

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

12 - 18 APRIL 2021

WHAT'S ON THIS WEEK

After a long year of isolation, Easter came round at just the right time. Some were even lucky enough to travel to spend much needed quality time with family and good friends.

It was comforting to read that the road fatalities had decreased by a whopping 9% meaning too that all travelling residents returned home safely, ready to face new 'surprises' ...like the increase in the petrol price - 😞 at an all time high in South Africa...

It also seems that the expected 3rd spike in Covid numbers has not materialized yet; I guess we will know by next week if the precautions put in place were effective.

I'd like to share another Easter blessing we received, in the form of a letter from Reverend Ulric Groenewald from St Clare's Anglican Church, thanking all who donated to the Easter Egg drive.

From our side, we truly do appreciate everyone's enthusiasm and generosity and look forward to doing more within the community as the year progresses.

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

Thank You

Last week staff members from Evergreen delivered Easter Eggs to disadvantaged children from our church and community in Ocean View.

I am told that the staff and residents from Evergreen made the donation.

We are extremely grateful for this kind gesture in reaching out to us.

Again, we wish to convey our deep appreciation.

Best wishes and blessings for the important work you are doing in our community.

Every blessing,

Revd Ulric Groenewald
St Clare's Anglican Church

WEEKLY ACTIVITIES



LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | PLEASE ENSURE THAT COVID PROTOCOLS ARE ADHERED TO AT ALL TIMES.

MON 12 APR	TUE 13 APR	WED 14 APR	THU 15 APR	FRI 16 APR	SAT 17 APR	SUN 18 APR
BISTRO ext.2404 PROMOTION MALVA PUDDING & CASTARD R15	BISTRO ext.2404 PROMOTION STRAWBERRY YOGURT TART R15	BISTRO ext.2404 PROMOTION SAVOURY SCONES R15	BISTRO ext.2404 PROMOTION BREAD & BUTTER PUDDING R15	BISTRO ext.2404 PROMOTION CHOCOLATE BROWNIE R15		
		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277	10h00-11h00 NSRI TALK Fynbos Book with Reception ext. 2400			
	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			17h00 SUNDOWNER SOCIAL Top Lawn Norma ext. 2089		
		15h00 DARTS Fynbos	15h00 DARTS Fynbos			
	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		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

12 - 16 APRIL 2021

MONDAY

CREAMY SALMON & FENNEL PASTA

SERVED WITH A GREEK SALAD

TUESDAY

LEMON & HERB GRILLED CHICKEN

WITH BABY POTATOES & ROAST VEGETABLES

WEDNESDAY

PORK STROGANOFF

WITH BASMATI RICE, BROCCOLI & BABY CARROTS

THURSDAY

TRADITIONAL COTTAGE PIE

WITH GRAVY, PUMPKIN & FRESH GREEN BEANS

FRIDAY

BEER BATTERED HAKE & CHIPS

SERVED WITH COLESLAW, TARTARE SAUCE & LEMON

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!

BIRTHDAYS

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



13TH APRIL

CHRIS COX - Noordhoek

.....

14TH APRIL

BRIDGET COYNE - Noordhoek

.....

17TH APRIL

ANNE STEPTO - Noordhoek

.....

18TH APRIL

HENNIE KOEN - Noordhoek
MIRELLE RAMAGE - Noordhoek

SPECIAL MOMENTS

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

- J. Malouf -



.....

16TH APRIL

EDZEL & JEANETTE DE JAGER - Noordhoek

.....

BOTTOM'S UP!

CELEBRATE MALBEC DAY!

It's MALBEC WORLD DAY on Saturday 17th April 2021.

WHAT IS MALBEC?

Malbec is a full-bodied red wine that grows mostly in Argentina.

Known for its plump, dark fruit flavours and smoky finish, Malbec wine offers a great alternative to higher priced Cabernet Sauvignon and Syrah.

It is commonly blended in Right Bank Bordeaux with Merlot and Petit Verdot. In Argentina, Malbec is occasionally blended with Bonarda, a regional red grape also known as Deuce Noir.



MALBEC WINE HISTORY

Malbec (sometimes called Côt and Auxerrois) is from France, where it grows in the Sud-Ouest. The thick-skinned grape is a natural cross of two esoteric varieties that are from Montpellier (in Languedoc-Roussillon) and Gaillac in the Sud-Ouest.

Today the majority of France's Malbec is found in Cahors, a small town on a switchback river that gently flows towards Bordeaux.

Malbec quickly became common as a blending grape in Bordeaux's top five wine grapes. However, because of the grapes' poor resistance to weather and pests, it never surfaced as a top French variety. Instead, it found a new home in Mendoza, Argentina where a nostalgic French botanist planted it by order of the mayor in 1868.

Malbec is found in SA too so look out for Doolhof Wine Estate Signatures Single Vineyard Collection Malbec, Anura Reserve Malbec, Klein DasBosch Malbec, Neethlingshof Estate Malbec, Diemersfontein Reserve Collection Malbec, Blaauwklippen Malbec, Vrede En Lust Malbec and many more!

MALBEC CHARACTERISTICS

FRUIT FLAVOURS

Black cherry, Pomengranate, Plum, Raspberry, Blackberry, Blueberry, Raisin

OTHER FLAVOURS

Cocoa, Milk Chocolate, Coffee, Mocha, Molasses, Leather, Black Pepper, Green Stem, Gravel, Tobacco

OAK

Vanilla, Dill, Coconut, Chocolate, Mocha

ACID

Medium

TANNIN

Medium

TEMPERATURE

Serve "slightly cool" 21 °C

MEAT PAIRINGS

Unlike Cabernet Sauvignon, Malbec doesn't have a super long finish. Because of this, Malbec is great with leaner red meats like duck, chicken leg, lamb, beef, ostrich, buffalo, and pork shoulder.

HERB & SPICE PAIRINGS

Look for spices that have earthy or smoky flavors such as: parsley, sumac, thyme, rosemary, porcini powder, smoked paprika, black pepper, cumin, coriander, juniper berry, clove, vanilla bean, garlic, shallot, green onion, and barbecue sauce.

CHEESE & VEG PAIRINGS

Funky and rich soft to semi-firm cow's and goat's milk cheeses.

Mushrooms, roasted vegetables, green and red bell peppers, potato, rocket, kale, chard, grilled endive, onion, beet, lentils, black beans and tempeh.

WHAT'S COOKING

MARINATING WITH MALBEC

A great cut of meat doesn't need much. Some olive oil, a pinch of coarse salt and a couple of turns of freshly cracked pepper and that meat is ready for the grill. Sometimes, though, it's the tougher cuts which don't have a lot of fat marbling that often need a little TLC. For those times, you'll want to go into marinade mode. A proper marinade gives you a welcome flavour boost and heightens the cut to a new level of tender. To give your steak maximum flavour while increasing its tenderness, look no further than our MALBEC MARINADE.

INGREDIENTS

- ½ cup extra virgin olive oil
- ¾ cup Malbec
- 2 tablespoons red wine vinegar
- 4 tablespoons Worcestershire sauce
- 1 tablespoon whole black peppercorns
- 1 tablespoon fennel seeds
- 2 sprigs fresh rosemary
- 4 cloves garlic, peeled
- 2 bay leaves



INSTRUCTIONS

- Combine all ingredients in a large plastic food storage bag or a bowl. Seal the bag and give it a good shake to mix together.
- Use a knife to make small slits on each side of the meat to help with marinade penetration – and to speed up the process.
- Place the meat in the bag or bowl, immersing it in the marinade, then put it in the fridge for 2-4 hours. Bring the meat to room temperature before placing on the grill.

It's as easy as that! Of course, feel free to experiment, and tweak the recipe to fit your tastes or to match the meal you're serving – keeping in mind the small amount of vinegar (or other acid) is the most necessary component. That's what's going to help increase your steak's tenderness. The Malbec in the marinade is, of course, key.

MUSICAL CORNER

LUTHER VANDROSS

20 APRIL 1951 | 01 JULY 2005

SINGER (SOUL/POP)

REMEMBER TO
CLICK ON THE
ARTIST'S NAME TO
HEAR SOME OF
THEIR GREATEST
HITS!



Luther Ronzoni Vandross, Jr. was born on April 20, 1951, at Bellevue Hospital, in the Kips Bay neighborhood of Manhattan, New York City. He was the fourth child and second son of Mary Ida Vandross and Luther Vandross, Sr. His father was an upholsterer and singer, and his mother was a nurse. Vandross was raised in Manhattan's Lower East Side in the NYCHA Alfred E. Smith Houses public housing development. His father died of diabetes when Vandross was eight years old. In 2003, he wrote the song "Dance with My Father" and dedicated it to him; the title was based on his childhood memories and his mother's recollections of the family singing and dancing in the house.

At the age of three, having his own phonograph, Vandross taught himself to play the piano by ear. His family moved to the Bronx when he was nine and his sisters, Patricia "Pat" and Ann, began taking him to the Apollo Theater and to a theater in Brooklyn to see Dionne Warwick and Aretha Franklin.

Vandross added backing vocals to Roberta Flack & Donny Hathaway in 1972 and after having co-written "Fascination" for David Bowie's Young Americans, he went on to tour with him as a back-up vocalist in September 1974. He also sang backing vocals for artists like Roberta Flack, Chaka Khan, Ben E. King, Bette Midler, Diana Ross, Carly Simon, Barbara Streisand, David Bowie, Cat Stevens, Gary Glitter, Ringo Starr, Sister Sledge, and Donna Summer, and for the bands Mandrill, Chic and Todd Rundgren's Utopia.

Vandross made his career breakthrough as a featured singer with the vaunted pop-dance act Change, a studio concept created by French-Italian businessman Jacques Fred Petrus. Their 1980 hits, "The Glow of Love" and "Searching", featured Vandross as the lead singer. He was originally intended to perform on their second and highly successful album Miracles in 1981, but declined the offer as Petrus didn't pay enough money. His decision led to a recording contract with Epic Records that same year. During that hectic year Vandross jump-started his second attempt at a solo career with his debut album, Never Too Much. The song "Never Too Much", written by him, reached number-one on the R&B charts. This period also marked the beginning of songwriting collaboration with bassist Marcus Miller, who played on many of the tracks and would also produce or co-produce a number of tracks for Vandross. The Never Too Much album was arranged by Vandross' high school classmate, Nat Adderley, Jr., a collaboration that would last through Vandross' career.

In 1983, the opportunity to work with his main musical influence, Dionne Warwick, came about with Vandross producing, writing songs, and singing on How Many Times Can We Say Goodbye, her fourth album for Arista Records. The title track duet reached No. 27 on the Hot 100 chart.

In December 1985, Vandross filed a libel suit against a British magazine after it attributed his 85-pound weight loss to AIDS. He weighed 325 pounds when he started a diet in May of that year.

He won his first Grammy award for Best Male R&B Vocal Performance in 1991 and his second for Best Male R&B Vocal in 1992, and his track "Power of Love/Love Power" won the Grammy Award for Best R&B Song in the same year.

Vandross never married and had no children. His sexual orientation was a subject of media speculation. Jason King, writing in Vandross' obituary in The Village Voice, said: "Though he never came out as gay or bisexual, you had to be wearing blinders." According to Gene Davis, a television producer who worked with Vandross, "Everybody in the business knew that Luther was gay". In December 2017, Vandross's friend Patti LaBelle confirmed that he was gay. In addition, Vandross was well aware that officially coming out as gay while he was actively making music would have been detrimental to the projection of his career, given the majority of his target audience were women seeking some mode of emotional engagement from his words. LaBelle shared that "[Vandross] had a lot of lady fans" and "he just didn't want to upset the world"

Vandross suffered from diabetes and hypertension. On April 16, 2003, he suffered a severe stroke at his home in New York City and was in a coma for nearly two months. The stroke affected his ability to speak and sing, and required him to use a wheelchair. At the 2004 Grammy Awards, he appeared in a pre-taped video segment to accept his Song of the Year Award for "Dance with My Father", saying, "When I say goodbye it's never for long, because I believe in the power of love" (Vandross sang the last six words). His mother, Mary, accepted the award in person on his behalf.

His last public appearance was on May 6, 2004, on The Oprah Winfrey Show.

He died on 1 July 2005, at the JFK Medical Center in Edison, New Jersey, at the age of 54 of a heart attack.

HEALTH CARE

APRIL IS ESOPHAGEAL CANCER AWARENESS MONTH

HERE'S WHAT YOU NEED TO KNOW ABOUT THE DISEASE

WHAT ARE THE RISKS OF ESOPHAGEAL CANCER?

Although the symptoms below can be caused by other conditions, please see your doctor if you experience any of the following:

- Trouble swallowing or painful swallowing (solid foods first cause difficulty, followed by soft foods, then liquids)
- Significant and unintended weight loss
- Cough or hoarseness
- Heartburn and indigestion
- Burning in the chest or chest pain/pressure
- Regurgitation (swallowed food comes back up)



DOES YOUR FAMILY DOCTOR SUSPECT ESOPHAGEAL CANCER?

If your primary care doctor thinks you have cancer of the esophagus, you may be evaluated by a team of specialists. Your team could include gastroenterologists, oncologists, surgeons, and radiation oncologists. Below you will find tips for preparing for your first appointment.

HOW TO PREPARE FOR YOUR UPCOMING APPOINTMENT

It's important to be ready for your doctor's appointment, so you get the most out of it. Here are some ways to prepare for meeting with your doctor:

- Ask if there's anything you need to do before your appointment, such as restricting your diet.
- Keep a log of your symptoms and bring it to your appointment. Include symptoms that seem irrelevant to your condition.
- Write down key personal information and include recent life changes and major stresses.
- Prepare a list of all your medications, vitamins, and supplements.
- Ask a friend or family member to attend the appointment with you. In addition to supporting you, that person may remember something you missed.
- Prepare a list of questions to ask your doctor. You can ask the basic questions below, but don't hesitate to ask ones not on this list:

Where is my esophageal cancer?

How advanced is it?

Can you explain the pathology report to me?

Do I need other tests?

What are my options for treatment?

What are the side effects of each treatment option?

Is there one treatment option you feel is the best?

If I were your friend or family member, what treatment would you recommend?

Should I see a specialist?

Can you give me printed material that I can take home? What resources and websites do you recommend?

Should I plan for a follow-up visit?



EPSOM SALT USES FOR GARDENS AND PLANTS

Epsom Salt is a common household product and an excellent chemical-free alternative to use in your garden. It is also inexpensive, non-toxic and won't harm pets.

GARDEN USES FOR EPSOM SALT

- Slug Deterrent
- Beautiful Roses
- Fertilize Tomatoes and other Plants
- Get Rid of Raccoons
- Make Your Grass Greener

Using Epsom Salt on your plants helps boost their magnesium supply. This results in a better yield.

You can make a mixture of Epsom Salt and Water and it is safe to use on leaves. Simply add 1 tablespoon of Epsom Salt to 4 litres of water and pour into a spray bottle.

It is recommended that you spray your plants twice and have a 10-day gap between doses.

The positive effects that Epsom Salt can have on your fruit and veggies are profound. It contains hydrated Magnesium Sulfate. Peppers and Tomatoes are typically deficient and Epsom Salt will greatly aid with germination and growth. The benefit is plant growth is significantly sped up. In turn, this increases nutrient uptake.

Epsom Salt also increases the flavour of fruit and veggies and improves the colors and quantity of Roses. This also applies to other flowering plants.



Use Epsom Salt as **SLUG DETERRANT**



If you have slugs in your garden or on your patio, sprinkle Epsom Salt to deter them.

thewhoot.com



Use Epsom Salt for **BEAUTIFUL ROSES**



Sprinkle a Tablespoon of Epsom Salt on the soil around your rose bushes. Water your roses well. This promotes rapid growth and your blooms will be even more beautiful. Your Roses will look healthier and more vibrant too.

thewhoot.com



Use Epsom Salt for **TOMATO FERTILIZER**



Fertilize Tomatoes & other Plants every week. For each foot your tomato plant grows, add one Tablespoon of Epsom Salt. It is a great fertilizer for houseplants, flowers, and trees too.

thewhoot.com



Use Epsom Salt to **MAKE GRASS GREENER**



Add 2 Tablespoons Epsom Salt to 1 Gallon (3.7 Litres) of water. Spread on your lawn and then water in with tap water to make sure it soaks into the grass.

thewhoot.com



GREEN FINGERS IN THE VILLAGE

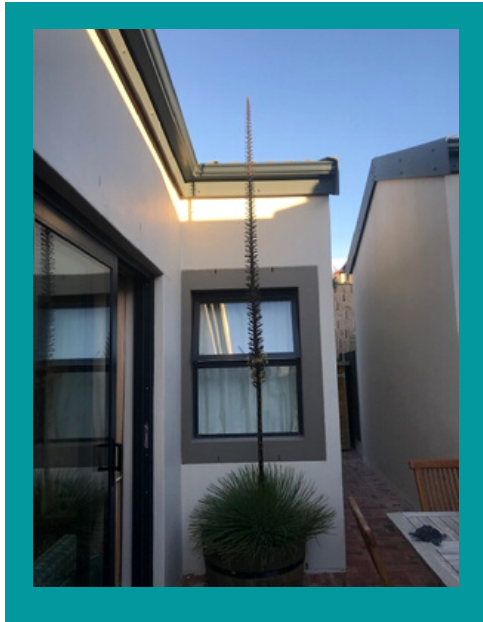
Follow-Up to
Name That
PLANT

Megan Bagshaw has a plant,
it's floral genus she didn't know...
But Denni Duff got on the case,
and a name she did bestow!

And the name of that plant is.....

AGAVE GEMINIFLORA or Twin Flowered Agave

Read all about it [here](#):



Agave geminiflora is a species of Agave endemic to the Mexican State of Nayarit. It is a single-stemmed dwarf agave that forms a dense, symmetrical rosette with narrow, sharp tipped, dark green leaves. The leaves can grow to 60cm in length and unlike the other agaves are not armed with thorns around their edges. These narrow, unarmed leaves are very flexible and number in the 100's. They cascade from the center of the plant forming a dense rounded rosette up to 2 to 3 feet tall by as wide.