

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

WHAT'S ON THIS WEEK

3-9 JANUARY 2022

Dear Residents,

As we welcome 2022 a little later today, I would like to start by wishing everyone a blessed and healthy year ahead.

While some may be making new resolutions, for other's it will be business as usual. My personal thought is that the start of a brand new year comes with the same possibilities as any other year but it does also offer us all a chance to draw a line in the sand, especially after the impact the global pandemic had on our lives for almost 2 years.

Regardless of your age or circumstance, I'm certain we all have asked for change and for things to go back to 'normal' numerous times this year. Sadly, we tend to forget that we can bring about change ourselves, simply by clearing out the old and often negative thought patterns and welcoming in better habits and more positive outlooks. We may not get it right at first but if we simply do better than we did before it is still progress, so practice learning to celebrate the small wins too.

The last 2 years have been trying but with a little endurance, we made it this far. Our world became smaller but it kept turning and I'm certain that each one of us changed in some way. Maybe you chose to stop and smell the roses, or maybe you realised that it's no use sweating the small stuff. The beauty of a new year is that we have another 365 days to do something different or try something we haven't yet had the courage to do, like mend emotional fences or just put ourselves out there and make a new friend or learn a new skill. So if you're wondering what resolutions can be made, I suggest you start with something we all have the ability to do - SMILE. A smile not only makes you look younger, it is a gift from the heart that costs you nothing and it may just be what someone needs that day, so go out there and make it a great one!

Wishing you all a wonderful New Year's Weekend with friends and family.

Regards

Riaan and the Evergreen Team

WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



MONDAY	RESUME 10 JAN 2022 09h00 - 9h40 STRETCH CLASSES OT ROOM Sue 072 212 0277	RESUME 10 JAN 2022 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443	RESUME 3 JAN 2022 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089		
TUESDAY	RESUME 10 JAN 2022 EXTEND SENIOR FIT Activity Room 1 Judith ext. 2063	RESUME 3 JAN 2022 BRIDGE Activity Room 2 Cecile ext. 2011		14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY	RESUME 10 JAN 2022 09h00 - 9h40 STRETCH CLASSES Activity Room 1 Sue 072 212 0277		RESUME 26 JAN 10h00 - 12h00 CHRISTIAN FELLOWSHIP 1st Floor Lounge John ext. 2018		
THURSDAY	RESUME 10 JAN 2022 EXTEND SENIOR FIT Activity Room 1 Judith ext. 2063	10h00 KNITTING GROUP Lounge Jen ext. 2026	RESUME 3 JAN 2022 BRIDGE Activity Room 2 Cecile ext. 2011	14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	16h00 TABLE TENNIS, POOL / SNOOKER 1st Floor
FRIDAY	RESUME 7 JAN 2022 09h00 - 10h00 SPINE SHINE BACK CARE YOGA Activity Room 1 Clair 083 453 5539	RESUME 10 JAN 2022 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443			
SATURDAY					
SUNDAY			12h00 - 14h00 SUNDAY LUNCH Village Bistro ext. 2404		

WHAT'S ON THE MENU

OPEN 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY | BOOKINGS ESSENTIAL



MONDAY



VEGETABLE ENCHILADA WITH
CHIPOTLE SAUCE & GREEN SALAD

TUESDAY

HOMEMADE CORNISH POT PIE
WITH GRILLED VEGETABLES AND SWEET
POTATO WEDGES

WEDNESDAY

PULLED BARBEQUE PORK WRAP WITH
COLESLAW

THURSDAY

GRILLED CHICKEN QUARTER, ROASTED
VEGETABLES AND BAKED POTATO

FRIDAY

HAKE & CHIPS (FRIED/GRILLED) WITH
TARTAR SAUCE & GARDEN SALAD /
GRILLED VEGETABLES

SATURDAY

SWEET AND SOUR CHICKEN WITH
SAUTÉED VEGETABLES AND STEAMED
RICE

WEDNESDAY DINNER MENU

SERVED FROM 18H00 | R120PP

MAIN COURSE

Pulled Beef Ragu

or

Mushroom & Bacon Carbonara

or

Mediterranean Roasted
Vegetables and Pesto

each served with tagliatelle or
parpadelle pasta



DESSERT

Deconstructed Tiramisu

or

Vanilla Panna Cotta with
Homemade Berry Coulis

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Pork Roast, Crackling & Apple
Sauce with Roasted Baby
Potatoes, Creamed Spinach and
Roasted Butternut

DESSERT:

Glazed Fruit Tart Or Fresh
Fruit Salad served with Vanilla
Ice Cream



IT'S A CELEBRATION!



WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES



BIRTHDAYS



7TH JANUARY

ALDYTH THOMSON - LAKE MICHELLE

JOHANNA DE BEER - NOORDHOEK

8TH JANUARY

ROGER PAYNE - LAKE MICHELLE

MARILYN JONES - NOORDHOEK



ANNIVERSARIES



6TH JANUARY

PAUL & SALLY JOHNSON - NOORDHOEK



NEW RESIDENTS



NO NEW RESIDENTS



BOTTOM'S UP!



TOP BAR TRENDS EXPECTED IN 2022

In recent years, drinking habits across the globe have shifted dramatically. Each year brings new trends that push the bar industry into new directions and usher in even more changes. Entering 2022, consumers have generally become more focused on what they put into their bodies, resulting in a growing interest in health-conscious products. Below, we'll investigate some of the most popular trends that you and your bar can embrace.

CANNABIS BEVERAGES

Relatively new to the market, THC-infused cannabis beverages have seen a dramatic increase in popularity over the past year and is projected to continue growing throughout 2022. Available in beer, wine, seltzer, soda, and even powder form, these beverages give customers more control over the effect their drinks have on them.

Similar to alcohol, the effects of cannabis beverages can be felt in as little as 15 minutes, but the key difference is how long they last. Although it can vary depending on the type of drink, cannabis beverages generally wear off faster than alcohol, providing a sessionable alternative for your bar.



MOCKTAILS

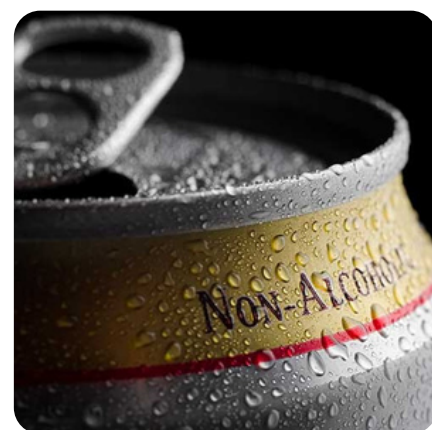
Although mocktails aren't a new creation, the increased popularity of non-alcoholic spirits has led to an increase in their demand. In many cases, mocktails are fashioned after their alcoholic counterparts. Additionally, it's important to note that although these drinks do not contain alcohol, there should be just as much focus and care put into the drink as there would be a normal cocktail. To embrace this trend, consider adding several different non-alcoholic spirits to your bar.



NON-ALCOHOLIC BEVERAGES

Simply put, non-alcoholic beverages are a version of an alcoholic drink that doesn't contain alcohol. It is projected that by 2024, non-alcoholic drinks could account for nearly a third of the market. Sometimes referred to as temperance drinks, these beverages can be found in a variety of forms. Some of the most popular types of non-alcoholic beverages include:

- Non-alcoholic beer: This type of beer has existed for quite some time, but it only recently branched out into new and interesting directions. In recent years, the non-alcoholic beer industry has taken a particular interest in modeling their products after craft beers, providing much of the same experience without the alcohol content.
- Non-alcoholic wine: A bottle of non-alcoholic wine contains the same flavors and structure as a traditional bottle of wine, with the key difference being that it contains little to no alcohol. Because of its non-alcoholic nature, this type of wine appeals to the continually growing group of health-conscious and alcohol-free customers.
- Non-alcoholic spirits: Along with wines and beers, non-alcoholic spirits have seen a rise in popularity. Alcohol-free whiskey, tequila, and gin have allowed customers to enjoy the feeling of drinking liquor without the side effects.



From non-alcoholic alternatives to canned versions of classic bar drinks, 2022 will bring with it an increased focus on health, happiness, and sustainability.



WHAT'S COOKING?



TOP FOOD TRENDS EXPECTED IN 2022

The foodservice trends of 2022 continue to be shaped by the influence of global recipes shared on social media, the desire to eat healthier, and the need for sustainable food options. Now that diners are safely grabbing reservations again, they're bringing their large groups of friends and high expectations to the table, too.

IMMUNITY-BOOSTING FOODS

Focusing on health is a trend that's staying, and immunity-boosting foods play a big part in how people take care of themselves. These types of foods include citrus, berries, leafy greens, turmeric, ginger, green tea, gut-healing fermented foods, and foods you eat when you have the flu.

FORAGED FOODS

What was once a necessary survival task, then being deemed unsophisticated by the Industrial Revolution, to being brought back by movements like farm to table, foraging is having its full-circle moment. Foraging became trendy among chefs quite a few years back but has now been brought into the mainstream thanks to various foraging social media accounts. Content creators make educational videos of themselves foraging in their own communities or venturing into the wild and identifying edible (and warning about the inedible) plants, oftentimes bringing them home and turning them into a recipe. With this newfound appreciation for foraged foods, chefs have been identifying foraged foods on their menu to drive the sale

HYPERLOCAL FARMED FOODS

Spurred on by the threats of climate change, consumers are looking to lower their food miles by purchasing locally grown food or simply starting their own victory gardens. Restaurants and shop owners can benefit from this trend by growing their own vegetables, sourcing proteins from farmers in the area, and purchasing other goods from small businesses in the neighborhood. Labeling on the menu where the food was grown or sourced shows your customers that your business is doing its part in reducing the effects of climate change while boosting your local economy.

CHEAPER MEAT CUTS

Whether it's due to supply chain issues, financial constraints, or both, consumers are buying chicken breasts over wings, thighs over breasts, beef shank over short rib, chuck over loins, and so on. If you are someone that needs to prioritize purchasing cheaper cuts of meat for any reason, know you are not alone, and the cheaper cuts can be just as tasty as the expensive ones. We recommend using cooking processes like the Maillard Reaction, smoking or sous viding, and trying out different types of BBQ.

GLOBAL INSPIRATION

Pastries, salads, entrees, appetizers, sides...anything that can take the addition of spice blends from around the world are being added to meals. Especially prominent spice blends being used in America are za'atar, furikake, tajin, and dukkah, while sauces and pastes like gochujang and harissa are finally getting the love they deserve. Thanks to platforms like TikTok and Instagram, we have also seen an uptick in learning traditional recipes from various regions through engaging cooking videos.



MUSICAL CORNER



CLICK ON THE ARTISTS NAME TO LISTEN TO PERFORMANCES

On **6 January 1979** The [Village People](#) appeared on *American Bandstand*, where the crowd did the soon-to-be famous arm movements spelling out "Y.M.C.A."

For their Bandstand appearance, the group had choreography for the song that included throwing their hands in the air during the climactic chorus. But this audience was filled with cheerleaders, who interpreted it as "give me a Y!" They also did the M, C and A, creating the iconic dance.



When The Village People released their first album in 1977, it was with lead singer Victor Willis, a group of studio musicians, and Felipe Rose, who plays the Indian. They filled in their cast of characters by placing an ad in trade magazines that read: Macho Types Wanted. Must Have Moustache. Willis became the cop, and four others were chosen to portray other male avatars: construction worker, cowboy, soldier, leatherman.

It's campy fun targeted to the gay community but accessible to anyone who can still tolerate disco. Their second album, *Macho Man*, gave them a modest hit with the title track, but it was "Y.M.C.A.," a cut from their third album, *Cruisin'*, that got the attention of Dick Clark. The entire show is dedicated to the Village People, who perform four songs, starting with "Y.M.C.A."

They incorporate the gestures into their routine, which audiences quickly pick up on. The song peaks at #2 in America on February 3, but it lives on at weddings, bar mitzvahs, dances and sporting events for years to come, with crowds spelling out the chorus. In the UK, it's an even bigger sensation: on the same day their Bandstand episode airs, it hits #1 in Britain, where it stays for three weeks. In April, they become the first disco group to tour arenas, including a show at Madison Square Garden in New York City.

As disco fades, so does the band. Victor Willis leaves in 1980, and later that year, the group stars in the film *Can't Stop the Music* (alongside Bruce Jenner), which flops. They release their last album in 1985, but continue as a live act for hire, playing lots of bar mitzvahs. In 2017, Willis gains control of the name and begins performing with a new version of the group. The previous iteration, which includes original members Rose and Alex Briley (the soldier), carries on under the name "The Kings of Disco."

Also on this day in history...

- **1973** - [Carly Simon's](#) "You're So Vain" hits #1 on the Hot 100. Listeners wonder just who the mystery man with the apricot jacket (high fashion!) is.
- **1957**- [Elvis Presley](#) makes his third and final appearance on the Ed Sullivan Show, where he performs seven songs in three segments, including "Hound Dog," "Don't Be Cruel" and "Heartbreak Hotel." He is only seen from the waist up, leaving viewers to speculate as to what the screams in the audience are about.
- **1979** - [The Bee Gees'](#) "Too Much Heaven" hits #1 for the first of two weeks.
- **1993** - [Rolling Stones](#) bass player Bill Wyman leaves the group after 30 years of service. "I left because I didn't see anything new happening in the future," he says. "I realized if we played for another 10 years I'd still be playing 'Jumpin' Jack Flash,' 'Honky Tonk Women,' 'Street Fighting Man' until we packed up."

GREEN FINGERS



ALL GARDENERS LIVE IN BEAUTIFUL PLACES, BECAUSE THEY MAKE THEM SO...



The new year is the perfect time to get your green fingers busy beautifying your summer garden. Refer to our [January gardening guide](#) to find out what to plant this month, and for tips on sowing your own herb and vegetable seeds, planting heat-tolerant annuals and feeding your lemon trees for a good harvest come winter.

ON YOUR TO DO LIST FOR JANUARY

PLANT & SOW

- Sow or plant herbs such as basil, dill, nasturtiums and parsley in well-draining soil in containers.
- **Pro tip:** Keep the soil moist until the first shoots appear. Pinch out new growth on seedlings to encourage them to become compact and bushy. The more you trim your herbs, the more flavourful they become. Place them in a spot that receives at least 5-6 hours of sun.
- Plant heat-tolerant annuals like Alyssum, celosia, marigolds, petunias, portulaca, red salvias, sunflowers and zinnias.
- Sow summer vegetables such as microgreens, celery, parsley and leeks

FEED

- Feed lemon trees with 3:1:5 or 8:1:5 (an organic fertiliser) and water well. Surround the trees with a thick layer of organic mulch.
- Fertilise fuschias with an organic potassium fertiliser such as a 3:1:5.



PRUNE & TRIM

- Lightly prune roses to encourage new flowers. Snap off any suckers (light green, thornless shoots) growing from the base of the bushes.
- Remove some of the smaller flower heads on dahlias to encourage the development of bigger blooms (we're talking dinner-plate size!).
- Use grass and plant clippings (from pruning) as mulch in your garden beds.
- Stake tall-growing perennials and trees to protect them against the infamous Cape Doctor winds.
- Remember to pull up any weeds before they go to seed and cause more problems in the garden. Weeds rob your plants of valuable water and nutrients, so right now couldn't be a better time to get rid of them.



Every year the time comes for us to choose the sunscreen that will stay with us throughout the holidays. But with so much variety we can't always choose. Here are 10 tips to bear in mind when choosing the best for your skin

We know it's essential to protect ourselves from the sun but do we know what we should be looking for in a sunscreen? We must of course choose one that we like, that is comfortable and easy to apply, but which also meets a key number of requirements for safely and suitably protecting our skin.

10 TIPS TO MAKE SURE YOU CHOOSE THE RIGHT SUNSCREEN

- **Phototype:** The first thing to bear in mind is the colour of your eyes, hair and skin. There are 7 phototypes, I is the palest and VII is the darkest and includes black and some Asian races. It is advised to use a high-factor broad-spectrum sunscreen daily in South Africa.
- **Destination:** The place where we are going to be exposed to the sun is an influencing factor. As we get closer to the Equator, the radiation is more intense. The same happens with altitude. Solar radiation increases by 10-15% each 1000 m. We also have to bear in mind not only direct sunlight but also its reflection on the water (30%), sand (10%), grass (5%) and even asphalt (2%). It all adds up.
- **Wide spectrum protection:** For your sunscreen to be effective it should cover all the rays that make up the solar spectrum and affect the different layers of the skin: UVB rays, UVA rays, long UVA rays and infrared rays.
- **Balanced protection:** there must be an appropriate balance between the protection rating of UVB rays (SPF) and UVA rays (PPD). When this is the case, the UVA symbol will appear within a circle on the packaging, so keep a lookout for it!
- **Photosensitivity:** is fundamental that the sunscreen maintains the protection rating that appears on the packaging application after application.
- **Remanence:** we must also make sure it's resistant to water, sweat, friction...
- **Substantivity:** for it to be effective it should be distributed evenly across the skin.
- **Tolerance:** In order to adapt to your skin type perfectly, make sure it has been dermatologically tested on different skin types, populations, etc
- **Cosmeticity:** that is to say, texture. Choose the one that best suits your preferences and skin type. Nowadays there is a wide variety to choose from: gels, creams, oils, mists...
- **Special advice:** if you are in doubt, your dermatologist or pharmacist will be able to recommend the most suitable sunscreen for your skin.

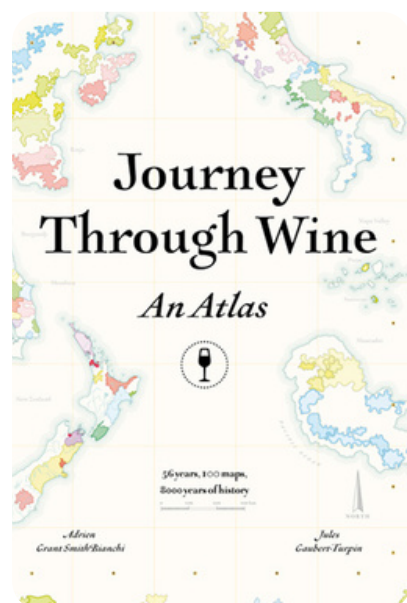
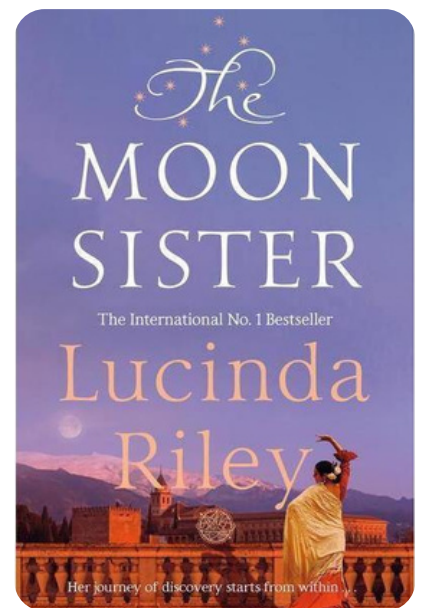


"THERE IS NO FRIEND AS LOYAL AS A BOOK" - ERNEST HEMINGWAY



Why you'll enjoy *The Woman in the Blue Cloak*: I was lucky enough to break bread with Deon Meyer recently. He was on a publicity trip to Joburg with Pieter-Dirk Uys. Some of the things Meyer told me: *Fever*, his dystopian novel set in the Karoo, is being developed into a TV series, and international sales have been significant. The makers may want a sequel ... It is a book he's immensely proud of, so if you haven't read it, go to his website and follow the journey of the main *Fever* players as they try to rebuild their lives in a shattered world through Meyer's photographs. He also told me that no-one must think *The Woman in a Blue Cloak* is a full length novel: it is a novella, written for the most part in the Netherlands, where he was a guest of an organisation devoted to encouraging reading. Benny G has decided to ask Alexa Barnard to marry him, he is broke and he needs to buy an engagement ring (I'm laughing already). Then there's a body with links to 17th century Holland and England, and ... well, Afrikaans readers are already running out of Exclusive Books' stores with Meyer's latest full length novel in die taal, Prooi. Whichever you decide to buy, you won't be disappointed.

Why you'll enjoy *The Moon Sister*: Lucinda Riley is hot worldwide and South Africa is no exception. Like Danielle Steele, her sales in this country are substantial, so *The Moon Sister* ('A spellbinding journey from the wilds of Scotland to the olive groves of Spain') is bound to find a home this Christmas. If anything, the book is bigger than previous ones (739 pages) and it is beyond perfect for beach and holiday reading. This is the fifth epic story in Riley's smash hit *Seven Sisters* series, so here you will meet Tiggy, in Inverness. Lucinda cuts to the chase on the first page: Tiggy is being interviewed by Dr Charlie Kinnaird, whose penetrating blue gaze is already upon her. She tingles with a mild electric shock as she shakes his hand. But Lucinda Riley is much more than a very long Mills & Boon. She writes with skill and empathy, lives her own research and I can't think of anything better to chill out with after the year we've lived through.



Why you'll enjoy *Journey through Wine*: An Atlas: If ever there's a time for large books it's right now. Christmas stretches the wallet but sometimes the annual wait is worth it. Wine is changing in South Africa as our climate warms up and rainfall stutters in the Western Cape. To cope with climatic change, South African wine farmers are planting varietals bred over the centuries to cope with less water. So it's no longer just Sauvignon Blanc or Chenin Blanc, but Grenache, Roussanne, Mouvedre, Nebbiolo, Tempranillo - and many more. What this handsome book does is take us through 8 000 years of wine growing (think Georgia for the oldest wine fields in the world) with the help of simple, explanatory graphics, maps, brief descriptions of the varietals and the country's history of wine growing. A great gift for experienced wine drinkers and newbies alike and, apart from it's size, very practical.