

ALOVE ALOVE

EVERGREEN NOORDHOEK & LAKE MICHELLE

8 - 14 FEBRUARY 2021



WHAT'S ON THIS WEEK

Sunday the 14th of February is a great day to be in love...

Continuing last week's message of joy and appreciation, Valentine's Day is a wonderful opportunity to focus your attention on that certain someone who makes your heart skip a beat. The person you love more than anyone else... But even if you're single, it's still a great day to show your special friends how much you treasure them. For the ladies, why not get together for a 'Galentine's Day' lunch - to celebrate each other over pink drinks and good food [while respecting social distancing of course 😊]

No matter what anyone says, love at its best is silly and full of laughs so make sure you keep things light and full of laughter this week.

In our Valentine's edition of "Alove Alove", we celebrate [thanks to the amended lockdown regulations] the return of one of the world's oldest celebratory drinks with a new take on the French 75 sparkling wine cocktail. And because bubbly is a must on Valentine's Day, we've added in another sparkling dessert float that you can enjoy while listening to Michael Bolton's classic love songs in the background.

We also have your heart health covered on our Health Care page and for those who are interested, Sr Diana will be doing complimentary blood pressure tests in the clinic. Our Green Fingers page has also gone shades of pink and red as we dedicate this week to the most romantic flower - the Rose.

Best wishes for a very happy and blessed week,

Regards

Riaan and the Evergreen Team

*"If I know what love is,
it is because of you."*

Hermann Hesse



WEEKLY ACTIVITIES

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

MON 8 FEB	TUE 9 FEB	WED 10 FEB	THU 11 FEB	FRI 12 FEB	SAT 13 FEB	SUN 14 FEB
BISTRO Take-aways ext.2404 SPECIAL APPLE CRUMBLE OR MILTART R15	BISTRO Take-aways ext.2404 SPECIAL BLUEBERRY & CREAM PANCAKE R15	BISTRO Take-aways ext.2404 SPECIAL INDIVIDUAL QUICHES - R25 CINNAMON LOVE BUNS - R5	BISTRO Take-aways ext.2404 SPECIAL RED VALVET CUPCAKES - R15 INDIVIDUAL PIES - R15	BISTRO Take-aways ext.2404 SPECIAL BOEREWORS ROLL & TOMATO RELISH WITH COLD DRINK OR BEER - R50		
9am - 9.40pm STRETCH CLASSES Fynbos Sue 072 212 0277		9am - 9.40am STRETCH CLASSES Fynbos Sue 072 212 0277				
	10am - 1pm BRIDGE Fynbos Cecily ext. 2011		10am KNITTING GROUP TV lounge. Jenny ext. 2026			
2pm - 4pm CANASTA Fynbos Norma ext. 2089	2pm TABLE TENNIS, POOL / SNOOKER Fynbos					
		3pm DARTS Fynbos	3pm DARTS Fynbos			
			4pm TABLE TENNIS, POOL / SNOOKER Fynbos			

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

8 - 12 FEBRUARY 2021

MONDAY

BEEF LASAGNE

SERVED WITH A GREEK SALAD

TUESDAY

BACON, EGG AND FETA SALAD

SERVED WITH HOMEMADE BREAD

WEDNESDAY

FRIED CALAMARI

SERVED WITH TARTAR SAUCE, POTATO WEDGES & ROAST VEGETABLES

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

THURSDAY

MOROCCAN BEEF MEATBALLS

SERVED ON BASMATI RICE WITH ROASTED PUMPKIN & PEAS

FRIDAY

BACON & BLUE CHEESE QUICHE

SERVED WITH CHIPS & GREEK 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 February

IAN ALEXANDER - Noordhoek

.....

12th February

LYNN HARDING - Noordhoek

.....

13th February

MEGAN BAGSHAW - Noordhoek

MIKE CHILES - Noordhoek

.....

14th February

KENT REICH - Lake Michelle

SPECIAL MOMENTS

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

- J. Malouf -

.....

14th February

BILL & MIRELLE RAMAGE

- Noordhoek -

.....



BOTTOM'S UP!

FRENCH 77 PINK CHAMPAGNE COCKTAIL

SUNDAY, 14TH FEBRUARY IS VALENTINE'S DAY AND WHAT BETTER THAN A SPARKLING PINK DRINK TO SET THE SCENE!

THIS COCKTAIL IS A VARIATION ON THE POPULAR FRENCH 75. THE **FRENCH 77** INCLUDES ELDERFLOWER LIQUEUR AND PINK GIN, AND IS FINISHED WITH PINK SPARKLING WINE.



INGREDIENTS

- 3 ounces gin
- 1½ oz elderflower liqueur
- 1 ounce fresh lemon juice
- Dash orange bitters
- Chilled Champagne, Cava or Prosecco
- Lemon twists for garnish

METHOD

In a cocktail shaker, add the gin, elderflower liqueur, lemon juice, orange bitters, and enough ice cubes to fill the shaker $\frac{3}{4}$ full.

Shake it until cold, for about 15 seconds.

Pour into champagne glasses, top with chilled Prosecco, and garnish with a lemon peel.

WHAT'S COOKING

RASPBERRY LYCHEE SORBET CHAMPAGNE FLOAT

THIS RECIPE IS IN KEEPING WITH THE CHAMPAGNE THEME ON OUR BOTTOM'S UP PAGE. RASPBERRY LYCHEE SORBET IS SERVED IN COCKTAIL GLASSES WITH CHAMPAGNE POURED OVER FOR A FESTIVE DESSERT THAT DOUBLES A COCKTAIL. IT HAS A HINT OF SWEETNESS, BUT IS STILL TART AND REFRESHING.

INGREDIENTS

- 1 ½ cups/280g frozen raspberries
- 1 can (20oz/565g) can of lychees packed in their own juices
- ½ cup/120ml light colored honey
- A few drops of rosewater

METHOD

- Purée the raspberries with the lychees and their juices and honey in a high speed blender or food processor until smooth.
- Pour the purée through a fine sieve into a bowl; pressing to discard the seeds.
- Stir a couple drops of rosewater into the raspberry/lychee purée and pour into ice cream maker.
- Freeze according to the manufacturer's instructions until set, about 25-30 minutes.
- Transfer the sorbet to a plastic container and freeze until set and firm, about 1 hour.

TO MAKE THE FLOATS

- Place a small scoop of the sorbet into a glass.
- Slowly pour the Champagne over the sorbet.
- Garnish each glass with fresh raspberries, if desired.
- Serve immediately.



MUSICAL CORNER

This week we celebrate

MICHAEL BOLTON

Michael was born Michael Bolotin in New Haven, Connecticut, to Helen (Gubin) and George Bolotin. He has a brother, Orrin, and a sister, Sandra. His grandparents on both sides were Russian Jewish immigrants.

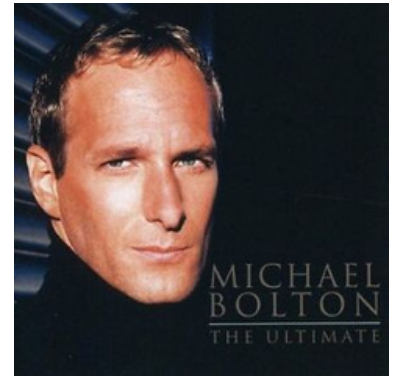
Bolton began recording in 1975. This first album was self-titled using his original family name of Bolotin. Early in his musical career he focused on hard rock, with his band Blackjack once opening for heavy metal artist Ozzy Osbourne on tour.

After anglicizing his family name to Bolton, he gained his first major hit as a songwriter, co-writing "How Am I Supposed to Live Without You" for Laura Branigan, previously best known for singing the pop hit "Gloria". Narrowly missing the Top 10 on the US pop chart, Branigan took the song to number one on the Adult Contemporary chart for three weeks in 1983.

Bolton achieved his greatest success in the late 1980s and early 1990s as a singer on the adult contemporary/easy listening charts. One of his first major hits was his 1987 interpretation of the Otis Redding classic "(Sittin' On) the Dock of the Bay". Redding's widow, Zelma Redding, said she was so moved by Bolton's performance "that it brought tears to my eyes. It reminded me so much of my husband that I know if he heard it, he would feel the same." Always interested in soul and Motown classics, Bolton's success with that song encouraged him to tackle the standard "Georgia on My Mind", with which he had another hit. In 1991, Bolton released the album *Time, Love & Tenderness* which featured his Grammy Award-winning cover version of "When a Man Loves a Woman".

A diverse and prolific songwriter, Bolton has worked with some of the greatest songwriters and producers of our time, including Lady Gaga, Diane Warren, Desmond Child, David Foster, Walter Afanasieff, Kenneth "Babyface" Edmonds, John "Mutt" Lange, Dann Huff, A.R. Rahman, Phil Ramone, and Ne Yo, among others. He is one of the very few artists to have co-written with the legendary Bob Dylan, resulting in the mega hit, "Steel Bars." Michael has penned songs that have been recorded and performed by a diverse list of over 100 artists, ranging from country western legend Conway Twitty to hip hop superstar Kanye West featuring Jay Z and John Legend. Other greats who have performed Bolton's songs include Mark Anthony, Wynonna Judd, Joe Cocker, Peabo Bryson, Kenny Rogers, and Patti LaBelle. Michael has written #1 hit singles impacting the careers of artists such as Laura Branigan ("How Am I Supposed to Live Without You"), KISS ("Forever"), Barbra Streisand ("We're Not Making Love Anymore"), Cher ("I Found Someone"), and Kenny G ("By the Time this Night is Over").

For his dedication to social activism, Michael has been honored with several Humanitarian awards - including the Martin Luther King Award granted by the Congress of Racial Equality (C.O.R.E.), the Lewis Hine Award from The National Child Labor Committee, the Muhammed Ali Humanitarian Award, the Ellis Island Medal of Honor from the National Ethnic Coalition of Organizations, and the Frances Preston Lifetime Achievement Award. Michael is especially proud of the initiatives carried out by his own foundation, the The Michael Bolton Charities, now in its 24th Year of advocating on behalf of women and children at risk.



QUICK FACTS

NAME

MICHAEL BOLOTIN

BIRTH DATE

26 FEBRUARY 1953

PLACE OF BIRTH

NEW HAVEN, CONNECTICUT, USA

HEIGHT

5' 9¼" (1.76 M)

GENRES

POP ROCK, SOFT ROCK, BLUE-EYED SOUL, CLASSICAL, MOTOWN

INSTRUMENTS

VOCALS, GUITAR, PIANO

AWARDS

2 GRAMMYS FOR BEST POP MALE VOCAL PERFORMANCE (NOMINATED FOUR TIMES), 6 AMERICAN MUSIC AWARDS, AND A STAR ON THE HOLLYWOOD WALK OF FAME. AS A SONGWRITER, HE HAS EARNED OVER 24 BMI & ASCAP AWARDS, INCLUDING SONGWRITER OF THE YEAR, 9 MILLION-AIR AWARDS, AND THE HITMAKERS AWARD FROM THE SONGWRITERS HALL OF FAME.

FAMOUS QUOTES

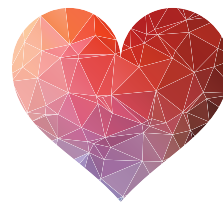
"It's an important thing to remember where you came from."



"The bigger you are, the harder they come down on you."

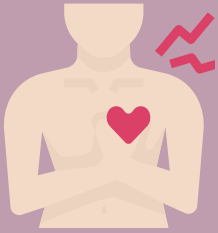
HEALTH CARE

LOVE YOUR HEART



CORONARY HEART DISEASE

Damage or disease in the heart's major blood vessels.



The usual cause is the build-up of plaque. This causes coronary arteries to narrow, limiting blood flow to the heart. Coronary artery disease can range from no symptoms, to chest pain, to a heart attack.

TREATMENTS INCLUDE

Lifestyle changes, medication, angioplasty and surgery. Treatment can help, but this condition can't be cured. It requires a medical diagnosis and lab tests or imaging is often required.

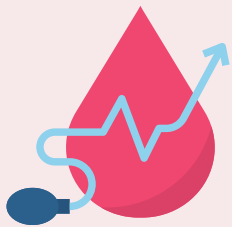
Chronic - can last for years or be lifelong

PAIN AREAS

- in the chest
- indigestion or nausea
- light-headedness or sweating
- fast heart rate or shortness of breath is also common

HIGH BLOOD PRESSURE (HYPERTENSION)

A condition in which the force of the blood against the artery walls is too high.



A condition in which the force of the blood against the artery walls is too high. Usually hypertension is defined as blood pressure above 140/90, and is considered severe if the pressure is above 180/120. High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease and stroke. Eating a healthier diet with less salt, exercising regularly and taking medication can help lower blood pressure.

TREATMENTS INCLUDE

Self care and diuretics, eating a healthier diet with less salt, exercising regularly and taking medication can help lower blood pressure.

Self-care: physical exercise, stress management, quitting smoking, home blood pressure monitors and a low sodium diet.

Medications: ACE inhibitor, diuretics, beta blocker, antihypertensive drug, calcium channel blocker and vasodilator

CARDIAC ARREST

Sudden, unexpected loss of heart function, breathing and consciousness.



Cardiac arrest usually results from an electrical disturbance in the heart. It's not the same as a heart attack.

The main symptom is loss of consciousness and unresponsiveness. This medical emergency needs immediate CPR or use of a defibrillator. Hospital care includes drugs, an implantable device or other procedures. It requires a medical diagnosis and lab tests or imaging is always required. If critical you will need emergency care.

TREATMENTS INCLUDE

Procedures and supportive care. This medical emergency needs immediate CPR or use of a defibrillator. Hospital care includes drugs, an implantable device or other procedures.

Supportive care: defibrillation, tracheal intubation, targeted temperature management and cardiopulmonary resuscitation (CPR).

Medications: blood pressure support, involuntary nervous system blocker and antiarrhythmic.

Medical procedure: coronary catheterization.

Devices: implantable cardioverter defibrillator

There may be many flowers in one's life...but only one rose...



The rose has long been the symbol of love and is often given as a gift on Valentine's Day. The Queen of flowers, the rose is probably the most popular and versatile shrub in the world.

Roses are robust and easy to grow, and with a little extra care, the rewards are boundless...

GROWING AND CARING FOR YOUR ROSES - PART ONE

BEST POSITION TO PLANT ROSES

Plant in a sunny position (at least 6 hours full sun) in well-drained, composted soil with a neutral pH. The best time to plant or transplant rose bushes is May and June.

WATERING ROSES

Unless it rains sufficiently, the following watering programme should be followed. Remember to adhere to water restrictions at all times. Keep foliage dry and try to water early in the morning.

Late spring and summer watering: Water deeply 3 times per week (15 litres per week)

Early spring and autumn watering: Water twice per week (10 litres per week)

Winter watering: Water once a week (5 litres per week)

FEEDING YOUR ROSES

Feed with a balanced rose fertilizer according to the recommended dosage as follows:

January - March: Fertilise once a month.

April - May: Fertilise once a month in warm areas only.

June: Fertilise only in subtropical areas

July: Feed after pruning. Spread a layer of compost onto beds.

September - December: Fertilise once a month.

IMPORTANT: Always water well after fertilizing to prevent burning the plant.

