

WHAT'S ON THIS WEEK

This week we were all reminded what winter is like in Noordhoek! For the newbies, dare I say 'Welcome'? :-) But between the sudden drop in temperature and the downpours, we did have some glorious sunshine peeking through - some not even in the form of heat rays. Our Knitting Group shared some sunshine of their own as seen in the images of the little ones at Sweetpeas Newborn Blessings. Eve and her team would like to pass their gratitude on to the ladies who so generously took the time to knit each child something to keep them warm this Winter. Once again a great example of our Evergreen community reaching outside our borders to make a difference in our greater community.

I would also like to remind everyone of the AGM's taking place next week on Wednesday the 26th for Noordhoek and Thursday the 27th for Lake Michelle. Thank you to everyone that confirmed their attendance and also for the nominations we have received. The team and I cannot wait to welcome you all into the new Lifestyle Centre.

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 24 MAY	TUE 25 MAY	WED 26 MAY	THU 27 MAY	FRI 28 MAY	SAT 29 MAY	SUN 30 MAY
BISTRO ext.2404 PROMOTION LEMON PUDDING WITH CUSTARD R15	BISTRO ext.2404 PROMOTION SAVOURY SCONES WITH CHEESE R15	BISTRO ext.2404 PROMOTION APPLE CRUMBLE WITH CREAM R15	BISTRO ext.2404 PROMOTION BACON AND CHEESE PINWHEEL R15	BISTRO ext.2404 PROMOTION VANILLA PANNA COTTA R15		
9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277		9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277				
11h00 STROKE AWARENESS TALK Fynbos ext. 2401	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	14h00 ELV NOORDHOEK AGM Lifestyle Centre ext. 2401	14h00 ELV LAKE MICHELLE AGM Lifestyle Centre ext. 2401			
		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

24 - 28 MAY 2021

MONDAY

STEAK AND KIDNEY PIE

SERVED WITH GRAVY, BABY GARLIC POTATOES AND ROASTED VEGETABLES

TUESDAY

CREAMY CHICKEN AND MUSHROOM PASTA

SERVED WITH THE SALAD OF THE DAY

WEDNESDAY

SWEET AND SOUR PORK STIR-FRY

SERVED ON A BED OF EGG NOODLES AND SESAME SEEDS

THURSDAY

GREEN BEAN BREDIE AND RICE

SERVED WITH SEASONAL VEGETABLE

FRIDAY

CRUMBED CALAMARI AND CHIPS

SERVED WITH TARTAR SAUCE AND A GREEK 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!



24TH MAY

JENNY KNIGHT - Noordhoek
SUE PAYNE - Lake Michelle

27TH MAY

MARY JENNINGS - Noordhoek
TREVOR DOUGLAS - Noordhoek
GLENDA INSKIP - Noordhoek

28TH MAY

LINDA GREEFF - Noordhoek

29TH MAY

PAM GRAHAM - Lake Michelle
RICHARD MCNEILL - Lake Michelle

30TH MAY

PATRICIA VON BORMANN - Lake Michelle

SPECIAL MOMENTS

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

- J. Malouf -

.....
29TH MAY

PETER & GLENDA INSKIP'S
WEDDING ANNIVERSARY -
Noordhoek
.....



WHAT'S COOKING

OVEN-BAKED TO PERFECTION, A COMFORTING CASSEROLE IS A PERFECT CHOICE FOR THE CHILLY WINTER MONTHS!

Beef Bourguignon

Slow-baked with a vast amount of red wine



INGREDIENTS

[SERVES 4]

- 2 tbsp olive oil
- 1 kg chuck steak - cubed
- 2 tbsp flour
- 125g bacon - diced
- 8 pickling onions - peeled
- 2 carrots - finely chopped
- 2 celery stalks - finely sliced
- 2 garlic cloves - crushed
- 4 sprigs fresh thyme
- 200g portabellini mushrooms
- 1/4 cup tomato purée
- 750ml red wine
- rice - steamed, to serve

METHOD

- Preheat oven to 160°C.
- Dust steak cubes with the flour and season with salt and black pepper. Set aside.
- Heat a heavy-based saucepan or casserole dish, (one that can go into the oven) add olive oil, and quickly sear the meat until well browned. Remove from pan and set aside.
- Using the same pan, sauté the bacon, pickling onions, carrots, celery, garlic, thyme and mushrooms for a few minutes or until golden brown.
- Return meat to saucepan, stir in tomato puree and wine and bring to the boil.
- Cover casserole with a lid or foil and place into the oven for 2-2 ½ hours or until meat is soft and tender, and sauce is slightly thickened.
- Remove from oven and serve with steamed rice and seasonal vegetables.

BOTTOM'S UP!

Gluhwein

This easy and warming German Mulled Wine (Gluhwein) is a perfect drink to serve during the colder months - and best of all it smells like Christmas and serves a crowd!

INGREDIENTS

[SERVES 12]

- 1.5 liters or 2 bottles of dry red wine
- 2 oranges sliced
- 6 cardamom pods
- 1 tsp allspice (9 berries)
- 1 tsp cloves whole
- 4 stars anise
- 3 sticks cinnamon
- 4 tablespoons Demerara sugar or other sweetener of your choice
- sliced orange to garnish

METHOD

1. Bruise your cardamom pods with the back of your knife.
2. Put all ingredients except sugar in a pot over medium-low heat. Before it starts to boil, remove it from the heat and add the sugar.
3. Let sit for up to 30 minutes, strain and serve.
4. To garnish, put a few orange slices in a mug along with a cinnamon stick.

To keep the mulled wine warm for a longer time put your mulled wine on a really low heat and pour it into glasses as your guests arrive.



NOTES

You can add rum or brandy to your mulled wine to give it a stronger flavor. Add 20 ml or 2/3 fluid oz per portion before the mulled wine is ready and simmer for 3 more minutes. Another option is to make it non-alcoholic by substituting grape juice for wine.

MUSICAL CORNER

BOB DYLAN

24 MAY 1941

SINGER | SINGER-SONGWRITER | AUTHOR | VISUAL ARTIST

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



Bob Dylan, born Robert Allen Zimmerman, is an American singer-songwriter, author and visual artist. Often regarded as one of the greatest songwriters of all time, Dylan has been a major figure in popular culture during a career spanning nearly 60 years.

Bob Dylan was born in St. Mary's Hospital in Duluth, Minnesota, and raised in Hibbing, Minnesota. His father, Abram Zimmerman and his mother Beatrice "Beatty" Stone were part of a small, close-knit Jewish community and lived in Duluth until Dylan was six, when his father contracted polio and the family returned to his mother's hometown of Hibbing, where they lived for the rest of Dylan's childhood, and where his father and paternal uncles ran a furniture and appliances store.

In his early years, he listened to the radio, first to blues and country stations and later, as a teenager, to rock and roll. He formed several bands while attending Hibbing High School and performed covers of songs by Little Richard and Elvis Presley. In September 1959, he moved to Minneapolis and enrolled at the University of Minnesota. His focus on rock and roll gave way to American folk music, as he explained in a 1985 interview: "The thing about rock'n'roll is that for me anyway, it wasn't enough ... There were great catch-phrases and driving pulse rhythms ... but the songs weren't serious or didn't reflect life in a realistic way. I knew that when I got into folk music, it was more of a serious type of thing. The songs are filled with more despair, more sadness, more triumph, more faith in the supernatural, much deeper feelings."

Living at the Jewish-centric fraternity Sigma Alpha Mu house, he began to perform at the Ten O'Clock Scholar, a coffeehouse a few blocks from campus, and became involved in the Dinkytown folk music circuit. During this period, he began to introduce himself as "Bob Dylan". In his memoir, he said he had considered adopting the surname 'Dillon' before he unexpectedly saw poems by Dylan Thomas, and decided upon that less common variant.

Much of his most celebrated work dates from the 1960s, when songs such as "Blowin' in the Wind" (1963) and "The Times They Are a-Changin'" (1964) became anthems for civil rights and anti-war movements. His lyrics during this period incorporated a range of political, social, philosophical, and literary influences, defying pop music conventions and appealing to the burgeoning counterculture.

In the late 1960s and early 1970s, Dylan explored country music and rural themes and in 1975, he released *Blood on the Tracks*, which many saw as a return to form. In the late 1970s, he became a born-again Christian and released a series of albums of contemporary gospel music before returning to his more familiar rock-based idiom in the early 1980s.

He has released five critically acclaimed albums of original material since then, the most recent being *Rough and Rowdy Ways* (2020). He also recorded a series of three albums in the 2010s comprising versions of traditional American standards, especially songs recorded by Frank Sinatra. Backed by a changing lineup of musicians, he has toured steadily since the late 1980s on what has been dubbed the Never Ending Tour.

Since 1994, he has published eight books of drawings and paintings, and his work has been exhibited in major art galleries. He has sold more than 100 million records, making him one of the best-selling musicians of all time. He has received numerous awards, including the Presidential Medal of Freedom, ten Grammy Awards, a Golden Globe Award and an Academy Award. Dylan has been inducted into the Rock and Roll Hall of Fame, Nashville Songwriters Hall of Fame and the Songwriters Hall of Fame. The Pulitzer Prize Board in 2008 awarded him a special citation for "his profound impact on popular music and American culture, marked by lyrical compositions of extraordinary poetic power". In 2016, Dylan was awarded the Nobel Prize in Literature "for having created new poetic expressions within the great American song tradition"

To learn more about this incredible icon, click [here](#).

HEALTH CARE

25 MAY IS WORLD THYROID DAY



One condition seniors have the potential to develop is thyroid disease, which affects the body's metabolic rate. Early detection and proper treatment can help limit the effects of the conditions and ensure that older adults continue to live healthy, happy lives.

THE TWO CONDITIONS INCLUDE:

Hypothyroidism

is caused by the underproduction of thyroid hormones and results in a low metabolic rate.

Hypothyroidism is more common in older adults but hard to recognize because symptoms generally occur over the course of many years. The frequency of multiple symptoms decreases with age. Presentation of symptoms depends largely on the deficiency of hormone levels in the body.

SYMPTOMS vary and may include: fatigue; sluggishness; increased sensitivity to cold; constipation; pale, dry skin; a puffy face; hoarseness; high cholesterol levels; brittle hair and nails; unexplained weight gain; muscle aches, tenderness and stiffness; menstrual changes; muscle weakness; pain, stiffness, or swelling in joints; depression.

Risk factors for developing hypothyroidism:

- Females over the age of 50 are more susceptible
- Have close relatives suffer from autoimmune disease
- Radiation treatment in the upper neck and/or chest area
- Previous surgery on the thyroid gland
- Iodine deficiency

Hyperthyroidism

is caused by increased metabolism when the thyroid produces too many hormones.

Hyperthyroidism presents itself in various ways, making it a challenge to diagnose, as some symptoms are indicative of other health conditions. As with hypothyroidism, seniors may present only one or two symptoms of this disease. Medications can cause a few of the same symptoms or even mask the signs of this disease.

SYMPTOMS may include: sudden weight loss; rapid or irregular heartbeat; pounding of the heart; increased appetite; nervousness, anxiety or irritability; tremors in the hands and/or fingers; sweating; menstrual changes; increased sensitivity to heat; changes in bowel patterns; an enlarged thyroid gland; fatigue; muscle weakness; difficulty sleeping.

Risk factors for developing hyperthyroidism:

- Having a close family member with hyperthyroidism
- Having Graves or Plummer's disease
- Thyroiditis (swelling or pain in the thyroid gland)
- Toxic adenoma (nodules on the thyroid gland)

Thyroid disease can be more difficult to diagnose in seniors. However, when diagnosed and properly treated, thyroid disease can be managed, helping ensure the best quality of life for older adults.

Watering Succulents the Right Way



If you've killed off every succulent you've ever had – you're not alone. Unfortunately, the easiest and surest way to kill a succulent is to over or under-water it. However, once you learn how to water succulents the right way, the rest of succulent care will seem like a breeze!

SHOULD SUCCULENTS BE WATERED REGULARLY?

Succulents have a reputation for being low-maintenance plants due to their drought tolerance. While this is indeed true, they do need water to survive and they perform best when watered regularly.

Since succulents and cacti store water in their stems and leaves, they're able to survive long periods without water. This, however, does NOT mean they'll look or perform their best when starved for water for an extended period of time. Regular watering goes a long way in helping succulents grow a strong root system in addition to helping them look vibrant and healthy. Observing the leaves of your succulents will give you clues as to whether or not they're getting the right amount of water.

If you see **yellow, translucent, and soggy leaves** on your succulent, then you've been over-watering (a common mistake!). Stop watering your plant until the soil feels dry several inches deep.

On the other hand, if you see **brown, dry, and crispy leaves** on the top or middle section of your succulent, then you've been under-watering and the plant is in major distress and need of water. Give your succulent a deep watering and then water it again in a few days when the soil feels dry about an inch or two deep.

If you see dry leaves at the bottom of your plant, though, know that this is the plant's natural growing process, so don't be alarmed. Succulents drop old leaves as they prepare to grow new ones from the center. Simply tug off these dry leaves and discard them.

When it comes to watering succulents, it's important to know that they hate soggy soil. Terra cotta pots make wonderful pots for succulents because they wick away moisture.

There is a general rule of thumb when it comes to watering succulents: **water succulents ONLY when the topsoil feels dry** about one to two inches deep, and water deeply until you see that water is freely escaping from the pot's drainage hole.

TIP: If you're already using regular potting soil, you can make it more fast-draining by adding pumice, perlite, or coarse sand. Or you can be more conservative with the amount of water you give your plant.



This plant rotted due to over-watering. The leaves are soggy, losing color, and showing signs of mould.

