

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

8 - 14 MARCH 2021

WHAT'S ON THIS WEEK

With the social calendar reinstated and activities back in full swing, I would like to thank all the organizers who are putting in the effort to get everyone out and about enjoying some fresh air. We would also like to welcome the many new residents who joined the Evergreen community during lockdown, and for taking all the necessary Covid precautions to ensure a safe move.

While on the topic of community I would also like to mention two special days we would like you to celebrate with us. The first is on the 13th - **"Good Samaritan Day"** - which we will run in conjunction with **"Support a Healthcare Worker Day"**. This is completely voluntary and any donations you wish to share will be donated to a local hospital or clinic where frontline workers have been working selflessly and tirelessly over the past year dealing with Covid-19. Being a good Samaritan starts with opening your heart so please feel free to show your support for this cause. We will also be adding to this initiative by combining it with Easter. We will be selling Easter eggs at R5 each at Reception and for every Easter egg sold, we will donate an Easter egg to Jones Safehouse - a non-profit organization for abused, abandoned and neglected children in Kommetjie. These sweet treats will be handed over on Easter Friday.

The second day is on the 15th, **"National Shoe the World Day"**. We will have collection boxes at Reception and in the Fynbos Lounge. Any shoes no longer being worn can be dropped into the boxes and together with the donations from the other Evergreen Villages will be donated to under privileged individuals before the start of winter.

EVERGREEN HONEY

I am proud to share a picture of our first honey harvest for 2021. Generally the annual harvest is done in November but with Covid restrictions the bees had a little more time to produce this batch. Beekeeper David Shirley set up 4 hives in the bottom part of the village and the colony has grown to around 30 000 bees. The nectar from the Bluegum trees along the Kommetjie Road side of the village, along with the vast variety of flowers found in the gardens in the area, helped to produce what is in the expert's opinion, 'a top grade honey'. Residents will be able to taste this honey, with our compliments, when enjoying breakfast or tea in the Bistro.

On that sweet note I wish you all a wonderful weekend.

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 8 MAR	TUE 9 MAR	WED 10 MAR	THU 11 MAR	FRI 12 MAR	SAT 13 MAR	SUN 14 MAR
BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404		
PROMOTION APPLE CRUMBLE & ICE CREAM R20	PROMOTION MALVA PUDDING & CUSTARD R15	PROMOTION BAKED CHEESECAKE & CREAM R20	PROMOTION CHOCOLATE SWISS ROLL & CAPPUCINO R25	PROMOTION VANILLA CUPCAKE & CAPPUCINO R25		
9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277				
10h30-12h30 MEDICAL MONDAY Fynbos Sr Diana ext. 2403	10h00 - 13h00 BRIDGE / CANASTA Fynbos Cecily ext. 2011		10h00 KNITTING GROUP TV lounge. Jenny ext. 2026			
14h00- 16h00 BRIDGE / CANASTA Fynbos Norma ext. 2089	14h00 TABLE TENNIS, POOL / SNOOKER Fynbos					
		15h00 DARTS Fynbos	15h00 DARTS Fynbos			
	REMINDER. WEDNESDAY REFUSE GETS COLLECTED		16h00 TABLE TENNIS, POOL / SNOOKER Fynbos			

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



LUNCH MENU

OPEN 08H00 - 17H00
AVAILABLE AS A TAKE-AWAY OR SIT DOWN AT R52 PER MEAL

8-12 MARCH 2021

MONDAY

BEEF CURRY

WITH BASMATI RICE & SEASONAL VEGETABLE

TUESDAY

PESTO PASTA

WITH ROSEMARY, CHICKEN & BROCCOLI

WEDNESDAY

PORK & APPLE PIE

WITH GRAVY, SWEET POTATO WEDGES & ROAST VEGETABLES

THURSDAY

HAKE KEDGEREE

WITH CHILLI YOGHURT & GREEN BEANS

FRIDAY

CRUMBED CHICKEN BURGER

SERVED WITH CHEESE SAUCE, CHIPS & HARVEST SALAD

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 16H00 FOR THE FOLLOWING DAY.

NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY.

PLEASE CONTACT DANIELLE 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!*

.....
No Birthdays to celebrate this week
.....

SPECIAL MOMENTS

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

- J. Malouf -

.....
13th March
ERIC & ELIZABETH SMITH
- Noordhoek -
.....



BOTTOM'S UP!

ALL YOU NEED TO KNOW ABOUT BEER PAIRING

We all know which wines pair best with certain dishes, but what about beer? While there are loads of different types of beer available these days, the list below is a great start!

A GUIDE TO DIFFERENT TYPES OF BEER

LAGER

- DUNKEL**
Malty, smooth, low bitterness, slightly sweet
Color: amber to dark reddish brown
ABV: 4% - 5.5%
- AMERICAN LAGER**
Full-flavored, smooth and crisp
Color: Medium yellow
ABV: 4.2% - 5.3%
- PILSNER**
Hoppy, slightly malty
Color: Pale straw to golden
ABV: 4.5% - 5.5%
- BOCK**
Strong malt flavor, more malty than hoppy
Color: dark amber to brown
ABV: 5.5% - 7.5%

ALE

- ENGLISH BITTER ALE**
Light, moderately hoppy, has a fruity aroma
Color: gold to copper
ABV: 3.0% - 5.0%
- STOUT**
Malty, rich, strong, sweet
Color: medium brown to black
ABV: 4.2% - 5.9%
- PALE ALE**
A good balance of maltiness and hoppiness
Color: Pale straw to golden
ABV: 4.7% - 7.0%
- INDIA PALE ALE**
Hoppy and extremely bitter
Color: deep golden to copper
ABV: 5.5% - 7.5%

For more manly hacks and tips like these, head over to ruggedstandard.com/types-of-beer

PAIRING YOUR BEER

IPA
BURGERS, SPICY FOODS, CARROT CAKE
Icons: burger, chili pepper, carrot cake

PILSNER
CHICKEN, SALMON, SALAD
Icons: chicken, fish, tomato

HEFEWEIZEN
SALAD, SEAFOOD, FRUIT, TACOS
Icons: watermelon, apple, shrimp, fish, taco

AMBER ALE
CHICKEN, SEAFOOD, BURGERS, SPICY FOODS
Icons: chicken, chili pepper, burger, shrimp, pig

BROWN ALE
PORK, SALMON
Icons: pig, fish

PORTER
BBQ, BEEF, BLACKEND FISH
Icons: grill, cow, cow

STOUT
BEEF, CHICKEN, OYSTERS
Icons: cow, chicken, oyster

WHAT'S COOKING

MARINATED CHERRY TOMATOES

As the season begins to change, we turn our hand to pickling and bottling. These Marinated Cherry Tomatoes are so easy to make and so full of flavor you'll want to put them on EVERYTHING!

SERVING SUGGESTIONS FOR MARINATED TOMATOES

- a tasty topping for avocado toast
- piled high on crusty bread to make the ultimate bruschetta
- as a salad mix-in that doubles as a dressing
- an epic side dish for all your summer grilling eats
- a topping for chicken, steak, or salmon
- on top of pizza or flatbread and so. much. more.

Whether you serve them up as an appetizer, a condiment, or as a scrumptious side dish, these marinated cherry tomatoes are sure to be a hit!



INGREDIENTS

- ½ pound ripe cherry tomatoes quartered
- ¼ red onion sliced thin
- ½ - 1 clove garlic smashed and minced into a paste
- sea salt to taste
- ¼ cup quality extra virgin olive oil
- 1 TBSP red wine vinegar
- 1 lemon juiced
- freshly ground black pepper to taste
- optional fresh basil

METHOD

- Quarter your cherry tomatoes and slice onion into thin strips.
- Using the flat side of your knife, smash peeled garlic and mince into a paste. Season with a pinch of salt and add to a bowl with your veggies.
- Add olive oil, vinegar, lemon juice, freshly cracked black pepper, and fresh basil if you have some handy! Mix to coat the tomatoes and allow to sit at room temperature for 1-2 hours, stirring occasionally. Enjoy at room temperature and feel free to adjust salt and pepper to taste.
- These marinated tomatoes are fantastic as a Summer salad topping that doubles as a dressing too! Pair with leafy greens, homemade croutons and all your favorite mix-ins. It's also amazing on top toasted crostini as an appetizer and goes great on top of avocado toast too! The possibilities are endless. Enjoy!

MUSICAL CORNER

With all the incredible artists featured last week, it was hard to narrow it down to only 4. This week we've chosen one of the greats who left us far too soon ... for your listening pleasure, please click on her name to hear more of her music

KAREN CARPENTER

2 MARCH 1950 - 4 FEBRUARY 1983

SINGER | DRUMMER, MEMBER OF MUSIC DUO THE CARPENTERS WITH HER BROTHER RICHARD CARPENTER



Karen Anne Carpenter was an American singer and drummer who, along with her elder brother Richard, was part of the duo The Carpenters. She was praised for her three-octave contralto vocal range and drumming abilities. Her struggles with eating disorders would later raise awareness of anorexia and body dysmorphia.

Born in New Haven, Connecticut, Karen Carpenter moved with her family to Downey, California, in 1963. Karen's older brother, Richard Carpenter, decided to put together an instrumental trio with him on the piano, Karen on the drums and their friend Wes Jacobs on the bass and tuba. In a battle of the bands at the Hollywood Bowl in 1966, the group won first place and landed a contract with RCA Records. However, RCA did not see a future in jazz tuba, and the contract was short-lived.

Karen and Richard formed another band, Spectrum, with four other fellow students from California State University at Long Beach that played several gigs before disbanding. In 1969, Karen and Richard made several demo music tapes and shopped them around to different record companies; they were eventually offered a contract with A&M Records. Their first hit was a reworking of The Beatles hit "Ticket to Ride", followed by a re-recorded version of Burt Bacharach's "Close to You", which sold a million copies.

Richard and Karen became one of the most successful groups of the early 1970s, with Karen on the drums and lead vocals and Richard on the piano with backup vocals. They won three Grammy Awards, embarked on a world tour, and landed their own TV variety series in 1971, titled *Make Your Own Kind of Music!* (1971).

In 1975 the story came out when The Carpenters were forced to cancel a European tour because the gaunt Karen was too weak to perform. Nobody knew that Karen was at the time suffering from anorexia nervosa, a mental illness characterized by obsessive dieting to a point of starvation.

In 1980, she married real estate developer Thomas J. Burris. However, the unhappy marriage really only lasted a year before they separated. (Karen was to sign the divorce papers the day she died). Shortly afterward, she and brother Richard were back in the recording studio, where they recorded their hit single "Touch Me When We're Dancing". However, Karen was unable to shake her depression as well as her eating disorder, and after realizing she needed help, she spent most of 1982 in New York City undergoing treatment. By 1983, Karen was starting to take control of her life and planning to return to the recording studio and to make public appearances again. In February of 1983, she went to her parents' house to sort through some old clothes she kept there when she collapsed in a walk-in closet from cardiac arrest. She was only 32. Doctors revealed that her long battle with anorexia nervosa had stressed her heart to the breaking point.

TRIVIA

- Ranked #29 on VH1's 100 Greatest Women of Rock N Roll
- Started out singing in two unsuccessful singing bands called "The Dick Carpenter Trio" and "Spectrum".
- "A Star on Earth - A Star in Heaven" is written in her mausoleum.
- Among her friends were Petula Clark, Olivia Newton-John and Dionne Warwick.
- The song "Now", recorded in April 1982, was the last song she ever recorded.
- The Carpenters franchise is very big and popular in Japan. By 1977, the Carpenters received 11 gold records from Japan and in 1976, the Carpenters' tour of Japan was the largest grossing in Japanese history.
- Collected Disney memorabilia.
- Songwriter Paul Williams wrote "Rainy Days and Mondays" for her.
- Performed and sang for Richard Nixon at the White House in 1972
- Loved to play softball/baseball and played the drums.
- Won three Grammy Awards.
- Had to have surgery on her ear, during the late 1970s, for impaired hearing.
- Her family started the "Karen A. Carpenter Memorial Foundation", which raised money for research on anorexia nervosa and eating disorders. Today, the title has been changed to "Carpenter Family Foundation"... in addition to eating disorders, the foundation now funds the arts, entertainment and education.
- By June 1981, the Carpenters had sold over 55 million albums.
- She and her brother, Richard Carpenter, were both awarded a Star on the Hollywood Walk of Fame for Recording at 6931 Hollywood Boulevard in Hollywood, California on October 12, 1983.

HEALTH CARE

HEALTH & NUTRITION MONTH

FIBRE FOR SENIORS

YOU MAY BENEFIT FROM MORE FIBRE

Bowel-related issues, including constipation and diverticular disease, can occur as you age. You can help protect yourself by increasing your fiber intake.

A high-fiber diet may prevent **Diverticular Disease**, a condition in which small pouches form along the colon wall and become infected or inflamed. This condition is especially common among the elderly.

Diverticular disease is often viewed as a disease of the Western diet. It's incredibly common, affecting up to 50% of people over age 50 in Western countries. Conversely, diverticular disease is almost absent in populations with higher fiber intakes. For example, in Japan and Africa, diverticular disease affects less than 0.2% of people.

WHAT IS FIBER

Fiber is a complex carbohydrate that does not breakdown during digestion. Fiber is found in plant foods.

THERE ARE TWO TYPES OF FIBER:

Soluble Fiber and Insoluble Fiber.

Soluble fiber is found in fruits and vegetables, dried beans, oats, barley, and rice.

Insoluble fiber is often referred to as roughage and is found in wheat, whole grain breads and cereals, fruit and vegetable skins, nuts, and seeds. About 70% of our fiber intake is from insoluble fiber and 30% from soluble fiber



BENEFITS OF EATING FIBER:

- Increases the feeling of fullness which helps control appetite and weight
- Decreases the risk of colon cancer

SOLUBLE

- Decreases the risk of heart disease
- Helps manage blood glucose

INSOLUBLE

- Keeps waste products moving through the digestive system
- Reduces the symptoms in some digestive disorders
- Decreases the transit time of food through the digestive tract
- Prevents constipation
- Promotes bowel regularity

When you want to increase fiber in your diet, make sure you do so gradually and drink plenty of fluids to keep it moving through your body. Don't eat all of your fiber for the day in one sitting, spread it out throughout the day.



FIBER SUPPLEMENTS

High fiber foods are usually high in other nutrients as well. It is hard to determine if the benefits from a high fiber diet all actually come from fiber or if other nutrients also contribute. Fiber supplements usually contain only one type of fiber, so eating a variety of different foods containing different types of fiber is a better option.

INCREASING FIBER IN YOUR DIET:

- Read food labels and pick products that are higher in fiber.
- Use whole grain flour rather than white flour for baking.
- Eat fruits and vegetables with the skin.
- Try whole grains like whole wheat, corn, or oats.

- Substitute legumes (beans or peanuts) for meat a couple of times a week.
- Replace white rice with brown rice.
- Eat a high fiber cereal for breakfast or add fruit to your cereal in the morning.
- Snack on popcorn instead of potato chips.
- Eat romaine lettuce or spinach instead of iceberg lettuce.

MARCH MAINTENANCE

MARCH GARDEN CHECKLIST

As the last month of summer comes to an end, it's time to start preparing the garden for autumn and winter growing. March presents ideal conditions for sowing seeds as the day temperatures are still warm enough, while night temperatures begin dropping gradually. This is also a great time for cool-season seed germination varieties, and let's not forget that much-loved gardening maintenance. Give your garden beds some much needed nutrients with All Purpose this month.

FLOWERS AND FOLIAGE

The autumn climate is well-suited for planting as new roots get a chance to establish themselves before spring. Try sowing these lovelies now for a brilliant flush of colour and fragrance:

- African daisy (*Dimorphoteca*) to beautify beds, borders, and containers.
- Livingstone daisy, known also as Bokbaai vygie (*Mesembryanthemum*) are colourful customers.
- Virginian stocks (*Malcolmia maritima*) as an enthusiastic and cheerful bloom.
- Pot marigold (*Calendula officinalis*) to keep pests at bay in the veggie patch.
- Blue Felicia bush (*Felicia amelloides*) for fast-growing, striking sky-blue flowers.



SWEET PEAS

Before sowing sweet peas, prepare their new home by digging deep trenches and working in some nutritious compost from your local GCA Garden Centre. Bonemeal (if you don't have dogs) and super-phosphate are excellent choices to assist in creating your sweet pea sanctuary. Remember to soak the seeds overnight in lukewarm water before sowing directly into the ground.

ROSES

Roses are a simply spectacular sight in autumn! To ensure quality blooms into winter, continue with regular preventative treatments/spraying for black spot, beetles and bollworm. As the days get shorter, the roses start to go dormant and withdraw food from their leaves. To compensate for this and to provide enough food for new growth and flowers, fertilise with Bio Ocean. Regular watering is very important if there is insufficient rainfall. **Tree tip:** Plant new fruit trees from mid-March onwards in temperate regions to ensure a good spring and summer harvest.

VEGGIES AND HERBS

Winter veggies are ready to be planted for delicious soups and stews to enjoy during the chilly nights. Sow/plant these cool-season sensations now for an autumn/winter harvest:

Cabbage, broccoli, and cauliflower, broad beans, brussel sprouts, and onions, spinach, leeks, celery, and peas, gooseberries, beetroot, and garlic. **Tip:** Do companion planting with wild garlic, yarrow, comfrey, and Marigolds to assist with soil nutrition and natural pest control.

HERB PRESERVATION

Start harvesting and preserving your greens now. Chop mint, parsley, basil and lemon balm, place them in an ice tray, fill with water, and pop them in the freezer. Aromatic herbs such as oregano, marjoram, thyme, sage, bay leaf, and rosemary, are better air-dried. Continue to feed herbs monthly with a half-strength liquid fertiliser and water regularly.

MARCH MAINTENANCE: -START THESE MAINTENANCE JOBS NOW:

Work in about 30cm of compost into beds with a handful of All Purpose to ensure plants have all the nutrition they need for winter.

Trim ground covers like sutera (*bacopa*) that may have taken strain during the hot summer months. They'll produce fresh new growth and will thicken up nicely.

Give fynbos plants like confetti bush, a light trim to shape them up before their winter flowering.

Remember to reduce the amount of water given to houseplants.