

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*"WHEN OUR FIRST DEMOCRATICALLY ELECTED GOVERNMENT DECIDED TO MAKE HERITAGE DAY ONE OF OUR NATIONAL DAYS, WE DID SO BECAUSE WE KNEW THAT OUR RICH AND VARIED CULTURAL HERITAGE HAS A PROFOUND POWER TO HELP BUILD OUR NEW NATION."*

PRESIDENT NELSON MANDELA 1996

Dear Residents,

I hope you have all had a great week and are looking forward to your Heritage Day celebrations.

Thank you to everyone that booked for our Heritage Day Bring and Braai today. We had a slow start but eventually did reach full capacity thanks to you.

2022 Has truly flown past and this week's Edition of Aloe Aloe sees us now heading into October. You will note our first teaser for our main event, the 2022 Oktoberfest. Also included are our menus for our first Covid-free Festive Season, taking place in the next 2 weeks and I hope we can count on your continued support for these events.

You can look forward to another Christmas Market and Carols which is a great event for the whole family.

The Christmas Eve Dinner and Christmas Lunch events will however have some restrictions to ensure Village Residents are accommodated first and we will look to have increased seating to accommodate as many as families as possible

We still have our regular Bingo and Quiz Nights each month and a one or 2 surprise events before we really start winding down another year.

As always, in addition to our regular pages, we look at 5 suggestions for those of us with not so green fingers in our Green Fingers page. In Health matters we take a look at healthier eating habits and in the Good Reads section we go local with lekka food dished up by 3 South African Chefs.

Wishing you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

26 SEP - 2 OCT

## 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

### Resident Activities

Join us for Oktoberfest 2022

### Green Fingers

5 LOW-MAINTENANCE PLANTS FOR FIRST-TIME GARDENERS

### Health Matters

8 Eating Habits That Can Leave You Feeling Hungrier

### Good Reads

KLEIN JAN

by Jan Hendrik Van Der Westhuizen

SIMPLY SEVEN COLOURS  
by Zola Nene

IT'S ALL ABOUT THE FOOD  
by Estelle Sacharowitz



# WEEKLY ACTIVITIES

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



<b>MONDAY</b> 26 SEP	<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> 27 SEP	<b>09h00</b> CALLENETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	<b>10h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	<b>16h00</b> AIRSHOW PRESENTATION 1ST FLOOR LOUNGE Clare ext. 2035	 <b>REMINDER!</b> WEDNESDAY IS RECYCLING COLLECTION DAY
<b>WEDNESDAY</b> 28 SEP	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>5 &amp; 19 OCTOBER</b> <b>10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			
<b>THURSDAY</b> 29 SEP		<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> 30 SEP	<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>11h00</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> 1 OCT					
<b>SUNDAY</b> 2 OCT			<b>12h00</b> SUNDAY LUNCH BISTRO ext. 2404		

# IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

### 26 SEPTEMBER

MARIE HOCKLY - Noordhoek  
WENDY VAN DER NIET - Noordhoek  
MIKE LAMB - Lake Michelle

### 27 SEPTEMBER

SHIRLEY BOSMAN - Noordhoek

### 28 SEPTEMBER

CARRYL FROST - Noordhoek

### 29 SEPTEMBER

DIANE JOYNER - Noordhoek

### 2 OCTOBER

VAL STOCKDEN - Noordhoek

## ANNIVERSARIES

### 30 SEPTEMBER

ROGER & DAWN BRYANT - Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS  
THIS WEEK



# WHAT'S ON THE MENU?

---

## Bistro

WEEKLY MENU

### DAILY MEALS | LUNCH R65

---

#### MONDAY

Spanish Pork Stew with Pineapple Rice

#### TUESDAY

Roast Chicken & Mushroom Pancake with Potato Wedges & Garden Salad

#### WEDNESDAY

Shredded Fish Parcel, Lemon & Herb Baby Potatoes & Roasted Vegetables

#### THURSDAY

Cape Malay Frikkadel, Mashed Potato, Glazed Pumpkin & Green Beans

#### FRIDAY

Fried/Grilled Hake with Chips & Fresh Garden Salad served with Lemon & Tartar Sauce

#### SATURDAY

Honey-Garlic Pork Chops with Baby Potatoes & Pan-Fried Greens

### SUNDAY | LUNCH - R120

---

SERVED FROM 12H00

#### MAIN COURSE

Roast Beef with Red Wine Jus, Yorkshire Pudding, Roast Potatoes & Seasonal Vegetables

#### DESSERT

Raspberry, Cream & Oreo Parfait

### HEAT & EAT MEALS | DINNER R65

---

#### MONDAY

Fisherman's Pie with Savoury Rice & Pan-Fried Vegetables

#### TUESDAY

Coconut Beef Curry with Basmati Rice & Sambals

#### WEDNESDAY

Ham, Cheese & Herb Quiche with a Greek Salad

#### THURSDAY

Cheddar Melt Chicken Schnitzel, Potato Wedges & Seasonal Vegetables

#### FRIDAY

See page 5

#### SATURDAY

Spaghetti Bolognese with a Greek Salad

#### SUNDAY

Chicken Lasagne with a Citrus Salad

### DAILY MEAL | BREAKFAST - R65

---

SERVED FROM 08H00 - 11h00

#### BACON BENEDICT

English Muffin Topped with Rocket, Two Poached Eggs, Hollandaise Sauce

#### ENGLISH BREAKFAST

Two Eggs, Bacon, Beef Sausage, Grilled Tomato, Toast & Preserves

OPEN 08H00 - 16H30 | SIT DOWN | HEAT & EAT / TAKE-AWAY | HOME DELIVERY |  
BOOKINGS ESSENTIAL - DAILY MEAL AND HEAT & EAT OPTIONS BOOKED BEFORE 09H00 DAILY

# RESIDENT ACTIVITY



## OKTOBERFEST

**FRIDAY 28 OCTOBER 2022**

**12H00 - 18H00**

### BEVERAGES

DEVIL'S PEAK BREWERY | LOCAL WINERY  
CRAFT GIN

### FOOD

CHARLIE'S PICKLES | GORGEOUS NUTS | KURT'S DELI  
MEATS | WRAPS & GOODIEGATS THE BAKER | CLERE LA  
PREE CHEESE | PROTEA KINGS

GERMAN SPECIALITY FOODS

FAMILY & FRIENDS WELCOME PLEASE

NOTE: SOME TRADERS ARE ONLY ABLE TO ACCEPT CASH



# RESIDENT ACTIVITY

---



## LOW IMPACT CARDIO

Low Impact Cardio is a form of exercise that increases your heart rate while minimising the amount of stress or impact you put on your joints while also improving blood circulation.

Ladies and Gents welcome.

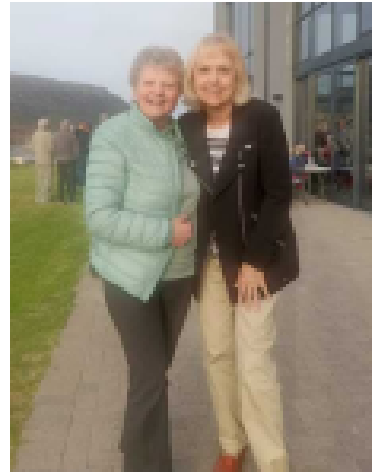
Remember to bring a bottle of water.

**COMPLIMENTARY TRIAL CLASS**  
Thursday 29 September at 08h45  
Venue: Activity Room 1



Contact Louise on ext. 2143

# HERITAGE BRING 'N BRAAI



# HEALTH MATTERS

## 8 Eating Habits That Can Leave You Feeling Hungrier

Plus, easy fixes to help you (finally) feel full again



For the most part, you've got the whole healthy eating thing on lock, but some days, no matter how much you eat, it's like your appetite doesn't get the memo. When it's not interrupting you mid-project, it's peer pressuring you to buy out the entire vending machine on your break or sounding the hunger alarm when you just ate dinner, five minutes ago! What gives? Like you, hunger is multi-faceted and it can be triggered by a number of factors, both biological and psychological, so there's no one way to satisfy it,

### **You're filling up on unsatisfying foods.**

You may feel physically full after chowing down on a plate of veggies - but not necessarily satisfied. This can make it harder for your brain's hunger center to go into sleep mode, and you'll likely hunt for more food in order to fill the void. The fix? Make sure most of your meals include high-fibre carbs and healthy fats, as these are the most satisfying nutrients. And when you do experience a post-meal void, fill it with a snack that covers these bases. Think: sprouted whole grain bread (high-fiber carbs) with sunflower seed butter (healthy fats, protein) or plain Skyr yogurt (protein), raspberries (carbs), and a sprinkle of chia seeds (fats).

### **You're relying on smoothies for sustenance.**

Blending your meals puts the digestion process on fast-forward. The fibre-filled fruits and veggies are already partially broken down, so your body doesn't have as much work to do when you drink them versus eating them whole, hence why you feel hungry again before you've even finished your smoothie.) What you add to your smoothie can also send your appetite in the wrong direction: Smoothies that contain too much fruit, for example, can cause a rapid spike in blood sugar, followed by a crash that can trigger hunger hormones. Consider adding more veggies than fruit to your smoothies - at a minimum, aim for an equal ratio of veggies to fruit, or make sure to snack on some raw veggies shortly afterward to stave off the pesky blood sugar spike.

### **You're munching mindlessly.**

Mindless eating, aka eating while you're doing something else, is a super-common reason many people still feel hungry after eating a meal or snack. It may be a timesaver, but studies show that distracted eaters are hungrier than those who aren't. Because you're more likely to focus on what you're doing versus what you're eating,



# HEALTH MATTERS

---

You may not get the memo that you're full (or satisfied). To get back in sync with your body's fullness signals, do your best to avoid distractions during meal or snack time and focus solely on enjoying your grub.

## **You're noshing on low-fat foods.**

Many low-fat foods are often high in sugar and lack sufficient fibre, and this one-two punch can cause an uptick in hunger shortly after eating. The sugar intake can cause your blood sugar to rapidly rise and fall (cue hunger hormones), while the empty carbs are broken down and digested lightning-fast, leaving your body unsatisfied. For a healthier one-two punch, add full-fat sources to your diet that satisfy and offer heart health benefits, such as mono- and poly-unsaturated fats. These types of fats can be found in nuts, nut butters, vegetable oils, olive oil, and avocados.

## **You're waiting too long between meals.**

When you put off eating until you're ravenous, your hunger hormones can continue to go haywire even after you're physically full. Your body enters a 'feed me now' state, where you feel like you can't get enough. This is why it's so important to honor your hunger and eat when you start to feel hungry. If you know you'll be out of the house for an extended period of time or don't know RX protein bars, pistachios, or roasted chickpeas.

## **You're skimping on breakfast.**

Eating sugary convenience foods or loading up on caffeine first thing will usually trigger a blood sugar and stress hormone surge, which can domino into more hunger and sugar cravings throughout the day. Starting your day off with a breakfast that's high in protein, such as an omelet or chia pudding, doesn't just keep you fuller longer, it also helps your body maintain healthier levels of insulin and stress hormones, and decreases your perma-appetite in the process.

## **You're saving calories for later.**

When you've got a dinner party coming up where you know there's going to be a ton of delish food, it's tempting to skip lunch and bank the calories for later. However, this strategy can backfire and cause you to Hoover way more calories in the long-run. The longer you neglect your hunger hormones, the more of an influence they'll have over you at the dinner party. This increases your odds of overeating, making poorer quality food choices, and, ultimately, feeling less satisfied, which can perpetuate the cycle. By eating a protein and fiber-rich breakfast and lunch (like a veggie omelet, followed by a chicken salad sandwich) and skipping the extras in between (snacks and desserts), you'll feel satisfied leading up to the dinner party and will be in a better position to indulge smartly and stay that way.

## **You're eating too fast.**

Speed-eating may play a role in how fast your hunger returns: In one study, for example, participants who ate faster not only consumed 10 percent more calories, but compared to slow eaters, didn't feel as full. There's a 20-minute delay between the messages from your gut to your brain alerting you that you're full. By eating slower during your meals, taking smaller bites, chewing thoroughly you'll give your fullness signals a chance to kick in properly, increasing post-meal satisfaction.

# GREEN FINGERS



## 5 LOW-MAINTENANCE PLANTS FOR FIRST-TIME GARDENERS

**'Whether you're starting out gardening for the first time or just time-strapped, this list of low-maintenance garden and indoor plants with detailed care guides is just for you.'**

### **DRACAENA (SONG OF INDIA)**

Known for its stripy green and lime-coloured leaves, the versatile dracaena is both an attractive addition to your indoor and outdoor space and a top air-purifying plant that will make your friends and family green with envy.

#### **Light**

These plants thrive in semi-shaded areas.

#### **Soil**

Potted dracaenas grow best in well-draining potting soil for houseplants.

#### **Water**

The dracena requires less water than most indoor plants. Water only when the top layer of soil is starting to dry out. Ideally, the soil should be kept moderately moist.

#### **Fertiliser**

Feed with a water-soluble houseplant nitrogen, phosphorus and potassium-rich 3:1:2 fertiliser every two weeks.

### **CONIFERS**

One of the best low-maintenance plants, the conifer is hassle-free, will enhance the beauty of any garden and is perfect to build up your confidence in gardening. Conifers are available in a wide variety of shapes and colours, such as lime yellow, gold and silver.

#### **Light**

Conifers should be planted in a sunny spot in the garden, although the dark green and silver varieties will survive in dappled shade.

#### **Soil**

Plant conifers in medium to well-draining soil enriched with compost and mulch.

#### **Water**

This plant is both water-wise and drought-tolerant. In the first few weeks, check the plant every 2-3 days and water when the soil feels dry. After 3-6 months, it can be checked less frequently and will require water only during periods of prolonged drought.

#### **Fertiliser**

Conifers are not heavy feeders but are sensitive to chemicals, so only need to be fed monthly with an organic fertiliser.

# GREEN FINGERS

## DEVIL'S IVY (GOLDEN PATHOS)

Named devil's ivy because it's nearly impossible to kill, this is the go-to for the first-time gardener. This pothos plant is an air purifier and its decorative vines make pretty hanging displays in high spots.

### Light

Devil's ivy thrives in low light, making it perfectly suited for indoor gardening.

### Soil

Plant in well-draining cactus potting mix and line the base of the pot with pebbles to encourage drainage.

### Water

Devil's ivy requires a moderate amount of water. Keep the soil fairly moist, but avoid soaking it completely.

### Fertiliser

Feed every two weeks with a rich liquid fertiliser during summer, and once a month during winter.

## BEGONIAS

Known for beautiful flowers and decorative leaves, begonias are easy to grow, flower throughout summer and add a burst of colour to your space.

### Light

Begonias flourish in medium light and well-ventilated spaces.

### Soil

Use a soil that is slightly acidic and porous. Generally, an organic potting mix works well.

### Water

Water your begonias at the base to avoid the possibility of fungal diseases. Keep soil moist, but not wet. Once the top 20cm of the soil has dried out, you can water it again.

### Fertiliser

Feed begonias once a week with a liquid fertiliser such as Multifeed or Nitrosol.



## FERNS

Ranging from maidenhair to the leather leaf, the fern is a wondrously diverse species and will reward you with spectacular foliage. It grows well as a groundcover under trees but can also be placed in hanging baskets.

### Light

Ferns are ideal for shady areas in your garden: they require filtered shade and dappled sunlight such as that found under large, open-branched trees.

### Soil

Opt for organic, porous soil that is rich in humus.

### Water

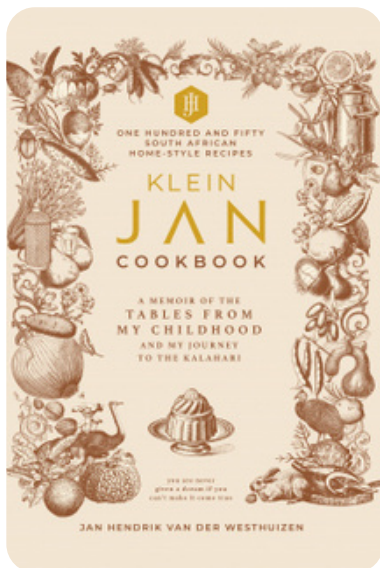
Ferns love water. But to cut down on using too much water unnecessarily, place ferns in shady areas. If you plan on keeping ferns indoors, the best place for them is in the bathroom, as the moisture helps keep the plant hydrated.

### Fertiliser

Fertilise once a month with a nitrogen-rich, organic plant food.

# GOOD READS

## KLEIN JAN by Jan Hendrik Van Der Westhuizen



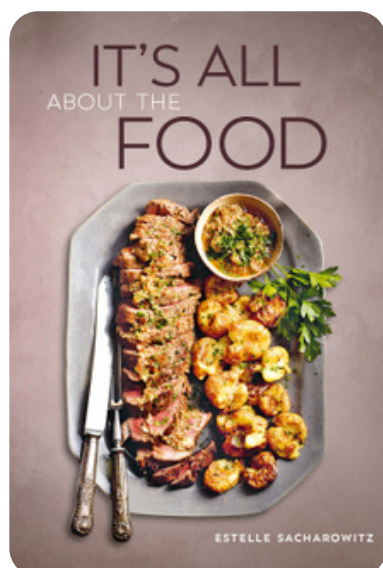
**A GREAT KALAHARI FEAST:** The inspiration behind Restaurant Klein JAN did not come from a desire to create a fine dining experience in the middle of the Kalahari. It came from the heart – from the tables of my childhood – memories that I have taken with me into an unknown land. Although I hadn't been to the Kalahari before visiting Tswalu for the first time, I instantly connected with this place. I felt my grandmother's presence at Boscia House, I fell in love with the people of the Northern Cape and was overwhelmed by their hospitality, and the more time I spent in the Kalahari, the deeper my roots spread through the endless red earth. This book is my homage to losing your heart to one of the most special places in this world, and to making your dreams come true.

## SIMPLY SEVEN COLOURS by Zola Nene

Zola Nene is back with a third book, this time celebrating the diverse cultural heritage of South Africans through the wonderful tradition of sharing meals. In *Simply Seven Colours*, Zola gives praise to the uniquely South African seven-colour (or several-colour) concept with a selection of more simply delicious recipes that tap into the heart of our food nostalgia, with a focus on going back to basics. The idea of *Simply Seven Colours* is for you to create your own unique seven-colour menu, by picking recipes from different chapters or 'colours'. From green, yellow, orange, brown, white, red, a rainbow of colours and, of course, desserts to round off your seven-colour meal, this book is sure to continue bringing you simply delicious joy.



## IT'S ALL ABOUT THE FOOD by Estelle Sacharowitz



Author Estelle Sacharowitz reveals that she thinks about food all the time. 'And as I wonder what it's all about, and why I do what I do, I realise that it's all about us. It's about you, it's about me, it's about people. It's about our complexities, memories and sweetness. It's about trying to capture time in a form that is familiar, comforting and definite ... It's about creativity and curiosity. It's about needs, primal and necessary, and also emotional.' And as a magician waving a wand, Estelle distils this into an array of dishes that feeds both body and soul in the most delightful and tempting manner. From humble but comforting soups, through nourishing bowls and elegant meals to impress, to bountiful platters, you won't be able to resist. Simply submit and enjoy. And as Estelle says, 'Make and eat something that causes you to stop and think, this is wonderful. Life is full of wonder.'

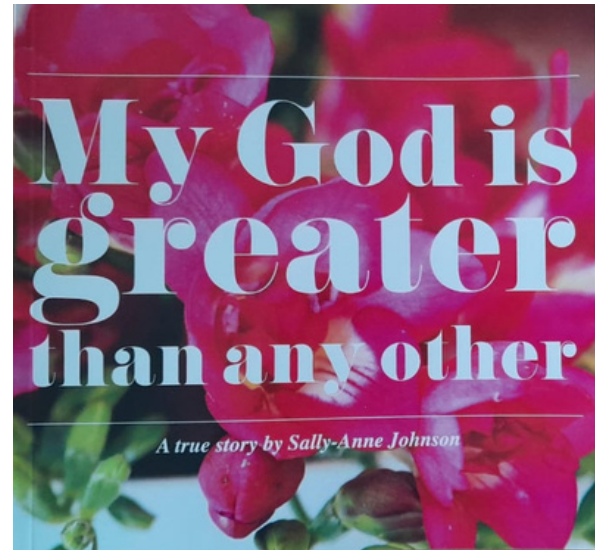
# STORY OF MY LIFE

---

Sally-Anne Johnson has written a book telling part of her life story over the last 60 years.

Sally was born in England in a town called Plymouth where her life story begins. At the age of 10 years old her family emigrated to South Africa and she tells about her years of growing up in Cape Town with her parents and siblings and all that happened during that time, the exciting times as well as the sad times, that took place in her life. She attended Aliwal Road Primary School and later went to Wynberg Girls High School.

Sally accepted Jesus as her personal Saviour one evening at the 3 Arts Theatre in Plumstead, where the Living Sound Gospel Concert took place.



Later she studied a Bible correspondence course and then studied at the Teachers Training College. She then met Paul. Three months later they knew they were meant for one another and they then decided to marry, all within 6 months!!!

She says God does not waste time, nor did Paul !!!

In the second year of their marriage they moved to Johannesburg as Paul was called into full time ministry as Administrator for a National church based at the Northcliff Assembly of God. Paul went on missions to various countries in Africa and was the Administrator of the Assemblies of God and was part of the senior leadership in the churches they were based in. It was in Johannesburg that their children were born. First was their daughter Melody and then their son named James. Sadly a day before his first birthday little James passed away. The Lord graciously blessed them with another daughter named Lara. During that time they worked for various churches in Johannesburg after which they were called to a large Assembly of God church in Nottingham England, to do further ministry. Four years later they returned to Cape Town working as a Minister in Fish Hoek, Edgemoed, Constantia and Kirstenhof at the Church of the Holy Spirit of St John's Parish and then to the Common Ground church in Tokai.

They were involved in building projects having built 4 houses as well as a church in Westlake which stretched over a period of 6 years. This is only the tip of the iceberg as her book is jam packed with adventures and goes into much detail regarding her life story. The Lord has looked after them through the tough times as well as the easier times and He continues to do so.

Enjoy reading the funny stories and see the Lord in so many ways as she listens to His voice! Yes He does lead us.

“As I read this book I found it to be a very inspirational story of how God worked in the lives of Sally and Paul. It is a book to be treasured by all who read and especially as they are well known to us in the village”.

If you are interested in reading her book Sally has a few copies available. Please contact her on ext. 2023