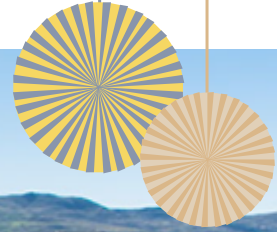


# ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

28 DECEMBER - 3 JANUARY 2021



## WHAT'S ON THIS WEEK

I think we can all agree with the quote from the movie Forest Gump, one I am sure you have all heard before, "... life is like a box of chocolates. You never know what you're gonna get."

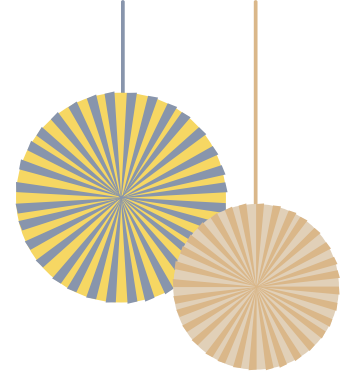
2020 Has definitely presented us with unexpected twists, turns and definitely a few bitter chocolates, but as we approach the end of this unusual year, I would like to thank everyone for their support and patience. We have achieved great things in the Villages which couldn't have been achieved without the support of John and the Noordhoek Rescom team and Greg and his support team at Lake Michelle, both of whom have been a tremendous help in getting the Village's through the toughest of times. Everyone pulled together and shared the common goal of keeping all residents safe throughout the Covid-19 pandemic - and that alone is priceless.

And sincere thanks also go to each and every resident of both Village's. Your contribution towards strengthening the sense of community, not only during the different stages of lockdown but throughout the year - and by showing love and care towards your neighbours and to the Village team, certainly helped lift the spirits and was received with much gratitude, and I am looking forward to seeing this momentum carried on into the new year. In a few months the Lifestyle Centre will be complete so continue to look out for each other so that we can all gather in 2021 to enjoy the facilities together.

Best wishes for a very safe and very happy New Year,

Regards

Riaan and the Evergreen Team



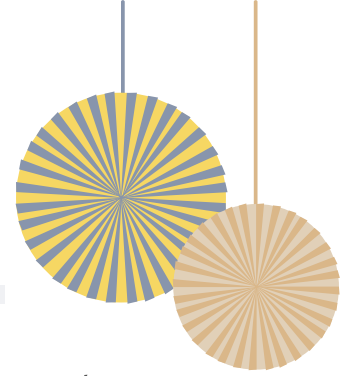
# WEEKLY ACTIVITIES

Listed activities to be confirmed by organizers.  
Please ensure that Covid protocols are adhered to at all times.

MON 28 DEC	TUE 29 DEC	WED 30 DEC	THU 31 DEC	FRI 01 JAN	SAT 02 JAN	SUN 03 JAN
<b>BISTRO</b> Take-aways ext.2404 CARROT CAKE & COFFEE R25	<b>BISTRO</b> Take-aways ext.2404 PANCAKES R6 each	<b>BISTRO</b> Take-aways ext.2404 CHEESECAKE R15	<b>BISTRO</b> Take-aways ext.2404 HOME-MADE MILK TART & COFFEE R25	<b>BISTRO</b> Take-aways ext.2404 SEE "WHAT'S ON THE MENU" SPECIAL R55PP/R70PP		
	2pm TABLE TENNIS, POOL / SNOOKER Fynbos					
		3pm DARTS Fynbos	3pm DARTS Fynbos			
			4pm TABLE TENNIS, POOL / SNOOKER Fynbos			

# IT'S A CELEBRATION!

IT'S A SPECIAL OCCASION AND WE'D LIKE TO CELEBRATE IT WITH YOU!



## BIRTHDAYS



*Wishing you many happy moments  
and the very best memories on your  
special day!*

29th December

GRAHAM FUTCHER - Lake Michelle



30th December

ELSONA RAESIDE - Noordhoek



1st January

RIAAN GOUWS

Village Manager - Noordhoek & Lake Michelle

## SPECIAL MOMENTS

*One should never, but never, pass by an opportunity  
to celebrate.*

*- J. Malouf -*

29th December

ROY & JANET POTTER - Noordhoek

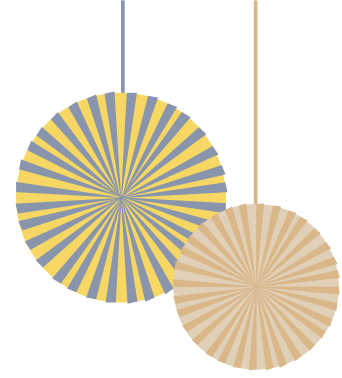


31st December

PETER & PATRICIA VON BORMANN -  
Lake Michelle



# BOTTOM'S UP!



## GRAPEFRUIT & CUCUMBER GIN COOLER

This refreshing gin cooler tastes just like summer and is perfect for brunches spent out on the porch or patio.



### INGREDIENTS [per drink]

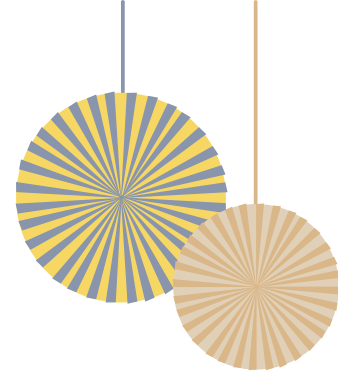
- 60ml cucumber-infused gin
- 60ml fresh grapefruit juice
- 60ml grapefruit sparkling water
- ½ tsp honey (substitute with ½ tsp grenadine if you want an ombre effect)
- 1 cucumber “twist”
- 1 small grapefruit wedge for garnish
- cubed ice

### METHOD

- Mix fresh grapefruit juice, honey (if using grenadine, hold until later), and cucumber gin in a separate tumbler.
- Before you pour, wet the inside of your glass. Wrap one ribbon of cucumber peel (the cucumber “twist”) using fingers or the back of a spoon until it is stuck to the inside of the glass.
- Carefully pour grapefruit and gin mixture into the glass, being careful not to disturb the cucumber peel.

- If you are substituting the honey for grenadine, slowly add in the syrup so that it settles towards the bottom of the glass.
- Add 3-4 ice cubes and top off with grapefruit soda.
- Give it a soft stir if you want, and garnish with grapefruit wedge.

# WHAT'S COOKING



## CHRISTMAS DAY LEFT-OVERS

Tired of cooking? Turn those left-overs into a more-ish sandwich instead!

### HOT TURKEY or CHICKEN SANDWICH

#### INGREDIENTS

- cooked turkey (any amount - whatever you have left over)
- gravy (left overs)
- bread (2x slices per person)
- stuffing
- cranberry sauce

#### METHOD

- Heat the leftover gravy in a small saucepan
- Arrange 2 slices of lightly buttered bread on each plate and top with turkey or chicken.
- Add stuffing
- Add cranberry sauce and mixed salad leaves
- Add any other left-over ingredients that take your fancy - roast potato, vegetables of your choice, etc and serve!

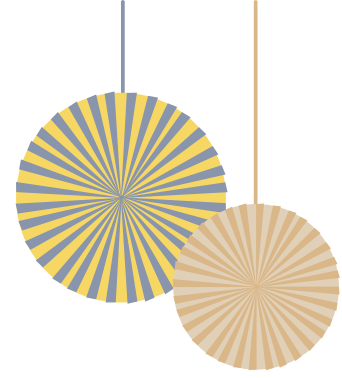
#### OTHER SANDWICH FILLINGS SUGGESTIONS

- roast beef, beetroot and mustard
- gammon, apple sauce, hot mustard and pickles
- gammon, brie, apple sauce and spinach
- roast pork, pickled red cabbage and cheese
- roast chicken, creamed spinach [toasted]
- roast lamb, camembert and mint jelly
- roast chicken, roasted veg and basil pesto



# WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



## LUNCH MENU

**\*AMENDED HOURS 08H00 - 12H00**  
LIMITED SEATING AVAILABLE OR  
AVAILABLE AS A TAKE-AWAY OPTION

**28 DEC 2020 – 01 JAN 2021**

### MONDAY

#### CHICKEN CORDON BLEU

SERVED WITH CHEESE SAUCE, ROAST POTATO WEDGES & GREEK SALAD

### TUESDAY

#### MEDITERRANEAN CHICKPEA & GRILLED CHICKEN SALAD

SERVED WITH HOMEMADE BREAD

### WEDNESDAY

#### VENISON & BABY ONION POT PIE

SERVED WITH GRAVY, OVEN ROAST POTATOES & ROAST VEGETABLES

### THURSDAY

#### FRIED HAKE & CHIPS

WITH LEMON, TARTAR SAUCE & COLESLAW

### FRIDAY [must be pre-ordered]

**GRILLED PORK CHOP - R55PP OR R70PP INCL BEER/SOFT DRINK**  
POTATO / GREEK SALAD & A MINI GARLIC LOAF INCLUDING A BEER OR SOFT DRINK

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 11H30 FOR THE FOLLOWING DAY.

NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY.

PLEASE CONTACT BRANWINE ON EXTENSION 2404

# MUSICAL CORNER

*This week we celebrate*

## JOHN DENVER

as the son of an Air Force officer, Denver was constantly moved from state to state and country to country. It was in Tucson, Arizona, that his grandmother gave him his first acoustic guitar, a gift that would prove an icebreaker when meeting other students at the many new schools in which he was placed.

After settling with his family in Fort Worth, Texas, Denver ran away to California for a short time. He returned to Texas and graduated from high school, but soon returned to California on a more permanent basis.

He began performing at Leadbetter's night club in West Los Angeles but had a major career breakthrough when he was selected to replace the departing Chad Mitchell of The Chad Mitchell Trio. He remained with that organization until 1968 when he struck out on his own.

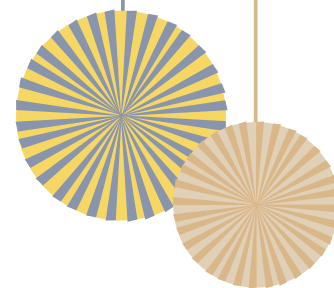
From 1969 through 1975, Denver was the top-selling recording artist, appearing on both country and pop charts alike. His peak year was 1975, during which he was awarded the Country Music Association's Entertainer of the Year in addition to being selected as the American Guild of Variety Artists' Singing Star of the Year.

During this period, he tried his hand at acting, appearing as Deputy Dewey Cobb in a 1973 episode of McCloud (1970) and hosting Day of the Bighorn (1974), an ecologically-minded television special. His most memorable role came in 1977 when he starred opposite George Burns in the hit comedy, Oh, God! (1977).

Following this, his record sales began to decline, and he made fewer movies and television specials. He became something of a political activist, with his main focus being on environmental issues.

### TRIVIA

- He was posthumously awarded a Star on the Hollywood Walk of Fame for Recording at 7065 Hollywood Boulevard in Hollywood, California on October 24, 2014.
- Briefly attended the School of Architecture at Texas Tech.
- Lost two toes in an accident with a lawn mower.
- Mentioned in the song "Life Is a Rock But the Radio Rolled Me" by Reunion.
- Was offered the lead role of Zack Mayo in An Officer and a Gentleman (1982), which he turned down saying he felt the script "read like a 1950s movie". The role was instead given to Richard Gere.
- His final concert was in Corpus Christi, TX, a week prior to the plane crash in which he died.
- His plane crashed into the ocean about 100 yards offshore from a very popular landmark known as "Lover's Point". The National Transportation Safety Board report about the airplane crash that killed him states that the cause of the crash was his having diverted his attention to the fuel selector when, shortly after takeoff, his engine stalled due to fuel starvation. The fuel selector in his newly purchased home-built was positioned behind the pilot in such a way that to change it he needed to turn left and reach behind his head. That caused him to move the control stick inadvertently to the left and down. That was a factor that led to the accident.
- Was cremated, and his ashes spread over the Rocky Mountains of Colorado.



### QUICK FACTS

#### NAME

JOHN DENVER

#### NICKNAMES

BOISE, JOHNSON DENVER

#### BIRTH DATE

31 DECEMBER 1943

#### DIED

12 OCTOBER 1997

#### PLACE OF BIRTH

ROSWELL, NEW MEXICO, USA

#### SPOUSES

[1988 - 1993] CASSANDRA DELANEY - DIVORCED, 1 CHILD  
[1967 - 1983] ANNIE MARTELL - DIVORCED, 2 CHILDREN ADOPTED

#### AWARDS

INDUCTED INTO THE AMERICAN SONGWRITERS HALL OF FAME IN 1996.

STAR ON THE HOLLYWOOD WALK OF FAME

### FAMOUS QUOTE

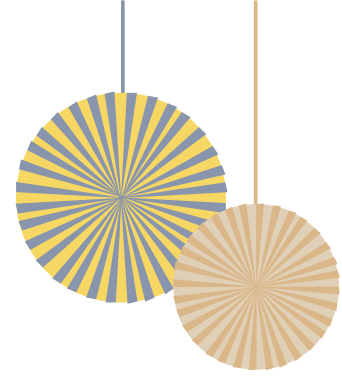
"Music does bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics or the expression of our love and our faith, music proves: We are the same."



# GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES,  
*because they make them so...*

- Joseph Joubert -



## USE COFFEE GROUNDS TO POWER YOUR GARDEN

USING COFFEE GROUNDS IN A VEGETABLE GARDEN CAN HELP TO POWER YOUR PLANTS LIKE NEVER BEFORE. THE SAME CAN BE SAID FOR PUTTING THEM IN FLOWERBEDS, HANGING BASKETS AND CONTAINER PLANTS AS WELL. AND WHILE ON THE SUBJECT, THEY ARE PRETTY TERRIFIC IN A COMPOST PILE TOO.

### SO WHAT MAKES COFFEE GROUNDS SO GREAT?

First and foremost, coffee grounds are an excellent, slow-release source of nitrogen - a key component in making flowers flower - and vegetable plants produce. But in addition to providing nitrogen, coffee grounds add incredible organic material and matter to the soil which helps to improve the overall soil structure. That results in better drainage, aeration and increased water retention for the plants growing in the soil.

### VEGETABLE GARDENS

add a few tablespoons of grounds (along with worm castings, crushed egg shells and compost) to every planting hole. Also put coffee grounds on the soil surface around plants as this serves two great purposes. It provides a slow-release of nutrients - and helps to repel slugs too.

### HANGING BASKETS AND PLANTERS

Coffee grounds are an excellent slow-release fertilizer for planters and hanging baskets. When the plants are watered, the nutrients from the coffee grounds slowly leach into the soil.

### FLOWER BEDS, PERRENIALS, SHRUBS AND TREES

Use coffee grounds when planting annuals in flowerbeds. A few tablespoons in each planting hole helps to power the plants. And it continues to help build the soil up each year as well. They can also be added around the base of each plant as a slow release fertilizer.

Adding a few tablespoons when planting perennials helps add nutrients and soil structure for long-term growth. For larger bushes or shrubs, we simply add a few coffee filters and grounds all at once around the planting hole. The filters are bio-degradable. And as the grounds break down over time, they give back nutrients to the roots.

### COMPOST PILE

As a green source, they help heat up the pile. This means quicker decomposition - and a faster path to more compost. Simply throw in your filter and grounds - and watch the magic happen!

