

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*"I KNOW OF NO SINGLE FORMULA FOR SUCCESS. BUT OVER THE YEARS, I HAVE OBSERVED ATTRIBUTES OF LEADERSHIP ARE UNIVERSAL AND ARE OFTEN ABOUT FINDING WAYS TO ENCOURAGE PEOPLE TO COMBINE THEIR EFFORTS, THEIR TALENTS, THEIR INSIGHTS, THEIR ENTHUSIASM AND THEIR INSPIRATION TO WORK TOGETHER.*

- QUEEN ELIZABETH II -

Dear Residents,

As I write this on Friday it seems that winter and it's accompanying wet weather has finally arrived. As the cold sets in too I'm sure the "GOOD READS" will become more and more popular. If you stumble across any books you would like to recommend to fellow residents please let me know so we can share it in future newsletters.

Thank you to everyone that started engaging with me in positive ways regarding the budget information that was shared in preparation for our discussions next week. I am looking forward to similar positive discussions and again ask everyone to contribute constructively to enable us to draw the maximum benefit from these discussions.

On a lighter note, besides our regular pages we learn how to plant avocados in our home gardens in Green Fingers and delve into the benefits of Plant-based proteins in Health Matters. Our Good Reads page has a bit of everything this week - from cooking to a defiant heroine to the women who are shaping the Monarchy, good and bad.

Wishing you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

9 - 15 MAY

## IN THIS ISSUE

### Weekly Activities

Your weekly guide to sport & recreational activities

### What's On The Menu

Delicious meals on offer this week!

### It's A Celebration

Birthday's, Anniversaries & New Residents

### Green Fingers

Growing Avocado's At Home

### Health Matters

The Health Benefits Of Plant-based Proteins

### Good Reads

Learn more about South Africa with one of our suggested reads

- THE PALACE PAPERS: Inside the House of Windsor, The Truth & The Turmoil by Tina Brown
- BEER COUNTRY'S POTS PANS AND POTJIES by Karl Tessendorf & Greg Gilowey
- THEATRE OF MARVELS by Lianne Dillsworth



# WEEKLY ACTIVITIES

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



<b>MONDAY</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>10h15</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443		<b>GAMES</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b>	<b>09h00</b> CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	<b>10h00</b> BRIDGE ACTIVITY ROOM ROOM 2 Cecile ext. 2011	<b>15h00</b> BUDGET DISCUSSIONS HOUSES 1-50 BISTRO	<b>16h30</b> BUDGET DISCUSSIONS HOUSES 51-100 BISTRO	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089
<b>WEDNESDAY</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>18 MAY</b> <b>10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	<b>15h00</b> BUDGET DISCUSSIONS HOUSES 101-150 BISTRO		
<b>THURSDAY</b>	<b>08h45</b> EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith 072 623 1013	<b>10h00</b> KNITTING GROUP MAIN LOUNGE Jen ext. 2026	<b>14h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>FRIDAY</b>	<b>09h00</b> SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	<b>09h15 - 10h00</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	<b>10h15 &amp; 11h15</b> LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	<b>17h00</b> RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	<b>18h00</b> WEEKLY DINNER BISTRO ext. 2404
<b>SATURDAY</b>					
<b>SUNDAY</b>			<b>12h00</b> SUNDAY LUNCH BISTRO ext. 2404		



# WHAT'S ON THE MENU?

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

## DAILY MEAL | R55PP

### MONDAY

Quiche Lorraine with  
Green Salad

### TUESDAY

Steak & Kidney Pie with  
Mashed Potatoes, Pan-fried  
Vegetables & Gravy

### WEDNESDAY

Sweet & Sour Pork Stir-fry  
with Egg Noodles

### THURSDAY

N.Y.C Chicken Stack  
(sandwich) with Potato  
Wedges and Manhattan  
Sauce

### FRIDAY

Deep Fried/Grilled Tempura  
Hake with Chips, Tartar  
Sauce & Green Salad

### SATURDAY

Beef or Chicken Cheese  
Burger with Chips or Side  
Salad



## FRIDAY NIGHT SOCIAL MENU

SERVED FROM 18H00

MAIN MEALS R85 | DESSERT R38 | 2 COURSE R120

### MAINS

Chicken Wings & Chips with  
Blue Cheese Sauce

or

Homemade Nachos with  
Pulled Pork or Shredded Chicken

or

Deep Fried / Grilled Calamari with  
Chips and Lemon Aioli

### DESSERT

Vanilla Ice Cream with  
Chocolate Sauce & Nuts

or

Spanish Churros with  
Chili Chocolate Sauce

## SUNDAY LUNCH

SERVED FROM 12H00 | R95

### MAIN COURSE

Roast Beef with Autumn Vegetables,  
Rosemary Roasted Baby Potatoes &  
Red Wine Jus

### DESSERT

Lemon Parfait with  
Basil Shortcake Crumble

# IT'S A CELEBRATION

---

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

**11 MAY**

LUTZ UFFHAUS - Noordhoek

**12 MAY**

KEITH HUTCHESON - Noordhoek

**13 MAY**

JOY MACDONALD - Noordhoek

**14 MAY**

AMME WOZNIAK - Noordhoek

MARION NELSEN - Noordhoek

## ANNIVERSARIES

No Anniversaries  
this week

## NEW RESIDENTS

ROD & YVONNE WILSON -  
Noordhoek House 36

JANE WOODIN & GAYLENE MILLER -  
Noordhoek House 38





# GREEN FINGERS

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

## GROWING AVO'S AT HOME



Have you ever wondered how to grow avocados? Loaded with essential vitamins, minerals and rare healthy fats, and combined with a rich flavour and delicious creamy texture, avocados are getting even pricier in stores so it's worth finding out if you can grow them at home. Even if you don't live in a climate where it's possible to grow avocados outdoors, growing one from a stone for a lovely tropical house plant can be a fun project.

### THE AVO

The avocado, *Persea americana*, is a tropical evergreen tree native to Central America. Warmth and moisture are key conditions if you want your avocado plants to thrive.

### HOW TO GROW AVOCADO FROM SEED

You can germinate an avocado seed in water using a glass jar or vase, which allows you to get a great view of the developing roots and shoot. Submerge it in water to half way, pointy side up, put the glass in a warm place out of direct sunlight and change the water regularly. The roots and stem should start to appear in about two to six weeks.

Alternatively, you can simply plant the stone in a pot of compost but be sure to use a really well-draining potting mix. Add perlite and vermiculite to your potting compost to control moisture levels as the key is for the soil not to be too wet or too dry.

### TO PLANT AN AVO STONE

- Sink the stone, pointed end upwards, into pre-watered compost so that it is half submerged
- Leave on a warm, bright windowsill out of direct sunlight

You can also mimic this natural process by wrapping the stone in a damp paper towel and placing it in a sealed jar by the window making sure the towel stays moist – change it regularly to avoid mould. Germination should occur within a few weeks. Then simply plant up the seedling in a pot of free-draining compost. For a bushy, well-shaped house plant, snip off the growing shoot when the seedling is around 12-18 inches tall to encourage lateral branches to develop.

### HOW TO GROW AN AVOCADO TREE THAT BEARS FRUIT

If it's fruit you're looking for, you may be disappointed by a plant you've grown from a stone. As avo's do not 'breed true from seed as the seed reverts to its native ancestry – meaning poor yields, poor quality fruit or even an infertile plant. One should buy a tree that is already grafted on a rootstock so rather buy a young tree from a nursery. This way you can choose a variety that's best suited to your climate, and you will get a higher-quality plant that will likely produce fruit much sooner.

### HOW TO PLANT AN AVOCADO TREE

The best time to plant an avocado tree is late spring after any risk of frost has passed. This gives the tree time to establish before the heat of summer.

When you're planning a kitchen garden, choose a sunny, sheltered location away from competing plants. Good drainage is essential, so if you're on a clay soil, incorporate plenty of sand or grit into the planting area. You can also plant the tree on a small mound to improve drainage further.

The planting hole should be square and twice the width of the pot. After planting, backfill with soil, ensuring the soil surface reaches the same level on the trunk as it did in the pot. Add a deep layer of bark or leaf mulch to help prevent the shallow roots from drying out.

Avocados are very easy to care for and require little maintenance other than watering and an occasional feed. Pruning is only required if you wish to restrict your tree to a certain size or shape. It's important not to get carried away with watering as they are very prone to root rot.

# HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



## *PROVEN BENEFITS OF PLANT-BASED PROTEIN*

It is a general misconception that protein is used only by bodybuilders and serious athletes. If you desire to have a fit body then adding more protein to your diet will help you lose weight without muscle loss. At the same time, it also helps build muscle mass and strength. If you are vegan or vegetarian, don't worry, plant-based protein is a good choice and it has plenty of health benefits to offer you. It can be taken by anyone who wants to lead a healthier life, irrespective of their age or sex. Try to include as many sources of plant based proteins in your diet and if your requirements are higher, then you can add in a vegan protein supplement. From pea to soy and hemp, there are different types of plant protein supplements available in the market. Such supplements not only help in weight loss, they also offer you many essential nutrients that you may not be getting adequately from your diet.

If you are still worried that animal-based proteins or whey protein supplements may be superior, then take a look these 11 stunning health benefits of plant based protein and their advantages over other types of protein sources.

### **THE FIBRE ADVANTAGE IN PLANT-BASED PROTEINS**

Plant-based protein is rich in fibre that provides health benefits to the body. Fibre, sometimes called roughage does not get broken down but passes through the digestive system absorbing water and promoting bowel movement. These fibres are available in vegetables, fruits, whole grains, and legumes. There are two types of fibre, soluble and insoluble.

### **BODY WEIGHT BENEFIT**

Consumption of fibre makes the person feel full without calories getting added as fibre calories are not absorbed. This can help in weight management. Food that is high in fibre content also contributes nutrients. Vegetables and whole grains are rich sources of vitamins. The recommended daily intake of fibre is 25 grams for women and 38 grams for men. The amounts reduce after the age of 50 with 21 grams for women and 30 grams for men.

Soluble fibre and insoluble fibre are not found in equal proportions and it is not critical to have equal amounts. The impetus is on taking in fibre and not on its type. Each day a minimum of five servings of fruits, vegetables, and whole-food grains is adequate.

### **ALLERGY-FREE ALLY**

Whey is a great source of protein for building muscles, however, it can cause a severe allergic reaction.

Certain enzymes split milk into two different proteins – casein and whey. Further processing removes fats, carbohydrates, and water content. The first processing provides a concentrate that also contains lactose. The second processing removes almost all lactose. Through the second round of processing, we obtain whey isolates. The third and final round generates whey hydrolysates that are sometimes used in supplements, unlike concentrates and isolates.

Some users show sensitivity even to whey hydrolysates. This is known as intolerance to a particular carbohydrate in whey called lactose. Across the world, an estimated 75% of people are intolerant to lactose. Due to the absence of an enzyme called lactase, the body is unable to break down lactose. The symptoms can range from bloating, gas, cramping to abdominal pain and diarrhea. An immune response would cause inflammation. Common allergies are nasal congestion and mucus accumulation.

People with highly sensitive digestive systems may suffer from irritated skin or watery eyes from just touching whey containing protein powder. Plant proteins do not cause large scale allergies. There are only a few plant proteins, such as soy, that have shown indications as possible allergens.

(continues)



# HEALTH MATTERS

---

## ENHANCES METABOLISM

Another reason, plant-based protein powder is the way to go, is how it works with your metabolism. If you desire to lose weight, consuming more protein will aid you in reaching your health goals. The extra stored fat gets burned off as the body works on metabolizing the fibre intake. The body gains by burning fat while acquiring the important nutrient. A 16-week clinical trial conducted with the participation of 75 obese subjects who were given a vegan diet proved the effect of plant protein on certain health benefits. The increase of plant-based proteins in the diet with less animal protein resulted in the reduction of body weight, fat mass and insulin resistance.

## ABSENCE OF ALKALIZING ANOMALIES

The potential of Hydrogen (pH) is an important indicator to find out the acidity or alkalinity in our body. Hydrochloric acid helps in the digestion of food and is produced in the stomach. It does not harm the stomach, however, if its production exceeds a certain amount it can cause stomach pain due to acidity.

Alkalinity is the capacity of water to resist changes in pH that would make the water more acidic. A pH value of 7 between 1 and 14 is normal. A value below 7 shows an increase in acidity with 1 indicating a very high acidity level. Likewise, 14 is a high alkalinity level. The human body has a natural pH of 7.4.

Meat and carbs are more acidic and cause the body's pH to increase rapidly. To counter it minerals from our bones are taken and used. Plant-based foods help in relieving acidity. The green parts of plants (chlorophyll) provides alkalinity and also delivers vitamins and minerals.

## VITAMINS AND MINERALS APLENTY

Plant-based protein powders deliver vitamins, minerals, and antioxidants that are not abundantly provided in animal-based protein. Phytochemicals and fibres are present only in plants.

Plants are an abundant source of carotenoids, glucosinolates, flavonoids that perform antioxidation and neutralization of free radicals. Plant nutrients reduce the onset of many diseases such as obesity, hypertension, and type 2 diabetes. It also has shown to prevent tumour growth in certain cancer types.

## NO GROWTH HORMONES OR ANTIBIOTICS

Farm bred animals are often injected or given antibiotics and hormones. Plant-based proteins contain none of those substances. Antibiotics are administered to livestock animals to prevent infections that are present in the surrounding environment. A report published in the CDC (Centres for Disease Controls and Prevention), noted that around 2.8 million antibiotic resistance ailments occur every year. Organic plants are not sprayed with pesticides or grown using harmful fertilizers.

## LOW SATURATED FATS

High amounts of saturated fats increase cholesterol in the blood and cause clogging of arteries. Meat, dairy, and eggs have large amounts of saturated fats.

Unsaturated fats found in nuts and seeds keeps the heart healthy. Monounsaturated fats also serve health benefits. Avocados, almonds, cashews, peanuts; oils from seeds like peanut, olive, canola sunflower, rice, and soybean have ample amounts of monounsaturated fats.

Polyunsaturated fats are found in vegetable oils, nuts, and seeds. A balanced diet that contains polyunsaturated and monounsaturated fats replacing saturated and trans fats is healthy. Polyunsaturated fats are found in sesame seeds, linseeds, soybean, sunflower, and canola oil.

## CALORIE CONTROL

Plant foods furnish an appropriate number of calories compared to animal-based foods. One cup of chopped chicken pieces serves 231 calories which can be replaced with nine carrots that give 225 calories. Two cups of peas supply 236 calories. Two-and-a-half apples equal 232.5 calories.

Protein from plant sources can be substituted for animal-sourced foods in the number of calories it supplies. This is a good alternative for those who are vegetarians, vegans, and those who seek a well-balanced diet.

## PLANTS PROVIDE 'COMPLETE PROTEINS'

Hemp seeds supply a 'complete protein' with all 9 essential amino acids required in the human diet. It also has omega-3 fatty acids. Protein intake can be increased by adding this nutrient to salads and smoothies. Quinoa is another example that has the essential fatty acids apart from amino acids.

People living in the coastal regions can vouch for the rich nutrient content of sea vegetables like seaweed, kelp, wakame. Wakame can be added to soups and salads. Kelp noodles are available in the market.

# GOOD READS

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



## THE PALACE PAPERS: Inside the House of Windsor, The Truth & The Turmoil by Tina Brown

The explosive inside story of the Royal Family over the last twenty years from Diana to now, from the bestselling author of *The Diana Chronicles*.

William, Harry, Kate, Meghan, Andrew, Charles, Camilla, Diana . . . and the Queen. Based on unprecedented sources and research, bestselling author Tina Brown takes readers behind the palace walls to tell the real story of the Windsor's over the last twenty years since the death of Diana.

Full of powerful revelations and exclusive access, *The Palace Papers* dramatically chronicles one of the most tumultuous periods in the recent history of the monarchy. It will irrevocably change the way readers perceive and understand the Royal Family.

## BEER COUNTRY'S POTS PANS AND POTJIES by Karl Tessendorf & Greg Gilowey

In today's insta-everything world, cast iron reminds us of a simpler time. A time when things were built to last, not break within a year. A well-seasoned pan is a cooking Swiss Army knife. A solid flat pot is the ultimate campfire jack-of-all-trades, and the humble potjie pot is more than just a pot. It's our version of low and slow and it has some important lessons to teach. It forces you to relax and enjoy the ride, and to realise that the best things really are worth waiting for. It's a delicious goal for friends and family to come together and work towards over the course of the day – the ingredients prep, the fire prep, the building of flavour layers and watching the potjie's bulging belly whisper away. These are steps required for a great potjie day, and the best part is that you get to do it while chatting and laughing with a beer in hand.



## THEATRE OF MARVELS by Lianne Dillsworth

An immersive historical debut which tells the story of a mixed-race woman who plays a freak on the stage in Victorian London and finds herself caught in a reckoning with her own identity.

Crowds gather at Crillick's Variety Theatre, where curiosity is satisfied with displays of intrigue and fear. They're here for the star of the show – the Great Amazonia warrior. They needn't know this warrior is in fact Zillah, a mixed-race actress from the East End fooling them each night with her thrilling performance. But something is amiss, and when Crillick's new act goes missing Zillah feels compelled to investigate, knowing the fates that can befall women in Victorian London.

From the bustle of the West India Docks to the coffee houses of Fleet Street to the parlours of Mayfair, Zillah's journey for answers will find her caught between both sides of her own identity, and between two men: her wealthy white admirer, and an African merchant appalled by her act. Featuring a defiant heroine for our times *THEATRE OF MARVELS* shines a light on the experience of being Black and British in Victorian London through one woman's journey to live her life on her own terms.

