

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE


EVERGREEN
lifestyle
at lake michelle

31 MAY - 6 JUNE 2021

WHAT'S ON THIS WEEK

In a week that felt like back-to-back Monday's, we had 2 very successful AGM's and the unveiling of the new Lifestyle Centre. I would like to thank each resident who took the time to attend the AGM's. Thank you too for all the suggestions and ideas you shared; it was heartwarming to see everyone coming together and enjoying the new space to which we will soon have full access.

I would also like to congratulate the residents who were elected to serve on the relevant ResCom committees. I am looking forward to working with you all in the year to come. And a big Thank You to the outgoing members for all your support and valuable contributions while serving on the committee.

For those who missed the AGM's I am also happy to announce that thanks to great work done by Garry Reed and senior management - who negotiated and secured Covid-19 vaccinations for all Evergreen Residents - these will be administered right here in our Village on the 7th and 8th of June. Exact and more detailed rollout plans will be shared soon.

My team and I will slowly be starting to move into the new facilities over the next week to ensure we are fully operational from Monday the 7th of June. Any arrangements that might require us to change Village operations during this time will be shared with you, and I ask for just a little more patience over this short period while we ready ourselves to provide you with the best possible service.

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 31 MAY | TUE 01 JUNE | WED 02 JUNE | THU 03 JUNE | FRI 04 JUNE | SAT 05 JUNE | SUN 06 JUNE |
|--|--|--|---|---|-------------|-------------|
| BISTRO ext.2404 | BISTRO ext.2404 | BISTRO ext.2404 | BISTRO ext.2404 | BISTRO ext.2404 | | |
| PROMOTION CHICKEN MAYO PANCAKES R15 | PROMOTION CREAM CHEESE BROWNIES R15 | PROMOTION BEEF SAUSAGE ROLLS R15 | PROMOTION HOME BAKED FRIDGE TART R15 | PROMOTION BACON CHEESE STICKS WITH A CREAM CHEESE DIP 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 | | | |
| | 10h00-13h00 BRIDGE/ CANASTA Fynbos Cecily ext. 2011 | | 10h00 KNITTING GROUP TV lounge. Jenny ext. 2026 | | | |
| 14h00-16h00 BRIDGE/ CANASTA Fynbos Norma ext. 2089 | 14h00 TABLE TENNIS, POOL/ SNOOKER Fynbos | | | | | |
| | | 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

31 MAY - 04 JUNE 2021

MONDAY

BACON AND MUSHROOM CARBONARA

SERVED WITH A GARDEN SALAD

TUESDAY

HONEY-GARLIC ROASTED PORK CHOP

SERVED WITH PARSLEY BABY POTATOES AND A ROASTED VEGETABLE SALAD

WEDNESDAY

BEEF LASAGNE

SERVED WITH SEASONAL VEGETABLES

THURSDAY

CRUMBED CHICKEN STRIPS

SERVED WITH POTATO WEDGES AND A GREEN SALAD

FRIDAY

STEAK AND VEGETABLE FRIED RICE

SERVED WITH DESSERT: STICKY TOFFEE PUDDING

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!



3RD JUNE

TONY KROMBERG - Noordhoek

5TH JUNE

GAEL CULHANE - Lake Michelle

SPECIAL MOMENTS

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

- J. Malouf -

While we have no anniversaries to announce this week, the

5TH MAY IS

NATIONAL BUBBLY DAY

so how about raising a glass to celebrate life and your loved ones instead!

Cheers!



WHAT'S COOKING

Caprese Stuffed Mushrooms

Baked in garlic butter and stuffed with fresh mozzarella cheese, tomato slices and finished off with a drizzle of rich balsamic glaze! Low carb, healthy and perfect to enjoy for lunch or dinner!



INGREDIENTS

[SERVES 5 - 6]

GARLIC BUTTER

- 2 tablespoons butter
- 2 cloves garlic, crushed
- 1 tablespoon freshly chopped parsley

MUSHROOMS

- 5-6 large Portobello Mushrooms, stem removed, washed and dried thoroughly with a paper towel
- 5-6 fresh mozzarella cheese balls, sliced thinly
- 1 cup cherry tomatoes, sliced thinly
- fresh basil, shredded to garnish

BALSAMIC GLAZE

[or you can use store-bought]

- 1/4 cup balsamic vinegar
- 2 teaspoons brown sugar [optional]

METHOD

STUFFED MUSHROOMS

- Preheat oven to grill/broil settings on high heat. Arrange oven shelf to the middle of your oven.
- Combine all of the Garlic Butter ingredients together in a small saucepan (or microwave safe bowl), and melt until garlic is fragrant. Brush the bottoms of each mushroom and place them, buttered side down, on a baking tray.
- Flip and brush any remaining garlic over the insides of each cap. Fill each mushroom with the mozzarella slices and tomatoes, and grill/broil until cheese has melted and golden in colour (about 8 minutes).
- To serve, top with the basil, drizzle with the balsamic glaze and sprinkle with salt to taste.

BALSAMIC GLAZE

If making from scratch, prepare while mushrooms are in the oven. Combine sugar and vinegar in a small saucepan over high heat and bring to the boil. Reduce heat to low; allow to simmer for 5-8 minutes or until mixture has thickened and reduced to a glaze.

TIPS

To dry portobellos, make sure you use a dry sheet pot paper towel per mushroom, and lightly press sheet into each mushroom to gently squeeze out the excess liquid. If this step is not done thoroughly, the portobellos will release a lot of liquid during cook time.

Can I pre-stuff mushrooms? Absolutely! This stuffed mushrooms recipe can be made up to 2 days ahead. Just assemble the mushrooms, cover with plastic wrap and refrigerate. Take mushrooms out of the refrigerator about 30 minutes to help get the chill out before roasting.

Freezing stuffed portobello mushrooms: Prepare mushrooms as per the recipe, but don't bake them. Store prepared stuffed mushrooms in an airtight container, and freeze for up to 3 months. To roast, thaw them out completely before cooking.

BOTTOM'S UP!

Cognac

Each year on June 4th, brandy lovers and distillers celebrate National Cognac Day.

A well-known variety of brandy, Cognac was named after the town of Cognac in France in which it is produced. The region is also known for vineyards and producing wine.

A distilled brandy must meet certain legal requirements within the production to bear the name Cognac. One requirement during production includes the use of a particular variety of grape. The primary grape used is Ugni Blanc. Additionally, the brandy needs to be distilled twice in copper pot stills. Distillers must also age the brandy at least two years in French oak barrels from Limousin or Tronçais. However, most distillers age their cognacs much longer than the minimum legal requirement.

There are also different ways of drinking cognac. Enjoying the spirit on its own, it may be savored neat or over ice. Cognac may even be diluted with a little water. However, cognac may also be used to create a variety of cocktails, too.



The Sidecar

Cognac's most famous cocktail is **THE SIDECAR**. The recipe is over a century old, and the sour drink is one that every cocktail connoisseur should familiarize themselves with. It mixes Cognac with Cointreau and lemon juice for an invigorating drink you won't want to miss.



INGREDIENTS

- 60ml brandy, cognac, Armagnac, or bourbon
- 30ml premium triple sec
- 21ml freshly squeezed lemon juice
- Lemon or orange twist, for garnish

METHOD

- Pour the ingredients into a cocktail shaker filled with ice cubes. Shake well and strain into a chilled cocktail glass.
- Garnish with a lemon twist.

Tips

- If you like, rim the glass with sugar.
- Cointreau is most often poured in the Sidecar so if you're going to choose a different brand of triple sec, ensure it's top-shelf.
- Some people enjoy their Sidecar with equal amounts of Cointreau and lemon juice; the pour is typically 3/4 ounce of each. The sweet-sour balance may need to be adjusted depending on the brands and styles of brandy you use.
- Fresh lemon juice is essential for a Sidecar. A single lemon should yield about 1¾ ounces, an ample amount for two drinks.
- Add a dash of simple syrup to take the edge off the tartness. Try a teaspoon of 2:1 demerara syrup.

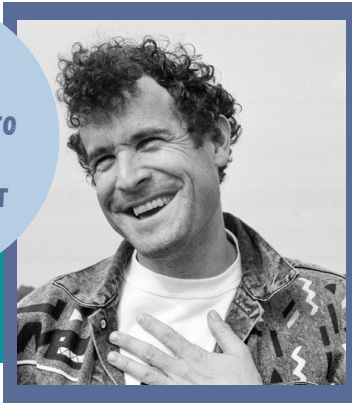
MUSICAL CORNER

JOHNNY CLEGG

07 JUNE 1953 - 16 JULY 2019

DANCER, ANTHROPOLOGIST, SINGER, SONGWRITER, ACADEMIC, ACTIVIST, FRENCH KNIGHT AND MEMBER OF THE MOST EXCELLENT ORDER OF THE BRITISH EMPIRE (CBE)

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



Whilst all of the tags above are fitting, none of them can accurately describe the energetic, passionate human being who was one of South Africa's greatest musical exports. He campaigned against the injustice of apartheid South Africa and was instrumental in putting the country on the map as a cultural ambassador.

Born Jonathan Paul Clegg, in Bacup, Lancashire, to Dennis Clegg, an English father of Scottish descent, and Muriel Braudo, his Rhodesian mother, Clegg's mother's family were Jewish immigrants from Lithuania, and Clegg had a secular Jewish upbringing, learning about the Ten Commandments but refusing to have a bar mitzvah or even associate with other Jewish children at school. His parents divorced when he was still an infant, and he moved with his mother to Rhodesia/ Zimbabwe and then, at the age of six, to South Africa, also spending part of a year in Israel during his childhood.

As an adolescent in Johannesburg's northern suburbs, he encountered the demi-monde of the city's Zulu migrant workers' music and dance. Under the tutelage of Charlie Mzila, a flat cleaner by day and musician by night, Clegg mastered both the Zulu language and the maskandi guitar and the isishameni dance styles of the migrants. He was first arrested at the age of 15 for violating apartheid-era laws in South Africa banning people of different races from congregating together after curfew hours. At the age of 17, he met Sipho Mchunu, a Zulu migrant worker with whom he formed a partnership called Juluka.

After graduating with a BA(Hons) in Social Anthropology from the University of Witwatersrand, Clegg pursued an academic career for four years where he lectured and wrote several seminal scholarly papers on Zulu music and dance. He preceded each song with snippets of Zulu culture, information, commentary, humour and personal anecdotes relevant and unique to that song, occasionally also incorporating aspects of his Jewish roots in songs such as "Jericho", "Jarusalem" and "Warsaw 1943"

Juluka was an unusual musical partnership for the time in South Africa, with a white man (Clegg) and a black man (Mchunu) performing together. The band, which grew to a six-member group (with three white musicians and three black musicians) by the time it released its first album *Universal Men* in 1979, faced harassment and censorship, with Clegg later remarking that it was "impossible" to perform in public in South Africa. The group tested the apartheid-era laws, touring and performing in private venues, including universities, churches, hostels, and even private homes in order to attract an audience, as national broadcasters would not play their music. Just as unusually, the band's music combined Zulu, Celtic, and rock elements, with both English and Zulu lyrics. Those lyrics often contained coded political messages and references to the battle against apartheid, although Clegg maintained that Juluka was not originally intended to be a political band. "Politics found us," he told *The Baltimore Sun* in 1996. In a 1989 interview with the *Sunday Times*, Clegg denied the label of "political activist." "For me, a political activist is someone who has committed himself to a particular ideology. I don't belong to any political party. I stand for human rights."

Together with the black musician and dancer Dudu Zulu, Clegg went on to form his second inter-racial band, Savuka, in 1986, continuing to blend African music with European influences.

Clegg's song "Scatterlings of Africa" gave him his only entries in the UK Singles Chart to date, reaching No. 44 in February 1983 with Juluka and No. 75 in May 1987 as Johnny Clegg and Savuka. The following year the song was featured on the soundtrack to the 1988 Oscar-winning film *Rain Man*. Savuka's song "Dela" was featured on the soundtrack of the 1997 film *George of the Jungle* and its 2003 sequel, while "Great Heart" was the title song for the 1986 film *Jock of the Bushveld*.

Johnny Clegg was diagnosed with pancreatic cancer in 2015, which ultimately led to his death on 16 July 2019. He died in his Johannesburg home surrounded by loved ones and was laid to rest the following day in Westpark Cemetery in Johannesburg. Clegg was survived by his wife, Jenny, and his two sons, Jesse (also a musician) and Tom. The *Sunday Times* named him one of the 100 most influential South Africans of the 20th century.

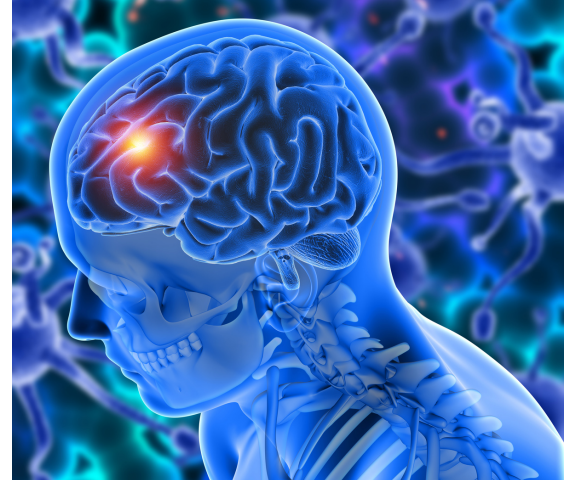
HEALTH CARE

JUNE IS: 08th World Brain Tumour Day | 14th World Blood Donor Day
14th - 20th International Men's Health Week | 25th World Vitiligo Day

BRAIN TUMOURS

Brain tumours, like other tumours, can be either malignant (cancerous) or benign (non-cancerous). Globally, among patients of all ages, they represent only 2% of all cancers but are the second most common type of cancer in children.

There are over 75 different types of brain tumour, so outcomes for patients can vary widely. Tumours are named based on the cell that they originate from; for example, an astrocytoma is a tumour that grows from a type of cell called an astrocyte. The name of a tumour may also be derived from the causative genetic mutation.



One of the most important factors with a brain tumour is the location of the tumour in the brain because this influences the symptoms it causes. For example, a tumour growing close to the visual cortex could cause vision-related symptoms, whereas one growing in the frontal lobe could affect personality and decision-making. Even if a tumour is benign rather than malignant, it can compress parts of the brain and prevent it from functioning normally. Although a headache is a common symptom of brain tumours, it is not usually the first symptom to occur, and most headaches are not symptomatic of brain tumours. Other symptoms include seizures, nausea and vomiting, changes of mental state or behaviour, muscle weakness or paralysis, and speech or vision problems.

TREATMENT

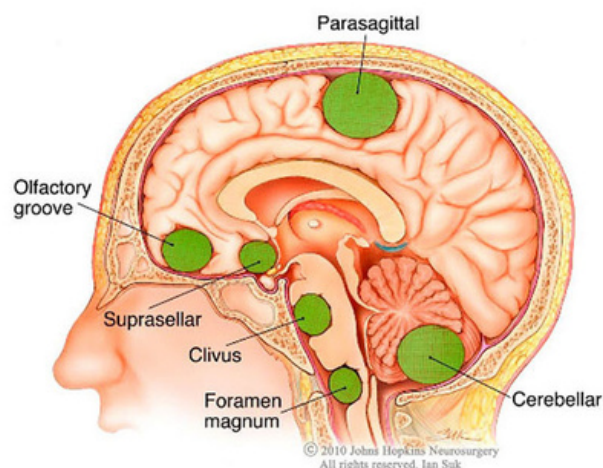
Brain tumours are usually treated by surgery first, which aims to remove most, if not all, of the tumour. However, surgery isn't always possible (for example, when the tumour is situated close to brain structures that control vital functions, such as breathing and heart rate). The next stage of treatment can include chemotherapy and radiotherapy to destroy and tumour cells that may remain after surgery. One of the most problematic aspects of chemotherapy in the treatment of brain tumours is the inability of the drugs to cross the blood-brain barrier (BBB). Its function is to protect the central nervous system (CNS), but in doing so it often blocks the action of chemotherapeutic agents. This means that traditional drug delivery methods (such as oral or intravenous delivery) are not able to achieve an effective therapeutic dose in the CNS without causing systemic toxicity. Research has been conducted that focuses on discovering ways around this, such as encapsulating the drug to help it cross the BBB or using another drug to temporarily disrupt the BBB. The prognosis for brain tumours varies widely depending on the type of tumour and its genetic features, but some types have excellent long-term survival rates.

WHAT IS THE MOST COMMON TYPE OF BRAIN CANCER?

A **meningioma** is the most common brain tumor, accounting for about 30 percent of them. Meningioma tumors are often benign: You may not even need surgery. Meningiomas present with typical brain tumor symptoms such as headaches, vision problems or seizures. Larger meningiomas can block the flow of cerebrospinal fluid, resulting in hydrocephalus ("water on the brain") which can affect gait and memory. Other tumor locations can affect your sense of smell, vision, hearing or even the function of your pituitary gland.

Most meningiomas do not spread.

It can be shocking for someone to be diagnosed with a meningioma - especially a large one - but these tumors are usually benign.





BE A WINTER-WINNER, GET YOUR MAY AND JUNE MAINTENANCE IN CHECK, SOW COOL-SEASON SEEDS, AND GROW WITH THE FLOW AS WE ENTER OUR LAST MONTH OF AUTUMN.

GET PLANTING

Honour our African heritage with a dash of colour from Sparaxis (Harlequin Flower), genus Ixia, and Tritonia. Try these perennial bulbous plants, Sweet garlic (Tulbaghia fragrans), Weeping anthericum (Chlorophytum saundersiae), Red-hot poker (Kniphofia praecox).

Hedge your bets with Pork bush (Portulacaria afra) which is a lekker local hero hedge. Good as a barrier plant, it tolerates frequent pruning, is extremely drought-resistant, and fast-growing.

Sexy Succulents - Aloes are in full swing, so try a few new ones to add to the mix, like Peri-Peri, Sea Urchin, and Porcupine.

You can't go wrong with the 4 P's - poppies, pansies, petunias and primulas [primroses].

PICKING, PRUNING AND PAMPERING

Rose Revival: Long-stemmed roses can be picked now. If the plants are in full leaf, continue with your spraying programme but reduce watering. Plant winter-flowering annuals like pansies, poppies, or compact snapdragons, around rose bed edges to give them a revived burst of colour (and hide bare branches).

Split and Divide: If perennials like Japanese Anemones (Anemone japonica) and Obedient plant (Physostegia virginiana) have stopped flowering, they're ready for the operating table.

Be Wise and Fertilise: Annual stocks and larkspurs benefit from extra nitrogen to promote good growth and flowering throughout winter. Feed with 'Flower and Fruit' - its organic base provides a full range of plant nutrients in a slow-release form, whilst the carefully selected water-soluble nutrients have been added to maximize the performance of each application.

TRICKS OF THE COOL-SEASON TRADE

Prevention is better than cure! Remember that good soil + good drainage + mulch + fertilising/feeding = a healthy plant with more flowers, more fruits, and more veg!

Spray Away! Keep spraying those conifers with insecticide.

Rake it! Rake fallen leaves off the lawn to prevent them from blocking out sunlight, and then pop them onto the compost heap. Coastal gardeners can still apply one more dose of fertiliser before winter sets in.

Water-wise - Watering should be done after nine in the morning and completed by three in the afternoon - depending on where you live, wet plants can freeze.

