

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

26 APRIL - 2 MAY 2021

WHAT'S ON THIS WEEK

The ancient Greek Philosopher Heraclitus said “The only constant in life is change” and I am sure you will agree that this has never been truer than over the past 12 months. I joined the Village on 1 May 2020, and what a year it has been! So, I’d like to sincerely thank each one of you for your patience and support.

It has been just over a year since President Ramaphosa placed the country under lockdown. This led to many disruptions within our daily lives, the most significant of which was little to no social engagements. I am therefore thrilled to see that social activities are slowly resuming.

Residents opened their hearts over Easter to show great support for our shoe drive, collecting 300 pairs of shoes across the Evergreen Lifestyle group of villages in support of International Shoe the World Day. We’ve also celebrated an annual Dog Walk Day, National Banana Bread Day and an amazing Easter Egg Hunt which saw residents turn out in high numbers. I want to remind all Lake Michelle residents that you are invited to join in and participate in and all of the activities we arrange. As for future events, all I’m going to say is “watch this space”, you don’t want to miss out!

I would also like to thank all Residents who frequent the Bistro, their support has shown a steady increase and we look forward to some exciting changes happening soon. Seeing residents meeting up for a lunch date, and having fun at all the social activities in the Village, I am reminded again of the great sense of community.

Construction of the new 96 luxury apartments is progressing well and we are looking forward to extending the active village from 150 houses to a total of 246 units. These serviced apartments are scheduled for completion during the third quarter of 2021.

continued...

We are all extremely excited about the grand opening of the new Lifestyle Centre that has been teasing us from behind the wall that separates the village from the construction area.

The ongoing lockdown regulations had a significant impact on this building project. The impact was not just limited to time delays caused by the work stoppage in 2020 but also securing building materials and equipment required for completion of the facility. The development team and the appointed contractor have been working around the clock to complete and deliver on our vision of a world-class experience for all our residents.

Although we have communicated with you previously, we are expecting the development team to hand over the Lifestyle Centre to the village management team early in June 2021 giving my team and I the opportunity to move in and prepare for an official opening of the center mid-June 2021.

The Annual General Meeting has been scheduled to take place on Thursday 27 May from 14h00 until 17h00, details of which will be shared in due course with all Life Right Holders. A formal notice will be sent as per the house rules 14 days prior to the meeting. This meeting will NOT be online but in person, the venue will be confirmed closer to the time and COVID-19 Protocols will have to be adhered to.

2020 was an extremely challenging year and as we work our way through 2021, my team and I remain at your service and look forward to welcoming you and all new residents into our new facilities.



Wishing 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 26 APR	TUE 27 APR	WED 28 APR	THU 29 APR	FRI 30 APR	SAT 01 MAY	SUN 02 MAY
BISTRO ext.2404 PROMOTION FROZEN YOGURT R15	BISTRO ext.2404 PROMOTION VANILLA CUSTARD TART R15	BISTRO ext.2404 PROMOTION BANANA CARAMEL FLAN R15	BISTRO ext.2404 PROMOTION PEACH CRUMBLE R15	BISTRO ext.2404 PROMOTION BRAN MUFFINS R15		
		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277	9h00 - 10h00 EXTEND SENIOR FIT Fynbos Judith ext. 2063			
	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	11h00 - 12h00 RESCOM PRESENTATION Fynbos Peter ext. 2055		
14h00-16h00 BRIDGE/ CANASTA Fynbos Norma ext. 2089	14h00 TABLE TENNIS, POOL/ SNOOKER Fynbos	14h30 - 15h30 RESCOM PRESENTATION Fynbos Peter ext. 2055		14h00 - 15h00 RESCOM PRESENTATION Fynbos Peter ext. 2055		
		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

26 - 30 APRIL 2021

MONDAY

BASIL PESTO PASTA

WITH ROSA TOMATOES AND A FRESH GARDEN SALAD

TUESDAY

CHUTNEY CHICKEN STRIPS

WITH MASHED POTATOES, BUTTERNUT AND A GREEN MEDLEY

WEDNESDAY

BEEF AND MUSHROOM PIE

SERVED WITH GRAVY, BABY GARLIC BABY POTATOES & ROAST VEGETABLES

THURSDAY

TEMPURA PORK SERVED

WITH SWEET AND SOUR SAUCE ON A BED OF RICE AND STIR-FRIED VEGETABLES T

FRIDAY

FRIED HAKE AND CHIPS

WITH LEMON, TARTARE SAUCE AND A FRESH GARDEN 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!

BIRTHDAYS

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



.....
26TH APRIL

SHONA FARQUHARSON - Noordhoek
JANET JACKSON - Lake Michelle
.....

.....
29TH APRIL

DIANNE CHILES - Noordhoek
.....

.....
1ST MAY

BILL RAMAGE (90)- Noordhoek
.....

SPECIAL MOMENTS

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

- J. Malouf -



.....
26 APRIL - 2 MAY
NONE
.....

BOTTOM'S UP!

NATIONAL LEMONADE DAY - 2 MAY 2021

National Lemonade Day was founded by Michael Holthouse in 2007 in his hometown of Houston, Texas. Today he and LemonadeDay.org partner with Google to continue to bring the entrepreneur spirit to the youth of the world. Besides being a chance to enjoy a refreshing glass of lemonade, it is also a chance for youngsters to set up a lemonade stand and learn what it takes to run a business in a fun and constructive way. For more information on National Lemonade Day, visit www.lemonadeday.org



HOME MADE LEMONADE

A simple and refreshing homemade lemonade recipe! You only need sugar, water, and lemons to make this classic drink recipe. This recipe makes ½ gallon/2 litres of lemonade but can successfully be doubled

INGREDIENTS

- 6 cups water divided (1.4 litres)
- 1 cup granulated sugar (200g)
- 1 cup fresh-squeezed lemon juice seeds removed, pulp may remain (236ml)

METHOD

- Combine 1 cup (236ml) water and 1 cup sugar in a small saucepan. Place over medium-low heat and stir until sugar is dissolved. Remove from heat and set aside, allow to cool for 10 minutes.
- Pour 1 cup fresh-squeezed lemon juice into a pitcher. Add sugar/water mixture (simple syrup).
- Add remaining 5 cups (1180ml) water and stir well. Pour over ice and serve, or transfer to refrigerator and allow to chill several hours before serving.

MINNESOTA SPIKED LEMONADE

Minnesota Spiked Lemonade is a sweet cocktail made with fresh lemon juice and spiked with vodka for a refreshing adult beverage!

INGREDIENTS

- 1 cup (200g) granulated sugar
- 1 cup water
- 6 medium lemons, juiced
- 1 cup vodka
- 3 cups ginger ale
- mint leaves, for garnish

METHOD

- Juice the lemons and set aside.
- In a small saucepan, combine sugar and water and heat over medium until sugar completely dissolves (about 2 minutes).
- Remove from heat and let cool.
- Add lemon juice and vodka. Stir to combine.
- Pour mixture evenly into 4 glasses filled halfway with ice. Top with ginger ale.
- Garnish with mint leaves.



NATIONAL LEMONADE DAY - LEMONADE WALK

To honour Lemonade Day we will be having a LEMONADE WALK throughout the Noordhoek Village on Friday 30 April. This is your chance to wow us with your favourite Lemonade recipe - it can be an original, classically fruity, herbal, floral, or even spiked. We've included a few suggestions to get your juices flowing:

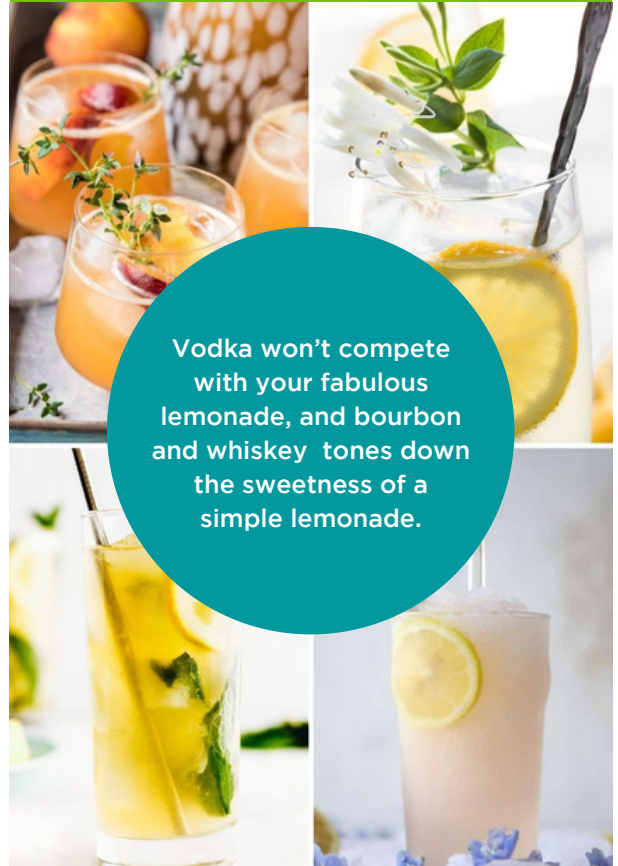
FLORAL LEMONADE



EDIBLE FLOWERS

carnation, geranium, chrysanthemum, citrus blossoms, cornflower, dandelion, daisy, honeysuckle, impatiens, jasmine, lavender, lilac, marigold, nasturtium, pansy, passionflower, clover, rose, sunflower, violet

SPIKED LEMONADE



Vodka won't compete with your fabulous lemonade, and bourbon and whiskey tones down the sweetness of a simple lemonade.

FRUITY LEMONADE



Everything from berries to stone-fruit can make a great addition to lemonade. Consider making a quick syrup or puree to add to your original lemonade mix.

HERBAL LEMONADE



Lemon and herbs bring out the best in each other. Just about any herb you can think of would make a lovely and easy addition to a basic lemonade.

WHAT'S COOKING

3-INGREDIENT LEMONADE SCONES

IN CELEBRATION OF NATIONAL LEMONADE DAY, WHY NOT TRY THIS QUICK AND EASY SCONE RECIPE! ALL IT TAKES IS 3-INGREDIENTS!

Lemonade Scones are the fastest and easiest scones you will ever make! Incredibly fluffy, moist scones made from scratch using only self raising flour, cream and lemonade. The secret ingredient is the lemonade but they don't taste of lemon at all! Lemonade Scones rise ever so slightly less than regular scones, but the difference is barely noticeable.



INGREDIENTS

- Self raising flour
- Cream - thickened or heavy cream works best but it does work fine with ordinary cream too. Just make sure it is a full fat cream as low fat will mean they aren't as soft inside
- Lemonade - try Schweppes or Sprite or any other fizzy lemonade of your choice

METHOD

Just dump the flour, cream and lemonade into a bowl, mix, turn out onto board, cut out scones and bake. Yep. That's it. Dead simple :-)

TIPS

- Less dough handling = fluffier scones. Only mix the batter until the flour is almost fully incorporated (ie can still see some flour). Then scrape the dough onto your work surface and knead it as few times as possible to bring together into a disc shape [approx 5 to 8 light kneads].
- Do not twist the cutter - press the cutter straight down and up, resist the urge to twist! If you twist, the sides of the scones gets "smeared" which affects how well they rise.
- Avoid touching the sides of scones - rather use a big kitchen knife or similar to transfer the scones to the baking tray.
- Place together on the baking tray so they're touching each other ever so slightly - because they help each other rise (#teamwork)

MUSICAL CORNER

WILLIE NELSON

29 APRIL 1933

MUSICIAN, ACTOR AND ACTIVIST

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



This versatile, eclectic, rather wanderlust country crossover star known for his classic ballads ("Always On My Mind"), autobiographical road songs ("On the Road Again") and catchy rhythms ("Mammas Don't Let Your Babies Grow Up to Be Cowboys") started out life as Willie Hugh Nelson on April 30, 1933, in Depression-era Abbot, Texas. He is the son of Myrle Marie (Greenhaw) and Ira Doyle Nelson, a mechanic. After his mother abandoned the family and his father died, he and sister Bobbie Lee were raised by their gospel-singing grandparents. Working in the cotton fields, Willie was handed his first guitar at age six and within a short time was writing woeful country songs and playing in polka bands.

During his teenage years he played at high school dances and honky-tonks. He also worked for a local radio station and by graduation time he had become a DJ with his own radio show. Briefly serving a stint with the Air Force (discharged because of a bad back, which would plague him throughout his life), he sold his first song called "No Place For Me" while getting by with menial jobs as a janitor and door-to-door Bible salesman. Married in 1952 to a full-blooded Cherokee, he and first wife Martha had two children.

Willie initially came to be known in Nashville for selling his songs to well-established country artists such as Patsy Cline ("Crazy"), Faron Young ("Hello Walls") and Ray Price ("Night Life"). In 1962 he recorded a successful duet with singer Shirley Collie, whom he would later take as his second wife, but his career didn't progress despite joining the Grand 'Ol Opry. In the early 1970s, after extensive touring with his band (which included sister Bobbie on the piano) and experiencing a number of career downswings, he started performing and recording his own songs instead of selling them to others. Two of his albums, "Shotgun Willie" and "Phases and Stages", helped him gain some stature. In 1975 it all came together with the album "Red-Headed Stranger", which would become the top-selling country music album in history and propel him into the country music stratosphere. His offbeat phrasing, distinctive nasal tones and leathery, bewhiskered hippie-styled looks set a new standard for "outlaw" country music.

Around 1978 Willie showed himself to be a loose and natural presence in front of the camera, thus launching a film career. He had roles in several movies, his first opposite Robert Redford and Jane Fonda in *The Electric Horseman* (1979). He took to leading roles as a country music star in *Honeysuckle Rose* (1980), which would include a number of his songs on the soundtrack. He played opposite James Caan and Tuesday Weld in *Thief* (1981) and a legendary outlaw in the western *Barbarosa* (1982). In the movie *Red Headed Stranger* (1986), which was adapted from his hit 1975 album, he played a preacher, and he teamed up with pal Kris Kristofferson as a pair of country singers in *Songwriter* (1984).

Willie and pal Kristofferson went on to form *The Highwaymen* with the late Johnny Cash and Waylon Jennings and he successfully recorded and toured with the group for a number of years. They also teamed up to remake the classic western *Stagecoach* (1939) as a TV movie (*Stagecoach* (1986)). As a unique song stylist, the bearded, braided-haired, bandanna-wearing non-conformist took a number of non-country standards and made them his own, including Elvis Presley's "You Were Always on My Mind" and Ray Charles' "Georgia on My Mind."

Willie continued to be active with film credits that would include roles in the westerns *Dust to Dust* (1994) and *The Journeyman* (2001), in addition to roles in such non-westerns as the sci-fi drama *Starlight* (1996); the comedy capers *Gone Fishin'* (1997), *The Big Bounce* (2004) and *The Dukes of Hazzard* (2005) (an updated screen version of the popular TV show); the action thriller *Fighting with Anger* (2007); the comedy *Surfer, Dude* (2008); the family dramedy *Angels Sing* (2013); the music fantasy *Paradox* (2018) which starred Neil Young and his sons Lukas Nelson and Micah Nelson; the dramatic fantasy *Waiting for the Miracle to Come* (2018); and *Willie and Me* (2020), a comedy chronicling the misadventures of a young German girl coming to America to see her idol Willie.

Willie happily married fourth wife Ann-Marie in 1991 and has survived more hard times in recent years, including a \$16.7-million debt to the IRS and the suicide of his sons, Billy. Inducted into the Country Music Hall of Fame in 1993, Nelson received the Kennedy Center Honors in 1998.

For more on Willie Nelson click [here](#).

HEALTH CARE

APRIL IS ESOPHAGEAL CANCER AWARENESS MONTH



COPING WITH YOUR ESOPHAGEAL CANCER DIAGNOSIS AND GETTING SUPPORT

Esophageal Cancer [OC] is responsible for the second-highest number of cancer-related deaths in South Africa.

Esophageal cancer is a difficult disease that reduces a patient's quality of life and is lethal in most cases. There are two main histologic variants of esophageal cancer: squamous cell carcinoma [SCC] and adenocarcinoma. Squamous cell carcinoma [SCC] is the most prevalent type with an incidence of 46.7/100,000 and 19.2/100,000 for males and females.

Receiving a cancer diagnosis can be overwhelming and cause shock, fear, and sadness and it may take time to adjust. People cope and accept their diagnosis in different ways in their own time. Until you find what comforts you the most, consider trying to:

- Learn enough about esophageal cancer to make decisions about your care. Ask your doctor questions to understand the specifics of your cancer. Be sure to ask about its type and stage. Your doctor can refer you to the best sources of information.
- Reach out to people who care about you. Your friends and family can be a support network for you during your cancer treatment. People may offer to help you with things such as making meals or driving you to an appointment. Think ahead to what you may like help with.
- Talking to someone about your diagnosis may help you cope. Is there a close friend or family member that you feel comfortable talking to? You could also confide in a counselor, religious leader, or medical social worker.

Consider joining a support group. Being with people who are going through a similar situation may provide strength and comfort. Your doctor, nurse or social worker can give you information about groups in your area.

If in-person support groups are not your thing, you could try an online community.

Alternatively, contact [CANSA](#) for more information about support groups



REASONS TO GROW LEMONGRASS

LEMONGRASS IS A KEY INGREDIENT IN PLENTY OF ASIAN CUISINES BUT IT IS ALSO USEFUL IN A WIDE RANGE OF OTHER WAYS. YOU MIGHT BE SURPRISED TO LEARN THAT YOU CAN GROW IT IN YOUR GARDEN, AND CAN EVEN GROW IT IN A COOL TEMPERATE CLIMATE AS LONG AS YOU BRING IT INDOORS OR UNDERCOVER DURING THE WINTER MONTHS.



As Part of a Container Garden

As a relatively drought-tolerant plant, that likes free-draining conditions, it can thrive even where water is scarce. Watering can always be more of a challenge when gardening in containers, so it can often be a good idea to choose plants with lower water requirements.

For Its Delightful Fragrance

Place lemongrass close to a seating area and you can enjoy its citrus scent. The aroma can be a delightful, relaxing one, which can enhance living areas, whether they are outside or indoors.



For Ground Cover and Erosion Control

In tropical and sub-tropical climates and hot temperate climate zones, it can be useful for ground cover and erosion control. This plant's root system and clump-forming spreading habit mean it can help keep soil in place. It can also help to retain moisture by keeping the soil surface covered.

To Repel Certain Insects

lemongrass is also a good companion for other plants due to its insect repellent properties. The citronella in lemongrass repels mosquitoes, stable flies and a range of other insect pests like whiteflies and aphids.



For Natural Medicinal Uses

The tea brewed from the leaves of the plant is used in the treatment of digestive issues. It is also used to treat mild feverish illnesses, especially in children. The leaves relieve spasms and increase perspiration.

Lemongrass also yields a very useful essential oil. This has both antifungal and antibacterial properties. Externally, this essential oil can be used (diluted appropriately in a carrier oil) to treat a range of conditions such as athlete's foot, ringworm, scabies and lice. It can also be applied to ease pain in arthritic joints.



To Make Organic Household Cleaners

Due to its anti-bacterial and anti-fungal properties, lemongrass can also be used as an ingredient in homemade natural household cleaning products. The essential oil can be used in a vinegar and water solution as a multi-purpose surface cleaner, for example. Mix 30 drops of lemongrass essential oil with 4 litres of water and 1 litre of vinegar.

