

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

10 - 16 MAY 2021

## WHAT'S ON THIS WEEK

So, the first winter storm warning hit the airwaves and all of social media, but by the look of things did not live up to its expectations...luckily. It does however mean that we will be having cool-ish Mother's Day celebration on Sunday so all the gents opting for a "braai solution" will have to work a little harder to earn points this year! :-)

On that note, my team and I would like to wish all of the Mothers a very Happy and Blessed Mother's Day! We hope you are celebrated and appreciated for the incredible role you and all Mothers play in shaping all of our lives. We also hope you get to spend precious time with your families by making use of the more favourable Covid conditions that allow for loved ones to visit on great days like these.

Wishing you all a wonderful weekend,

Regards

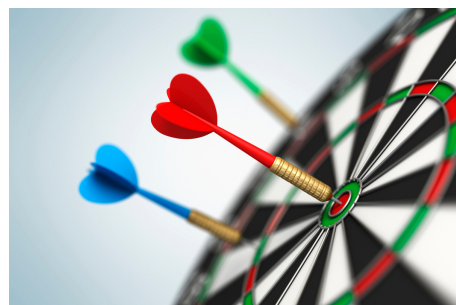
Riaan and the Evergreen Team

**"A mother is she who  
can take the place of all  
others, but whose place  
no one else can take."**

—CARDINAL MERMILLOD



# WEEKLY ACTIVITIES



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

MON 10 MAY	TUE 11 MAY	WED 12 MAY	THU 13 MAY	FRI 14 MAY	SAT 15 MAY	SUN 16 MAY
<b>BISTRO</b> ext.2404  <b>PROMOTION</b> <b>STICKY TOFFEE</b> <b>PUDDING &amp;</b> <b>CUSTARD</b> R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> <b>TRADITIONAL</b> <b>HOME BAKED</b> <b>MILKTART</b> R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> <b>LEMON</b> <b>MERINGUE</b> <b>R15 / WITH</b> <b>COFFEE R25</b>	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> <b>BANANA &amp;</b> <b>CARAMEL</b> <b>FLAN CAKE</b> R15	<b>BISTRO</b> ext.2404  <b>PROMOTION</b> <b>MINI</b> <b>CHEESECAKE</b> <b>CUPS</b> R15		
9h00 - 9h40 <b>STRETCH</b> <b>CLASSES</b> Fynbos Sue 072 212 0277		9h00 - 9h40 <b>STRETCH</b> <b>CLASSES</b> Fynbos Sue 072 212 0277	9h00 - 10h00 <b>EXTEND</b> <b>SENIOR FIT</b> Fynbos Judith ext. 2063	09h30 - 11h30 <b>MARKET DAY</b> Reception ext. 2400		
	10h00-13h00 <b>BRIDGE/</b> <b>CANASTA</b> Fynbos Cecily ext. 2011	10h00 - 12h00 <b>CHRISTIAN</b> <b>FELLOWSHIP</b> Fynbos John Wyllie ext. 2018	10h00 <b>KNITTING</b> <b>GROUP</b> TV lounge. Jenny ext. 2026			
14h00-16h00 <b>BRIDGE/</b> <b>CANASTA</b> Fynbos Norma ext. 2089	14h00 <b>TABLE TENNIS,</b> <b>POOL/</b> <b>SNOOKER</b> Fynbos					
		15h00 <b>DARTS</b> Fynbos	15h00 <b>DARTS</b> Fynbos			
	<b>REMINDER!</b>  <b>WEDNESDAY IS</b> <b>RECYCLING</b> <b>COLLECTION</b> <b>DAY</b>		16h00 <b>TABLE</b> <b>TENNIS, POOL</b> <b>/ SNOOKER</b> Fynbos	17h00 <b>SUNDOWNER</b> <b>SOCIAL</b> 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

10 - 14 MAY 2021

### MONDAY

**CHICKEN, FETA AND BUTTERNUT LASAGNE**

SERVED WITH A FRESH GARDEN SALAD

### TUESDAY

**TOMATO BREDIE**

SERVED WITH WHITE RICE, GREEN BEANS AND BABY CARROTS

### WEDNESDAY

**CORNISH PIE**

WITH POTATO WEDGES, GRAVY AND SEASONAL VEGETABLES

### THURSDAY

**THAI FISHCAKES**

SERVED WITH SAVOURY RICE AND STIR-FRIED VEGETABLES

### FRIDAY

**PORK SAUSAGES AND MASHED POTATOES**

SERVED WITH GRAVY, PUMPKIN AND ZUCCHINI

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!*



**11TH MAY**

**LUTZ UFFHAUS - Noordhoek**

**12TH MAY**

**KEITH HUTCHESON - Noordhoek**

**14TH MAY**

**MARION NELSEN - Noordhoek**

**16TH MAY**

**GILLIAN DUNSTAN - Noordhoek**

## SPECIAL MOMENTS

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

*- J. Malouf -*



# WHAT'S COOKING

## Mimosa Tart

### INGREDIENTS

#### FOR THE CANDIED ORANGES:

- 3 oranges, sliced (use the same or different varieties)
- 3 cups water
- 3 cups granulated sugar + extra for coating

#### FOR THE CRUST: [OR SEE BELOW]

- $\frac{3}{4}$  cup all-purpose flour
- 3 tbsp. whole-wheat flour
- $\frac{1}{4}$  tsp. ground cinnamon
- 3 oz salted butter, at room temp.
- $\frac{1}{4}$  cup brown sugar
- 1 tbsp. honey

#### CHAMPAGNE FILLING:

- 1 packet powdered gelatin
- 2 tbsp cold water
- $\frac{1}{2}$  cup champagne
- 2 tbsp granulated sugar
- 1 tbsp orange zest
- 1 cup heavy whipping cream
- $\frac{1}{2}$  cup powdered sugar

### METHOD

- In a large pot, combine the water and sugar for the candied oranges. Bring the mixture to a simmer and add orange slices. Cover and simmer for 45 minutes. Remove the oranges from the pot and gently pat dry. Lightly sprinkle the dried oranges with granulated sugar.
- In the bowl of a stand mixer, beat the butter for the crust until smooth. Add the brown sugar and honey, and continue beating until smooth. Add the remaining ingredients for the crust and beat until it pulls away from the sides and clumps into a single ball. Wrap in plastic wrap and allow to chill for at least 30 minutes, up to 2 days (depending on how far in advance you make it). On a lightly floured surface, work the dough for the crust with your hands until malleable. Roll the dough out on a piece of parchment paper until it's slightly larger than your 14" x 5" pan. Gently flip the dough into the pan and press it into the bottom and sides. Trim away any excess. Generously prick the bottom, and bake at 350F with pie weights for 10-12 minutes, or until golden brown. FOR A QUICK CRUST, SEE BELOW.
- In a small saucepan, whisk together the champagne, orange zest and granulated sugar. Cook over medium heat until the champagne is hot and just starting to simmer (but not boil). Remove from heat. Heat the gelatin for 10 seconds in the microwave and pour it into the hot champagne. Whisk until smooth. Set aside to cool to room temperature and until it just starts to set.
- In a bowl, beat the heavy whipping cream and powdered sugar until stiff peaks form. Fold in the champagne gelatin. If you end up with lumps, you can strain the filling. Spread the filling evenly in the crust, top with the candied oranges and refrigerate until firm (3-4 hours).

It's sweet, it's boozy, & it tastes every bit as good as it looks! This Mimosa Tart has a sweet crust filled with a tangy orange & champagne mousse & is topped with the easiest to make candied oranges.



To make a quick biscuit base just mix 200 g digestive biscuits with 120 g unsalted melted butter.

- Put the biscuits into a food processor and blitz them until you have fine crumbs or place into a Ziplock bag and crush with a rolling pin. Place the crumb into a glass bowl and add the melted butter mix well to completely combine.
- Press into the dish and allow to cool in the fridge for at least 30 minutes

# BOTTOM'S UP!

MAKE EVERY DAY A CELEBRATION WITH ONE OF THESE DELICIOUS

## Mimosas



### POM-MOSA

Pomegranate Juice  
Pomegranate Seeds  
Bubbly



### CHERRY BOMB

Pineapple Juice  
Cherry Juice  
Orange Slices  
Bubbly



### PINA COLADA

Coconut Rum  
Pineapple Juice  
Pineapple Wedges  
Maraschino Cherries  
Bubbly



### LEMOSAS

Lemonade  
Blueberries  
Blueberry Syrup  
Bubbly



### MOSCOW MULE

Ginger Beer  
Vodka  
Orange Juice  
Lime  
Bubbly



### RAZZMOSAS

Raspberry Sorbet  
Chambord  
Raspberries  
Bubbly



### CREAMSICLE

Orange Juice  
Heavy Cream  
Orange Wedges  
Bubbly



### TEQUILA SUNRISE

Tequila  
Orange Wedges  
Orange Juice  
Grenadine  
Sugar  
Bubbly

# MUSICAL CORNER

## BONO

10 MAY 1960

SINGER-SONGWRITER | ACTIVIST | PHILANTHROPIST | VENTURE CAPITALIST | BUSINESSMAN

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



Paul David Hewson, known by his stage name Bono, is an Irish singer-songwriter, activist, philanthropist, venture capitalist, businessman, and actor. He is best known as the lead vocalist and primary lyricist of rock band U2.

Born in the Rotunda Hospital in Dublin, Ireland, he was the second child of Iris (née Rankin) and Brendan Robert "Bob" Hewson. He has one brother, Norman, who is 8 years his senior. He attended Mount Temple Comprehensive School where he met his wife, Alison Stewart, as well as schoolmates with whom he formed U2 in 1976.

On 25 September 1976, Bono, David Evans ("The Edge"), his brother Dik and Adam Clayton responded to an advertisement on a bulletin board at Mount Temple posted by fellow student Larry Mullen Jr. seeking people interested in forming a rock band. The band had occasional jam sessions in which they did covers of other bands but Bono, tired of long guitar solos and hard rock, wanted to play The Rolling Stones and Beach Boys songs. The band could not play covers very well, so they started writing their own songs. They went by the name "Feedback" for a few months, before changing to "The Hype" later on. After Dik Evans left the group to join another local band, the Virgin Prunes, the remaining four officially changed the name from "The Hype" to "U2". Initially, Bono sang, played guitar and wrote the band's songs. He said of his early guitar playing in a 1982 interview, "When we started out I was the guitar player, along with the Edge—except I couldn't play guitar. I still can't. I was such a lousy guitar player that one day they broke it to me that maybe I should sing instead. I had tried before, but I had no voice at all. I remember the day I found I could sing. I said, 'Oh, that's how you do it.' When The Edge's guitar playing improved, Bono was relegated mostly to the microphone, although he occasionally still plays rhythm guitar and harmonica. In 2006, Bono started taking piano lessons from his children's piano teacher as a means to improve his songwriting.

On 13 July 1985, U2 performed at the Live Aid benefit concert at Wembley Stadium before a crowd of 72,000 fans and a worldwide television audience of 1.5 billion people. The Guardian newspaper cited Live Aid as the event that made stars of U2 and their performance as one of 50 key events in rock history.

Bono writes the lyrics for almost all U2 songs, which often have social and political themes. His lyrics frequently allude to a religious connection or meaning, evident in songs such as "Gloria" from the band's album 'October' and "I Still Haven't Found What I'm Looking For" from 'The Joshua Tree'. During the band's early years, Bono was known for his rebellious tone which turned to political anger and rage during the band's War, The Joshua Tree, and Rattle and Hum eras. Following the Enniskillen bombing that left 11 dead and 63 injured on 8 November 1987, the Provisional IRA paramilitaries threatened to kidnap Bono. IRA supporters also attacked a vehicle carrying the band members. These acts were in response to his speech condemning the Enniskillen bombing during a live performance of "Sunday Bloody Sunday".

Bono is well known for his activism for social justice causes, both through U2 and as an individual. He is particularly active in campaigning for Africa, for which he co-founded DATA, EDUN, the ONE Campaign, and Product Red. In pursuit of these causes, he has participated in benefit concerts and lobbied politicians and heads of state for relief. Bono has been honoured for his philanthropic efforts and was named one of Time Persons of the Year. He was granted an honorary knighthood by Queen Elizabeth II in 2007 for "his services to the music industry and for his humanitarian work", and was made a Commandeur of the French Ordre des Arts et des Lettres (Order of Arts and Letters) in 2013.

As a member of U2, Bono has received 22 Grammy Awards and has been inducted into the Rock and Roll Hall of Fame.

For more on Bono click [here](#).

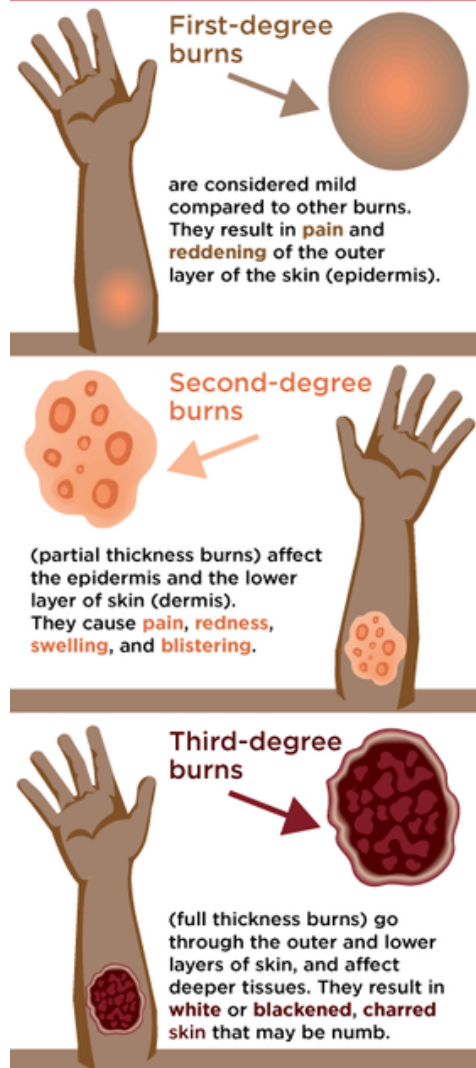
# HEALTH CARE

**MAY IS:** Anti-tobacco Campaign Month | Burns Awareness Week | International Multiple Sclerosis Month

## BURNS AWARENESS WEEK

South Africa observes National Burns Awareness week from 6 to 12 May to help raise awareness of the injuries suffered by burns and how to prevent it.

### 3 Types of burns



### DIFFERENT BURN LEVELS

Burns are categorised into 3 degrees which indicates the severity of damage to the skin. First-degree burns are the least severe with third-degree burns the most severe.

The different characteristics which define the different degrees of burns are as follows:

**FIRST-DEGREE BURNS** - red, non-blistered skin. They aren't severe and cause minimal skin damage. They affect the outermost layer of skin and are also called "superficial burns".

**SECOND-DEGREE BURNS** - blisters and some thickening of the skin. A more severe burn and the damage will extend beyond the top layer of skin. This type of burn causes the skin to blister and become extremely red and sore.

**THIRD-DEGREE BURNS** - widespread thickness with a white, leathery appearance. These are severe and cause the most damage, extending through every layer of skin.

There are also **FOURTH-DEGREE BURNS**. This type of burn includes all of the symptoms of a third-degree burn and also extends beyond the skin into tendons and bones.

Burns can be caused by hot or boiling liquids, chemicals, electricity, fires and flames, and excessive exposure to sun.

The degree of the burn is not based on the cause of it. Scalding, for example, can cause all three burns, depending on how hot the liquid is and how long it stays in contact with the skin.

Chemical and electrical burns require immediate medical attention because it can affect the inside of the body, even if skin damage appears to be minor.

## WHAT TO DO IN CASE OF A BURN

- Should anyone sustain a burn injury involving flames, the victim should stop, drop and roll to put out the flames.
- Don't touch electrical injury victims before removed from the current - use a stick or non-conductor to avoid rescuer injury or death.
- The heat from a fire, hot water or electrical burn will continue to burn the tissue long after the offending contact is removed. To stop the burning, keep the burnt body part under cold running tap water for 20 minutes. **Don't use ice or ice water** as it can cause frostbite because the skin is already damaged. The wound must be covered with clingwrap or a clean sheet and medical assistance sought.
- Cool a minor burn to help soothe the pain. Hold the burned area under cool (not cold) running water for 10 to 15 minutes or until the pain eases.
- **Don't apply butter or any oil-based product to a burn injury**, the oil can trap the heat and make the burn deeper over time.

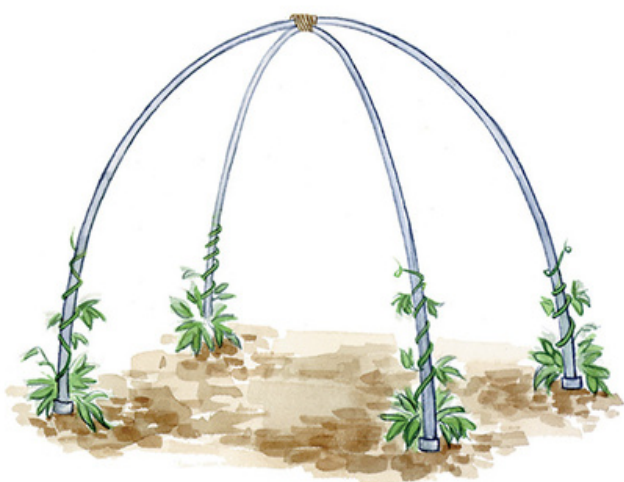


## DIY VEGETABLE GARDEN TRELLISES

Many vegetables do better when you trellis them as it keeps the fruit clean, makes them easy to pick and exposes more leaves to sunlight. There are lots of ways to trellis vegetables and here are 2 simple DIY trellises you can make for your vegetable garden.

### MAKING A HOOP TRELLIS

It doesn't get simpler than this design. Use the hoops to grow pole beans (four plants per leg), and fill the area underneath with an early crop of peas or spinach.



#### MATERIALS

- (2) 12-ft.-long, ½-in.-diameter black poly pipes
- (4) 2-ft.-long metal or wooden rods, ¾ in. in diameter
- Twine

#### HOW TO BUILD THE TRELLIS

- Sink two rods into the ground about 6 ft. apart. Leave 6 in. exposed.
- Connect the rods with an arching 12-ft.-long section of black-poly pipe
- Make another hoop this same way, binding the two with twine where they cross.

### TRELLIS WITH BRANCHES

This structure is highly flexible, so its final size is up to you. It's perfect for beans and peas.

#### MATERIALS

- (5) 5-ft. branches
- (8) 4-ft. branches
- (2) 2-ft. branches

#### HOW TO BUILD THE TRELLIS

- Cross two 5-ft. branches (A) to form a long-legged "X" and tie them together where they intersect. Take a 2-ft. branch (B) and tie it near the bottom of the "X" to form a triangle with legs.
- Make another triangle just like the first.
- Position the two triangles about 4 ft. apart and sink the legs into the ground. Lay a 5-ft. branch (C) on top of the two triangles, leaving the ends sticking out.
- Tie the 4-ft. branches (D) so they hang from the 5-ft. branch (C) and touch the ground.
- Train your vegetables up these 4-ft. sticks

