

# ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

3 - 10 JANUARY 2021



## WHAT'S ON THIS WEEK

**Happy New Year!**

2021 has finally arrived yet even with all that 2020 threw at us, it still feels like the year just flew by. New Year's celebrations will be very different this year but we will have one last chance to reflect and decide what to take into 2021. To quote this week's featured musical artist [a little out of context but nevertheless....] "wise men say, only fools rush in" so let's pause for a second and think about this. We have 365 new days on offer and 365 brand new opportunities where we can choose anything we wish. We can choose to be grateful, to be kind, to care for each other, and to go out and be happy - or - we can choose to concentrate on the negativity. As a collective, let's be wise and rather choose to make 2021 a great year for all. From the team and I, we would like to wish everyone a new year full of good health with many opportunities for laughter, and blessings in abundance.

**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  CHOCOLATE CAKE & COFFEE R25	<b>BISTRO</b> Take-aways ext.2404  PANCAKES R6 each	<b>BISTRO</b> Take-aways ext.2404  PEACH CRUMBLE R15	<b>BISTRO</b> Take-aways ext.2404  CREAM DOUGHNUT & COFFEE R25	<b>BISTRO</b> Take-aways ext.2404  SEE "WHAT'S ON THE MENU" SPECIAL R52PP		

**All activities must be  
booked in advance  
with reception**

# WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



## LUNCH MENU

**\*AMENDED HOURS 08H00 - 12H00**  
AVAILABLE AS A TAKE-AWAY OPTION ONLY

4 - 8 JANUARY 2021

### MONDAY

#### BEEF MEATBALLS

WITH TOMATO & ONION RELISH, SPAGHETTI & SEASONAL VEGETABLES

### TUESDAY

#### SWEET & SOUR PORK & VEGETABLE STIR-FRY

SERVED ON EGG NOODLES

### WEDNESDAY

#### CHICKEN & MUSHROOM POT PIE

SERVED WITH GRAVY, OVEN ROAST POTATOES & ROAST VEGETABLES

### THURSDAY

#### BEEF BOBOTIE

SERVED WITH SAMBALS, YELLOW RICE & SEASONAL VEGETABLES

### FRIDAY [must be pre-ordered]

#### CALAMARI & CHIPS - R52PP

WITH LEMON, TARTAR SAUCE & COLESLAW

[PLEASE INDICATE IF YOU WOULD PREFER GRILLED CALAMARI OR BOILED POTATO]

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

# IT'S A CELEBRATION!

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

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## BIRTHDAYS

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



7th January

ALDYTH THOMSON - Lake Michelle



8th January

ROGER PAYNE - Lake Michelle

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## SPECIAL MOMENTS

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

*- J. Malouf -*

6th January

PAUL & SALLY JOHNSON - Noordhoek



6th January

BRIAN & MERYL HAMBELTON-JONES  
Noordhoek



# BOTTOM'S UP!

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## FLAVOURED WATER

Not every drink needs effort or alcohol, and what better way to detox the body than with a refreshing glass of infused water!

Water is most natural way to boost your metabolism and keep things moving, making it great for weight loss. Detox water consists of a variety of combinations of fruits, vegetables and even herbs in cold, purified water. If you have trouble getting in your daily intake of water, you might want to consider drinking detox water because the flavors make it delicious and it has almost no calories, plus you get the added vitamins and antioxidants from the fruits you add to it. It helps to flush toxins out of your system and promotes the release of fat cells so you can lose weight. It helps foods move through your body properly for better digestion. When you're exercising, it helps your muscles recover more quickly. It also improves your mood and can serve as a caffeine-free way to boost your energy in the afternoon.

### SUGGESTIONS

- A simple recipe of fresh lemon and mint added to purified water is the best detox water.
- Combine cucumber and lemon for a refreshing drink for hot days.
- Mango and ginger is another great combination. The sweetness of mango paired with the sharpness of ginger makes for a great flavor, plus ginger is wonderful for those who have stomach troubles.
- Blueberry and Basil
- Strawberry and Thyme
- Rosemary and Raspberry
- Grapefruit, Lemon and Lime
- Ice cold water with sprigs of fresh mint
- 50/50 whole fruit juice and fizzy water

Ultimately, the best detox water is the one that appeals to you the most. You can make your own combinations using fresh strawberries, oranges, lemons, limes, mint, basil, cinnamon, apples and more.

Tea also makes a great refreshing drink so try:

- Green tea with chunks of lemon
- Home made iced tea with crushed ice



# WHAT'S COOKING

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## ULTIMATE DETOX POWER BOWL

Now that the Christmas lunches and dinners are behind us, it's time to look at a few healthy options - like our Ultimate Detox Power Bowl. Not everyone gets excited over a big hearty salad bowl but for those who do, this will be right up your alley!

### INGREDIENTS

- 2 cups spinach leaves
- ½ apple thinly sliced
- 3 radishes thinly sliced
- ½ cup purple cabbage
- ½ avocado
- ⅓ cup feta crumbles
- ⅓ cup crushed cashews
- 1 tsp extra virgin olive oil
- 1 tbsp agave nectar
- 1 tbsp balsamic vinegar
- micro-greens to taste
- black sesame seeds to taste



### METHOD

Add into a bowl:

- spinach leaves,
- apple,
- radishes,
- purple cabbage,
- avocado,
- crumbled feta
- crushed cashews

To prepare the dressing, add extra virgin olive oil, agave nectar, balsamic vinegar into a jar and shake well.

Drizzle the dressing over bowl ingredients. Sprinkle with some black sesame seeds and micro-greens.

# MUSICAL CORNER

## *This week we celebrate the KING OF ROCK n ROLL* ELVIS PRESLEY

Born to Gladys and Vernon Presley, Elvis had a twin brother who was stillborn. In 1948, Elvis and his parents moved to Memphis, Tennessee where he attended Humes High School. After graduating, he took odd jobs working as a movie theater usher and a truck driver for Crown Electric Company. He began singing locally as "The Hillbilly Cat", then signed with a local recording company, and then with RCA in 1955.

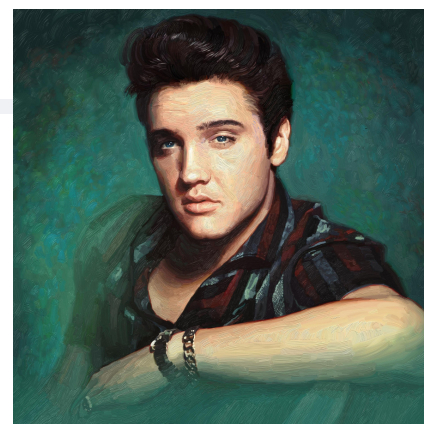
Elvis did much to establish early rock and roll music. He began his career as a performer of rockabilly, an up-tempo fusion of country music and rhythm and blues, with a strong backbeat. His novel versions of existing songs, mixing 'black' and 'white' sounds, made him popular - and controversial - as did his uninhibited stage and television performances. He recorded songs in the rock and roll genre, with tracks like "Jailhouse Rock" and "Hound Dog" later embodying the style. Presley had a versatile voice and had unusually wide success encompassing other genres, including gospel, blues, ballads and pop music. Teenage girls became hysterical over his blatantly sexual gyrations, particularly the one that got him nicknamed "Elvis the Pelvis" (television cameras were not permitted to film below his waist). spread over the Rocky Mountains of Colorado.

In 1958, Elvis was drafted into the military, and relocated to Bad Nauheim, Germany. There he met 14-year old army damsel Priscilla Ann Wagner (Priscilla Presley), whom he would eventually marry after an eight-year courtship, and by whom he had his only child, Lisa Marie Presley. Elvis' military service and the "British Invasion" of the 1960s reduced his concerts, though not his movie/recording income. Through the 1960s, Elvis settled in Hollywood, where he starred in the majority of his thirty-three movies, mainly musicals, acting alongside some of the most well known actors in Hollywood. Critics panned most of his films, but they did very well at the box office, earning upwards of \$150 million total.

Elvis made a comeback in the 1970s with live concert appearances in Las Vegas with over 57 sold-out shows. He toured throughout the United States, appearing on-stage in over 500 live appearances. His marriage ended in divorce, and the stress of constantly traveling as well as his increasing weight gain and dependence upon stimulants and depressants took their toll. Elvis Presley died at age 42 on August 16, 1977 at his mansion in Graceland, near Memphis, shocking his fans worldwide. At the time of his death, he had sold more than 600 million singles and albums. To date, Elvis Presley is the only performer to have been inducted into three separate music 'Halls of Fame'. Throughout his career, he set records for concert attendance, television ratings and recordings sales, and remains one of the best-selling and most influential artists in the history of popular music.

### TRIVIA

- Earned a black belt in karate in 1960.
- Won three Grammy Awards, all for his gospel music.
- His hair color was blonde until his early teens.
- Owned a pet chimpanzee called "Scatter"
- When The Beatles came to America in 1965 there was only one person they wanted to meet: Elvis.
- Was one of the performers featured on a set of stamps of rock and blues legends issued by the U.S. Postal Service in June 1993.
- Made the first ever musical video of all time: Jailhouse Rock (1957).
- He was a huge fan of the comic book superhero Captain Marvel Jr. and even based his iconic haircut on the character. In addition, some of his stage outfits and his TCB logo also show influence from the character.



### QUICK FACTS

#### NAME

ELVIS ARON PRESLEY

#### NICKNAMES

THE PELVIS  
THE KING  
THE KING OF ROCK 'N' ROLL

#### BIRTH DATE

8 JANUARY 1935

#### DIED

16 AUG '77 IN MEMPHIS, TENNESSEE  
(CARDIAC ARRHYTHMIA)

#### PLACE OF BIRTH

TUPELO, MISSISSIPPI, USA

#### SPOUSE/S

PRISCILLA PRESLEY  
(1 MAY '67 - 9 OCT '73)  
DIVORCED, 1 CHILD

#### AWARDS

- STAR ON THE WALK OF FAME 1960
- ROCK AND ROLL HALL OF FAME 1986
- MUSIC CITY WALK OF FAME 2008
- COUNTRY MUSIC HALL OF FAME 1998

#### GRAMMY AWARDS

1959 - NOMINEE  
1961 - NOMINEE  
1962 - NOMINEE  
1967 - WINNER  
1968 - WINNER  
1969 - NOMINEE  
1971 - WINNER  
1973 - WINNER  
1975 - WINNER  
1979 - NOMINEE

### FAMOUS QUOTE

"I am not the King. Jesus Christ is the King. I'm just an entertainer."



# HEALTH CARE

## BE SUN SMART

The SunSmart Campaign runs from December to January but CANSA reminds all South Africans to be SunSmart throughout the year and especially during Summer.

Sunburn can occur within fifteen minutes, and the damage caused is permanent, irreversible and adds up with each exposure to the sun.

Skin cancer is the most common cancer worldwide and SA has one of the highest monitored ultra violet (UV) levels in the world, resulting in one of the highest skin cancer rates globally. UV radiation is just as dangerous for outdoor workers, sports people, on the playground or when driving to work, as it is when at the beach or pool. Rays can also reflect off surfaces and cause sunburn when it is overcast.



It's getting hotter, so be SunSmarter!

Skin Cancer is common in SA. According to the World Health Organisation (WHO), the incidence of both non-melanoma and melanoma skin cancers has been increasing over the past decades, and WHO estimates that a 10 % decrease in ozone levels will result in an additional 300 000 non-melanoma and 4 500 melanoma skin cancer cases globally. More than 20 000 South Africans were diagnosed with the most common non-melanoma skin cancers (basal cell carcinoma and squamous cell carcinoma) in 2014 and more than 1500 were diagnosed with melanoma.

### FAIR SKIN TONE

People with blonde/red head hair with light skin, freckles and green or blue eyes are more at risk for sunburn and skin damage and need to take extra care to protect their skin.

### DARKER SKIN TONE

It is important to take note of the fact that everyone, regardless of racial or ethnic group, is at risk of getting skin cancer. Although people with darker skins are less susceptible, because their skin contains more natural melanin that protects against sun damage, everyone is at risk from the harsh African sun. Although people with darker skins are at a lower risk of melanoma than lighter skinned groups, the majority of basal cell carcinomas in people with darker skins occur in sun-exposed skin, indicating that sun protection is paramount, regardless of pigment. In darker skins, 70 % of melanomas have been reported to be on the lower limbs, with 90% of those being below the ankle. The most common subtype, acral lentiginous melanoma, appears on the palms of the hands and soles of the feet.

### TYPES OF SKIN CANCER

There are two main categories of skin cancer, namely, **MELANOMA** and **NON-MELANOMA**.

**Melanoma**, is less common than other skin cancers, but it is the most dangerous. It is of special importance to note that excessive ultraviolet (UV) radiation received as a child, increases the risk of melanoma later in life. Melanoma is linked with short, sharp bursts of over-exposure, so even one incident of bad sunburn, especially in childhood, can later on in life, trigger damage and develop into a melanoma.

**Non-melanoma** skin cancers mainly comprise Basal Cell Carcinoma and Squamous Cell Carcinoma. Of these, Basal Cell Carcinoma is the most common and the least dangerous. These cancers are linked to long term exposure to the sun, for example people with professional sports careers or outside occupations. If left untreated, these can lead to disfigurement or the loss of an eye, nose or ear, so early detection is important.

**Squamous Cell Carcinoma** (SCC) is most frequently seen on sun-exposed areas of the body such as the head, neck and back of the hands. Although women frequently get SCC on their lower legs, it is possible to get SCC on any part of the body, including the inside of the mouth, lips and genitals. People who use tanning beds have a much higher risk of getting SCC - they also tend to get SCC earlier in life.



