

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

22 - 28 MARCH 2021

WHAT'S ON THIS WEEK

The year has gotten off to a flying start and believe it or not we are a week away from Easter and the 1st school holiday of 2021. We have seen the first heavy rain and the typical Noordhoek winds that come with it and if it was anything to go by, we will surely have one very wet winter ahead of us.



On the note of a cold and wet winter and those in dire need, I am proud to share that as a village we collected a total of 78 pairs of shoes for "National Shoe the World Day". Every pair of shoes will surely make a big difference in the months to come.

We will be also sharing details on the Easter Egg hunt (with a twist) that will be taking place on Thursday, 1 April. On the same day we will also be handing over the Easter eggs to the children at Jones Safehouse for children. The support has been amazing and we have so far sold 117 Easter Eggs bringing the number of eggs to be donated to 234. Thanks to this amazing support we have extended the donations to more similar homes in our area.

On Thursday we also had our first resident hike at Silvermine with Fit-2-Hike guide Frank Dwyer. Thank you to all the residents that got out into the fresh air and supported this great outdoor initiative. Everyone thoroughly enjoyed it and I am sure the next hike will be fully booked too!

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 22 MAR	TUE 23 MAR	WED 24 MAR	THU 25 MAR	FRI 26 MAR	SAT 27 MAR	SUN 28 MAR
BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404		
PROMOTION CINNAMON DOUGHNUTS R6 EACH	PROMOTION INDIVIDUAL PEPPERMINT CRISP TART R20 EACH	PROMOTION BANANA BREAD & COFFEE R25	PROMOTION LAMMINGTONS R8 EACH	PROMOTION CAKE OF THE DAY R20 PER SLICE		
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 IS RECYCLING COLLECTION DAY		16h00 TABLE TENNIS, POOL / SNOOKER Fynbos	17h00 SUNDOWNER SOCIAL Top Lawn Norma ext. 2089		

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

22-26 MARCH 2021

MONDAY

TEMPURA PORK

SERVED WITH ROAST POTATO WEDGES & A GREEK SALAD

TUESDAY

FISH CAKES

SERVED WITH SAVOURY RICE AND SEASONAL VEGETABLES

WEDNESDAY

BEEF & MUSHROOM PIE

WITH GRAVY, MASHED POTATO & SEASONAL VEGETABLES

THURSDAY

CHICKEN CURRY

SERVED WITH BASMATI RICE & A WALDORF SALAD

FRIDAY

PORK SAUSAGES

SERVED WITH GRAVY, MASHED POTATOES & ROAST 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!*

.....

28th March

JEFF KOOREVAAR - Noordhoek
MAUREEN MORRIS - Noordhoek

.....

SPECIAL MOMENTS

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

- J. Malouf -

.....

24th March

GORDON & SHONA FARQUHARSON
- Noordhoek -

.....



BOTTOM'S UP!

SANGRIA

Sangria is an alcoholic beverage originating in Spain and Portugal. Under EU regulations only those two Iberian nations can label their product as Sangria and it must have less than 12% alcohol by volume.

Because the Sangria recipe has varied so much over the decades, they say that the best Sangria is the one made at home - and we agree. Use the guide to make your best one yet!

BUILD YOUR BEST Sangria

STEP 1 START WITH A LARGE PITCHER (OR PUNCH BOWL) YOU WILL ALSO NEED A STIRRING UTENSIL

STEP 2 Fruit PEEL AND SLICE YOUR FAVORITE FRUITS (1-2 CUPS)
berries melon citrus apple peaches kiwi

STEP 3 Wine ADD 1 BOTTLE (750ml) OF YOUR FAVORITE WINE
red white rosé fruit

STEP 4 Liquor ADD 1/2 CUP LIQUOR OF CHOICE (or mix/match)
brandy light rum triple sec liqueur

STEP 5 Juice ADD 1/2 CUP JUICE (give it a good stir)
orange grapefruit pomegranate lemon

STEP 6 Mixer ADD EXTRA FLAVOR WITH 1-2 CUPS OF...
flavored or club soda lemonade ginger ale tea

STEP 7 Sugar SWEETEN IT UP WITH 1/2-3/4 CUP
sugar simple syrup honey

STEP 8 Pour SELECT A GLASS & FILL WITH ICE (or frozen fruit)

STEP 9 Garnish & Serve ADD A FUN GARNISH TO COMPLETE YOUR SANGRIA
fruit slices, mint, basil, etc.

WHAT'S COOKING

GET YOUR SIZZLE ON!



CHEF HESTON BLUMENTHAL MAKES THE PERFECT STEAK

Cook the perfect steak by following Heston Blumenthal's recipe [[click on his name to learn more about this incredible celebrity chef](#)]. He says, "By flipping the meat every 15-20 seconds, the steak will develop a crisp, flavoursome exterior without being overcooked in the centre.

METHOD

- Place a heavy-bottomed frying pan over a high heat and add a thin layer of olive oil. Heat until the oil is smoking hot.
- Season the steaks with a little salt and place them away from you in the hot pan for 15-20 seconds.
- Then turn the steaks over and fry for a further 15-20 seconds.
- Repeat this, turning the steaks, for 2-3 minutes. Remove from the pan and allow to rest on a wire rack, set over a plate to catch the juices, for 5 minutes.

MEAT DONENESS HAND TEST



STEAK DONENESS TEMPERATURE CHART

A steak's internal temperature continues to rise as it rests, so remove steaks from the pan about 5-10 degrees before reaching your desired doneness.

Using a thermometer will certainly help with this process - otherwise follow the 'hand test' as shown here:

USING A THERMOMETER

Medium Rare | soft, dark pink inside: 145°F / 63°C

Medium | soft, some pink inside: 160°F / 71°C

Well Done | very firm, no pink inside: 170°F/77°C

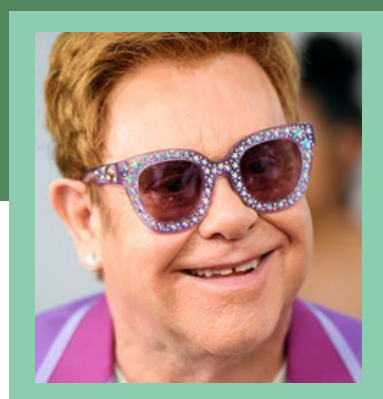
MUSICAL CORNER

Elton John has sold over 300 million records, making him one of the best-selling music artists of all time.

ELTON JOHN

25 MARCH 1947

SINGER | SONGWRITER | PIANO PLAYER | COMPOSER



Sir Elton Hercules John CH Kt CBE [born Reginald Kenneth Dwight; 25 March 1947] is an English singer, songwriter, pianist, and composer. Born in Pinner, Middlesex, the eldest child of Stanley Dwight (1925–1991) and only child of Sheila Eileen (née Harris; 1925–2017) he was raised in a council house in Pinner by his maternal grandparents. His parents married in 1945 when the family moved to a nearby semi-detached house.

When John began to consider a career in music seriously, his father, who served as a flight lieutenant in the Royal Air Force, tried to steer him toward a more conventional career, such as banking. John has said that his wild stage costumes and performances were his way of letting go after such a restrictive childhood. Both his parents were musically inclined, his father having been a trumpet player with the Bob Millar Band, a semi-professional big band that played at military dances. The Dwights were keen record buyers, exposing John to the popular singers and musicians of the day, and he has said he remembers being immediately hooked on rock and roll when his mother brought home records by Elvis Presley and Bill Haley & His Comets in 1956.

John started playing his grandmother's piano as a young boy, and within a year his mother heard him picking out Waldteufel's "The Skater's Waltz" by ear. After performing at parties and family gatherings, at age 7 he began formal piano lessons. He showed musical aptitude at school, including the ability to compose melodies and gained some notoriety by playing like Jerry Lee Lewis at school functions. At age 11, he won a junior scholarship to the Royal Academy of Music. According to one of his instructors, John promptly played back, like a "gramophone record", a four-page piece by George Frideric Handel after hearing it for the first time.

Dwight teamed up with lyricist Bernie Taupin and changed his name to Elton John (merging the names of saxophonist Elton Dean and Long John Baldry). He became the most successful pop artist of the 1970s, and he has survived many different pop fads including punk, the New Romantics and Britpop to remain one of Britain's most internationally acclaimed musicians. He has more than fifty Top 40 hits in the UK Singles Chart and US Billboard Hot 100, including seven number ones in the UK and nine in the US. His tribute single "Candle in the Wind 1997", rewritten in dedication to Diana, Princess of Wales, sold over 33 million copies worldwide and is the best-selling single in the history of the UK and US singles charts.

John has received five Grammy Awards, five Brit Awards; including for Outstanding Contribution to Music; two Academy Awards, two Golden Globes, a Tony Award, a Disney Legends Award, and the Kennedy Center Honor. In 2004, Rolling Stone ranked him 49th on its list of 100 influential musicians of the rock and roll era. In 2013, Billboard ranked him the most successful male solo artist on the Billboard Hot 100 Top All-Time Artists, and third overall, behind the Beatles and Madonna. He was inducted into the Songwriters Hall of Fame in 1992 and the Rock and Roll Hall of Fame in 1994, and is a fellow of the British Academy of Songwriters, Composers and Authors. He was knighted by Queen Elizabeth II for "services to music and charitable services" in 1998.

Elton John announced he was a bisexual in 1976, and in 1984, he married Renate Blauel. The marriage lasted four years before he finally came to terms with the fact that he was actually homosexual. In the 1970s and 1980s, he suffered from drug and alcohol addiction and bulimia but came through it. He married David Furnish, a producer and actor, known for *Rocketman* (2019) on 21 December 2014 and they have two children.

TRIVIA

- In 1979, he was the first Western rock star to perform in Israel and the USSR.
- He changed his name legally to Elton Hercules John. He chose the middle name "Hercules" not after the hero of mythology, but after the horse named Hercules on the British sitcom *Steptoe and Son* (1962).
- He was a close friend of the late rock singer Freddie Mercury and performed at The Freddie Mercury Tribute: Concert for AIDS Awareness (1992). They were so close, John was one of the first people to be told by Mercury of his AIDS diagnosis in 1987, which was not announced to the public until the day before he died in November 1991.
- He is a reformed drug addict, alcoholic and bulimic. He also has epilepsy.
- He is the Godfather of John Lennon's son, Sean Lennon, Elizabeth Hurley's son Damian and David Beckham and Victoria Beckham's sons Brooklyn and Romeo.
- His sons, Zachary Jackson Levon Furnish-John, with David Furnish, was born via surrogate on December 25, 2010. Their second son, Elijah Joseph Daniel John was born January 11, 2013. The identity of their mothers is a secret.

HEALTH CARE

HEALTH & NUTRITION MONTH

NUTRIENTS THAT MAY HELP YOU AS YOU AGE

POTASSIUM

A higher potassium intake is associated with a lower risk of high blood pressure, kidney stones, osteoporosis and heart disease, all of which are more common among the elderly.

Low potassium is also called Hypokalemia, and can result in fatigue, muscle cramps and abnormal heart rhythms.

Foods rich in potassium include:

Bananas, oranges, apricots, grapefruit, cooked spinach, cooked broccoli, potatoes and sweet potatoes, mushrooms, peas, cucumbers, zucchini, pumpkins, leafy greens, milk and yogurt, tuna, trout, molasses, nuts, meat and poultry, brown and wild rice, whole-wheat bread and pasta.



OMEGA-3 FATTY ACIDS

Heart disease is the leading cause of death among the elderly. Studies have shown that omega-3 fatty acids can lower heart disease risk factors like high blood pressure and triglycerides.

A deficiency of omega-3s can cause rough, scaly skin and a red, swollen, itchy rash.

Foods rich in Omega-3s include:

- Fish and other seafood (especially cold-water fatty fish, like salmon, mackerel, tuna, herring and sardines)
- Nuts and seeds (flaxseed, chia seeds, walnuts)
- Plant oils like flaxseed oil, soybean oil and canola oil)



MAGNESIUM

Magnesium is an important mineral in the body. Unfortunately, elderly people are at risk of deficiency because of poor intake, medication use and age-related changes in gut function.

Magnesium is an important mineral, playing a role in over 300 enzyme reactions in the human body. Its many functions include helping with muscle and nerve function, regulating blood pressure, and supporting the immune system.

Foods rich in magnesium include:

Dark chocolate, avocado, nuts like almonds, cashews and Brazil nuts, legumes, tofu, seeds, wholegrains like wheat, oats and barley, as well as pseudo-cereals like buckwheat and quinoa, fatty fish like salmon, mackerel and halibut, bananas and leafy greens.



IRON

Deficiency is common in elderly people. This may cause anemia, a condition in which the blood does not supply enough oxygen to the body.

Fatigue is the most common symptom. You can also have no symptoms, but people may experience dizziness, fatigue, or light-headedness, a fast heart rate or palpitations, brittle nails, pallor, or shortness of breath.

Foods rich in Iron include:

- Red meat, pork and poultry
- Seafood
- Beans, dark green leafy vegetables like spinach
- Dried fruit like raisins and apricots.
- Iron-fortified cereals, breads and pastas
- Peas



GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES,
because they make them so...

GARDEN DEFICIENCIES - AND THEIR SOLUTIONS

NITROGEN *deficiency*

SIGNS:

Yellow or pale green leaves, stunted growth.

SOULTION:

Add coffee grounds directly to your soil or plant nitrogen-rich plants near nitrogen-deficient plants. Common nitrogen-rich plants include beans and peas.



PHOSPHOROUS *deficiency*

SIGNS:

Darkening around edges of leaves, small or absent flowers, stunted growth.

SOULTION:

Add bone meal directly to soil. You can also add used fish tank water to soil if it does not contain saltwater. This water is also a good source of nitrogen.

POTASSIUM *deficiency*

SIGNS:

Leaves with brown spots, brown or yellow veins or yellow edges. This deficiency is more susceptible to disease and drought.

SOULTION:

Bury banana peels an inch into your soil. Peels take a while to rot, so this is a method that will slowly help your plants. Banana peels also deter aphids.



MAGNESIUM *deficiency*

SIGNS:

Yellowing of veins and edges of leaves. Can sometimes have a marbled appearance.

SOULTION:

Add epsom salt directly to the top of your soil before you water your soil. Epsom salt is especially beneficial for tomatoes, peppers and roses.

CALCIUM *deficiency*

SIGNS:

Yellow spots between leaf veins, blossom end rot, stunted growth, weak or dying stems.

SOULTION:

Add crushed egg shells into soil. This method will slowly help your plants, so make sure you till the egg shells well into the soil to help the process along.

