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What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 21 st Sept.	Tues. 22 nd Sept.	Wed. 23 rd Sept.	Thurs. 24 th Sept.	Fri. 25 th Sept.	Sat. 26 th Sept.	Sun. 27 th Sept.
<p>BISTRO OPEN for SIT DOWN MEALS Take-aways ext.2404</p> <p>2pm-4pm Canasta in Fynbos – Contact Norma ext. 2089</p>  <p>Library</p>	<p>BISTRO OPEN for SIT DOWN MEALS Pancake day - R6 Take-aways ext.2404</p>  <p>10am-1pm Bridge in Fynbos – Contact Cecily ext. 2011</p>  <p>Library</p>	<p>National Family Day</p> <p>BISTRO OPEN for SIT DOWN MEALS Take-aways ext.2404</p> <p>9am – 9.40am Stretch Sue 072 212 0277 (with masks) + Social Distancing</p> <p>10am-12pm Fellowship in Fynbos Mr Wyllie ext. 2018</p>  <p>2pm – 2.40pm Stretch Sue 072 212 0277</p> <p>Library</p>	<p>HERITAGE DAY National Holiday BISTRO HERITAGE DAY SPECIAL Cappuccino & Apple Crumble R25 - xt.2404</p>  <p>10am Knitting Group in the lounge – Jenny ext. 2026 Social distancing and masks - Sanitizer provided Library Book Braai Day Promo by 4pm</p>	<p>BRAAI DAY PROMO BISTRO Take-aways ext.2404</p>  <p>9.30am – 11am Market Day Bring own shopping bag</p>  <p>Library</p>	<p>National Scarf Day</p>   <p>3.30pm The Willing Weeders, weather permitting, will meet along the Kommetjie Road pathway. June Pittermann ext. 2014</p> <p>Masks please</p>  <p>Masks please</p> <p>Library</p>	<p>National Scarf Day</p>   <p>3.30pm The Willing Weeders, weather permitting, will meet along the Kommetjie Road pathway. June Pittermann ext. 2014</p> <p>Masks please</p>  <p>Masks please</p> <p>Library</p>

Flower - Aster, Birthstone - Sapphire



BIRTHDAYS THIS WEEK

Noordhoek

21 Joan Leighton
24 Jenny Brooks
26 Wendy van der Niet

Lake Michelle

26 Mike Lamb





Saartjie — Karen Fischer's lovely, friendly spaniel
- Thank you Megan Bagshaw for this beautiful picture!



Denni Duff & Nicky Ing out 'n about



Gordon & Shona Farquharson walking Candy



Cheryl Bain sitting pretty in some chilly sunshine

CLASSICAL CORNER

Radetzky March, Op. 228, is a march composed by Johann Strauss Sr. and dedicated to Field Marshal Joseph Radetzky von Radetz. First performed on 31 August 1848 in Vienna, it soon became popular among regimented marching soldiers. It has been noted that its tone is more celebratory than martial; Strauss was commissioned to write the piece to commemorate Radetzky's victory at the Battle of Custoza.



2014 Vienna New Years Concert: Johann Strauss, Radetzky March (01Jan14)

YouTube · 2 602 000+ views · 2014/01/01 · by heymystuff

<https://youtu.be/2ORHVroiWHk>

BRANWINE and GRANT for take-away meals, snacks and confectionery. Note: Payment by Card or on-account only
Tuesday – Pancakes R6
Thursday – Cappuccino & Apple Crumble R25



Don and Anne Stepto went to see the flowers and brought back these beautiful visuals for us to enjoy!



TOPIC OF INTEREST.....Ceremony of the Gourd



Gourd with Bombilla (strainer straw)



Typical Argentinian round-shaped mate gourd



The **yerba mate** ceremony is an ideal time for setting aside the urgencies of life and catching up with friends and family. It's a time for appreciating the meaningful relationships in one's life. In the Argentine country side, the gauchos would sit together around their campfire, sipping the yerba mate **bombilla** (pronounced Bombisha), sharing their yerba mate after a long day's hard work, confiding in one another and sharing the day's events.

The yerba mate ritual closely resembles that of the American Indian's Peace Pipe ceremony.

As in the yerba mate ritual, the peace pipe too, is passed around the group for all to share. Similarly, to the yerbamate gourd, the peace pipe also represents friendship and community. This along with other yerba mate accessories make this traditional event an enjoyable one. Yerba mate is drunk by most in certain parts of **South America such as Argentina, Uruguay, Paraguay and Brazil**. It is shared across classes; businessmen during meetings, truck drivers and their assistants traveling along their delivery route, college students while studying together, housewives when getting together with friends. Simply put, the yerba mate ritual is a great reason for friends to get together and enjoy each other's company.

Yerba mate is brewed from dried leaves and twigs of the holly genus plant, with the botanical name ***Ilex paraguariensis***. Yerba mate grows as a shrub or small tree that can reach up to 15 meters high. This evergreen tree is a species of holly that produces small greenish white four petal flowers and a red berry. When the yerba mate leaves and twigs are brewed, the tea is similar to green tea. It is said to be best brewed in hot, **not boiling, water**. This prevents the cracking of the gourd and also when passed around by the host, he must make sure that it will not burn the lips, when the bombilla (straw) gets too hot.

Yerba mate has become known as the national drink of Brazil, Paraguay, and Argentina.

The rich tea is said to be a stimulating herbal beverage. Some use it to replace coffee with its ability to wake up the mind without the adverse effects of coffee. Known in some areas of South America as "The Drink of the Gods", yerba mate is thought to possess a host of health benefits. Most of which help prolong life. The history of **Yerba Mate** can be traced back to the semi-nomadic Guarani people of southern Brazil, northern Argentina and Paraguay.

The Guarani were said to use **yerba mate** as a daily tonic for health. They gather around a fire to socialize and pass around the gourd of yerba mate. This ancient custom of drinking yerba mate from a gourd became a tradition. Even today it continues to be a daily habit of the people now living in this area. Yerba mate also became a central part of their system of medicine and healing. It also served as currency for them when trading with the Incas and Charruas. In the sixteenth century, Spanish conquistadores arrived in Argentina.





PHOTO COMPETITION SEPTEMBER: Theme for September is **ANIMALS**

Email your entry to photos@evergreenlifestyle.co.za - Add your Name, Village & Caption. Winner announced in December.

RECIPE: PESTO LESAGNE ROLLS



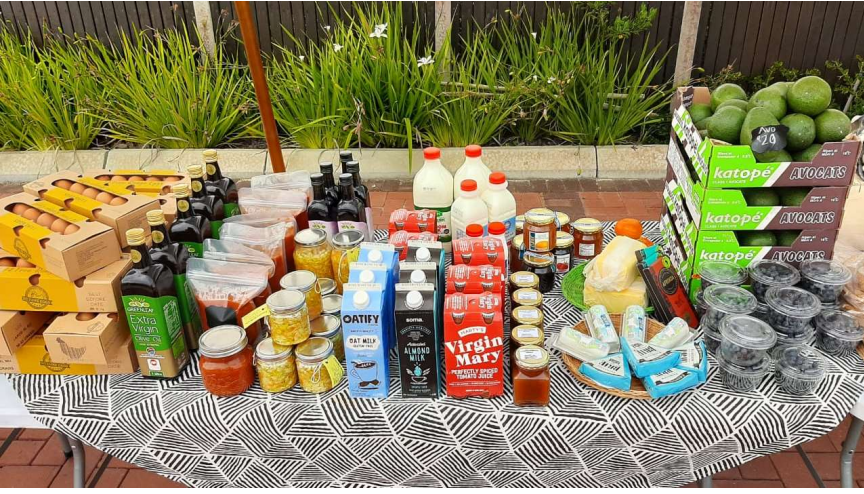
Ingredients:

Kosher salt and freshly ground black pepper
12 lasagna noodles
2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 ½ cups whole milk
1 large egg
2 cups whole milk ricotta
One 300g package frozen chopped spinach, thawed and squeezed dry
2 ½ cups shredded mozzarella
¾ cup grated Parmesan
1 cup store-bought pesto
1 tablespoon extra-virgin olive oil
Crushed red pepper flakes, optional

METHOD:

1. Position an oven rack to the middle position and preheat the oven to 220 degrees F.
2. Bring a large pot of salted water to a boil. Cook the lasagna noodles 1 minute longer than the package directions for al dente. The pasta should be tender enough that it will roll without cracking. Drain well and rinse with cold water. Lay in a single layer on a baking sheet.
3. Meanwhile, melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Whisk in the milk, a large pinch of salt and a few grinds of pepper. Cook, stirring frequently, until the sauce thickens and is the consistency of a thin gravy, 6 to 8 minutes. Allow the bechamel sauce to cool slightly.
4. Beat the egg in a large bowl and then stir in the ricotta, spinach, 1 ½ cups of the mozzarella cheese, ½ cup of the Parmesan, ½ cup of the pesto, a large pinch of salt and a few grinds of pepper. Stir the remaining ½ cup pesto into the slightly cooled bechamel sauce.
5. Brush a 13x9 inch baking dish with oil. Spread ¼ cup of the pesto-bechamel sauce on to the bottom of the dish. Lay half of the cooked lasagna noodles on a clean work surface and spread 1/3 cup of the ricotta mixture evenly over each. Starting with a short end, roll each noodle up. As you make the rolls, transfer them to the prepared baking dish seam-side down. Repeat with the remaining noodles and ricotta mixture.
6. Spoon the remaining pesto-bechamel sauce over the lasagna rolls and sprinkle with the remaining 1 cup mozzarella and ¼ cup Parmesan. Cover with foil and bake until the rolls are heated through and the sauce is bubbling, about 20 minutes.
7. Remove the foil and bake until the cheese is browned on top, about 10 minutes. Sprinkle with crushed red pepper, if using, and let stand for 5 minutes before serving.

MARKET DAY on a Friday from 9.30-11am



Michelle Rodgers with Dawn Bryant



Thomas & Denise Duff
Shona & Gordon Farquharson