

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

5 - 11 JULY 2021

WHAT'S ON THIS WEEK

Dear Residents

At the end of a very cold and wet week, I think the weather has been a reflection of how most of us feel about the Covid-19 lockdowns and how it has yet again impacted on so many facets of our lives and of those of our fellow South Africans. Many businesses, especially in the restaurant and hospitality industries, have been dealt a final blow causing thousands of more job losses. Keeping this in mind, I think it is a good time to remind ourselves of how extremely blessed we all are.

The cold snap also gives us a good reason to stay indoors where it is not only warm but also safe. It is definitely not the worst weekend to be indoors, especially if you enjoy watching sport. The Springboks will play their first match since winning the World Cup Final in 2019, and tomorrow the British and Irish Lions start their warm-up matches in South Africa against the Xerox Lions.

In tennis, Wimbledon is on round 3 and the matches are starting to get more and more exciting to watch. And if all else fails, you can even catch the Proteas playing against the West Indies in the deciding T20 match.

The Bistro will also continue serving takeaway meals and all these meals can be delivered to your home for your convenience. Sadly home delivery is restricted to the Noordhoek Village. Please note the revised menu options for next week.

The weekend Duty Manager and facilities will be available from 08h00 to 17h00 over the weekends and all facilities must still be booked prior to use.

I would also like to wish all the residents, whose birthdays are coming up, a very Happy Birthday. On the new arrivals front, a big warm welcome to Nicholas and Cherril Charmer in unit 114 and also to Maisie Swoboda who joins Anne Wozniak in unit 137.

Lastly, I would also like to advise that the current newsletter will take on a slightly different format going forward. The full version as you have always received it, will now only be sent out every second week with menu updates. Birthdays and new resident arrivals will however still be shared weekly. If anyone would like to become a regular newsletter contributor, please do let me know.

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



daily meals & promotions

SERVED FROM 08H00 - 16H30 | TAKE-AWAY AND HOME DELIVERY ONLY

5 - 9 JULY	TEA TIME TREATS	SOUP OF THE DAY - R20	LIGHT LUNCH OPTION - R38	DAILY MEAL - R52
MONDAY	Cinnamon Sugar Pancake 2 for R12	Seasonal Vegetable Soup	Beef Mince Vetkoek with side salad	Grilled Italian style Chicken served with Baked Polenta and Roast Vegetables
TUESDAY	Assorted Danishes 3 for R25	Creamy Tomato Soup	Chicken Mayo Wrap with side salad	Crunchy Pork Schnitzel served with Cheese Sauce, baby Potatoes and Stir-Fried Vegetables
WEDNESDAY	Assorted tarts R25	Pea & Ham Soup	Hake Goujons & Chips with Tartar Sauce	Country Style Meatloaf served with Gravy, Lemon & Herb Rice and Seasonal Vegetables
THURSDAY	Banana & Caramel Pancake R15	Lentil Soup	Macaroni & Cheese with Bacon	Creamy Chicken A La King served with Basmati Rice and Sautéed Green Beans and Glazed Carrots
FRIDAY	Assorted Danishes 3 for R25	Seasonal Vegetable Soup	Beef mince & Vegetable Roti with sambals	Rosemary Battered Hake & Chips served with Tartar Sauce and Coleslaw
SATURDAY	Assorted Cake Slices R25	Broccoli Soup	Grilled Chicken BBQ Burger	Pasta Puttanesca with Beef Mince & Garden salad
SUNDAY	Scones with Jam & Cream R20	Creamy Butternut Soup	Spaghetti Bolognese	Homemade Steak & Kidney Pie served with Gravy, Garlic Butter Potatoes and Roast Vegetables

NOTE:

PAYMENT BY CARD OR ON-ACCOUNT ONLY. CONTACT THE BISTRO ON EXT.2404

IT'S A CELEBRATION!

BIRTHDAYS



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

7TH JULY

JOYCE FUTCHER - Lake Michelle

8TH JULY

PRISCILLA GRIMMER - Noordhoek

TINA BOTHA - Noordhoek

9TH JULY

BRIAN ROOS - Noordhoek

11TH JULY

MAUREEN LIEBENBERG - Noordhoek



NEW RESIDENTS

ANNE WOZNIAK & MAISIE SWOBODA -
#137 Noordhoek

NICHOLAS & CHERRIL CHARMAN -
#114 Noordhoek



WHAT'S COOKING

Minestrone Soup

Who doesn't love a healthy, hearty soup during the colder months! This Minestrone Soup hits the spot and pairs wonderfully with a piece of toasty bread. It is also one of those soups that get even better the next day!



INGREDIENTS [SERVES 4]

- 2 tbsp olive oil
- ½ cup onion, finely diced
- 4 garlic cloves, minced
- ½ cup carrots, peeled, quartered and diced
- ½ cup celery, diced
- 15 ounce [425g] can of red kidney beans, drained and rinsed
- 14.5 ounce [410g] can diced tomatoes with juice
- 1 ½ tsp Italian seasoning
- 1 bay leaf
- 4 cups vegetable stock
- salt and pepper, to taste
- ½ cup green beans, frozen or fresh
- 1 zucchini [baby marrow], halved and diced
- 2 cups fresh baby spinach
- ½ cup small shaped pasta

METHOD

- Add olive oil to a stockpot or dutch oven and heat over medium heat. Add in onion, garlic, carrots, and celery and saute until onions are translucent, about 3-5 minutes.
- Add in kidney beans, diced tomatoes, seasoning, bay leaf, and vegetable stock. Add in salt and pepper, to taste.
- Bring to a simmer and simmer for 15 minutes or until vegetables are tender.
- Add in the green beans, zucchini, spinach, and pasta and stir to combine. Simmer until pasta is tender, about 10 minutes.
- Taste and adjust salt and pepper to taste and serve immediately.

Recipe Notes

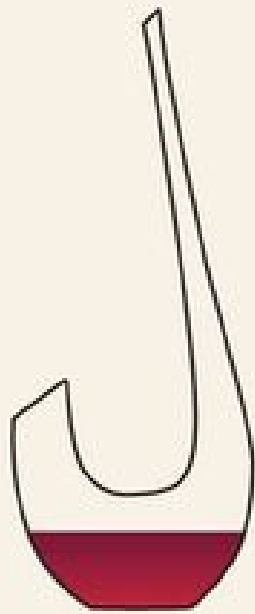
- If you are going to have leftovers it is highly recommended that you cook the pasta in a separate pot and keep separate. When the pasta is left in the liquid it will start to absorb the liquid.

BOTTOM'S UP!

Decanters

This one is for the wine enthusiasts!

Decanting increases oxygen exposure to the wine. This process greatly improves the taste by softening astringent tannins and releasing fruit and floral aromas



SWAN



CORNETT



DUCK



AERATOR



STANDARD



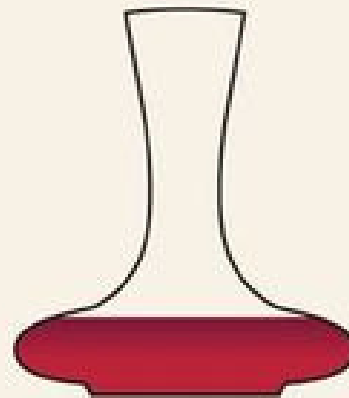
SMALL

**LIGHT BODIED RED, ROSÉ
AND WHITE WINES**
Pinot Noir, Beaujolais



MEDIUM

MED.-BODIED RED WINES
Merlot, Sangiovese,
Barbera, Dolcetto,
Grenache, etc



LARGE

FULL-BODIED RED WINES
Cabernet Sauvignon,
Petite Sirah, Tannat,
Monastrell and
Tempranillo

MUSICAL CORNER

DEBBIE HARRY - BLONDIE

11 JULY 1945

LEAD SINGER, BLONDIE,

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



Deborah Ann Harry (born Angela Trimble) is an American singer, songwriter and actress, known as the lead vocalist of the band Blondie. Her recordings with the band reached No.1 in the US and UK charts on many occasions from 1979 to 2017.

Born in Miami, Florida, Harry was adopted as an infant and raised in Hawthorne, New Jersey. At the age of three months, she was adopted by Richard Harry and Catherine (née Peters) Harry, gift shop proprietors in Hawthorne, New Jersey, and renamed Deborah Ann Harry. Harry learned of her adoption at four years old, and in the late 1980s, located her birth mother, a concert pianist, who chose not to establish a relationship with her. In her memoir, Harry recalled being a tomboy, spending much of her childhood playing in the woods adjacent to her home in Hawthorne.

After attending college, she worked various jobs, including as a secretary (including at the BBC in New York), dancer, and Playboy Bunny, before breaking through in the music industry.

In the late 1960s, Harry began her musical career as a backing singer for the folk-rock group The Wind in the Willows, which released an eponymous album in 1968 on Capitol Records.

In 1974, Harry joined the Stilettoes with Elda Gentile and Amanda Jones. Shortly thereafter, the band added guitarist Chris Stein, who became her boyfriend. After leaving the Stilettoes, Harry and Stein formed Angel and the Snake with Tish Bellomo and Snooky Bellomo. Shortly thereafter, Harry and Stein formed Blondie, named after the catcall men often directed at Harry after she bleached her hair blonde. The band quickly became regulars at Max's Kansas City and CBGB in New York City.

With her beauty, daring choice of clothing and two-tone bleached-blond hair, Harry quickly became a punk icon. In June 1979, Blondie was featured on the cover of Rolling Stone; her persona, combining cool sexuality with streetwise style, became so closely associated with the group's name that many came to believe "Blondie" was the singer's name.

The band released their eponymous debut album in 1976, and released a further three albums between then and 1979, including Parallel Lines, which spawned six singles, including "Heart of Glass". Their fifth record, Autoamerican (1980), afforded Harry and the band further attention, spawning such hits as a cover of "The Tide Is High", and "Rapture", the latter of which is considered the first rap song to chart at number one in the United States.

Debbie was immortalized by Andy Warhol in 1980, who produced a number of artworks of her image from a single photoshoot at the Factory. The artist created a small series of four acrylic and silkscreen ink on canvas portraits of the star in different colours, as well as Polaroids and a small number of rare silver gelatin prints from the shoot.

Debbie Harry lives part of the year in Monmouth County, New Jersey, together with her four dogs. After her relationship with Blondie guitarist Chris Stein ended in 1989, she admitted they were both drug users during their relationship but are now clean after spending time in a rehabilitation clinic. She is the godmother to Stein's two daughters.

In a 2011 interview, Harry said that "After witnessing Elton John and his tireless efforts against HIV/AIDS", she had been inspired to put philanthropy as her top priority. She said, "These things are important to my life now. I have the privilege of being able to get involved, so I do. I applaud people like Elton John, who have used their position to do so much good." Some of Harry's preferred charities include those devoted to fighting cancer and endometriosis.

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

HEALTH CARE

HEALERS FOUND IN THE KITCHEN

INGREDIENTS	BENEFITS	WAYS TO USE
ACV 	Treat cold, sore throat, aid in weight loss, clear acne, shiny hair.	Use as a facial toner, hair rinse, add to salads and drinks.
YOGURT 	Healthy digestion, boost immune system, brighten skin, treat dandruff.	Consume regularly, also use as a face and hair mask.
MINT 	Heal acne, soothe burns, effective remedy for bloating, migraine, and nausea.	Make mint tea, use a handful of leaves in bath water for clear skin.
FENUGREEK 	Reduce Inflammation, treat digestive problems, hair fall remedy, clear skin.	Include in your diet, make a paste and use it as a hair and face mask.
CUMIN 	Induce sleep, relieve bloating, acidity, boost immune system.	Chew seeds to cure acidity, drink cumin tea for sleep.
CINNAMON 	Anti-inflammatory, boost skin health, fight allergies, packed with antioxidants.	Make a detox drink, add to tea, coffee, curries, soup and stew.
OATS 	Great source of important vitamins, minerals, fiber and antioxidants, healthy skin.	Simply eat oatmeal for breakfast. Mix with milk for a face cleanser.
OLIVE OIL 	Strengthen immune system, anti-aging, natural moisturizer for skin and hair.	Substitute regular cooking oil with olive oil. Use as a massage oil for face and hair.
FENNEL 	Aids digestion, detoxify, remedy for bloating, menstrual cramps, breath freshener.	Chew fennel seeds, drink fennel tea, make detox water.
BUTTERMILK 	Fights acidity, improve digestion, soothe stomach, brighten complexion.	Drink after meal to promote digestion, use as a toner for clear skin.

ESSENTIAL OIL BUG SPRAYS

ANTS:
PEPPERMINT
SPEARMINT
BLACK PEPPER



APHIDS:
PEPPERMINT
SPEARMINT
CEDARWOOD



BEETLES:
PEPPERMINT
THYME
OREGANO



CATERPILLARS:
PEPPERMINT
SPEARMINT



FLEAS:
PEPPERMINT
LEMONGRASS
LAVENDER



FLIES:
PEPPERMINT
MELALEUCA
ROSEMARY
LAVENDER



GNATS:
EUCALYPTUS
PEPPERMINT
SPEARMINT
LAVENDER
PATCHOULI

MOSQUITOS:
LAVENDER
GERANIUM
LEMONGRASS
EUCALYPTUS
CITRONELLA



MOTHS:
CEDARWOOD
EUCALYPTUS
PEPPERMINT



SPIDERS:
EUCALYPTUS
PEPPERMINT
SPEARMINT



TICKS:
EUCALYPTUS
LEMONGRASS
LAVENDER
ROSEMARY
SAGE
THYME



Combine
40 drops
of Essential
Oil and 4
oz. water
into a spray
bottle.

Shake well
and **SPRAY!**