

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

11 - 17 JANUARY 2021



WHAT'S ON THIS WEEK

As we enter the second week of 2021 the Coronavirus pandemic still dominates the airwaves and front pages of newspapers around the world. We have already seen strange things happen in only 8 days and one wonders what the next 51 weeks will bring.

Recent news headlines claim that Llama - yes, the peaceful grass-eating, fluffy, mop-top animal - antibodies may hold the key ingredients in the fight against the Coronavirus.... Elon Musk named his child "X AE A-12 Musk" [pronounced "X A.I." or "ecks aye eye"]... Iran accidentally fired missiles at its own ships... murder hornets were spotted for the first time in the US... Florida experienced devastating wildfires and still, none of that topped the headline of one newspaper reading "America invading America" - after the chaos that took place at Capitol Hill in Washington DC. So, taking all of that into consideration, this week's newsletter may pale in comparison - or it may remind us that we live fairly peaceful lives 'down south' 😊.

Congratulations to everyone celebrating special birthdays and wedding anniversaries. A special congratulations goes to Jo Andrea as he turns 90 and who is still going strong. Wishing you all many more happy celebrations ahead.

Regards

Riaan and the Evergreen Team

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



LUNCH MENU

***AMENDED HOURS 08H00 - 12H00**

AVAILABLE AS A TAKE-AWAY OPTION ONLY AT R52 PER MEAL

11 - 15 JANUARY 2021

MONDAY

BEEF LASAGNE

SERVED WITH GREEK SALAD & DRESSING

TUESDAY

BACON, FETA & SPINACH QUICHE

SERVED WITH POTATO WEDGES & GARDEN SALAD

WEDNESDAY

PORK & APPLE PIE

SERVED WITH GRAVY, SWEET POTATO & ROAST VEGETABLES

THURSDAY

CRUMBED CHICKEN & PEACH ROULADE

SERVED WITH A HARVEST SALAD

FRIDAY

SALMON & SPINACH PASTA BAKE

SERVED WITH A GARDEN SALAD

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!

BIRTHDAYS

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



11th January

CHRIS FOAD - Lake Michelle



13th January

JO ANDREAE - Noordhoek
DAVID WALKER - Lake Michelle



16th January

ALETTA KNOX - Noordhoek

SPECIAL MOMENTS

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

- J. Malouf -



11th January

CHRIS & CARRILL FOAD - Lake Michelle



BOTTOM'S UP!

FRUIT SMOOTHIES



Behold, the smoothie. A meal in a glass. and not just any meal, a fast one too! And done right, it is packed with vitamins, minerals, antioxidants, protein, healthy fats and so much more. Not only nutritious, but super delicious. Replace a meal such as breakfast or use it as a supplement or snack. Stay healthy, lose weight, gain weight... adapt it in any way you wish. There is so much more to smoothies than blending fruit and yogurt. Here is how you make your smoothie awesome!

1 *ADD FRUIT*

Choose at least two types of fruit - fresh or frozen. (adding frozen pieces of banana will give your smoothie a frozen yogurt or ice cream like consistency and can be used for the base of a smoothie bowl) For a super healthy smoothie, make it green. adding vegetables such as kale and spinach

2 *CHOOSE A BASE*

Add one to two cups of liquid. The more juice in your fruit selection the less liquid will be required. Yogurt can be used for thicker a thinner consistency and for a dairy free smoothie ice can be added. for those who would like to experiment cooled off coffee or tea can also be used as a base.

3 *THICKEN UP*

Nut butters, cottage cheese, coconut "meat", chia seeds or oats can all be used to thicken a smoothie to the perfect consistency and add nutritional value at the same time.

4 *FLAVOUR IT*

Out of season fruit often don't contribute in flavour as it does in nutrition. Boost the flavour of your smoothie with sweeteners like dates, honey or even a little maple syrup. Spices like vanilla, cinnamon, nutmeg and cayenne pepper or chilly flakes or add freshness with herbs like mint and basil.

5 *POWER BOOST*

Take your smoothie to the next level with highly nutritive superfoods like protein powder, Vitamin powder, fish oil, spirulina, probiotics, ground flaxseeds or goji berries. For a firmer skin and speedy recovery of joint pains and add collagen powder.

WHAT'S COOKING

STEAK SALAD

This Steak Salad is made with marinated flat iron steak, roasted potatoes and corn, baby greens and is dressed with your favourite salad dressing!

INGREDIENTS

Steak and Marinade:

- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 Tbsp kosher salt
- 5 cloves garlic (minced)
- 1 pound/½kg flat iron steak (or flank steak)

Oven Roasted Potatoes:

- 1 pound/½kg red potatoes (cut into small wedges)
- 2 Tbsp olive oil
- 1 tsp dill (fresh, freeze dried, or dried)
- 1 tsp parsley (fresh, freeze dried, or dried)
- 1 tsp chives (fresh, freeze dried, or dried)
- ½ tsp kosher salt
- ½ tsp freshly ground pepper

Salad:

- 8 ounces/1 cup baby greens
- 2 ears corn
- 8 ounces/ 1 cup cherry tomatoes (quartered or halved)
- ½ cup green onions (thinly sliced)
- ½ cup ranch dressing



METHOD

- Marinate the steak by combining all marinade ingredients in large resealable plastic bag. Add steak, squeeze out all the air, seal, and refrigerate. Marinate for at least 2 hours up to over night.
- To make oven roasted potatoes, combine potato wedges, olive oil, dill, parsley, chives, salt and pepper in bowl and toss to coat. Spread a single layer onto parchment lined baking sheet and bake in 400 F/ 200 C oven for about 1 hour, stirring occasionally to brown all edges.
- Roast corn on griddle or grill over high heat, turning occasionally to prevent burning and equally char. Once done, cut kernels away from cob.
- To grill steak, sear over high heat using a grill or griddle until you reach an internal temperature of about 130 F/55 C (for medium), turning only once after dark grill marks are achieved.
- Allow meat to rest on cutting board at least 10-15 minutes. Prior to serving, thinly slice against grain.
- To serve, either toss all salad ingredients together with dressing or arrange on platter. Goes great with garlic bread!

MUSICAL CORNER

This week we celebrate a QUEEN OF 80'S ROCK n ROLL

PAT BENATAR

Pat Benatar was born Patricia Andrzejewski in Brooklyn and raised in suburban Lindenhurst, Long Island. Her mother Millie had sacrificed her own career as an opera singer to bring up Pat and son Andrew.

Years later, it was Pat who sang classically, honing the powers of her 4.5-octave voice as a member of Lindenhurst High's musical theater department. Having been accepted at Juilliard, Pat shocked friends and family by marrying her high-school sweetheart Dennis T. Benatar, a soldier, and moving off to Virginia where he had been stationed. Before long, the tedium of life as a housewife/bank teller proved too much for Pat, and she joined Coxon's Army, a cabaret band on the Richmond club circuit. Coxon's Army rose to new heights of fame, and Pat was instilled with the confidence to move to New York City and pursue her own dream, which brought her to Manhattan's "Catch A Rising Star".

Having thrilled the audience with her first performance on amateur night, Pat soon found herself with a paying gig, a manager and a recording contract, but her image was still in limbo. Primarily singing torch songs and Judy Garland classics, she longed to perform hard-rocking tunes in the Led Zeppelin vein. Her wishes were fulfilled when her handlers introduced her to Cleveland guitar-man Neil Giraldo, whose aggressive playing unleashed Pat's inner rocker.

She had found her muse, and when her audience roared one Halloween night over a sultry costume she wore on stage, she had found her image.



TRIVIA

- Has two daughters: Haley Giraldo (February 16, 1985) and Hana Juliana (March 12, 1994).
- Attended and graduated from Lindenhurst High School in Long Island, New York in 1971.
- Has appeared with husband Neil Giraldo on the April 24, 2002 episode of That '80s Show (2002).
- Her video for "You Better Run" was the second music video to be aired by MTV on August 1, 1981.
- August 11, 2002 was declared "Pat Benatar Day" in Babylon, New York. She was also presented with the key to Babylon by town supervisor Steve Bellone at the Babylon Town Hall.
- Her groundbreaking music video "Love is a Battlefield" was the first ever music video to integrate spoken dialogue into recorded music.
- The character Pat Bernardo in Fast Times at Ridgemont High (1982) was inspired by Benatar. During an early lunch room scene, Stacy Hamilton (Jennifer Jason Leigh) and Linda Barrett (Phoebe Cates) have a discussion about Bernardo and the "Pat Benatar look".



QUICK FACTS

NAME

PATRECIA MAE ANDRZEJEWSKI

NICKNAMES

PATTI - B
THE FIVE FOOT GIANT
THE QUEEN OF ROCK N' ROLL

BIRTH DATE

10 JANUARY 1953

PLACE OF BIRTH

BROOKLYN, NEW YORK, USA

SPOUSE/S

DENNIS T. BENATAR (1972-1979)
NEIL GIRALDO (1982 - PRESENT)
2 CHILDREN

AWARDS

- 6 PLATINUM SOLO ALBUMS
- 4 GOLD SOLO ALBUMS
- INDUCTED INTO LONG ISLAND MUSIC HALL OF FAME IN 2008

GRAMMY AWARDS

1990 - NOMINEE
1989 - NOMINEE
1987 - NOMINEE
1986 - NOMINEE
1984 - WINNER
1983 - WINNER
1982 - WINNER
1981 - WINNER

MTV VIDEO MUSIC AWARDS (VMA)

1986 - NOMINEE
1984 - NOMINEE

FAMOUS QUOTE

"Most chick singers say 'if you hurt me, I'll die...' I say, 'if you hurt me, I'll kick your @ss.'"



HEALTH CARE

BE SUN SMART



Following on from last week, there are other forms of skin cancer to be aware of: [Kaposi Sarcoma](#) | [Merkel Cell Carcinoma](#) | [Sebaceous Gland Carcinoma](#)

The following conditions can give rise to cancer or be mistaken as cancer:

SPITZ NAEVI

(usually present in toddlers and children), can mistakenly be thought to be Malignant Melanoma because of the close resemblance.

ACTINIC CHEILITIS AND ACTINIC KERATOSIS

are pre-cancerous conditions that can lead to Squamous Cell Carcinoma

BOWEN'S DISEASE

is a pre-cancerous condition that can lead to Squamous Cell Carcinoma

GORLIN-GOLTZ SYNDROME

is an inherited medical condition involving defects within multiple body systems such as the skin, nervous system, eyes, endocrine system, and bones. People with this syndrome are particularly prone to developing a common form of non-melanoma skin cancer, e.g. Basal Cell Carcinoma

SOLAR ELASTOSIS

is a pre-cursor to Squamous Cell Carcinoma

XERODERMA PIGMENTOSUM (XP)

an inherited condition characterised by an extreme sensitivity to ultraviolet (UV) rays from sunlight. Most people with XP develop multiple skin cancers during their lifetime.

MYTHS

- The sun is only dangerous in summer or on a hot day
- Sunscreen will protect me completely from the harmful effects of the sun's rays
- One or two cases of sunburn won't result in skin cancer
- People with darker skins are not at risk for getting skin cancer
- Sunbeds are a safer alternate to obtain a tan.

THE TRUTH ABOUT TANNING

SUNBEDS

People who think that indoor tanning or sunbeds are a safer option are mistaken. There is no such thing as a healthy tan, which in fact indicates skin damage. First use of sunbeds before age 35, increases the risk of developing melanoma by 59%. In 2009 sunbeds and tanning booths were officially classified as cancer causing agents by the International Agency for Research on Cancer (IARC). People who use tanning beds also have a much higher risk of getting Squamous Cell Carcinoma (SCC) - they also tend to get SCC earlier in life.

SUNLESS OR SELF-TANNING

There is no such thing as a healthy tan - even a sunless tan. In recent years there has been a considerable increase in the use of sunless and self-tanning products - like sprays, mousses, gels, pills, nasal sprays and injections - called Melanotan 1 and 11. Melanotan 11 has serious side effects, and may induce melanoma.

[CANSAs warns against this product.](#)

Sunless tanning, also known as UV-free tanning, self-tanning, spray-tanning (when something is applied topically) or fake-tanning - refers to the application of chemicals to the skin or making use of chemicals that are taken by mouth or per injection, to produce an effect similar in appearance to a suntan. The browning effect usually occurs within a few hours. The effect is temporary - the colour fades in 7-10 days as the skin naturally sloughs off. Sunless tanning products include: bronzing powder, spray bronzers, stick bronzers, tanning wipes, tanning tablets, tanning capsules, tanning injections, tanning nasal spray, sunless tanning lotions. None of these are safe! Although some self-tanning products contain sunscreen, it offers minimal ultraviolet radiation protection and does not provide protection from the ultraviolet rays of the sun, and CANSAs strongly discourages individuals to use any form of tanning product. Topical sunless tanning products that contain Dihydroxyacetone (DHA), prevent the formation of Vitamin D in the skin when exposed to the sun.

GET GARDENING!

THE NEW YEAR IS ALWAYS A GREAT TIME TO START AFRESH AND GET BACK INTO THE GARDEN. REMOVE ANY TIRED OR SPENT ANNUALS AND FILL THE GAPS WITH NEW BABIES THAT WILL FLOWER INTO AUTUMN. PLANTING FRESH HERBS AND VEGGIES WILL ALSO HELP YOU STICK TO THOSE HEALTHY NEW YEAR'S RESOLUTIONS.

Garden Nutrition

Get your plants off to a good start with nutrient-rich soil. For plants to grow well and produce lots of leafy growth, flowers, and fruit, they need to be well-fed. We live in a country with a generally mild climate and mostly good soil, which allows us to grow a wide range of beautiful plants. However, this tends to make us forget that they do require a little feeding. The key to a flourishing garden is hugely affected by your soil health and fertility.



Well-fed plants are healthier, more productive and more beautiful.

Soil, often called the living skin of the Earth, is made from three main components, besides air and water – minerals from weathered rocks, organic matter, which is mainly decomposed plants, and living organisms like earthworms in the soil.

Here is a fun way to test the basic type of soil you have: Take a heaped tablespoon of soil from your garden. Wet the soil. Now roll it into a “sausage” about a pencil-thin. If it crumbles and won't form a sausage – you have sandy soil. If it holds a sausage shape but breaks when held at one end – you most likely have loam soil. If it easily forms a sausage and does not break when held at one end – you have clay soil.

Loam soils are the most preferable since sandy soils dry out very quickly and clay soils can stay wet for too long. Luckily, both sandy and clay soils can become loam when you add compost to them.

Fertilisers contain nutrients that plants need and they can be split up into macro-nutrients such as nitrogen, phosphorus, potassium, calcium, magnesium and sulphur, as well as micronutrients such as zinc, iron, manganese, copper, boron, molybdenum and chlorine. Macro-nutrients are needed in larger amounts than micro-nutrients, which are equally important if they are lacking in the soil. Fertilisers are available as granules, pellets, liquid drenches and liquid foliar feeds. Adding both fertiliser and compost is the best combination as fertiliser adds nutrients while the compost holds the fertiliser in the soil for longer.

Compost is made from decomposing plants and is the most important addition to your trolley when you buy plants. It can also be added to garden beds in bulk at least once a year. Compost will loosen and add air into clay soils while also improving water and nutrient retention in sandy soil. Compost also attracts micro-organisms, beneficial fungi, earthworms and other beneficial soil-borne organisms that improve the health of your plants.

Bonemeal & superphosphate are organic and chemical (or inorganic) fertilisers respectively, which are essentially phosphates. Phosphorus is a macro-nutrient and responsible for many plant-growth functions, but it specifically initiates root growth. Because phosphates do not “travel” well in the soil, meaning they don't move down in soil quickly, they are usually placed in the soil or planting hole.

Mulching material can be bark, compost, dump rock, wood chips, and a few others. Mulching is essentially spreading a layer on top of the soil to retain moisture underneath. Mulching keeps the soil cooler in summer and warmer in winter. It also prevents weeds from growing and if organic, will decompose and improve the soil. Mulching will benefit the whole garden and especially cooler season plants like lilies and more thirsty plants like hydrangeas and roses.