PIANO RECITAL - 17TH

QUIZ NIGHT - 19TH

MOVIE - 26TH

OKTOBERFEST - TBC

NOVEMBER

OPERA - 07TH

QUINGO NIGHT - 23RD



QUIZ NIGHT



HOW IT WORKS

- Enter teams of 6 or sign up to join a table
- Bring your own snacks and drinks
- Prizes to win!
- Entry is R20pp. All proceeds go towards the Village Social Fund.

WHEN? Thursday 19 at 18h00 | WHERE? Bistro

To book or for more details contact
Norma Roos. Ext 2089



WHAT'S HAPPENING?



All games will be televised, but the following fixtures are where the real focus will be.

10 September 2023	17:45	SA VS SCOTLAND
17 September 2023	15:00	SA VS ROMANIA
23 September 2023	21:00	SA VS IRELAND
01 October 2023	21:00	SA VS TONGA
14 October 2023	17:00 21:00	QUARTER FINALS
15 October 2023	17:00 21:00	QUARTER FINALS
20 October 2023	21:00	SEMI-FINAL
21 October 2023	21:00	SEMI-FINAL
27 October 2023	21:00	3 RD AND 4 TH PLACE PLAY-OFF
28 October 2023	21:00	FINAL

LIVING HOPE

In times like these Living Hope also renders support to residents through their Community Response initiative. If anyone has any blankets, bedding or warm clothing they would like to donate to Living Hope, Michael and Jane are happy to collect and take it round to Living Hope. You can also drop off any donations at House 63.

If you wish to find out more about this initiative or Living Hope, Jane's cell phone number is 073 602 0907 or you can contact her on Ext. 2063.



IT'S A CELEBRATION

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

BIRTHDAYS

09th OCTOBER

MICK MACDONALD- Noordhoek
MARY SMIT- Noordhoek
AUDREY DICKASON - Noordhoek
JOHN PRITCHETT- Noordhoek
SALLY JOHNSON- Noordhoek

10th OCTOBER

IVIE COX - Noordhoek

14th OCTOBER

MEL BALL- Noordhoek

14th OCTOBER

MEL BALL- Noordhoek

ANNIVERSARIES

10th OCTOBER

JO & NICOLETTE ANDREAE
Noordhoek

15th OCTOBER

IAN & AMANDA SIMPSON
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65/R72

MONDAY

Tuscan chicken served with herb rice and roasted vegetables – R65

OR

Carbonara pasta served with a Greek salad and a garlic roll – R72

TUESDAY

Cornish pie served with fries and a side salad – R65

OR

Butter chicken served with white rice and seasonal vegetables – R72

WEDNESDAY

Lamb liver served in a brown onion gravy with mashed potatoes and herbed peas – R65

OR

Beef meat loaf served with mashed potatoes, onion gravy and roasted vegetables – R72

THURSDAY

Sweet chili chicken kebabs served with potato wedges and a side salad – R65

OR

Tuna and mushroom pasta bake served with a side of roasted vegetables – R72

FRIDAY

Sweet and sour fried pork served on a bed of stir-fry vegetables and pasta – R65

OR

Fried hake and chips, served with seasonal vegetables, tartar sauce and a lemon wedge – R72

SATURDAY

Beef quesadilla with cheese served with fries – R65

OR

Lamb and vegetable stew served with white rice and sambals

THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

MEAL PACKAGE –R1220

- -20 Meals for the month (priced at R61 per meal)
- -Only applicable to Option 1 meals or Vegetarian options
- -Excluding: Special functions, Sunday lunches & Friday dinners
- -Including: A la carte breakfast –Full house
Additional charge: R6 for take-away containers. If you would like option 2, an additional R7 can be added for each meal

WEEKLY PROMOTIONS

- Panko crumbed chicken fillet served with mushroom sauce, baked potato and roasted vegetables for R85
- Beef fillet served with fries and roasted vegetables for R145
- Slice of milk tart and cappuccino for R45

FRIDAY DINNER – R105

OPTION 1

Battered fish and calamari with chips served with tartar sauce, lemon wedge and a green salad

OPTION 2

Pork ribs served with fries and a side of roasted vegetables

SUNDAY LUNCH – R138

MAIN MEAL

Roasted rosemary and thyme beef served with roasted potatoes, sweet carrots and creamy with Yorkshire pudding

DESSERT

Chocolate brownie served with ice-cream and chocolate sauce

WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Mac and cheese served with a Greek salad and a garlic roll

TUESDAY

Vegetable stew served with white rice and seasonal vegetables

WEDNESDAY

Chickpea curry served with white rice and roasted vegetables

THURSDAY

Mushroom pasta bake served with a side of roasted vegetables

FRIDAY

Sweet and sour vegetable stir fry served with pasta

SATURDAY

Roasted vegetable wrap served with fries

WHAT'S COOKING

FOOD₂₄'S TOP GARLIC BUTTER BAGUETTE REVEALED

RECIPE BY: FOOD₂₄

Whether paired with soup, pasta or a grand braai-day feast, a buttery, garlic-filled baguette has the power to enhance any meal!

Wrapped in foil for that rustic touch, ready to be warmed in the oven or grilled over hot coals during a braai, this unassuming side dish complements a wide range of meals. If you prefer the convenience of store-bought options, it's a simple, carb-loaded treat that never disappoints.

When it comes to store-bought versions, not all buttery garlic baguettes are created equal. Some feature a generous layer of butter between each slice, while others opt for margarine. Some exude a subtle garlic essence, while others burst with robust herbal flavours. The choice of baguette texture also varies, ranging from super crispy to delightfully fluffy. It's important to note that there's no "wrong" version, as our preferences for garlic bread are as unique as we are!

So, we conducted a Taste Test of five different garlic baguettes from top retailers across South Africa to determine the best option for your upcoming Heritage Day celebrations. The tasting team was asked to blind-taste all five samples, looking at factors such as flavour and texture. We also asked tasters how much they would be willing to spend on a single garlic bread baguette – 60% said they were happy to pay R30, 30% said R40 and only 10% said R50. All the samples proved to be quite enjoyable, with each offering varying degrees of garlic, butter and herbal goodness, resulting in a closely contested Taste Test. Garlic breads ranked according to the Food24 Taste Test

1. PICK N PAY GARLIC & PARSLEY BAGUETTE

Tasters found the baguette to be perfectly crisp on the outside with a satisfyingly soft, buttery garlic middle. Tasters were also happy with the overall flavour this sample delivered, but what really pushed this heat-and-eat garlic-and-parsley baguette into the lead was how fresh and fluffy the baguette was.

Coming in at R39.99, this sample also falls within the price range that the tasting team said they were happy to spend on a store-bought garlic baguette.

Comments tasters left: "Love this sample. No complaints about it," and "Love, love this sample. Buttery, garlicky and a bit herby. The bread was so fluffy, fresh with a crispy crust. Best sample in my opinion," and "This one has a very soft centre that complements the bread perfectly."



2. SPAR GARLIC BREAD

This sample came in a close second, only because tasters felt it could have delivered a little more on the garlic notes. But despite coming in second, it was actually the sample all tasters said they would 100% buy again!

Comments tasters left: "Super buttery and delicious. Crisp with a soft, buttery middle. Subtle on the garlic front, though, which I actually prefer, and herbs aren't overpowering," and "It has just the perfect amount of butter and herbs with a nice crisp to it," and "I would have liked more garlic to come through."

This sample cost R28.99, so it also makes it a garlic-approved value buy that falls within the tasting team's price range. This sample was purchased at the Vredehoek Spar in Cape Town. Garlic baguettes made in-house at a Spar near you might vary slightly.



3. CHECKERS READY TO BRAAI BAGUETTE

The tasting team noted that this sample was definitely nice and garlicky. This sample also seemed to be herbier. But what divided the tasting team was the amount of butter. Some found the amount to be perfect, others found there to be a little too much butter, and quite a few of the tasters noted that it tasted like margarine was used instead of butter, which ultimately affected the scores.

This sample cost R39.99, falling with the tasting team's price range. Comments tasters left: "You could see the garlic bits and it packed a garlic punch that was also nice and herby. Loved the texture – crisp with a good soft 'buttery' middle. The only negative is that the butter tasted very 'margy,'" and "Love the crispness – it is not too much – and the garlic flavour is coming through nicely," and "Love the taste and flavour."



4. VIEIRA'S BAKERY TWIN GARLIC LOAF (STOCKED AT SELECT FOOD LOVER'S MARKETS)

Tasters found this sample herby and wonderfully garlicky, but felt it could have done with a little more butter. Tasters also found the bread to be very crispy.

This sample was by far the best value for money, coming in at R39.99 for two loaves.

Comments tasters left: "This sample was very herby but the garlic did come through. For me, the bread was just a little too crisp ... almost dry even with the butter. Butter could also have been distributed more evenly, but it's still tasty," and "There could be more butter and it was a little too crispy."



5. WOOLWORTHS HEAT & EAT GARLIC BUTTER FILLED BAGUETTE

Coming in last place was the sample from Woolworths. Tasters seemed to take most fault with the bread itself, which ultimately took away from the whole garlic bread experience.

Tasters found the bread to be dense and doughy, which seemed to overpower the buttery garlic and herb flavours.

Costing R58.99, it was also the most expensive sample tasted on the day and did not fall within the tasting team's price range for store-bought garlic bread.

Comments tasters left: "The bread tasted quite yeasty for me, which overpowered the garlic flavour somewhat ... but you can see the garlic bits, so it's definitely garlic bread," and "The bread was a bit dense and yeasty!" and "Taste very doughy."



*Prices correct at time of publishing

BOTTOMS UP



THE MACALLAN'S LATEST LIMITED EDITIONS ARE A MUST FOR WHISKY AND COFFEE AFICIONADOS ALIKE -

THE SINGLE MALTS IN THE HARMONY II COLLECTION EXUDE DISTINCT NOTES OF COFFEE, CREATING A DELICIOUS PAIRING BETWEEN TWO EXCEPTIONAL SIPS
ARTICLE BY: WANTEDONLINE.CO.ZA

Much like whisky, coffee is a beverage that has been enjoyed for hundreds of years and is an integral part of many different cultures worldwide. The shared connection between these exceptional sips was the inspiration for the second release in The Macallan's Harmony Collection.

The annual Harmony Collection gives The Macallan's whisky makers the freedom to express their curiosity, innovation and creativity by crafting limited-edition single malts that are a must for any whisky collection.

It's also an opportunity for The Macallan to demonstrate its commitment to sustainability by experimenting with packaging made from recycled and repurposed materials.

CELEBRATING THE WORLD OF COFFEE

Following on from the Harmony I Collection, which delved into the connection between chocolate and whisky, Harmony II celebrates the world of coffee.

To create it, whisky maker Steven Bremner embarked on a sensorial journey to find out how the coffee goes from bean to cup, drawing on the skills of acclaimed coffee experts.

"Exploring the world of coffee with our masters in the industry, who shared their knowledge, creativity, and love for their art, was both an education and an inspiration," says Bremner.



“There are many parallels between the approach to creating incomparable whisky and coffee. Each requires unique skills and craftsmanship to achieve depth and complexity of taste and both worlds aim to deliver an extraordinary consumption experience.”

After discovering that the Ethiopian Arabica bean is considered the first species of coffee to be cultivated, Bremmer used it as his muse to craft two single-malt whiskies with distinct coffee notes:

Inspired by Intense Arabica, which exudes flavours of espresso, dark chocolate, tiramisu and sweet oak; and Smooth Arabica, characterised by flavours of ground coffee, hazelnut and vanilla. Both drams lend themselves to enjoying unique coffee and whisky pairing experiences.

Giving new life to coffee husks
Coffee was not only the inspiration for the incomparable flavours of the whiskies in the Harmony II Collection, but their packaging too.

The elegant box and label of the Inspired by Intense Arabica single-malt features a red hue in honour of the raw fruit of the coffee plant, while the green of Smooth Arabica's livery is a nod to the colour of unroasted coffee beans.

Once coffee beans are roasted, their dry skins or husks are normally discarded. However, The Macallan has given this organic by-product new life by adding it to the mix of recycled materials used to create the packaging for this collection.

