

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

15 - 21 MARCH 2021

## WHAT'S ON THIS WEEK

With last weeks return of the Friday Night Social it is back this week by popular demand. All residents are welcome and in particular the new residents who recently moved into the Village. On that note, I'd like to extend an official welcome to Kevin and Judith Peck (63), Shirley Bosman (103), Phillip and Suzanne Cadman (119), and Monika Graser and Michael Sanders (120).

Thank you to everyone who supported and who continues to support our initiatives. We have received close to 50 pairs of shoes (see the thank note you below) which we will donate on Monday for "National Shoe the World Day". Thank you also to everyone who supported the Easter Egg drive. We have to date sold 50 Easter eggs taking the total number of sweet treats to be donated to 100.

I would again also like to invite all residents to send me requests and/or suggestions - or even to pop by and discuss - any interest groups or activities you would like to see started up in the village. The opportunities are endless and it's a great way to socialise and make new friends.

Wishing you all a fantastic 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 15 MAR	TUE 16 MAR	WED 17 MAR	THU 18 MAR	FRI 19 MAR	SAT 20 MAR	SUN 21 MAR
BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404		
PROMOTION HOME BAKED SCONES WITH PRESERVES R20	PROMOTION CHOCOLATE TRIFLE  R15	PROMOTION ST PATRICKS DAY BREAKFAST R30	PROMOTION TRADITIONAL MILK TART  R15	PROMOTION CINNABUN BREAD PUDDING R15		
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	10h00-12h00 CHRISTIAN FELLOWSHIP Fynbos John Wyllie ext. 2018	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			
	<b>REMINDER!</b> <b>WEDNESDAY IS REFUSE COLLECTION DAY</b>		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

15-19 MARCH 2021

### MONDAY

**SALMON & SPINACH QUICHE**  
WITH POTATO WEDGES & GARDEN SALAD

### TUESDAY

**BEEF SAUSAGES**  
WITH GRAVY, MASHED POTATO & SEASONAL VEGETABLES

### WEDNESDAY

**CORNEBEEF**  
WITH POTATO ROSTI, TEMPURA BROCCOLI AND SWEET CARROTS

### THURSDAY

**CHICKEN & MUSHROOM POT PIE**  
SERVED WITH GRAVY, PARSLEY POTATOES & SEASONAL VEGETABLES

### FRIDAY

**BUTTERNUT COTTAGE PIE**  
SERVED WITH GRAVY & SEASONAL VEGETABLES

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!*

.....  
**18th March**  
**MAV MAGNIN - Noordhoek**  
.....

.....  
**21st March**  
**CORA VERLAAN - Noordhoek**  
.....

## SPECIAL MOMENTS

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

*- J. Malouf -*

.....  
**16th March**  
**JOHN & PRECILLA GRIMMER**  
**- Noordhoek -**  
.....





# BOTTOM'S UP!

## FROZEN PEACH BELLINI COCKTAIL

Make the most of the last of the summer with this elegant frozen Peach Bellini. It's light, refreshing and super easy to make! All you need is 3 ingredients and 5 minutes!



### INGREDIENTS

- 3 cups fresh or frozen peaches, diced
- 1 1/2 tablespoons sugar
- 1 cup ice cubes
- 3 cups Prosecco, Champagne or other sparkling wine

### METHOD

- Add the peaches, sugar, and the ice cubes in a blender. Blend until smooth.
- 2. Add wine and pulse until fully incorporated.
- 3. Divide into glasses and top with a peach slice. Enjoy!



# WHAT'S COOKING

## HASSLEBACK SWEET POTATOES

Sweet potatoes are super healthy. Yes, a bit carb-y and the glaze adds calories, but they are also rich in antioxidants.

### SHORTCUTS

Take a shortcut in this recipe and pre-cook the potatoes in the microwave for 4-6 minutes for a total cooking time of 15 minutes. It also makes cutting the sweet potatoes (to “hasselback” them) so much easier.

You can skip cooking them on the braai in the last step altogether. You won't have the nice char on the outside, but they'll still be good. Alternatively grill the potatoes in the oven with the glaze in the last step for a few minutes.



### INGREDIENTS

2 large-ish (or 4 smaller) sweet potatoes, scrubbed

#### MAPLE [OR HONEY] PECAN TOPPING

- 4 Tbsp butter
- 1 ½ Tbsp maple syrup or honey
- 1 tsp finely chopped fresh rosemary or thyme
- pinch nutmeg or cinnamon
- 2 tbsp finely chopped pecans

#### OTHER TOPPING SUGGESTIONS

##### GARLIC BUTTER HERB

4 Tablespoons butter, 1 teaspoon minced or grated garlic, 2 Tablespoons finely chopped herbs (e.g. chives, thyme, rosemary), 1 Tablespoon lemon juice

##### PESTO PARMESAN

4 Tablespoons basil pesto [Pesto Princess is one of the best], 1 tablespoon olive oil. Use grated Parmesan cheese as garnish.

##### SPICY HONEY DIJON

3 Tablespoons honey (or maple syrup), 1 Tablespoon Dijon, 2 Tablespoons butter, 1 Tablespoon rosemary finely chopped, ½ teaspoon salt, ½ teaspoon chili flakes

### METHOD

- **PREPARE THE POTATOES:** Pierce sweet potatoes with knife in a few places to allow steam to escape. Microwave on high 4 minutes (for small potatoes) and 6 minutes (for larger potatoes) or until tender. Using a sharp knife, cut horizontal slits on each potato 1/3 inches apart, DO NOT cut all the way through - leave ½ inch at the bottom uncut.
- **MAKE TOPPING OF YOUR CHOICE:** Combine all ingredients for topping in a small bowl (except nuts if using). If topping you choose includes butter, microwave for 20 seconds. Brush half of topping over potatoes, including in between each slit. Reserve the rest for later, adding nuts at this point if your topping includes them).
- **BRAAI SWEET POTATOES:** Braai sweet potatoes for 3-4 minutes, slit side down, until char marks form. If desired, grill on both sides as well, carefully turning with tongs. No need to grill the bottom. Transfer potatoes to plate. Brush on remaining topping. Garnish with parsley, nuts or other garnish if desired. Larger potatoes can be cut in half or thirds before serving.
- **IF GRILLING IN THE OVEN:** add half the topping, grill sweet potatoes on a pan lined with foil (for easy clean up), slit side up, 8-10 inches from the oven heat source for about 3 minutes or until some char forms. Then brush on the remaining topping and nuts if using.

# MUSICAL CORNER

Nat King Cole has been hailed as one of the best and most influential pianists and small-group leaders of the swing era. For your listening pleasure, please click on his name to hear more of his iconic music

## NAT 'KING' COLE

17 MARCH 1919 - 15 FEBRUARY 1965

SINGER | PIANIST [JAZZ AND TRADITIONAL POP] | FATHER OF SINGER NATALIE COLE



With his jazz leanings, his blues undertones and a voice as smooth as silk Nat 'King' Cole appealed to just about everyone...black or white. Nat blazed a trail for Black performers in America and according to Time magazine, "He wasn't corrupted by the mainstream. He used jazz to enrich and renew it and left behind a lasting legacy. Very like a king."

Nat King Cole was born Nathaniel Adams Coles in Montgomery, Alabama. His family moved from Montgomery to Chicago when he was five years old. His father, Edward James Coles, was a preacher and as a child he sang in church after being encouraged by his mother who was an amateur pianist. At 12 he was playing the church organ and at 14 he formed a 14 piece band called the Royal Dukes. His three brothers, Ike, Eddie and Frankie also played the piano and sang professionally. His older brother Eddie, who played bass, encouraged him and soon the two were leading a band that played on Chicago's south side. Things seemed to come to an abrupt halt for sixteen-year-old Nat when Eddie left to join an orchestra in New York. However, that didn't last long and Eddie was soon back in Chicago and the brother's band was now going out as Eddie Cole and His Solid Swingers. He made his recording debut in July 1936 for Decca with brother Eddie's band. Soon after his first recording, he left Chicago and ended up in Los Angeles, the beginning and the end of 'Route 66'; which would become one of Cole's biggest hits in 1946. He had fallen for a dancer named Nadine who had persuaded the producers of a revival of Eubie Blake's revue, 'Shuffle Along' to let Nat play the piano. The show was touring and on the way, the two of them got married and although the show was far from successful, by the time they ended up in California they decided to stay. Playing up and down the California coast the band began to gain a solid reputation and Nat, in particular, was drawing admiring comments from the jazz fraternity and particularly other piano players who marveled at his talent. He also gained the moniker 'King' from a club owner; it certainly stuck.

Eventually, Nat was offered a residency at the Swanee Inn on North La Brea Avenue, just south of Hollywood. The place was small so a three-piece was the only option - the King Cole Trio was born; Nat enlisted bassist Wesley Prince and guitarist Oscar Moore to play with him, and inspired choice as both men were well known in Hollywood studios added to which the three of them got on really well. The first time they recorded in 1939 they did so as King Cole's Swingsters, and over the next three years they laid down some great jazz as the King Cole Trio with songs such as 'Hit That Jive Jack' and 'I Like To Riff' that are firmly rooted in the genre. In November 1942 the King Cole Trio recorded, 'That Ain't Right', which went to No.1 on the R&B charts. A switch to the newly formed Capitol Records brought national recognition when, in early 1944, 'Straighten Up and Fly Right' became a big hit; it was apparently the theme of one of his father's sermons.

Following his switch to Capitol, Nat King Cole was rarely off the Billboard best-sellers list. While he worked with big studio orchestras from 1946 onwards his earlier work owed more to the juke joints than to the ballrooms and concert halls. After playing at the Paramount in New York with the Stan Kenton Orchestra in 1946, Cole got a radio series, becoming one of the very few to get commercial sponsorship during a period when 'white was still right' as far as advertisers were concerned.

Nat's drift away from his roots continued and after divorcing Nadine he married Maria Ellington. Her background was solidly professional Boston, a good deal more upper class than show-biz; this despite the fact that Maria sang with Duke Ellington's Orchestra - although she was no relation.

Such was Cole's success on Capitol that it was the revenue from the sales of his recordings that helped the label to become so important. For the next two decades Cole was one of the biggest things on the R&B charts, and no slouch on the mainstream Billboard charts, as his records increasingly crossed over to the white audience. Interestingly, one of his best-known songs, 'Unforgettable' (recorded in 1951), was not one of his biggest single releases.

Cole, a heavy smoker, was diagnosed with lung cancer in 1964. He died the following year, aged 45. In March 2000, with Ray Charles as his presenter, Nat King Cole was inducted into the Rock and Roll Hall of Fame.

## TRIVIA

- He was awarded two stars on the Hollywood Walk of Fame. One for Television and one for Recording
- Inducted into the Big Band and Jazz Hall of Fame in 1993.
- Winner of a posthumous Lifetime Achievement Grammy award in 1989. Incredibly enough, he was nominated for a Grammy only once in his lifetime, in 1958, and lost.
- First African-American to have his own TV show - The Nat King Cole Show (1956).



# HEALTH CARE

## HEALTH & NUTRITION MONTH

### YOU MAY NEED MORE CALCIUM, VITAMIN D & VITAMIN B12

Calcium and vitamin D are two of the most important nutrients for bone health. Calcium helps build and maintain healthy bones, while vitamin D helps the body absorb calcium.

Unfortunately, older adults tend to absorb less calcium from their diets as the gut tends to absorb less calcium with age. However, the reduction in calcium absorption is likely caused by a vitamin D deficiency, since aging can make the body less efficient at producing it.

Your body can make vitamin D from the cholesterol in your skin when it is exposed to sunlight. However, aging can make the skin thinner, which reduces its ability to make vitamin D. Together, these changes could prevent you from getting enough calcium and vitamin D, promoting bone loss and increasing your risk of fractures.

#### VITAMIN D AND CALCIUM-RICH FOODS

To counter aging's effects on your vitamin D and calcium levels, it's necessary to consume more calcium and vitamin D through foods and supplements. Older people can also benefit from taking a vitamin D supplement like cod liver oil.

#### FOODS THAT CONTAIN CALCIUM:

- milk, cheese and other dairy foods.
- green leafy vegetables – such as curly kale, okra and spinach.
- soya drinks with added calcium.
- bread and anything made with fortified flour.
- fish where you eat the bones – like sardines and pilchards.



#### GOOD SOURCES OF VITAMIN D

- oily fish – such as salmon, sardines, herring and mackerel
- red meat
- liver
- egg yolks
- fortified foods – such as some fat spreads and breakfast cereals

#### VITAMIN B12

Vitamin B12 is a water-soluble vitamin also known as cobalamin. It's essential for making red blood cells and maintaining healthy brain function. Unfortunately, studies estimate that 10–30% of people over age 50 have a reduced ability to absorb vitamin B12 from their diet. Over time, this could cause a vitamin B12 deficiency.

Vitamin B12 in the diet is bound to proteins in the food you eat. Before your body can use it, stomach acid must help it separate from these food proteins.

Older people are more likely to have conditions that reduce stomach acid production, leading to less vitamin B12 absorption from foods. Atrophic gastritis is one condition that can cause this.

Additionally, older people who follow a vegan or vegetarian diet are less likely to eat rich sources of vitamin B12, since it's more abundant in animal foods such as eggs, fish, meat and dairy.





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- fish and shellfish like trout, salmon, tuna fish, clams and mussels
- fortified breakfast cereals [food fortification is the process of adding nutrients that are not originally in the food]
- low-fat milk
- fortified non-dairy milk like almond, soy and rice milks
- yogurt
- cheese
- eggs



## VINEGAR AND YOUR GARDEN

Instead of using toxic chemicals in your garden and possibly harming the environment, why not try a natural solution like Vinegar instead? White distilled vinegar has numerous uses in the garden:

### DETERS CATS AND PESTS

Dogs, cats, rodents, moles, and rabbits hate vinegar. So if your neighbour's cat has a habit of coming into your garden, spray white vinegar around that area and you won't see him/her anywhere near your home again. You can also soak old cloths in vinegar and hang it on stakes around your garden. If it rains just add more vinegar.

### KEEPS YOUR CLAY POTS CLEAN

Clay pots keep the soil moist and are also great because they protect the roots during the long summer days. However, they tend to absorb minerals, calcium, and salt from the water and fertilizers. Using white vinegar can help make your pots look like new. Here's what to do:

- Scrub the crusty residues from the pots. Dip the pots in 20-25 percent vinegar solution which would be a cup of 5% vinegar to 3-4 cups of water. Leave them in the solution for half an hour. If you can still notice some residue, wipe them off using undiluted vinegar.

### REPELS ANTS

Many gardeners say vinegar is the best organic insecticide so spray on affected areas and you won't see ants ever again. Spray again after 2-3 days and ants will be gone.

### REMOVES WEEDS

Spray pure white vinegar on your walls or walkways to get rid of weeds.

- Add a cup of salt, a tablespoon of lemon juice, and two tablespoons of dish soap in a gallon of 5% white vinegar. Stir well, and transfer the liquid into a sprayer.

### EXTENDS THE LIFE OF CUT FLOWERS

Add two tbsp of vinegar and 1 tbsp of sugar in a vase. Put the flowers in this solution and change it every couple of days.

### GETS RID OF GARDEN INSECTS

Make a combination of 3 parts of water, 1 part of vinegar and 1 tsp of dishwashing agent, and put it into a sprayer bottle.

### GETS RID OF FRUIT FLIES

The following solution will help you protect your fruits. This solution works for household flies too.

- Combine half a cup of apple cider vinegar, 1 tablespoon of molasses, a cup of water and a quarter cup of sugar
- Transfer the liquid into a container of your choice, and hang it on your fruit tree. Fruit flies will "attack" the liquid and get trapped in it.

### REFRESHES ACID LOVING PLANTS

Rhododendrons, gardenias or azaleas will be happy if you use white vinegar. Add 1 cup of vinegar to a gallon of water and water these plants.

### REMOVES RUST FROM GARDEN TOOLS

Use undiluted vinegar on your tools. Spray them with the vinegar or just dip them in it for a few minutes. All you have to do next is rinse them well with water.

### FIGHTS FUNGUS

If you notice your plants don't grow well or there are some dark spots on their leaves, they probably have fungus or mould. Use white vinegar to get rid of this. Add 2 tbsp of vinegar to a brewed chamomile tea. Put it in a sprayer and spray your plants. For roses, add three tbsp of cider vinegar to four liters of water. Spray them with this and get rid of the fungus.

### KILLS SLUGS AND SNAILS

White vinegar will keep slugs and snails away from your garden which is why its gardeners' favorite "anti-snail" product.

