

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

7 - 13 JUNE 2021

WHAT'S ON THIS WEEK

It has been a very busy week preparing for not only the opening of our Lifestyle Centre but also the Covid-19 vaccination taking place on Monday [7th] and Tuesday [8th]. I am certain that you too are looking forward to having the doors officially open as much as my team and I are! As I write this, we have successfully moved the last of our furniture into the Lifestyle Centre and will be fully operational from Monday the 7th.

I would like to share a short summary of a few items taking place next week.

- **SNAGS:** The Lifestyle Centre is still undergoing its final snag process and we will still have a few finishing touches to complete.
- **APARTMENT BLOCK:** The work on the apartment blocks will continue so we will still have a fair number of contractors moving around the facilities. Please continue to practice social distancing and avoid interaction with any contractors or workers. All Covid-19 protocols remain in place.
- The electric fence and the concrete fence will only be coming down during the course of next week but the gates at the roundabout will be open and access can be gained to the parking area behind the apartment blocks from Monday morning. Access to any part of the apartment block is still strictly prohibited and should be treated as a construction site.
- **NOORDHOEK VILLAGE MANAGEMENT COVERAGE:** Coverage on-site will be now run from 07h00 to 21h00 as of Monday with a security guard based inside the Lifestyle Centre overnight. All emergency procedures outside operational hours remain the same. I am always available on my mobile and security can be reached on ext. 2400. The nurse on the night shift can be reached on ext. 2403 or the emergency mobile number 078 768 3796
- **THE BISTRO:** Now with an expanded team under the leadership of Melanie Coetzee, will be serving a brand new menu from Monday. The Bistro will operate, Monday to Sunday for breakfast and lunch with dinner service on a Wednesday evening.

BISTRO OPERATING HOURS will be from 08h00 to 17h00 daily, except for Wednesdays when dinner service will continue until 21h00.

Breakfast will be served from 08h00 to 11h00, **light meals** from 08h00 to 16h30 and a **full lunch menu** from 12h00 to 16h30.

continued

WHAT'S ON THIS WEEK

Continued...

The Bistro

Breakfast and lunch will be served à la carte-style with great new menu options.

The daily lunch option will continue to be served between 12h00 and 14h00 and Sunday lunch will be a two/three-course set menu similar to dinner service on a Wednesday.

A special tea time menu will be available with many new options instead of the current daily special.

I would like to encourage everyone to support the Bistro and to share their thoughts on the comment cards that will be provided. The ext. number for the Bistro (#2404) remains the same.

Sadly the application for our liquor license is still being processed which means we cannot legally serve or allow consumption of any alcohol in the facility just yet.

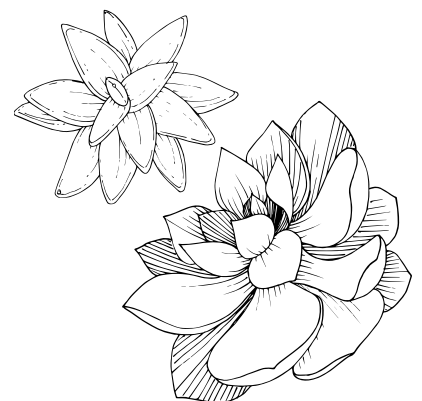
- **THE SALON:** will be open Monday to Friday from 09h00 to 16h00 until we have established exactly what the demand is and how to make the most of this addition to the Village services. The Salon will be manned by Vaugne Links and I would like to invite you to come and meet her during the week to chat about the services she will be offering.
- **POOL:** We have a talk lined up for residents in the next 10 days, regarding the benefits of water aerobics. This will take place before we indicate time slots for this activity. The pool can however be utilized daily between 08h00 and 20h30. Please adhere to all Pool Rules and safety regulations upon entry.

I am sure there will be many more questions and I am happy to meet you all in the Lifestyle Center to discuss or explain anything that is unclear.

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 07 JUNE	TUE 08 JUNE	WED 09 JUNE	THU 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
<p>REMINDER!</p> <p>COVID-19 VACCINATIONS NO FACILITIES ON THE 1ST FLOOR AVAILABLE</p>	<p>REMINDER!</p> <p>COVID-19 VACCINATIONS NO FACILITIES ON THE 1ST FLOOR AVAILABLE</p>	<p>9h00 - 9h40 STRETCH CLASSES Crafts Room 1st Floor Sue 072 212 0277</p>	<p>9h00 - 10h00 EXTEND SENIOR FIT Crafts Room 1st Floor Judith ext. 2063</p>			
<p>9h00 - 9h40 STRETCH CLASSES Fynbos Sue 072 212 0277</p>		<p>10h00 - 12h00 CHRISTIAN FELLOWSHIP Games Room 1st floor John Wyllie 072 212 0277</p>	<p>10h00 KNITTING GROUP Lounge 1st Floor Jenny ext. 2026</p>			
<p>14h00 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089</p>	<p>14h00 BRIDGE Bistro Cecile ext. 2011</p>	<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>	<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>			<p>12h00 - 14h00 SUNDAY LUNCH Village Bistro Melanie ext. 2404</p>
		<p>15h00 DARTS Crafts Room 1st Floor</p>	<p>15h00 DARTS Crafts Room 1st Floor</p>			
		<p>18h00 - 20h30 DINNER 2 or 3 course set menu Village Bistro</p>	<p>16h00 TABLE TENNIS, POOL / SNOOKER Lounge 1st Floor</p>	<p>17h00 SUNDOWNER SOCIAL Venue TBC Norma ext. 2089</p>	<p>16h00 - 18h00 SPORT Rainbow Cup Lions vs Sharks Lounge 1st Floor</p>	
	<p>REMINDER!</p> <p>WEDNESDAY IS RECYCLING COLLECTION DAY</p>	<p>19h30 GAMES NIGHT Rummikub 1st Floor Lounge Norma ext. 2089</p>		<p>19h00 - 21h00 SPORT Rainbow Cup Bulls vs Stormers Lounge 1st Floor</p>		

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

07 - 13 JUNE 2021

MONDAY

BUTTER CHICKEN CURRY

SERVED WITH BASMATI RICE, SAMBALS, POPPADOM AND A GREEK SALAD

TUESDAY

LEMON & CORIANDER FISHCAKES

SERVED WITH BUTTERED LEEK MASHED POTATO AND ROASTED VEGETABLES

WEDNESDAY

CRUNCHY PORK SCHNITZEL

SERVED WITH CHEESE SAUCE, GARLIC BUTTER BABY POTATOES AND A GARDEN SALAD

THURSDAY

BEEF & MUSHROOM PIE

SERVED WITH GRAVY, ROASTED POTATOES AND SEASONAL VEGETABLES

FRIDAY

FRIED/GRILLED HAKE

SERVED WITH TARTAR SAUCE, HAND-CUT CHIPS AND COLESLAW

SATURDAY

CHICKEN AND MUSHROOM PANCAKES

SERVED WITH A GARDEN SALAD

SUNDAY

2 COURSE SET MENU R95 PER PERSON (SIT DOWN ONLY)

MAIN COURSE: ROAST BEEF, RED WINE JUS, YORKSHIRE PUDDING, ROAST POTATOES
AND SEASONAL VEGETABLES

DESSERT: MARBLE CITRUS AND GINGER BAKED PUDDING SERVED WITH CREME PATISSERIE

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 16H00 FOR THE FOLLOWING DAY.
NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY. CONTACT DANIELLE ON EXT.2404

IT'S A CELEBRATION!



BIRTHDAYS

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

5TH JUNE
GAEL CULHANE - Lake Michelle
MARGARET REID - Lake Michelle
JOSEPHINE FOAD - Lake Michelle

.....

7TH JUNE
JOYCE FUTCHER - Lake Michelle

.....

8TH JUNE
JUNE HUTCHESON - Noordhoek

.....

10TH JUNE
CHRIS THOMAS - Lake Michelle
KEVIN PECK - Noordhoek

.....

12TH JUNE
JUNE CAWOOD - Noordhoek

.....

13TH JUNE
PETER SALTER - Noordhoek

SPECIAL MOMENTS

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

- J. Malouf -

8TH JUNE
PETER & JOSPEHINE FOAD - Lake Michelle



WHAT'S COOKING

Gin-soaked Carrot Cake

In honour of World Gin Day, why not try this fabulously boozy winter (or anytime) treat!

INGREDIENTS

- 4 large eggs
- 200ml vegetable oil
- 250g carrots, coarsely grated
- 100g sultanas
- 100g pecan nuts or walnuts (or a mix), roughly chopped
- Zest of one orange – keep juice for the icing
- 200g self-rising flour
- 200g light muscovado sugar
- 1 ½ tsp ground cinnamon
- ½ tsp mixed spice,
- ½ tsp ground ginger
- ½ tsp ground coriander
- 1 tsp baking powder
- ¼ tsp salt

FOR THE SYRUP:

- 50g caster sugar
- 50ml water
- 1tbsp Gin

FOR THE ICING:

- 60g unsalted butter
- 200g full fat cream cheese
- 150g icing sugar
- 1tbsp orange juice
- 1tbsp Gin
- 100g white chocolate



METHOD

- Set the oven to 180C/160 fan/ Gas 4. Grease and line a deep, 20cm round tin.
- Whisk eggs in a bowl then add oil, carrots, sultanas, nuts and orange zest.
- In a large bowl, mix the flour, spices, baking powder, muscovado sugar and salt.
- Add the wet mix to the dry mix and stir well, to make sure all is thoroughly combined and there are no pockets of flour.
- Spoon into the prepared tin and bake for 1 – 1 ¼ hours until risen and golden, and a skewer comes out clean. Leave to cool completely in the tin.
- Meanwhile, make the syrup. Put the sugar and water in a small pan, bring to the boil and boil for 2 minutes. Allow to cool, then take 2 tbsp of the syrup and add the Gin.
- For the icing, whisk the butter until light and fluffy, then whisk in the cream cheese, followed by the icing sugar, orange juice and gin. Continue whisking until smooth and creamy.
- Now, melt the white chocolate in a microwave, or in a bowl over hot water. Add the melted chocolate to the icing and whisk until everything is mixed together. Place in the fridge while preparing the cake.
- Slice the cake in two (or four) horizontally, and drizzle the gin syrup over the cut surfaces of the cake.
- Layer the cake with a third of the icing, then use the remainder of the icing to cover the top and sides of the cake. Decorate with nuts or grated orange zest.

TOP TIP: for the best carrot flavour, choose skinny to medium-sized carrots and peel them before grating. Large carrots often don't taste as nice, and sometimes the outer carrot skin can taste bitter.

BOTTOM'S UP!

Gin

Each year World Gin Day is celebrated on the second Saturday in June!

Distilled spirits have been with us for a very long time. While spirits have long been used medicinally, only one started as a medicine and then became a mixer for one of the most important medicines in history.

GIN has had a noble history as a medicine, or rather, as a way to make medicine more palatable.

Quinine is the distillation of the ground bark of the cinchona tree, which produced a tonic that was capable of treating malaria. Unfortunately, the quinine was incredibly bitter, and gin was used to cut it. The flavor caught on, and to this day, the tonic in the Gin and Tonic contains the slightest bit of quinine to capture the flavor of the original.



Ginger, Star Anise and Orange Gin and Tonic

Try adding different aromatics to completely change the classic G&T.

INGREDIENTS

- 1 small orange
- 1 small piece/1 inch of fresh ginger
- 3 x star anise
- ½ cup ice
- ⅓ cup Gin
- 1 ⅓ cups tonic water

METHOD

- Use a potato peeler to remove the two wide strips of zest from the orange.
- Cut the orange into quarters and add them to a cocktail shaker or mason jar.

- Cut the ginger into 4 thick slices, reserve 2 for your finished drink and add the other 2 slices to the cocktail shaker or mason.
- Add in 1 star anise, the ice, and then pour over the gin.
- Give everything a good shake.
- Pour the mixture between two glasses top up with tonic water and garnish with your reserved ginger, orange zest and star anise.



MUSICAL CORNER

TOM JONES

07 JUNE 1940

SINGER

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



Sir Thomas John Woodward OBE was born on 7 June 1940, Known professionally as TOM JONES, this well-known Welsh singer began his career with a string of top-ten hits in the mid-1960s.

Jones was born in Pontypridd, in Glamorgan, South Wales to parents Thomas Woodward, a coal miner, and Freda Jones.

He began singing at an early age and would regularly sing at family gatherings, weddings and in his school choir. He did not like school or sports, but gained confidence through his singing talent. At 12 he was diagnosed with tuberculosis. Many years later he said: "I spent two years in bed recovering. It was the worst time of my life." During convalescence, he could do little else but listen to music and draw.

In March 1957, he married his high school girlfriend Linda Trenchard, when they were expecting a child together, both aged 16. The couple's son, Mark, was born in the month following their wedding. To support his young family, Jones took a job working in a glove factory and was later employed in construction. Jones was married to Linda until her death on 10 April 2016 after a short but fierce battle with cancer. They stayed married despite his many well-publicized infidelities. He has stated that he had sex with up to 250 groupies a year at the height of his fame and his philandering once led Linda to assault him.

He became the frontman in 1963 for Tommy Scott and the Senators, a Welsh beat group and they soon gained a local following and reputation in South Wales. In 1964, the group recorded several solo tracks with producer Joe Meek, who took them to various record labels, but they had little success. The group continued to play gigs at dance halls and working men's clubs in South Wales. One night at the Top Hat in Cwmtillery, Jones was spotted by Gordon Mills, a London-based manager who also originally hailed from South Wales. Mills became Jones's manager, took the young singer to London, and also renamed him "Tom Jones", to exploit the popularity of the Academy Award-winning 1963 film.

His first single, "Chills and Fever", was released in late 1964. It did not chart, but the follow-up, "It's Not Unusual", became an international hit after offshore pirate radio station Radio Caroline promoted it. The following year was the most prominent of Jones's career, making him one of the most popular vocalists of the British Invasion. In early 1965, "It's Not Unusual" reached No. 1 in the United Kingdom and the top ten in the United States. During 1965, Mills secured a number of film themes for Jones to record, including the theme songs for the film *What's New Pussycat?* (written by Burt Bacharach and Hal David) and also for the James Bond film *Thunderball*. He was also awarded the Grammy Award for Best New Artist in 1966. During a filming break at Paramount Studios (1965) in Hollywood, Jones met Elvis Presley for the first time and the two men became good friends.

In 1966, Jones's popularity began to slip somewhat, causing Mills to reshape the singer's image into that of a crooner. Jones also began to sing material that appealed to a wider audience, such as the country hit "Green, Green Grass of Home". The strategy worked, and Jones returned to the top of the charts in the UK and began hitting the Top 40 again in the US. For the remainder of the decade, he scored a string of hits on both sides of the Atlantic, including "I'll Never Fall in Love Again", "I'm Coming Home", and "Delilah", each of which reached No. 2 in the UK chart.

Jones's bluesy singing style developed out of the sound of American soul music. His early influences included blues, R&B and rock and roll singers Little Richard, Solomon Burke, Jackie Wilson, Brook Benton, Elvis Presley and Jerry Lee Lewis. His performing range has included pop, R&B, show tunes, country, dance, soul and gospel. In 2008, the *New York Times* called Jones a musical "shape shifter" who could "slide from soulful rasp to pop croon, with a voice as husky as it was pretty".

He has sold over 100 million records, with 36 Top 40 hits in the UK and 19 in the US, including "Delilah", "She's a Lady", "Kiss" and "Sex Bomb".

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

WORLD BLOOD DONOR DAY

World Blood Donor Day takes place on 14 June each year. The aim is to raise global awareness of the need for safe blood and blood products for transfusion and of the critical contribution voluntary, unpaid blood donors make to national health systems.



Safe blood and blood products and their transfusion are a critical aspect of care and public health. They save millions of lives and improve the health and quality of life of many patients every day. The need for blood is universal, but access to blood for all those who need it is not. Blood shortages are particularly acute in developing countries.

To ensure that everyone who needs safe blood has access to it, all countries need voluntary, unpaid donors who give blood regularly. Throughout the COVID-19 pandemic, despite limited mobility and other challenges, blood donors in many countries have continued to donate blood and plasma to patients who need transfusion. This extraordinary effort during a time of unprecedented crisis highlights the crucial role of well-organized, committed voluntary, non-remunerated blood donors in ensuring a safe and sufficient blood supply during normal and emergency times.

BLOOD TRANSFUSIONS

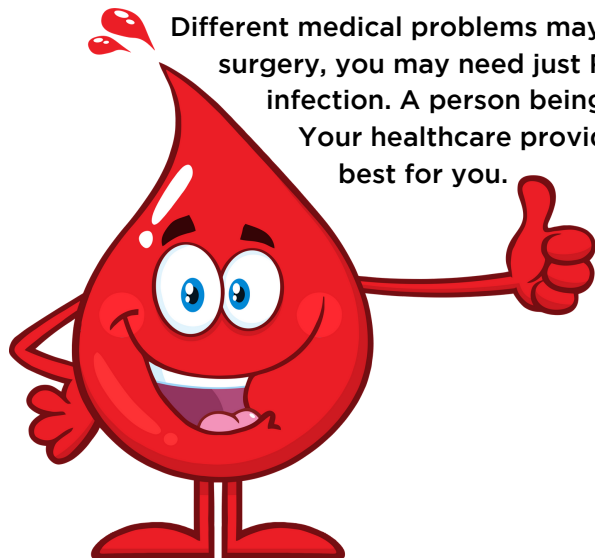
Blood transfusions replace blood that is lost through surgery or injury or provide it if your body is not making blood properly. For people in critical condition, blood transfusions can be lifesaving.

You might need a blood transfusion if you've had a problem like:

- A serious injury that's caused major blood loss
- Surgery that's caused a lot of blood loss
- Blood loss after childbirth
- A liver problem that makes your body unable to create certain blood parts
- A bleeding disorder such as hemophilia
- An illness that causes reduced or poor-quality RBCs (anemia)
- Kidney failure, which causes problems with blood cell production
- Treatment for cancer (chemotherapy) that slows down your body's production of blood cells

Different medical problems may need different types of blood transfusions. For example, after surgery, you may need just RBCs [red blood cells] but you may need plasma if you have a severe infection. A person being treated for cancer may need platelets.

Your healthcare provider can tell you why you need a blood transfusion, and which type is best for you.



Some conditions that may require transfusion therapy include:

- anemia
- cancer
- hemophilia
- kidney disease
- liver disease
- severe infection
- sickle cell disease
- thrombocytopenia

GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES,
because they make them so...



Perfecting the art of Indoor Gardening

Indoor plants promote good mental health, they give off super Zen vibes, they help purify the air, and are just great to look at as you go about your day.

TOP 10 PICKS FOR INDOOR PLANTS

Look out for the *BF (beginner-friendly) options for novice gardeners.

BUTTON FERN (PELLAEA ROTUNDIFOLIA)

Light: enjoys humidity with no direct sun, high to medium light will do.

Soil & Water: Let the top layer of soil dry between watering, it doesn't do soggy.

Good to Know: They like a humid bathroom on the windowsill or in a hanging basket. Its dark-green, evergreen, button-like leaves like to explore.

BLUE STAR FERN (PHLEBODIUM AUREUM) *BF

Light: Medium to high light with no or partial direct sun, she's very adaptable.

Soil & Water: Enjoys moist over dry, water well when she's thirsty.

Good to Know: It has forest-like foliage, with curious wavy blue-green fronds.



BIRD'S NEST FERN (ASPLENIUM NIDUS)

Light: Medium to bright, no direct sun. It likes warmth, humidity, and moisture.

Soil & Water: Moist, rich, and loamy.

Good to Know: It has tropical light green fronds, resembling banana leaves. Don't touch her new fronds while she's growing.

KUMQUAT TREE *BF IF YOU FOLLOW THE RULES

Light: Super bright light, even direct sunlight if possible. It enjoys the patio too.

Soil & Water: Regular watering with excellent drainage.

Good to Know: This happy-go-lucky plant can be seen showing off dozens of bright little orange fruits, perfect for jams and preserves.

SWISS CHEESE PLANT (MONSTERA DELICIOSA) *BF+

Light: Medium to bright, no direct sun, but they like warm corners.

Soil & Water: Good drainage with weekly watering.

Good to Know: You may find them looking for things to climb on with their flamboyant, large leaves. Beware, this beauty bites and is also toxic to pets.

TRIOSTAR STROMANTHE (STROMANTHE SANGUINEA)

Light: Near a window with plenty of natural light, no sun. Rotate your pot weekly.

Soil & Water: Well-drained, fertile soil that is kept moist but not soggy.

Good to Know: it's the pretty, popular one with impressive, vibrant pink foliage that'll make you work for it so be prepared.

DRAGON TREE (DRACAENA MARGINATA) *BF+

Light: The brighter the better, but it's adaptable.

Soil & Water: Good drainage and regular watering.

Good to Know: It's a rugged, attractive plant with striking green, sword-like, red-edged leaves that stand at attention.

FLAMING SWORD (VRIESEA SPLENDENS)

Light: They enjoy some morning sun with high light throughout the day.

Soil & Water: Add some orchid mix to your soil, infrequent watering but not all the way dry.

Good to Know: They have yellow-orange blooms that look like fun swords. Sadly, they do decline after blooming but they'll leave you with offsets first.



CYMBIDIUM ORCHID (CYMBIDIUM SPP.)

Light: Partial gentle sun and good light.

Soil & Water: Loamy, moist, well-drained soil,

Good to Know: It's stunning sprays of large blooms are a sight to behold! Appreciate it while you can, as it will be a while before you see its flowers again.

ARECA PALM (DYPSIS LUTESCENS) *BF

Light: They enjoy sunlight and warmth.

Soil & Water: Avoid soggy soil but water them moderately.

Good to Know: These often golden-trunked, bamboo-looking plants can be seen growing tall at their own pace, taking time to extend all their friendly fronds.