

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE


EVERGREEN
lifestyle
at lake michelle

17 - 23 MAY 2021

WHAT'S ON THIS WEEK

As we cross the halfway mark in May I am sure everyone's excitement is growing as the completion of the Lifestyle Centre gets closer and closer.

A couple of very important things will be taking place before we get our first view of the new facilities at the Noordhoek Village on the 27th, the AGM being one of the most important. The notice for the 2021 AGM was sent out earlier today. Please do feel free to attend as our facility is big enough to accommodate all Residents safely and in accordance with Covid - 19 protocols.

It is very important that we follow the guidelines and submit all documents as indicated in the notice. I would also like to highlight that all RSVP's for attendance, all questions, and all nomination forms must be submitted by 16h00 on Thursday, 20th May. Also note that voting is only for Life Right Holders and individuals with proxy nominations. All proxy nominations must be submitted no later than the 26th.

If you have any questions or would like anything explained in person I am as always, happy to chat with residents who are unsure, or who need more information on anything relating to the AGM.

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 17 MAY	TUE 18 MAY	WED 19 MAY	THU 20 MAY	FRI 21 MAY	SAT 22 MAY	SUN 23 MAY
BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404	BISTRO ext.2404		
PROMOTION CORN FRITTERS R10	PROMOTION BACON & FETA FRITTATA R15	PROMOTION CHEESE PLATTER R20	PROMOTION COCKTAIL YORKSHIRE PUDDING R12	PROMOTION ITALIAN BRUSCHETTA R15		
9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277	9h00 - 10h00 EXTEND SENIOR FIT Fynbos Judith ext. 2063	09h00 - 10h00 SPINE SHINE - BACKCARE YOGA Clair 083 453 5539		
	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	09h30 - 11h30 MARKET DAY Bistro Lounge Reception ext. 2400		
14h00-16h00 BRIDGE/ CANASTA Fynbos Norma ext. 2089	14h00 TABLE TENNIS, POOL/ SNOOKER Fynbos		11h30 & 12h00 SOUND RELAXATION Janet 079 061 4240			
		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

17 - 21 MAY 2021

MONDAY

SALMON, SPINACH AND FETA PASTA

SERVED WITH A GREEK SALAD

TUESDAY

PULLED BEEF PITA

SERVED WITH A CHUNKY COLESLAW

WEDNESDAY

CHICKEN SCHNITZEL

SERVED WITH MUSHROOM SAUCE, POTATO WEDGES
AND SEASONAL VEGETABLES

THURSDAY

BACON, BLUE CHEESE AND RED ONION QUICHE

WITH PARSLEY POTATOES AND A GREEN SALAD

FRIDAY

FRIED FISH AND CHIPS

SERVED WITH A BEETROOT AND FETA SALAD, TARTAR SAUCE
AND FRESH 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!



17TH MAY

JOHN GRIMMER - Noordhoek

ANNE STEPTO - Noordhoek

18TH MAY

JEAN LAMB - Lake Michelle

19TH MAY

JUDITH PECK - Noordhoek

22ND MAY

RONALD STEAD - Noordhoek

23RD MAY

JANET POTTER - Noordhoek

DENISE DUFF - Noordhoek

SPECIAL MOMENTS

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

- J. Malouf -



WHAT'S COOKING

Green Soup

[Dale Pinnock](#) is a Nutritionist, UK Sunday Times Best Selling Author, Presenter & Broadcaster and one of his first books, 'The Medicinal Chef' offers up this great 'Calming Green Soup'! It is jam-packed with magnesium and vitamin c and the flavour is an absolute winner! Perfect for Winter! [click on Dale's name to learn more about him and his delicious and healthy recipes].

INGREDIENTS

- 1 white onion, finely chopped
- 1 garlic clove, finely chopped
- 350g fresh or frozen peas
- 1 large courgette, coarsely chopped
- 1 large potato, roughly diced, skin left on
- 500ml vegetable stock (made from stock cubes or bouillon powder)
- 1 x 180g bag of baby spinach
- Small bunch of fresh mint leaves
- Sea salt and black pepper



Photo: @martinpoolephotography

METHOD

- Heat a little olive oil in a large pan, add the onion and garlic and cook for four to five minutes, or until softened.
- Add the peas, courgette and potato, and enough vegetable stock to just cover all the ingredients. Simmer until the potato has softened – about ten to 15 minutes.
- Add the baby spinach a handful at a time, until it has all wilted into the hot soup.
- Add the mint leaves, setting aside a few small ones.
- Season with salt and pepper. Transfer in batches to a jug blender and process to a smooth soup.
- Scatter with the reserved mint leaves and drizzle with a little olive oil to serve.

BOTTOM'S UP!

THE PENICILLIN COCKTAIL

This whisky cocktail is loaded with amazing flavours like ginger, lemon and honey. It is sweet, fresh and spicy and is a perfect Winter cocktail especially when you have a sore throat or need a drink to warm you right up

INGREDIENTS

Penicillin Cocktail [makes 4]

- 180ml Scotch whiskey *
- Juice of 3 freshly squeezed lemons
- 3 Tbsp ginger syrup - see below
- 3 Tbsp honey syrup - see below
- 4 sprigs rosemary, for garnish, optional

Ginger Syrup [makes 1 cup]

- 500g ginger, peeled and roughly chopped to yield ½ cup juice **
- ½ cup sugar, 100g

Honey Syrup [makes 1 cup]

- ¾ cup/255g honey ***
- ¼ cup/60ml hot water

METHOD

Ginger Syrup

1. Remove the peel from the ginger by using the back of a spoon.
2. If you have a juicer, this is the best way of juicing your ginger as you need less ginger to make the same amount of juice. However, you can use a food processor and then a piece of muslin to squeeze the juice out of the pulp.
3. Combine the ginger juice with an equal amount of sugar. [A ½ cup of ginger juice needs ½ cup of sugar.

Shake to dissolve the sugar. Pour into a jar with a tight lid. This mixture holds in the fridge for at least 1 month.

Honey Syrup: Mix honey with warm water until the honey dissolves. Pour this into a jar with a tight lid too and it will keep in the fridge for at least 1 month.

The Penicillin Cocktail: Combine ginger syrup, honey syrup, lemon juice and whiskey with a few ice cubes in a shaker. Shake vigorously for 15 seconds. Strain into your favorite whiskey glass.

Garnish with a rosemary sprig. It adds a nice, aromatic touch that goes wonderfully well with ginger and whiskey.

NOTES

* The traditional Penicillin usually uses Scotch whiskey as the body of the drink, but also Islay Scotch floating on top.

** If you use a juicer, you can use less fresh ginger than if you use a food processor to get the same amount of juice.

*** To make this drink vegan, simply swap honey for maple syrup. There's no need to dilute the maple syrup with warm water as it is already pretty pourable.

Because you need to make a ginger syrup, this recipe takes a little time the first time you make it. But because the ginger syrup is more than enough for one cocktail, you will always have the Penicillin cocktail right at your fingertips (or in the fridge).



MUSICAL CORNER

CHER

20 MAY 1946

SINGER | ACTRESS

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



Born Cherilyn Sarkisian on 20 May 1946, CHER is an American singer, actress and television personality. Commonly referred to by the media as the "Goddess of Pop", she has been described as embodying female autonomy in a male-dominated industry.

Her father, John Sarkisian, was an Armenian-American truck driver with drug and gambling problems; her mother, Georgia Holt (born Jackie Jean Crouch), was an occasional model and bit-part actress who claims Irish, English, German, and Cherokee ancestry. Cher's father was rarely home when she was an infant, and her parents divorced when Cher was ten months old. Her mother later married actor John Southall, with whom she had another daughter, Georganne, Cher's half-sister. Her mother's relationship with Southall ended when Cher was nine years old, but she considers him her father and remembers him as a "good-natured man who turned belligerent when he drank too much". Her mother remarried and divorced several more times, and she moved her family around the country (including New York, Texas, and California). They often had little money, and Cher recounted having had to use rubber bands to hold her shoes together. At one point, her mother left Cher at an orphanage for several weeks and although they met every day, both found the experience traumatic.

Fascinated by film stars, Cher's role model was Audrey Hepburn, particularly due to her role in the 1961 film "Breakfast at Tiffany's" and began to take after the unconventional outfits and behavior of Hepburn's character. She was also inspired by Marlene Dietrich, Bette Davis, and Katharine Hepburn. She was disappointed by the absence of dark-haired Hollywood actresses whom she could emulate. She had wanted to be famous since childhood but felt unattractive and untalented, later commenting, "I couldn't think of anything that I could do ... I didn't think I'd be a singer or dancer. I just thought, well, I'll be famous. That was my goal."

Cher gained popularity in 1965 as one-half of the folk-rock husband-wife duo Sonny & Cher after their song "I Got You Babe" peaked at number one on the US and UK charts. By the end of 1967, they had sold 40 million records worldwide and had become, according to Time magazine, rock's "it" couple. She began her solo career simultaneously, releasing in 1966 the transatlantic top three single "Bang Bang (My Baby Shot Me Down)".

After her divorce from Sonny Bono in 1975, she launched a comeback with the disco album "Take Me Home" (1979) and earned \$300,000 a week for her 1979–1982 concert residency in Las Vegas. In 1982, Cher made her Broadway debut in the play "Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean" and also starred in its film adaptation. She subsequently garnered critical acclaim for her performances in films such as "Silkwood" (1983), "Mask" (1985), "The Witches of Eastwick" (1987), and "Moonstruck" (1987), the latter of which won her the Academy Award for Best Actress.

She became a television personality in the 1970s with her CBS shows The Sonny & Cher Comedy Hour, watched by over 30 million viewers weekly during its three-year run. While working on television, she established herself as a solo artist with the US Billboard Hot 100 number-one singles "Gypsys, Tramps & Thieves", "Half-Breed", and "Dark Lady", becoming the female artist with the most number-one singles in United States history at the time.

Having sold 100 million records to date, Cher is one of the world's best-selling music artists. Her achievements include a Grammy Award, an Emmy Award, an Academy Award, three Golden Globe Awards, a Cannes Film Festival Award, the Billboard Icon Award, and awards from the Kennedy Center Honors and the Council of Fashion Designers of America. She is the only artist to date to have a number-one single on a Billboard chart in six consecutive decades, from the 1960s to the 2010s. Aside from music and acting, she is noted for her political views, social media presence, philanthropic endeavors, and social activism, including LGBT rights and HIV/AIDS prevention. To learn more about this incredible icon, click [here](#).

HEALTH CARE

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

INTERNATIONAL MULTIPLE SCLEROSIS MONTH

Multiple Sclerosis Awareness Month is an effort by the Multiple Sclerosis Foundation (MSF) to raise awareness of the condition. The goals are to promote an understanding of the scope of this disease, and to assist those with MS in making educated decisions about their healthcare.

Multiple sclerosis is a progressive, degenerative disorder of the central nervous system, including the brain, optic nerve and spinal cord. MS symptoms occur when the connections between the brain and the body's nerves are damaged.

MULTIPLE SCLEROSIS SYMPTOMS

Multiple Sclerosis (MS) can cause a wide range of symptoms and affect any part of the body. Each person with the condition is affected differently.

The symptoms are unpredictable. Some people's symptoms develop and worsen steadily over time, while for others, they come and go.

Periods, when symptoms get worse, are known as relapses. Periods, when symptoms improve or disappear, are known as remissions.

WHAT ARE THE FOUR STAGES OF MS?

clinically isolated syndrome (CIS), relapsing-remitting MS (RRMS), primary progressive MS (PPMS), and secondary progressive MS (SPMS).

HOW CAN I TEST MYSELF FOR MS?

- A full neurological examination.
- MRI scans of the brain, spine or both to look for MS plaques.
- A spinal tap to look for signs of inflammation and certain immune proteins that are often present in people with MS.
- Blood tests to rule out other disorders.

See your GP if you're worried you might have early signs of MS. The symptoms can be similar to several other conditions, so they're not necessarily caused by MS.

PEOPLE MAY EXPERIENCE:

- Pain areas: in the back or eyes
- Pain circumstances: can occur in the back due to head nod or with eye movement
- Tremor: can occur during precise movements, in the hands, or limbs
- Muscular: cramping, difficulty walking, inability to rapidly change motions, involuntary movements, muscle paralysis, muscle rigidity, muscle weakness, problems with coordination, stiff muscles, clumsiness, muscle spasms, or overactive reflexes
- Whole-body: fatigue, dizziness, heat intolerance, poor balance, or vertigo
- Urinary: excessive urination at night, leaking of urine, persistent urge to urinate, or urinary retention
- Sensory: pins and needles, abnormality of taste, reduced sensation of touch, or uncomfortable tingling and burning
- Visual: blurred vision, double vision, or vision loss
- Mood: anxiety or mood swings
- Speech: difficulty speaking or slurred speech
- Sexual: erectile dysfunction or sexual dysfunction
- Also common: constipation, depression, difficulty raising the foot, difficulty swallowing, difficulty thinking and understanding, flare, headache, heavy legs, numbness of face, rapid involuntary eye movement, sleep deprivation, tongue numbness, or weakness

The symptoms, severity and duration can vary from person to person. Some people may be symptom-free for most of their lives, while others can have severe, chronic symptoms that never go away. Physiotherapy and medication that suppress the immune system can help with symptoms, and slow disease progression. Treatment can help, but this condition can't be cured

ANTS, ANTS AND MORE ANTS!

Yikes, it's ant time! The ants are on the march through gardens and backyards and coming soon to a kitchen cupboard near you. Eek!! But hang on a sec, before you reach for the poisonous ant killer under the sink, we have a few natural ways to keep ants out and get rid of them quickly if they do get in!

25 NON TOXIC WAYS TO GET RID OF ANTS

1. Vinegar
2. Cinnamon
3. Chalk
4. Garlic
5. Cloves
6. Paprika
7. Sage
8. Mint
9. Pepper
10. Neem oil
11. Lavender
12. Thyme
13. Marigolds
14. Boiling water
15. Peppermint oil
16. Cayenne pepper
17. Lemon juice
18. Dish soap
19. Tea tree oil
20. Corn starch
21. Baking soda
22. Tansy
23. Rosemary
24. Nematodes
25. Diatomaceous earth

