

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

11 OCTOBER 2021

## WHAT'S ON THIS WEEK

Dear Residents,

The big news I want to start with this week is all about the Oktoberfest celebrations scheduled for the 29th of October. I would like to invite you all (and family and friends) and especially those who recently moved into the Village to this event. If our last 2 social events are anything to go by, it will be well worth booking this into your calendar.

We have secured a host of Breweries, not only from our local community but also from as far as Darling - as seen on the page below. They were recently featured in our newsletter after they walked away with the 1st prize in the KFM "Best of the Cape" awards. So if we cant get everyone to Darling... we bring Darling's best to you.

We have also partnered up with experts in Traditional German cooking so expect everything from coffee to sweets to savoury dishes. We are certainly looking forward to seeing you all there.

While we are on "mood boosters" I would like to also invite everyone to come and try out our brand new Gym equipment that we have all been eagerly awaiting. You will notice in this weeks Health section and in an extra slot this week called, 'Evergreen Active' we have highlighted the benefits to keeping fit and how making use of our state-of-the-art gym can add value to your general health.

Alternatively, for those who enjoy the outdoors, be sure to chat to Don Yeowell. Read more in the 'Out and About' section.

Last but not least, I would like to wish everyone who will be celebrating birthdays this week a very Happy Birthday. We've had a very full week with many celebrations and it has been great seeing families and friends gathering once again.

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team





# OKTOBERFEST

**FRIDAY 29 OCTOBER 2021**  
**12H00 - 18H00**

**VENDERS**

**BEVERAGES:**

LONG BEACH BREWERY |  
CAPE POINT BREWERY | DARLING  
BREW | CAPE POINT VINEYARDS

**FOOD:**

BAGKS MEATS & SAUSAGES | THE  
BREAD STALL | LAPREE CHEESE |  
GERMAN SPECIALITY FOODS - **CAFE  
TO GO** (FOOD TRUCK) |  
**TOP NOSH** (SPECIALITY CATERING)

- FAMILY & FRIENDS WELCOME
- ALL COVID PROTOCOLS TO BE ADHERED TO
- **PLEASE NOTE:** SOME TRADERS ARE ONLY ABLE TO ACCEPT CASH

## BISTRO SPEISEKARTE

KARTOFFELPUFFER <i>Potato Pancakes with Sour Cream</i>	35
SPAETZLE <i>with</i>	
- Onion & Cheese (V)	35
- Beef Goulash	45
FRIKADELLEN <i>Mini beef meatballs with creamy mashed potato</i>	55
GERMAN SALAD PLATTER	35
OKTOBERFEST BURGER <i>Chicken Schnitzel, Gruyere Cheese, Sour Gherkin, German Mustard</i>	75
BEER BATTERED HAKE & CHIPS	75



# WEEKLY ACTIVITIES

LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | ALL COVID PROTOCOLS MUST BE ADHERED TO



<p><b>MONDAY</b></p>	<p>09h00 - 9h40 <b>STRETCH CLASSES</b> Sue 072 212 0277</p>	<p>10h15 - 11h00 <b>AQUA AEROBICS</b> Pool Renate 082 519 1873 Linda 082 4109 443</p>	<p>14h00 <b>CANASTA / BRIDGE</b> Bistro Cecile ext. 2011 Norma ext. 2089</p>		<p><b>REMINDER!</b>  <b>BOOK FOR SHUTTLE SERVICE</b></p>
<p><b>TUESDAY</b></p>	<p>09h00 - 10h00 <b>EXTEND SENIOR FIT</b> Crafts Room Judith ext. 2063</p>	<p>10h00 <b>BRIDGE</b> Bistro Cecile ext. 2011</p>		<p>14h00 <b>GOLF CROQUET</b> Fish Hoek Bowling Club Norma ext. 2089</p>	<p><b>REMINDER!</b>  <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b></p>
<p><b>WEDNESDAY</b></p>	<p>09h00 - 9h40 <b>STRETCH CLASSES</b> Sue 072 212 0277</p>		<p>1, 15 &amp; 29 SEPT 10h00 - 12h00 <b>CHRISTIAN FELLOWSHIP</b> 1st Floor Lounge John ext. 2018</p>		<p>18h00 - 20h00 <b>DINNER</b> Village Bistro ext. 2404</p>
<p><b>THURSDAY</b></p>	<p>09h00 - 10h00 <b>EXTEND SENIOR FIT</b> Crafts Room Judith ext. 2063</p>	<p>10h00 <b>KNITTING GROUP</b> Lounge Jen ext. 2026</p>	<p>16h00 <b>TABLE TENNIS, POOL / SNOOKER</b> 1st Floor</p>	<p>14h00 <b>GOLF CROQUET</b> Fish Hoek Bowling Club Norma ext. 2089</p>	
<p><b>FRIDAY</b></p>	<p>09h00 - 10h00 <b>SPINE SHINE BACK CARE YOGA</b> Crafts Room Clair 083 453 5539</p>	<p>09h15 - 10h00 <b>AQUA AEROBICS</b> Pool Renate 082 519 1873 Linda 082 4109 443</p>			
<p><b>SATURDAY</b></p>					
<p><b>SUNDAY</b></p>			<p>12h00 - 14h00 <b>SUNDAY LUNCH</b> Village Bistro Melanie ext. 2404</p>		

# WHAT'S ON THE MENU

SERVED FROM 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY



MONDAY	Flame Grilled Pork Chop served with a Pineapple Salsa, Oven Roasted Potatoes & Pan-Fried Greens
TUESDAY	Fried Calamari with Tartar Sauce, Chips & Garden Salad
WEDNESDAY	Grilled Caprese Chicken with a Basil Sauce served with Baby Potatoes & Pan-Fried Vegetables
THURSDAY	Beef & Vegetable Pie with Gravy, Garlic & Rosemary Potatoes and Roasted Vegetables
FRIDAY	Portuguese Grilled Chicken Roll with Asian Coleslaw & Chips
SATURDAY	Beef Mince Ragu with Fusilli served with a Garden Salad
SUNDAY	<p>MAIN COURSE</p> <p>Roast Pork with Apple Sauce, Gravy, Roast Potatoes and Pan-Fried Vegetables</p> <p>DESSERT</p> <p>Banana Caramel Pudding Cups</p>

**dinner menu**  
WEDNESDAY | 18h00 - 20h00

**2 COURSE SET MENU - R120**  
**TABLE SALAD - R45**

Traditional German Beef Rouladen with Fried Potatoes, Red Cabbage & Pan-fried Green Beans and Bacon

or

Smoked Eisbein with Spicy Beetroot Chutney, Pea Puree, Roasted Carrot Batons, Sauerkraut & German-style Sautéed Potatoes

**DESSERT**  
Traditional Apple Strudel with Crème

or

German-style Pancakes with Caramel Sauce & Fruit

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!*

14TH OCTOBER

MEL BALL - Noordhoek

15TH OCTOBER

BRIAN BROOKS - Noordhoek

17TH OCTOBER

BILL HARDING - Noordhoek

GREG CULHANE - Lake Michelle

Happy  
Birthdays



## ANNIVERSARIES

*The best thing in life to hold on to is each other.*

NO ANNIVERSARIES  
THIS WEEK

## NEW RESIDENTS

*Home is not a place...Its a feeling*

LESLEY BOURNE - Noordhoek (Unit87)



# WHAT'S COOKING



[CLICK HERE](#)  
FOR AN EASY  
SOFT PRETZEL  
RECIPE

## The Twisted History of the Pretzel

Whether salted or unsalted, crunchy or soft, there is one common characteristic that all pretzels share: their distinctive knotted shape. On April 26, we celebrate National Pretzel Day, so what better time to look back on the origin of the tasty pretzel? The pretzel has a rather “twisted” history, as there are several accounts regarding its original invention. We’ve also made them soft pretzel bites, soft pretzel knots (with various toppings), and soft pretzel rolls from this simple dough. There’s no wrong way to shape a pretzel, but let’s stick with tradition today. I promise you’ll no longer feel intimidated working with yeast, shaping pretzels, or the baking soda bath. Even if you have zero skill in the kitchen, you can make these homemade soft pretzels.

The most widespread story is that the first pretzels were invented by a monk in 610 A.D. During the season of Lent in northern Italy, the monk is said to have been baking unleavened bread, when he thought of a way to reward children for memorizing prayers. He twisted the dough, so it resembled arms crossed in prayer and named his creation “pretiola,” which means “little reward” in Latin. Other sources say that something similar occurred, but in a monastery in southern France.

There are also theories that the pretzel originated in Germany by a desperate baker, who would only be acquitted from a jail sentence if he could make a small cake, through which the sun could shine three times. It is said that he created the “bretzel,” which was adapted in English as the “pretzel.” Despite dissent about the pretzel’s conception, we do know more about the first hard pretzels.

In the 17th century, a Pennsylvania baker accidentally overbaked his batch of pretzels. He tasted the hard pretzel and discovered that he had made a rather delicious mistake. Nearly 200 years later, the first pretzel bakery, the Sturgis Pretzel House, opened in Lititz, Pennsylvania, in 1861.

It wasn’t until 1935, however, that the Reading Pretzel Machinery Company introduced the automated pretzel machine. This machine automatically twisted pretzels, so bakers no longer had to make them by hand. Once factories were able to mass produce pretzels, they became a popular twisted treat worldwide. Southeastern Pennsylvania is still the heart of pretzel production in America today and the state of Pennsylvania produces 80% of the country’s pretzels. In 2003, Pennsylvania Governor Ed Rendell instituted April 26th as National Pretzel Day to recognize the importance of the pretzel to the state’s history and industry, as it is the birthplace of the world’s first hard pretzel.

So, whether you prefer your pretzel soft or crunchy, with cream cheese, mustard or another dipping sauce, today, enjoy it with little extra thanks to all those inventors who helped to make it so twistedly delicious! Happy National Pretzel Day!



# MUSICAL CORNER

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

[JOHN CLAYTON MAYER](#)

BORN 16 OCTOBER 1977

SINGER, SONGWRITER, GUITARIST, AND RECORD PRODUCER



John Clayton Mayer; born October 16, 1977 is an American singer, songwriter, guitarist, and record producer. Born and raised in Fairfield County, Connecticut, Mayer attended Berklee College of Music in Boston, but left and moved to Atlanta in 1997 with Clay Cook. Together, they formed a short-lived two-man band called Lo-Fi Masters. After their split, Mayer continued to play local clubs, refining his skills and gaining a following. After his appearance at a 2001 South by Southwest Festival, he was signed to Aware Records, and eventually to Columbia Records, which released his first extended play *Inside Wants Out*. His following two studio albums—*Room for Squares* (2001) and *Heavier Things* (2003)—performed well commercially, achieving multi-platinum status. In 2003, he won the Grammy Award for Best Male Pop Vocal Performance for his single "Your Body Is a Wonderland".

By 2005, Mayer had moved away from the acoustic music that characterized his early records, and begun performing the blues and rock music that had originally influenced him as a musician. He collaborated with blues artists such as B. B. King, Buddy Guy, and Eric Clapton. Forming the John Mayer Trio, he released a live album, *Try!*, in 2005 and his third studio album *Continuum* in 2006. Both albums received positive reviews, and *Continuum* earned Mayer a 2007 Grammy Award for Best Pop Vocal Album. He also won Best Male Pop Vocal Performance for "Waiting on the World to Change". That album was followed by *Battle Studies* in 2009, a return to pop, with a *Battle Studies* World Tour.

After having several controversial incidents with the media, Mayer withdrew from public life in 2010 and began work on his fifth studio album, *Born and Raised*, which drew inspiration from the 1970s pop music of Laurel Canyon. However, the discovery of a granuloma on his vocal cords delayed the release of the album until May 2012 and forced him to cancel the planned tour. The album received a generally favourable reception, though was less commercially successful than his previous work. Mayer began performing as a singer again in January 2013, and that year released his sixth studio album, *Paradise Valley*, which incorporates country music influences. By 2014, he had sold a total of over 20 million albums worldwide. His seventh album, *The Search for Everything*, was released in 2017. Mayer released his latest album *Sob Rock* in July 2021.

In 2015, three former members of the Grateful Dead joined with Mayer and two other musicians to form the band *Dead & Company*. It is the latest of several reunions of the band's surviving members since Jerry Garcia's death in 1995. The band remains active and its tours have been well received.

Mayer's secondary career pursuits extend to television hosting, comedy, and writing; he has authored columns for magazines such as *Esquire*. He supports various causes and has performed at charity benefits. He is a watch aficionado (with a collection he values in the "tens of millions" of dollars), contributing to the watch site *Hodinkee*, and has been on the jury at the Grand Prix d'Horlogerie de Genève.

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

# HEALTH CARE

## BENEFITS OF LIVING AN ACTIVE LIFESTYLE



There are many benefits of living an active lifestyle. Everything from mental health to metabolism is improved by living an active lifestyle.

You might be thinking “but I’m not really into the whole workout scene” and that’s okay! You don’t have to go crazy or jump on board the newest fad programmes for dieting and exercise. Anyone can enjoy the benefits of living a healthy lifestyle with some added activity.

### PREVENT RISK FACTORS OF DISEASE

Did you know that one of the benefits of living an active lifestyle is that you can prevent and more easily control some of the risk factors for heart disease, blood cholesterol, diabetes and hypertension? Staying active is a great way to lower risk for these alarming diseases. If you already have these issues getting active can significantly lower your chances of complications and possibly even eliminate the problems altogether.

In the case of hypertension, 30 minutes of plain old walking can lower your blood pressure significantly!

### NATURALLY BOOST YOUR MOOD

Did you know that physical activity can boost your mood naturally? If you are feeling like you might be in a slump, get active! Some time outdoors mixed with physical activity can help boost you up and send you down a new, more cheerful path.

### BONE AND MUSCLE HEALTH

Both muscle and bone health are dependent upon an active lifestyle. Even walking and other low impact exercises can benefit your health in these ways! Reduce your chances of osteoporosis by staying active.

This is especially great if you suffer from muscle problems. In many cases being more active can provide pain relief from common aches and pains.

### BETTER SLEEP

Are you a bad sleeper? One of the benefits of living an active lifestyle is that you can improve your sleep! Being active is a great way to get a better nights rest. It naturally allows you to be more restful at night and can be a much better (and natural) alternative to sleeping medications.

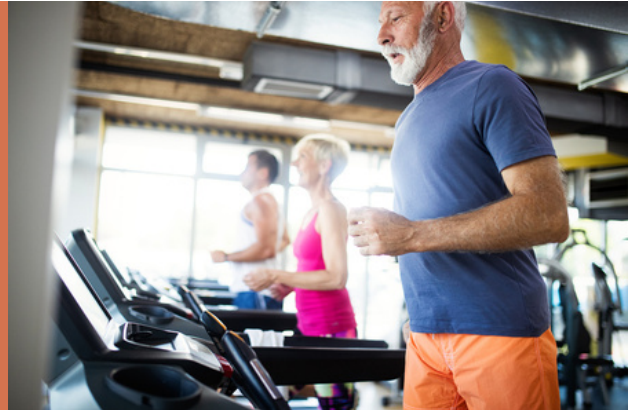
### BUDDY UP

If you are looking for an easy way to get more active that doesn’t involve being alone, look no further than your furry friend. You can enjoy some activity and help your furry friend do the same.



# EVERGREEN ACTIVE

## WHY ARE TREADMILL EXERCISES IDEAL FOR SENIOR CITIZENS?



While picking out exercises, older adults have less energy and less flexibility so do not require workouts to burn fat or lose weight. There might be a few situations where doctors recommend you shed a few pounds to reduce the pressure on your knee and ankle joints but most doctors and fitness experts will recommend general light exercises to keep you mobile and active.

### IT TAKES CARE OF JOINT HEALTH

A considerable percentage of the elderly population suffers from joint-related illnesses including arthritis, rheumatoid arthritis and chronic pain from old injuries. In such cases, walking every day can help them cope with the mobility problems these diseases pose.

Most fitness experts recommend the use of treadmills since these devices allow the user to set the speed according to their capabilities.

### WORKING OUT IMPROVES YOUR MOOD

Apart from gaining lost mobility, treadmill workouts help the elderly improve their mental health. Research shows that as a person ages, his or her system secretes fewer endorphins, serotonin, and melatonin. The first two are hormones critical for feeling happiness, while the last one helps in achieving sound sleep. Working out helps the system secrete healthy levels of these hormones. Seniors, who work out regularly, often have an optimistic view towards life. It comes from the even secretion of the happy hormones and proper restful sleep every night.

### WALKING IMPROVES IMMUNITY AND REDUCES INFLAMMATION

Improving your heart rate also promotes healthy circulation of blood. The heart pumps more volume of blood when one exercises. Even simple walking is good enough to encourage blood flow. That addresses not only age-related cardiovascular problems but also the difficulties most senior citizens face with the mobility of their joints.

Therefore, working out regularly boosts blood flow while also decreasing the chances of cholesterol deposits and atherosclerosis. It increases immunity and reduces inflammation of the joints that often plague people in their old age.

### IT IMPROVES YOUR LIFESTYLE

Many people are of the opinion that the elderly do not have a defined lifestyle since they choose to move to senior care homes and apartments. However, that is entirely wrong. Many of them have lived up to certain standards in their early life, and they are likely to stick to similar practices later on.

For example - a person does not give up drinking whiskey just because they reach the age of 65. Or they do not forgo their love for a good ribeye steak when they hit 60! Working out can help you enjoy the finer things in life like late-night concerts and a nightcap as long as you are ready to make up for it on the treadmill.

Walking a constant distance every day will help your metabolism achieve a certain rhythm. It will keep your weight within limits and keep you feeling young forever.



## OCTOBER GARDENING GUIDE

There's no better month than October to get stuck into your spring garden and prepare it for the harsh heat of summer. Here are some gardening ideas and tips to use this month.

### SPOTLIGHT ON: GROWING WATERWISE ROSES

October may be the month for roses, but roses are incredibly heavy on our most precious natural resource: water. These are our top tips for taking care of them while remaining waterwise:

- To prevent moisture from evaporating too fast, fill the soil around the roses with rich mulch.
- Use grey water to keep your garden looking lush – just be careful to use grey and not black water.
- Remove weeds from your rose garden regularly to prevent them from soaking up water.

### ON YOUR GENERAL GARDENING TO-DO LIST FOR OCTOBER

- Plant summer-flowering bulbs such as amaryllis, dahlias, Galtonia, gladioli and tuberoses.
- Plant summer-flowering seedlings in sun-exposed areas, such as celosias, gazanias, penstemons, petunias, sweet alyssum and SunPatiens.
- Sow the seeds of summer flowers such as candytuft, alyssum, Californian poppy, cornflower, cosmos, dianthus, phlox, verbena, zinnia, marigold, cineraria and lobelia.
- Grow summer veggies from seed, such as beetroot, broccoli, carrots, celery, cucumbers, eggplants, lettuce, parsnips, peppers, pumpkin, radishes, spinach, Swiss chard and tomatoes.
- Focus on planting a drought-resistant garden that's sculptural in form. We're loving cacti and succulents because of their waterwise properties and low-maintenance upkeep.

### FEED

- Give indoor and outdoor plants extra sustenance with a liquid fertiliser such as Multifeed or Seagro.
- Fuchsias, bulbs and other spring annuals should be fed with a 3:1:5 fertiliser every 2 weeks.
- Established lawns could do with 4:1:1 fertiliser. We recommend a handful for every square metre.
- Apricots, peaches, plums and quinces would all thrive with a 3:1:5 fertiliser.

### PRUNE & TRIM

- Tidy up bottlebrush, butterfly bush, confetti bush, conifers, hibiscus, plumbagos, poinsettias, potato bush, proteas and tea bush.
- Cut back flowering apricots, peaches, plums and quinces to encourage stockier, sturdier growth and enhance light exposure.
- Deadhead pansies and violas regularly to keep them flowering for longer.
- Remove faded flowers from spring annuals and bulbs.



# OUT AND ABOUT



## DON'S HIKING GROUP

For probably the last 15 years Don Yeowell have been a part of a group of friends with a similar interest in hiking in the beautiful mountains that surround us. Attrition, through moving away and old age, has reduced the original group to three. Over the last couple of months he managed to persuade a bunch of villagers (Trevor Douglas, the Jennings' and Aletta Knox) to join them. So far they're all enjoying the walks.

The walks take anything between two and three hours, at a comfortable pace (suited to creaking knees and grinding hip joints) in areas within easy reach of our Village. And usually finish with a visit to a nearby hostelry for a refreshment. Sometimes in our own Lifestyle Centre.

Typical walks would include the trail from Constantia Nek to the overlook above Kirstenbosch reservoir (and back), the Spaanschemat Trail, the Alphen Trail and several trails in Silvermine. Elsie's Peak and it's companion trail, Ridge Beacon. And there are others too numerous to mention.

This week (Tuesday ) the weather was special, sunny with no wind, and the views from the top of Elsie's Peak are positively breath-taking.

Well Done and thank you to Don and friends for starting up this great initiative.

Any residents that are interested in joining Don's hiking group can contact him directly at ext 2039

(Information supplied by Don Yeowell)



## KEEP THE FIRES GOING

In the true spirit of summer that seems to have arrived (on most days) the residents on the western end of the bottom road (a.k.a. Hadida) held an impromptu and enjoyable street braai on Sunday 3 October in the afternoon.

Looks great! keep the fires going!

(Information supplied by Peter Lever)